

Help your horse: check your alignment

THIS ARTICLE CONTINUES the "Enduring for the Long Haul" series, focusing on what you need to do to partner with your horse for a decade or longer. Dinah Rojek presented a talk at last year's convention entitled "What Phoenix Wants You to Know." Dinah's 1993 Arabian gelding Smokerise Phoenix



Dinah Rojek and Phoenix on the September 2004 EN cover. Photo © Genie Stewart-Spears.

amassed 2,865 endurance miles between 1999 and 2008, participated in three PanAms, and had many BCs and top 10 finishes.

Phoenix wants you to know that riding in alignment and balance will really help your horse stay sound for the long haul. Dinah,

having had multiple hip replacement surgeries, has worked diligently to master balance on the horseback.

Dinah's mastery has extended to over 7,000 miles of endurance riding, 18,000+ miles of CTR, competing at fourth level dressage in Para-Olympic competition, and competing at Prix St. George-level open dressage.

Dinah's talk, illustrated with pictures and video clips, emphasized the importance of staying centered on the horse, both front-to-back and—even more importantly—side-to-side. Consider what the horse must do to compensate for the rider misalignment in the photo at right. (That photo is of me, serving as the poor example of alignment.)



Here are some suggestions to check your alignment and balance on your horse:

- Ask someone to video you from the back.
- Get two scales and stand with one leg on each scale with your eyes closed. Have a friend read the weight of each scale to see

if the weights are the same or different.

- Use a balance board with your eyes shut.
- Ask the rider behind you if you are "even."
- Ask a friend to take pictures of you during a competition.

The last suggestion can be a real wake-up call for the rider, particularly if the pictures are taken when the rider is not aware of the photographer. Our bad habits frequently are not evident when we are fresh and riding in the ring but rather show up as we tire after many miles.

Checking your alignment and balance—will help your horse stay sound for the long haul.

I was given a thumb-drive full of photos taken by a friend during a 50-mile ride. Seeing the same consistently twisted posture over and over was a real wake-up call for me.

What does one do about achieving and staying in alignment and balance?

- Correct, as far as possible, any underlying physical issues. For example, after thou-

sands of miles of riding, I had developed slightly locked muscles on the left lower back and hip area, which were corrected through acupuncture and massage therapy.

- Develop better self-awareness with the help of a friend or riding instructor who can coach you.
- Check the saddle balance on the horse, both statically and dynamically, with you as the rider, and adjust the saddle with a saddle fitter.
- Work on the horse's balance as far as possible, given the fact that horses are not perfectly balanced either. Utilize a farrier skilled in endurance horses' needs, and work on equitation, including equine calisthenics.

Consider the photo at right as a model.

Phoenix says just this one small thing—checking your alignment and balance—will help your horse stay sound for the long haul. Your horse will thank you.



COUGH MEDICINES

3 onions, 1 cup molasses, 1 tsp. ginger, 1 tsp. kerosene oil. Boil together and take 1 tbsp. when needed.

Wild bee's honey mixed with pure ginger was an excellent cough medicine for young children. For adults, equal parts of rum and honey.

An Indian remedy, is to apply hot stones to chest, hands and feet.

Use sea lilies for a cough.

Teaberry and molasses are good.

Cut a turnip in thin slices removing the rind. Cut each slice in five pieces and place in a dish. Cover with brown sugar for 24 hours to form a syrup. Drain juice off and take for a cough or tickle in throat.

1 qt. cistern water, 1 cup sugar, 3 small onions. Boil together.

3 newly laid eggs unbroken, over which pour the juice of 6 lemons, and allow to stand for 48 hours. Then pick out any bits of egg shells that are not dissolved, add ½ lb. rock candy, and 1 pt. of jamaica brandy. Mix well and bottle. Dose — 1 tablespoon three or four times a day.

1 egg beaten. Add ½ cup honey and ½ cup vinegar. Shake together and bottle.

Saturate six lumps of sugar with the very best whiskey you can get. Eat these slowly, three or four times a day. "Having tested this 'old woman's prescription' for myself, and found it is the messenger of healing to a cough of several months standing which has set physicians and cod-liver oil at defiance, I write it down here without scruple or doubt."

2 tbsp. lemon juice, ½ tbsp. glycerine, 2 tbsp. olive oil. Mix all together and bottle. Shake well and give 1 tsp. every half hour.

Mentoring creates lasting memories

MENTORS USE EXPERIENCES, both funny and humbling, to help you hone your skills. I consider myself fortunate to have had great mentors. They didn't always tell me what I *wanted* to hear, but they did tell me what I *needed* to hear. And let's face it—the stories are always great after the fact!

My first attempt at distance riding was on my own at an LD ride where I met a rowdy group of women who invited me to sit and have a beer with them the night before the ride. Having little camping experience and no munchies to offer in return, I brought over a rawhide for their seven-month-old pup to chew alongside of my dog. The pit bull pup decided both rawhides were hers and nearly chewed off my lab's face, so we all got to know each other rather quickly.

The other pup's owner, Sue Ashenfelter, mentioned she lived just 15 minutes from my home and that we should hook up to ride together. This started a lifelong friendship, and spun a web that would capture people who positively influence my life to this day.

Sue pushed me into 50s, fast, and she rode faster! She took on rides like a military mission. Her horse would lock and load on anyone in front of him, and it was on! Watching her at the 80-mile mark of a 100-miler with a stinging bug in her eye was a testament to raw determination. Her eye swelled painfully shut, but she kept on to completion.

My first two-day 100 in Fort Valley, Virginia, was fraught with debilitating knee pain. I complained on day two that I needed to pull. Sue nipped that in the bud: "Amy, I don't want to hear any more whining. It's time to quit all that." This wasn't a gentle message! I felt about two inches tall but sucked it up and finished that 100 because of her. Sue insisted we "kiss the pit [bull]" before each ride and have a cold beer after.

Johanna Blackmore quietly came into my life. She taught me through her silence. Pace too fast—I'd look back and she wasn't there. She'd leave me in the hold if I pulsed out behind her, wasted time in the vet check or hadn't tacked up in time to leave with her. If I had no "rear view mirror" and her horse was hungry, eventually I'd look back to find her missing, grazing somewhere of course!

There were things Joanna and I did talk about. Like sponging vs. letting them drink



Amy Cieri, right, mentors Jennifer Enderle, shown here riding her 17-2 Thoroughbred. Photo © Hoof Print Images, www.hoofprintimages.com.

their fill first. Johanna always said, "It's better in 'em than on 'em." I learned to slow my mind down, let my horse take the time to drink, to cool him off from the inside and hydrate first before sponging. Or stopping on trail to let him eat, because grass is better than concentrates, and a horse that is able to stop and eat is in a better frame of mind.

I learned to always ride into a vet check pulsed down and ready to present to the P&R volunteers. And to take care of myself, too. Joanna said, "Always drink at least one of your bottles before you get into the vet check to stay hydrated."

Johanna's mom, Judy Van Meter, scared me a little. Even to this day, Judy's stern advice is in my mind, keeping me in check! She knew her stuff, had her opinions, and would tell me what she thought in short order. Pull up the big girl pants, this is a tough sport! We're dealing with heat, humidity, mountains, etc. I appreciated the fact that someone gave it to me straight.

My biggest chastisement from Judy was during the Old Dominion 100. I had to represent for a CRI but I brought the horse to the vets without tacking up first. Frustrated, Judy gave me a swift tongue-lashing. I was humbled because what she said made sense. Johanna was already out on trail and I fell behind because the horse wasn't ready.

Judy was aggravated and pointed out that this seemingly small mistake is exactly the type of thing that catches up to you at the end of a 100. Even so, she and her husband Norm were there for me at every hold, even after her daughter Johanna was pulled at 80

miles. Judy boosted my failing confidence and pushed me out of the nest! I finished by the skin of my teeth and Judy's stern advice is what made the difference.

It took quite a few years before I felt comfortable bringing others along in the sport myself. But under the tutelage of my mentors, I learned to be a well-rounded endurance rider capable of starting people who had the right stuff and just needed direction. Judy taught me to be unafraid of speaking my mind and to be firm in my views so long as I could back them up with experience and good old common sense. Johanna instilled in me a steady hand and a quiet confidence while Sue imparted a wild sense of fun and freedom.

Mentoring is extremely rewarding and nothing is more satisfying than seeing your "fledgling" leave the nest and fly!

I treasure these people. They gave freely of their time and knowledge, taking a green wannabe endurance rider and letting her tag along and soak up their decades of experience. My biggest worry was keeping up with their well-oiled machine and, God forbid, doing something stupid in front of Judy!

I'll never forget Judy's gems, or memories of Johanna's eye-rolling as some greenhorn flew past a good water puddle or cantered down a hill. Their voices are always in my mind as I ride and I'm glad for their company.

It's clear to me that endurance is not a sport to take lightly. Judy, Johanna and Sue, thank you all for making me pull my weight and for your unselfish and unrestrained encouragement. You made me 100% responsible and committed to the welfare of my horse while competing to the best of my ability.

My experience had sugar mixed in with the salt and, even now, every ride and every horse still teaches me something new. Don't be quick to judge or act thin-skinned when working in partnership with your mentor. Choose someone who can walk the walk and keep your mind open and heart light. When the time comes, share the trail with someone new and, of course, share your "stories." ■

Amy Cieri of Royersford, Pennsylvania, is Northeast Region mentor liaison, and may be contacted by e-mail at ridesallday@hotmail.com.

For more on mentors, see September's AERC Extra. (Didn't receive your Extra? Call the AERC office to confirm your email address.)

The Three S Horse

Finding the perfect mount for an older rider

by Julie Suhr

The Three S horse is an invention of mine, brought on by necessity. There have been many changes that have accompanied the aging process that I have had to learn to cope with all on my own.

First of all, the fact that I am still riding long distances is because I have been blessed with good health. I just figured that God made horses so we could sit upon their backs and so that is what we had better do if we want to go to Heaven.

But the passage of time has created problems:

Thermoregulation. As you age your thermostat does not work as well. A few decades back I could ride all day without giving much thought to what I was wearing. It just seemed as though my body adjusted readily to heat or cold without too much discomfort. Now I have found that I spend a lot of time being too hot or too cold.

I solved the problem by layering with jackets or sweaters that zip up and down in front so that I can remove them without having to remove my helmet and pull them over my head. I like fleece jackets because you can tie them around your waist with just one twist and they do not seem to come undone.

Personal comfort. I am much more aware now of personal comfort. I used to be able to switch saddles with ease and if I was uncomfortable for the first couple of miles in a strange saddle, it did not matter too much because I would adjust quickly. I now find that having my own saddle, which has already conditioned the muscles of my body that it needs to keep me in it, is terribly important.

Fortunately I have a good one that seems to fit both horses I am currently riding. But I have switched from an English saddle to an endurance saddle with a cantle and rounded pommel to give me

more support. Do I like it better? No, I adored my English saddle. But security now takes precedence.

Slowing reflexes. My reflex actions and balance are nowhere near as sharp and quick as they once were. Translated, that means I fall off more easily. In order to solve this problem, I have had to make some adjustments. This is probably my most important point: You simply have to make up your mind that if you are going to continue to associate with horses, or if you are going to take them up after a long hiatus, your selection of suitable prospects is reduced as you get older. You must make your selections more carefully. Your spouse does not need to deal with an invalid because your pride was at stake.

So, the three S horse

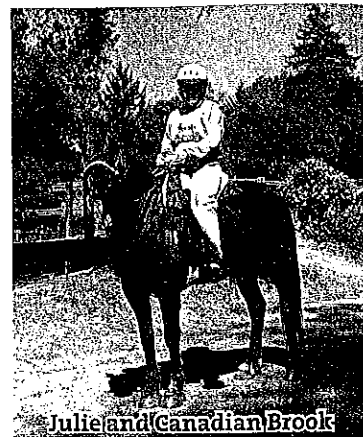
Safe. The first S stands for the safe, and sane, horse—the tried and true, the experienced horse. I used to love a prancing horse. The little spooks and jigs that once just sort of tuned you up for a good ride now can quite literally be your downfall. Seek out the proven, sure-footed animal. They are out there, and they are worth the search and will be worth their weight in gold once you find them. Do not be afraid to give up on a horse if it is not working out between the two of you. Move him on and you move on to another more suitable horse. It does not mean you are a failure, but you are using good sense.

Short. Secondly, 15 hands is too tall. Find a short horse, one that is 14.2 or 14.3. To heck with those big guys! They are too hard to get up on and it is too far to the ground. The myth should be dispelled that if you are tall and/or heavy, you must have a tall and heavy horse. Most of a horse's height is in his legs and you want sturdy weight-supporting limbs under there, not spindly ones that give him height.

Smooth. Make sure to choose a smooth-riding horse. There is a vast difference in the gaits of horses and your ability to enjoy riding could very well depend upon finding the smoothest individual you can. Sometimes smoothness can be gained at the expense of good conformation so you want to be sure the legs of your prospective mount are correct if you want to do long-distance riding.

So there you have the Three S Horse that new riders and older riders alike should be riding—the safe, short, smooth horse. □

Julie Suhr, the 1980 inductee into the AERC Hall of Fame, is the author of "Ten Feet Tall, Still" and has accumulated 30,087 endurance miles (plus another 155 in limited distance).



Julie and Canadian Brook

COLD SORES

Rub a slug on it.

Apply wax from one ear to the sore.

Rub your finger behind your ear and get the oil. Then run this over the sore.

Sweet spirits of nitre will cure cold sores (also reduce temperature).

CORNS, CALLUSES AND BUNIONS

To rid corns from soles of feet, wrap with skin from dry codfish.

Cut a cranberry in half, and place the cut side on the corn.

Apply a poultice of ivy leaves and vinegar.

Soak the feet thoroughly in hot water and remove all the hard skin. Apply kerosene oil. This process repeated twice a week will cure the worse case of corns, providing a loose fitting shoe is worn.



Endurance/ Life Lessons

*In which I reveal lessons
learned from endurance
(mostly the hard way)*

Aarene
Storms and
Fiddle at the
Renegade
Rendezvous
overlook in
the North-
west Region.
Photo by
Madeline
Smart.

BY AARENE STORMS

Certainly it's more fun (and easier on the ego) to talk about successes, but let's face it: riding endurance means setting yourself up to make plenty of mistakes. With that in mind, I jotted down some thoughts about things I've learned from riding. Being me, I mostly learn stuff "the hard way." If I can spare somebody else a trip down the hard-knock road, I'm happy to do it.

1 I needed help and didn't know anybody and felt awkward asking for help.

What I learned: Endurance people love to help. Complete strangers are happy to assist you—just ask! They will help apply a hoof boot, change a flat trailer tire, or feed the junior you picked up at the previous vet check when her other sponsor got pulled. They will loan you a stronger bit on the day you discover that your horse Will.Not.Stop. They will give you a ride home when your truck breaks,

and buy you a cup of coffee on the way.

Avoid my mistake: Ask for help. Ask anybody—chances are, somebody who can't help you will help ask around until you find somebody who can help.

Bonus points: This applies to a lot more than ride camp life. If you need help, ask. You'll be amazed.

Extra bonus points: Pay it forward, and don't keep score. When somebody asks, help. If somebody needs help but doesn't ask, offer it anyhow.

Old Beliefs

Always carry newborn babies upstairs or lift up high before taking them downstairs, so that they will rise in the world.

Opals are bad luck unless they are your birthstone.

Never walk over a person's legs as it is bad luck, unless you walk back over them.

When a horse yawns the weather will change.

When oxen become unruly a thunder storm may be expected.

Should you borrow salt, never return it - bad luck.

Do not marry on your birthday, death will soon part you.

Should you drop the dishcloth on the floor, a knock will sound on your door.

If a cat, while washing herself, puts her paw over her ear, there is company coming.

A number of Blue Jays in your garden is a sign of rain.

When sleeping in a strange bed, name the bed posts and the one you dream of, the person you will marry.

2 The help I've gotten doesn't actually solve the problem.

What I learned: Get help elsewhere!

Avoid my mistake: If what you are doing doesn't work, stop doing it! Read a book on the topic, find a new instructor, take a weekend away from the situation and come back to it with fresh eyes after a few days, or ask an unbiased friend for advice.

Bonus points: Loyalty to a person (a trainer? a clinician?) or to an ideal (barefoot? bitless? treeless?) is important, but there's no need to be stupidly loyal. Know when to say "enough." No training technique or piece of equipment is a perfect fit for every horse.

Extra bonus points: Figure out in advance how you will evaluate a situation. Give yourself plenty of time before you decide that a "solution" isn't working . . . but don't feel obligated to stick with a solution that doesn't solve the problem.

4 I have an entirely unique problem. Nobody else in camp has a horse who does this thing!

What I learned: Those people in camp with awesome performance horses didn't start with a perfect horse. Every horse has "issues" that a savvy rider will cope with, train out, and overcome. Some issues are minor ("She spooks at the finish line"). Some issues are

major ("He bites the vet").

Avoid my mistake: Ask around. Find somebody who has experience dealing with the issue, and ask for advice. Don't overlook the vets, both in camp and at home! They can, and they will, offer advice if you ask for an opinion.

Just because a horse has "always done it" doesn't mean that you can never change the rules. It's okay to decide that you will stop allowing a behavior—and then take steps to fix the situation!

Bonus points: You train your horse every single time you interact. Pay attention to what you're teaching. It's entirely possible that your horse is behaving badly because you give tacit permission to be naughty! Perhaps you haven't corrected a behavior or haven't corrected it strongly or consistently enough. Pay attention to your behavior while the horse is misbehaving, and try to spot things you can change about yourself that will change the situation for the horse.

Extra bonus points: It's OK to ask somebody else to help. (See #1.)

4 Something seems Not Quite Right.

What I learned: If something seems Not Quite Right, generally it's because something is *wrong*. Your gut instinct is nearly always right... and you will find out the hard way if you ignore that funny feeling of "wrongness."

Avoid my mistake: Stop what you're doing as soon as safely possible, get off and look top-to-bottom, front-to-back. Maybe a shoe is loose. Maybe your cinch is loose. Maybe your horse has seriously pulled a gigantic butt muscle and will be lame and sore and out of competition for months.

Bonus points: This applies to a lot of things, not just riding endurance. Examples include, but are not limited to, the rock in your shoe, the sound of your truck around a corner, and your relationship with a spouse, a parent, a child, or a boss.

Extra bonus points: Get your brakes checked. Trust me.

5 This horse is nuts! I'm scared every single time I ride him/her!

What I learned: There's an old cowboy saying: "There ain't no horse that can't be rode/ There ain't no cowboy that can't be thrown." In other words, the horse might be an awesome mount—for somebody else. You might be a terrific rider—for a different horse.

Avoid my mistake: If you are riding a horse that frightens you, change something. Sometimes, changing instructors will help. Sometimes, changing activities will make a huge difference—a horse who is an idiot on the trail might be brilliant over fences or working cattle. Sometimes you might need to admit that the combination of rider plus horse is just not working, and for everyone's happiness and safety, it's time to find another mount for yourself.

Bonus points: Empower your friends to speak up and make suggestions. They may be really worried about you, but afraid to hurt your feelings by telling you about their concerns.

Extra bonus points: Of course, you should always wear a helmet. You knew that, right?

6 I'm all stressed out because I have so many goals and aspirations!

What I learned: Do less. Cut back on competitions, or cut back on the speed/distance

when you do compete.

Avoid my mistake: There's a wonderful Zen story about the student who wants to achieve his black belt in half the ordinary time, but the instructor insists that the task will, instead, take twice the ordinary time. The reason: "With one eye on the finish line, there is only one eye for the journey."

Bonus points: Endurance vet Dr. Matthew Mackay-Smith says, "Never hurry. Never tarry." No kidding.

Extra bonus points: Endurance is a sport. It's supposed to be fun. If you aren't having fun—if you're worrying, stressing, and losing sleep over it, why do it at all?

You will notice that almost all of the stuff I learned is *not* exclusive to endurance. Coincidence? Of course not. If you haven't noticed yet that endurance is a metaphor for life, then you really haven't been paying attention! ■

Aarene Storms is a Northwest Region rider, Trail Master and blogger (haikufarm.blogspot.com). An AERC member since 1999, she has 2,580 endurance and 525 LD miles.

The curse of the love of equine

When I'm shoveling manure in the north wind's chill,
With my nose dripping down to my chin,
I am wondering what madness my mind must have had,
To get me in this fix I'm in.

I know exactly what got me here, indeed.
It's the curse of the love of equine,
Which sentenced me to work every day like this,
In the weather, be it nasty or fine.

Other friends I know take their pleasure in
Things that aren't such a rear-end pain,
Such as motorcycles, jet skis and even golf clubs,
None of which need hay nor grain.

But when I climb on one's back, with my face to the wind,
I hear a nicker, see a pair of brown eyes,
Then I know that it's worth all the work I do
To share in such a wonderful prize.

When God created the horse, He gave us a gift—
A way to rise above this world for awhile,
As we ride through His beautiful land where we live
On the back of a horse in style!

—Mary Sikes Fields, AERC M17030, Central Region

Learn How to Pony with Confidence

By Julie Goodnight with Heidi Nyland Melocco

Simply put, *ponying* means to lead a horse alongside the horse you're riding. On the trail, ponying comes in handy when training a new horse. As the ponied horse's herd instinct kicks in, he'll likely follow his leader through terrain that might otherwise seem intimidating, such as crossing water. And he'll experience spook-inducing, wide-open country without risking a rider's fall.

You might also wish to pony a horse carrying supplies to a campsite, a horse a child is riding for greater control, an injured horse that needs exercise to heal, or a horse whose owner has experienced an accident or injury.

In each case, you'll need to know how to pony a horse safely — how to keep you, your horse, and the ponied horse safe. It's a complex task to carefully ride your own horse and pay attention to another, all while holding the reins in one hand and a lead rope in the other.

But horses don't mind the proximity, because it's natural for them to travel at speed while close to one another. Once you know how to handle the ropes, ponying can become a natural, easy way to travel.

Exercise Prep

Before you begin, make sure your *pony horse* — the saddle horse you'll ride — is comfortable with other horses riding nearby. Your pony horse should also be easily controlled with one hand on the reins so you'll have an extra hand to hold onto the ponied horse's lead rope. He should be a safe, reliable mount that doesn't spook.

Your pony horse should also calmly allow ropes to touch his legs and tail, and should drag logs without spooking.

Your ponied horse should be halter broke and lead well from the ground. To be safe, both horses must have good ground manners and know not to interact with other horses when a human is present.

What you'll do: You'll learn to how to handle the ponied horse's rope, how to cue the ponied horse to move forward, how to teach the ponied horse to stay in position, and how to approach new obstacles while ponying.

What you'll need: A saddle with a rigid tree (a flexible tree may apply pressure unevenly across your horse's back if the ponied horse pulls) and a bridle for the horse you'll ride; a rope halter and 12-foot lead rope for the horse you'll pony. Wear gloves to protect your hands from rope burns if the ponied horse pulls.

Step #1. Learn the Ropes

Outfit the horses in the tack listed earlier. Position the ponied horse on the right side of your pony horse. Holding the lead rope and reins in your left hand, move to your pony horse's left side, and mount up. As soon as you're in the saddle, keep the reins in your left hand, but transfer the ponied horse's lead rope to your right hand.

Note: Always hold the pony horse's rope in a way that you can easily drop it if one horse slips or spooks — never tie or knot the two horses together.

Double the lead rope so you can easily lengthen and shorten it. When the lead rope is safely doubled, you'll see a loop in front of your knee as your hand rests on your leg. Never wrap the lead rope around your hand; if the ponied horse pulls or bolts, you'll likely become injured.

Avoid holding the rope too far behind you. With this hold and without a doubled rope, too much slack allows your ponied horse to fall far behind your pony horse — precisely in kicking position. The loose rope can also tangle in your pony horse's legs or slip under his tail, potentially causing a wreck.

Goodnight will hold this rope and rein position as long as she's working with a young horse. By holding the rope — instead of fully dallying the rope around the saddle horn — she can cue her pony horse to move forward or back. She also ensures that the horses won't be connected if the new pony horse spooks.

When Goodnight knows her pony horse is obeying and compliant, she'll often half-loop the lead rope around the saddle horn. This allows her to relax her grip and hold only one piece of the rope. The rope isn't knotted and can quickly be released from the horn.

Step #2. Go Forward

Ask your pony horse to walk on with your usual rein and leg aids. Include a voice command so that your ponied horse also hears the cue. As your pony horse moves forward, your ponied horse will feel the rope's gentle pull. He should understand these go-forward voice and pressure cues, because he's halter broke.

If your ponied horse doesn't follow along, don't try to pull him forward; you don't have enough strength, and the

attempt could wrench your back or pull you off your pony horse.

Instead, stop your pony horse, and take a half-wrap on the saddle horn, holding both ends of the rope in your right hand, down against your leg. Then cue your pony horse forward, and let his body weight pull your ponied horse forward. It's pretty easy for the ponied horse to pull against you, but he won't pull long against the pony horse's weight.

Caveat: To successfully pony a horse, you'll need to have the skill and concentration to deal with two horses at once, such as asking your pony horse to slow down while asking your ponied horse to come forward. Not all riders are ready for this kind of challenge. You might forget to stop your pony horse. Or, you might get pulled off your pony horse by a spooky ponied horse. If you plan to pony a young or unseasoned horse, first practice these initial steps with calm, easygoing horses.

Keep the ponied horse close in at your pony horse's hip so the horses can't step in different directions around a small tree or other obstacle.

Practice walking while maintaining these lead rope and rein holds. First, walk straight ahead, then gradually add turns to the right. Turn only to the right until you're comfortable handling the rope and you can trust your ponied horse to follow. When you turn to the right, you turn toward your ponied horse, enabling the rope to stay in position easily.

Turns to the left are tricky if the ponied horse isn't keeping up. Before you turn, make sure your ponied horse is in the correct position; if he falls behind, the lead rope can droop, touch your pony horse's tail, and even slide up under it.

If the lead rope droops, turn your pony horse back to the right to prevent the rope from wrapping around you; drop the rope, if necessary.

Step #3. Correct Poor Positions

If your pony horse falls behind, simply gather your fingers along the doubled rope to shorten the line, and pull him forward with a bumping action. Your ponied horse should respect this correction, because he knows how to lead on the ground,

Don't allow your ponied horse to move forward so much that he's in front of your knee. You won't have enough leverage to control him, and he can start to lead "the herd" instead of naturally following your pony horse.

If your ponied horse moves too fast and is too forward, pick up your rope-holding hand and jerk it back, pointing

the rope in the direction you'd like your ponied horse to be. A quick bump from the rope halter's knot will correct your ponied horse just as it does during ground-work sessions.

Step #4. Move Out

When your ponied horse learns to follow along in formation, moving with your pony horse without needing constant corrections, begin asking both horses for gait changes. Put your horses to work as they transition from walk to trot.

Each time you cue your pony horse, use your verbal cue or a bump of the rope to spur on your ponied horse. Soon, your ponied horse will keep pace, move in step, and easily stay in position.

Julie Goodnight (www.juliegoodnight.com) lives in central Colorado, home to miles of scenic trails. She trains horses and coaches horse owners to be ready for any event, on the trail or in the performance arena. She shares her easy-to-understand lessons on her weekly RFD-TV show, Horse Master, and through appearances at clinics and horse expos held throughout the United States. She's also the international spokesperson for the Certified Horsemanship Association (www.cha-horse.org).

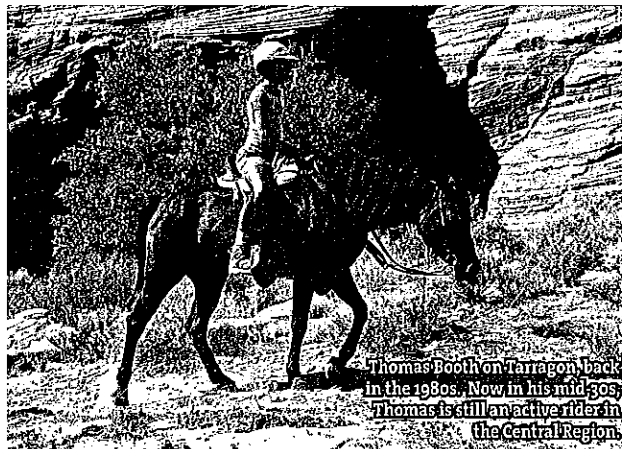
Never underestimate the junior riders

THERE IS NOTHING SWEETER than watching a youngster proudly accept a completion award, an honor for First Junior or best condition. Many adults will moan, "Another shirt, just what a need." But give one to a child, and they are thrilled. Why? Because kids possess an enthusiasm for everything, a zest for accomplishment that many adults have since lost. I suppose it comes from growing up and experiencing life's ups and downs.

June
1990

Have you ever noticed how a kid does everything "all the way"? They don't mess around if it's something they want to do. They are very competitive. They want to be like everyone else. They want to be with their family. Endurance riding is ideal for kids of all ages. Of course, if you ask them to clean their room, suddenly they are as blah and energy-less as many adults.

Have you ever sponsored a young rider on a ride? Or ridden with one for just a few miles? There is never a dull moment because kids are seldom quiet; they love to joke, sing and gab, gab, gab. You'll eat well when riding with a kid, too, because along with them they carry a zillion snacks and sweets, which is where all that boundless energy comes from.



Kids whine? I suppose they do at certain times. Their energy ebbs and flows just like adults. However, seldom have I heard a kid whine as much as an adult on their first ride, possibly because kids can make a game out of everything, which makes life interesting for sponsors.

Kids have another advantage over adults; they are fearless. The tight trails that frighten adults, the steep hills, the tripping horse that upsets our balance, all that is "ho-hum" to them.

Knowledge is something that kids thrive on. They quickly learn when to speed up

and when to slow down, when to give electrolytes, how to care for the horse. Their sheer honesty doesn't prevent them from telling someone else how to care for their horse, either.

And what happens at the end of the trail? After singing a hundred songs, telling 50 knock-knock jokes, ducking tree branches, and sticking to their horse? The kids have foot races in camp while the adults take a nap. And when it's bedtime and the grown-ups want

to call it quits, guess who wants to play cards?

So do we need these obnoxious little ones on the trail with us? You bet we do. They point out the wildlife we overlook, they brighten our day although they test our patience. They are as capable as most adults, if not more so.

These kids are kept so busy within our sport and related activities that they haven't time to wander the streets, getting in trouble. It may take years, but in their adult life, after college and maybe after kids, they'll come back to be a part of the sport that meant so much to them as a kid.

Kids grow up to be what they are because of the way they are treated and raised. They are people, too, just smaller, noisier, and with faces that are forever dirty. They deserve every break that any adult can give them. Just because they can outrun, outride and outdo some of us adults is no reason to crack down on youngsters.

Junior riders are a valuable asset to our sport. Some complain about problems with junior riders. If a problem should exist, any rider or manager needs to remember that we have a rule for almost any valid problem. Use these rules for the children's safety, as they were meant to be used.

And, seniors, before you pass judgment on a junior, try sponsoring one or riding with one. It'll certainly be an enlightening and fun experience.

Karen started endurance in 1977 and rode a 100 the same year on her big Appy Sunny Spots R. She has more than 22,000 miles and has ridden three 4,000-plus mile horses. "I am not that competitive," says Karen. "I just enjoy riding in great country on a beautiful horse with wonderful friends and family."

If you split wood on Sunday, you're sure to hear of a death very soon.

When sparks fly from a wood fire in the winter-time, a soft spell is near.

When soap gets soft, a rainy spell may be expected.

Never leave a loaf of bread upside down. Someone will die or a ship may sink . . .

If there is a large hole in the centre of a loaf of bread, it foretells a death in the family.

When an old cat chases her tail or is otherwise excited, look out for high winds.

When the dead branches of a soft tree droop, a soft spell may be expected.

Never cut finger or toe nails on a Friday - it is bad luck.

If you plant anything on Ascension Day, it won't grow.

If a bird flies against the window, it's a sign of death.

If a bird flew into your house a death in the family would follow.

Onion skins very thin, Mild winter coming in.

Onion skins thick and tough, Coming winter cold and rough.

If the first snow of the year melts with rain, so will every snowstorm the rest of the winter.

If there is enough blue sky to the Northward to make a Dutchman a pair of britches, the day will be fine.

When the loons fly overland it is a sign of a storm.

When "anchor ice" forms on the rocks in the bottom of the brooks there will be a rain storm.

Avoid Respiratory Problems

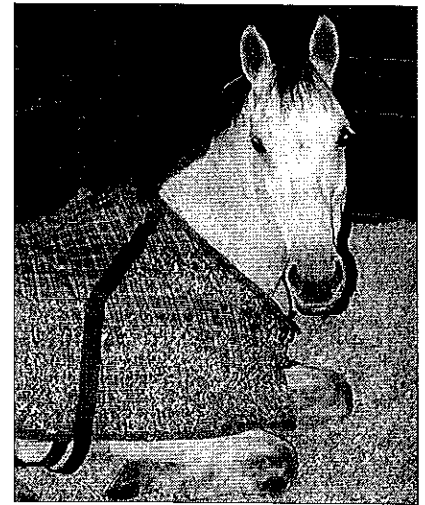
Winter is cold and flu season for people because they congregate in close contact inside warm buildings with poor air circulation, like schools and malls. The same could happen with your horse if you're in a tightly closed-up barn with a lot of traffic on and off the premises, allowing for the introduction of viruses.

Good ventilation is one of the best safeguards. Tightly sealed barns with moist air condensing on the windows are a dream come true for respiratory infections. Follow your vet's advice regarding vaccinations in your situation, but understand that a megadose of virus can overcome any vaccine's protection.

Even more common is a respiratory problem that doesn't involve infections, which is inflammatory airway disease or AID. This is inflammation caused by irritants such as ammonia fumes, dust, mites and fungal elements in hays and grains, fine hay and sawdust particles.

Symptoms range from a thin clear to frothy whitish nasal discharge, to coughs, to obvious decrease in exercise tolerance. Inflamed airways are also more prone to spasm when exposed to cold air. Closed-up barns with humid air also favor AID.

Fight AID by keeping the barn as well-ventilated as possible without putting the horses in a direct draft. Open doors and windows when stalls are being cleaned, preferably with the horses outside. Air out the barn during the warmest times of the day and when horses are turned out or being exercised. Never seal the barn up so tightly that warm moist air is condensing on the windows.



A horse tends to feel warmer when he's lying down.

Cold Hardiness

Horses are fairly tolerant of cold temperatures. The horse's adaptation to cold takes approximately two to three weeks and involves a slowed metabolic rate with lower respiratory rates and lower core-body temperatures.

While adjusting, the horse needs shelter and more calories, but once adapted, they can maintain their comfort and weight well until temperatures drop below about 5° F.

Horses have many mechanisms for preserving their body heat. Their coat thickens and will stand on end for further protection when they are cold. The lower legs and feet can tolerate low blood supplies in the cold, preserving body heat. Conversely, where hair is thin on the head the tissues have a generous blood supply.

Horses rarely suffer from frostbite (foals are most susceptible) but when wind chills dip below the -20° F mark even an adult horse could be at risk, especially if he's wet and can't get out of the wind. The horses at greatest risk are the very young, very old, thin, debilitated and dehydrated horses.

Supplement For Winter

If you're not already doing it, some changes to supplements may be indicated in winter. Horses without access to fresh grass miss out on omega-3 fatty acids, vitamin C, vitamin E, may have lower intakes of vitamin A and MSM.

We'd suggest adding:

- 4 to 6 ounces of whole flax or ground stabilized whole flax seed
- 1000 mg of vitamin C
- 1500 to 2000 IU of vitamin E
- 10,000 to 20,000 IU vitamin A when hay is older than 12 months
- 500 mg MSM to mimic natural intake.



You'll need to make up some of the things he loses when fresh grass is no longer available.

Cold And Chronic Laminitis

Horses that have had severe or recurrent episodes of laminitis may show foot pain in the cold. The likely reason for this is the cold-induced shunting of blood away from the feet. If the vascular supply is already damaged, this decreased flow can reach a critical level and cause pain, even further tissue damage. Keeping the horse warm, including the feet and lower legs, can reduce the cold effects. If this isn't enough, treatment to dilate the vessels in the extremities, such as low-dose acepromazine under a veterinarian's direction or use of the herb *Gynostemma pentaphyllum* (Jiaogulan), 2000 mg two to three times a day, is helpful.



Left: Cathy Leddy and her Akhal-Teke Galen demonstrate starting the trot-out. Photo © Monica Bretherton, www.theinsidepoop.org. Right: Alyssa Stalley trots out MB Triple Bay Bask during Haggin Cup judging after their 10th place finish at the 2012 Tevis Cup ride. Photo © Merri Melde, endurance.net.

Taking Control of the Trot-Out

Excerpted from Aarene Storms' upcoming book, "Endurance 101," this is both a great introduction to the trot-out for new riders and a review for those whose trot-outs could use a tweak or two.

BY AARENE STORMS

Seasoned competitors make a trot-out look easy: the rider skims along the ground beside a springy, well-behaved horse, travelling in a straight line away from the vet for 100 to 125 feet, walking around a traffic cone at the far end, and then trotting back to the vet without stumbling, crowding, wandering out of the lane, or "running out of steam" on the return journey. The vet watches the horse's movement and attitude during the trot-out to determine the presence or absence of lameness, and the quality of the movement.

A sound horse will move off with a steady, rhythmic gait which looks and sounds sym-

metric to the observer. The fresh horse moves out eagerly, but with attention to his handler on the ground.

Here are some tips for teaching a new horse how to trot out for the vet. Start with a horse who walks properly on a lead line: his head stays even with your shoulder, the lead line is looped between you, not tight like a kite string. When you walk, he walks. When you stop, he stops. When you turn, he turns.

The departure

You and your horse are standing still, facing the same direction. Jiggle the lead rope a little, and say out loud in your perkier voice, "Ready?" Wait for a count of two, and then stride off briskly.

Ideally, your horse will stride off briskly beside you. If he does, hurray! Skip over to the heading labeled "The turn." If he doesn't, keep reading:

Your horse may be a "Ferdinand" who would rather sit and sniff the flowers than move forward properly on the line. If you have a Ferdinand, pick up a dressage or longe whip and put it in your left hand, so you can hold the lead rope in your right hand. If you

don't have a longe whip, a slender, springy branch from a tree will do. You want something lightweight that will reach from the outside of your body to the back end of your horse when you are standing beside him. Practice the reach while you are standing still beside your horse so that you can learn exactly how it feels.

Now, try this: You and Ferdinand are standing still, facing the same direction.

Jiggle the lead rope a little, and say "Ready?" Wait for a count of two, and then stride off briskly in a fast walk and simultaneously reach back

with your stick and ping Ferdinand on the bum.

You know your horse, and you know how reactive he is. If he's extremely sensitive, a little ping on the bum will make him leap forward to join you. If he does this, praise him and keep moving forward for about five or six strides.

Then, slow your stride to a walk for five or six strides and halt. Repeat the process, starting with standing still, rope jiggle, and the verbal cue "Ready?" If your Ferdinand is as sensitive as a block of Jell-O, enlist the help

of a friend who will also be armed with a dressage whip or tree branch. Put your friend on the other side of Ferdinand, beside his right hip but out of the reach of a kicking leg.

Begin the process again: You and Ferdinand are standing still, facing the same direc-

Note: The suggestions in this article may also be used with gaited horses, but for ease of reading, I have used the word "trot" throughout when an easy-gait might be executed by a gaited horse.

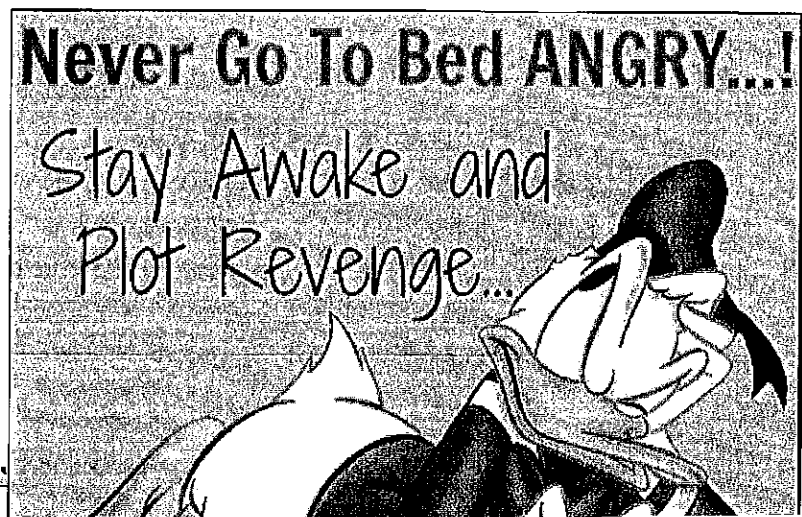


Illustration by [illegible]

tion. Jiggle the lead rope a little, and say "Ready?" Wait for a count of two, and then stride off briskly in a fast walk and simultaneously reach back with your stick and ping Ferdinand on the bum and your friend simultaneously whomps Ferdinand on the bum from the other side of his body.

As soon as Ferdinand moves forward (even if he leaps forward in surprise!), praise him and keep moving forward for five or six strides. Then, slow your stride to a walk for another five strides and halt. Allow your friend to rejoin you, and repeat the process.

With some repetition, Ferdinand will learn that the rope jiggle and verbal "Ready?" are his cue that in a moment or two, he will be asked to move out. You can gradually lighten the strength of your whomping: first, your friend's help will become unnecessary, and eventually you won't need a whip in your hand to get Ferdinand to move out. He will be watching you, and waiting for the rope-jiggle and verbal cue to go. When Ferdinand is proficient at the brisk walk, practice the same technique at a slow trot.

The turn

Some people prefer to trot around the turn, but I like to have my horse trot out to the marker, walk around the turn, and then trot back to the vet. As we get to the cone, I will jiggle the lead rope a little and say, "A-a-and walk," as I slow my stride. Ideally, the horse will match me as I slow, and walk politely around the outside of me as I walk around the outside of the cone. If your horse does this, hurrah! Skip down the page to the section labeled "The return."

If your horse is a freight train and it's hard to get him to slow down, keep reading.

Start this practice at a very brisk walk. When you get better at it, practice at a trot. Take your dressage whip or a slender tree branch with you.

You and Freight Train are striding along briskly, side by side. You jiggle the lead rope a little and say, "A-a-and walk," as you slow your stride. This is his cue that you will be slowing down. Reach in front of your own body and Freight Train's chest with your whip, and push on him. If he is a sensitive soul, a little tap is all it will take, but if necessary, push hard. You may want to give a correction "pop" with the lead rope at the same time. Do whatever it takes to get Freight Train to check his speed for a stride or two.

As soon as he slows, praise him and change directions, executing a sharp turn to



Making the turn—the horse politely walking around the outside of the endurance rider. Photo: Aarene Storms.

the left away from him, and walking slower but not stopping.

Repeat the exercise with Freight Train: move forward briskly, give him the rope jiggle and verbal cue "A-a-and walk" as you slow your stride. As soon as he hesitates or slows, praise and change directions at a slower pace. Randomly change the direction of your turn—turn left, turn right, turn all the way around.

Once he's paying close attention, turn and walk right in front of your Train, so that he must slam on his brakes and turn on his haunches. Freight Train will learn that your rope jiggle and verbal command to "walk" are his cue to slow down and prepare to change directions.

The return

You and your horse have executed the turn around a traffic cone at a controlled walk. As you finish the turn and come to face back the way you came, jiggle the rope, give the verbal cue "Ready?" and pick up the speed again.

If your horse is a Ferdinand, you want the return pace to be brisk. If your horse is a Freight Train, practice controlling his speed.

Don't be afraid to practice getting the speed and control you want a few strides at a time. If your horse can do something successfully for five strides, with more practice he will do it for 15 strides, and from there he can do it for 100 feet from the cone to the vet.

The halt

Ferdinand will soon learn that "the vet" is the ultimate destination of this exercise, and that when you get to the vet, you will halt. Ferdinand likes to stand still, so he will try to halt early . . . and earlier, and earlier—until the unprepared rider can find herself dragging an unwilling, joint-locked beast for the final 20 strides.

To avoid that situation when trotting out Ferdinand, mentally choose a spot on the ground about three strides in front of the vet, and be ready to give the cue "A-a-and walk" when you get to that spot and not a

single stride early. You may have to carry your dressage whip to enforce this idea with Ferdinand. You might also choose to throw a handful of tasty hay at the vet's feet . . . and make sure that Ferdinand sees the hay before you leave on your trot to the cone. He will remember that it's there, and he'll be eager to return to it.

Freight Train presents the opposite problem: he likes to accelerate during the trot-out, even (or especially) when the rider can't keep up. Practice frequent stops, turns, and slow-downs with Freight Train, so that he learns to watch and listen to his handler during the trot-out. If he thinks you might just halt and turn and point him a random direction midway, he's less likely to charge forward full-blast.

With Ferdinand and Freight Train both, it's important that your last three strides towards the vet be executed at a controlled walk to avoid alarming anybody. There is one vet in my region who promises that if any horse runs over the vet, the vet's scribe, or the vet's truck, he will take the pulse of the ride manager and write that on the horse's ride card, ensuring a non-completion. Rather than take the risk of injuring ride staff or any other bystanders, practice the final stage of the trot-out with control.

When you come to a complete stop, the horse (not the handler) should be standing directly in front of the vet.

Putting it all together

Enlist the help of a friend to be the "vet" for your practice session. Before you begin, take a deep breath, think for a moment about the departure, the turn, the return and the halt, and how you plan to correct your horse's behavior if it needs to be corrected. Then exhale, take hold of the lead line, jiggle the rope, and begin!

Have your friend watch to make sure you are traveling in a straight line out and back, and shout encouragement or corrections as needed to keep you and your horse on course.

By taking the time to teach your horse all of the steps of the trot-out before bringing him to camp, you will give him a useful skill that the vets and volunteers will be happy to see, and will ensure that your horse is shown in the best possible way during his vet check exams.

Aarene Storms is an endurance rider, Trail Master, advocate for junior riders, and author of the upcoming *Endurance 101: A Gentle Guide to the Sport of Long-Distance Competitive Riding*. For launch dates and a chance to win an autographed copy, "like" the Facebook page: www.facebook.com/Endurance101.

Know your horse better than yourself

KNOW YOUR HORSE BETTER than you know yourself is a philosophy I have shared with others many times over the years. I firmly believe that this is the key to successful distance riding.

We have to know our horse before we can utilize any of the other information given to us by veterinarians and fellow competitors. All the knowledge in the world isn't going to do you any good if you don't know your horse and how to apply that knowledge.

The sad thing is, every time one of us "experienced" riders acquires a new horse, we have to start all over and are reduced back to the level of novice if we don't remember to learn about our horse.

Know your horse: how does one do that? By hours, days, months spent together in trail riding, conditioning, play, grooming, feeding, etc. All these things that you do together allow your horse to tell you his likes and dislikes. This is something you have to learn for yourself; no one can tell you.

Trail likes. While riding, you may learn that your equine likes winding trails better than open roads, that he loves downhill, plus you can learn his best working pace. Is his trotting stride free or choppy, ears alert or back? Is he more efficient at a 9 mph trot than an 11 mph trot? This subtle difference can mean more than first place or completion. It can be the difference between finishing with a healthy horse versus one that requires treatment.

Pace. A rider has to learn to ride at a pace best for his horse and not ride someone else's pace. Learn what pace your horse is not only happy with, but also performs effortlessly. Search for a speed that he can be comfortable at all day. If his pace is too slow for you, and speeding him up causes a great deal of stress, you may require a faster horse if speed is of great importance to you.

Pulse. By taking your horse's pulse daily, at approximately the same time each day, you will learn what is normal for him.

If you ride with a heart monitor you can learn normal working rates for your horse for each gait or speed traveled.

Recovery time. In addition, you can learn the average recovery time for your horse. This can be very important because if a horse normally recovers to a 60 pulse in five minutes or less, then suddenly requires 15 minutes just to reach 68, you can be sure that something is amiss.

Eating/drinking. If a rider pays close attention to a horse's eating and drinking habits, they can learn

what is normal for that horse. One can learn if the horse is normally a picky eater or a chow hound. If the ravenous eater goes off his feed, again it's a clue that something is wrong. Perhaps he is too tired to eat, has a mild tummy ache or he's too nervous. Does he normally drink well along the trail? Is he one of those horses who seldom drinks until he has traveled 20 to 25 miles?

Gut sounds, etc. A rider can go one step farther by learning normal gut sounds, hydration, urine color, etc., for his horse. Are your horse's guts always slightly diminished during a ride? Does your horse normally run with a hydration of 1 or is he always excellent? Is the urine always clear or is a bit dark?

Terrain/climate. One more thing to remember is the terrain and climate you ride in vs. that of the ride. If you always ride on the flat, your horse may be unprepared for a hilly ride. If you live in a dry climate and go to a muddy, slick ride, you'll not only be at a disadvantage but your horse may be prone to some tendon strain. If you always ride in the cool morning your horse may melt in the heat of the day.

Misjudging these factors can lead to some real problems. Often the horse that requires treatment was misjudged by his rider due to terrain, different weather conditions, or perhaps the rider simply got too competitive. We are all human and make mistakes, but we need to remind ourselves to listen to the horse and what he is telling us.

All of the above supplies the rider with many clues that give him insight into the horse. All the clues, if used properly, can often solve the mystery of "What did I do wrong?" when something does go wrong.

A rider that truly knows his horse better than he knows himself can actually prevent problems. While in a vet check, the horse may look fine to the veterinarian, but by knowing your horse you may be getting clues that something isn't right. By sharing those clues with the vet, you could be doing horse a favor.

One must always remember that the vet only sees the horse for a few minutes. You are the one who is with the horse on the trail and knows how well the horse is really doing. ■

This article was first published in the December 1992 EN. The information is as valid now as it was 20 years ago. Karen started endurance in 1977 and has more than 22,000 endurance miles.

Friends are like underpants...
Some crawl up your ass..
Some snap under pressure..
Some don't have the strength to hold you up..
Some get a little twisted..
Some are your favorite..
Some are cheap and just plain nasty..
And some actually do cover your ass when you need them to...

Cough Medicines

Bring to a boil, 1 cup molasses and 2 tablespoons of butter. Cool and add hot liniment, peppermint or any desired ingredient to cut your cough.

Mix cod liver oil with molasses and simmer on back of stove till brewed. Take by the teaspoonful.

Mullen leaves steeped.

Boil black cherry bark with a bit of sugar to form a syrup.

Bark from the fir tree steeped can be used as cough syrup.

Melt honey and add lemon juice.

Cut a raw onion up fine, sprinkle half a cup of white sugar over it. Let stand for a few hours until juice forms. Take 1 tsp. of juice every hour until cough is relieved.

Rub throat with medicated ointment, put on cold compresses and cover with wool flannel around the neck. Keep changing compresses.

Melt lard and put in kerosene oil and rub on the throat.

Boil Beech leaves, add sugar. Boil down to syrup.

Molasses and baking soda, with a bit of scraped raw onion added.

Drink water whitened with oatmeal four times a day.

Take four ounces of grated fresh horseradish. Saturate it in a pint of vinegar, over night. Add half pint of honey and bring it to the boiling point. Strain through cloth and squeeze out. Dose — one or two teaspoons several times a day. Good for loss of voice, hoarseness or ordinary coughs.

Hot Currant Drink. Take 2 tbsp. black currant jam and crush it in a large cup until all the juice comes out. Add 2 tsp. sugar and fill the cup with boiling water. Let this sit until cool enough to drink. While drinking this, place feet and ankles in pan of really hot water, as hot as you can stand, into which has been stirred one tsp. of dry mustard. This was done seated beside the kitchen stove. Go to bed and keep warm for an hour or so — if this is during the day — and the cough or cold will soon disappear. Repeat the drink if necessary.

Put 5¢ worth of pine pitch into a pint of water. Let it simmer until the water is well impregnated with the flavour. Dip out the gum which remains undissolved and add honey enough to sweeten and make a thick syrup. Strain this and bottle. Dose — a teaspoonful 4 or 5 times a day.

COLDS

Boil cherry bark and molasses and drink it.

Drink Juniper Tea for colds.

Babies with colds-put camphorated oil on feet. Cover with wool socks.

Soak feet in very hot water for one half hour before going to bed to break fever.

Take a teaspoon of sugar with a drop or two of peppermint oil.

Take one pint of lard, and one plug of chewing tobacco, cut fine. Boil together for three hours, then strain. Add 1 ounce of gum camphor, crumpled fine, Rub on flannel and place over chest.

If only ordinary spirits of camphor available, put one or two drops upon a lump of sugar and dissolve the sugar in a tumbler, half full of water, and give a teaspoonfull every two hours.

Heated, dry salt makes an excellent compress for any sort of congestion.

Raw onion sliced and put on a cloth can be used as a poultice for chest colds.

A simple treatment for a cold is a mustard foot bath, mustard plasters applied to chest, back, abdomen, arms and legs, and a stimulant as follows: Glycerine, 3 oz aromatic spirits of ammonia, 3 drachms, fluid extract of ginger, 1 oz. Take a teaspoonful in a glass of hot water an hour before each meal or when chilly.

Chest rub - 2 tablespoons castor oil warmed with 1 tablespoon of turpentine added. Rub mixture on the chest, cover with a warm cloth. Apply 1-3 times daily.

Old Beliefs

Circle around the moon means storm or rain.

Never tell a bad dream before breakfast as something bad will happen.

If you think a person has bewitched you, draw a picture of that person and tack to a board or tree and shoot it with silver. The person would have a terrible pain or sickness where the silver struck the picture.

When viewing a corpse one should place their hand on the forehead to rid one of the fear of death.

If a black cat crosses your path, turn back and start again.

If you have heartburn while you carry your baby it is sure to have lots of hair.

If parents fight a lot before a baby is born, it is sure to have colic.

If a baby is born with cradle cap, it's sure to be foolish.

Don't throw egg shells into the fire until the cake is done or the cake will be spoiled.

A whistling girl and crowing hen.

Will take the Devil from his den.

A crescent moon with ends tipped up will be a dry moon. If standing straight up and down so the water can run out, it will be a wet moon.

If it is raining when the sun is shining, the devil is beating his wife.

Clouds to the southward means snow.

Sun sets clear on Friday it will storm before Monday.

Smoke curling high in the air from the chimney means a fine day.

The sun drawing water is a sign of rain.

If a hen stays out in the rain, it will rain for hours.

If you knock on wood, you're thanking your leprechaun for all the good fortune that you have and hope that he'll continue to do for you.

It is believed that for a few seconds while you are sneezing the devil has crept into your body and if you say "bless you" it will chase the devil away.

To drop scissors means a visitor for you, one who'll bring you welcome news, and stop you feeling blue.

Violets in autumn mean an epidemic.