

They may be on the sick list for months. But the racing season is over, and the money is lost. Again the trainers fall back to the ancient system, and all experience is lost upon them.

It is not to be wondered at that these horses suffer catarrhs, and that their legs fail. If you talk to a trainer, he will say: "I must keep my windows shut during the night, or the horses will be ill; they must be warmly clad, or they will catch cold; they must be well physicked, or they will fly to pieces when I put them in hard work; and they must have hard work at any risk, otherwise they won't stay a distance; if their legs show symptoms of weakness, I must support them with plaisters, elastic cloths and flannel bandages." The answer is simple. If Miss Nightingale, of undying fame, and our cleverest doctors, insist upon the windows of an hospital containing patients with every disease being kept open night and day, why are trainers to be more learned than they? If the fresh air at night is not salubrious to a healthy horse, why do you strip a horse labouring under a violent inflammation and turn him out in the cold air, as the only means of saving his life? Every year tells the same sad tale of coughs and illness: they are considered as dispensations from Providence—no fault of the trainers. It is their *kismet*, like the fatalists of the East, who have great contempt for drains to carry off the filth of their cities, and thereby patronize the plague.

Warm clothing is useful after a long, severe race (a dead heat), and the horse is required to run a second time: then a trainer thinks it advisable to discontinue its use. He will walk his horse stripped in cold wind; and there he stands with his coat dry and wiry, the heat driven back to his lungs and heart. An American trainer covers his horse up with clothes, and moves him about till he breaks out in a profuse sweat. This brings the enemy to the surface; the heart and lungs are relieved; and if the horse dries up well after he is rubbed down, he is fit to run for his life, when the English trainer's horse is suffering from internal fever. An Afghan trooper comprehends this theory, and acts upon it after a long, fatiguing march; to a common English groom it is a paradox. He will clothe his horse when he ought to be stripped, and he will strip him when he ought to be clothed.

If horses be free from organic diseases, water, hot, tepid, or cold, variously applied, and hot-air baths, will cure every complaint incidental to the equine race; cold, wet linen bandages, covered with oilskin and woollen cloths, will cure sore throats more readily than mustard poultices or blisters and leave no mark. Fever, influenza, and cholera may be subdued by cold wet linen sheets around the body, and the evaporation carefully guarded by blankets till the patient perspires freely, and the disease comes to the surface; then drench well with cold water when you strip him; let him drink cold water, rub him well dry, and keep him in a cool

well-ventilated stable. This water system is cheap and simple, and acts promptly on the disease, without impairing the horse's natural vigour, and there are no bills to pay. If the horse's constitution is like iron he may recover by the aid of medicine in the last stage of debility.

My training theory is, that no race-horse should be clothed beyond a linen or a cotton sheet either in the stable or at exercise, excepting during a cold winter when a simple rug may be allowed both indoors and when his work is confined to a straw bed during a frost. It is an outrage on common sense to say that an old horse is more tender than a sucking foal. The hot-air bath, by cleansing and opening the pores of the skin, restores its tone, and restores the animal in his original purity to despise the changes of the weather, the trainer having exerted all his ingenuity to make him tender, helpless, and susceptible. As the hot air stimulates the action of the liver, physic will seldom be required, and then in very small doses. When a yearling comes into the stable fat and fleshy, instead of giving him extra slow work and keeping him out four hours, it saves a great deal of trouble to physic him well. Extra physic is less troublesome than extra work, and it is supposed to be all the same thing in the end.

From the 15th of March to the end of the racing season, the horses should be exercised twice a-day, and be kept out altogether four hours, instead of the present system, from two hours and a half to three hours at one interval. They should always have access to water, or, according to the American system, it should be offered to them in small quantity six or seven times in the course of the day. Most horses you cannot feed too highly when they are in strong work; and my belief is that no three horses require exactly the same food and the same exercise.

A stable should be built on brick arches, unless the foundation is chalk or limestone. Rooms about seventeen feet in height, with large windows, ventilated near the ceiling by hollow or perforated bricks; no mangers to the stalls or boxes; large white wooden basins hooked on to staples in the wall for the corn—the said basins to be taken away and washed, when the horses have fed; and in every stall a fixture for a water-pail. There are three appendages necessary to a perfect establishment—a dormitory for the lads, who should not be allowed to sleep in the stable, because when the night air is cool they will shut down the windows; a Roman bath; thirdly, a weighing-machine, to register each horse's weight after each operation of the hot air, and after every public race or trial. A wooden grating over the floors of the stalls fitted with iron hinges to trice up to the sides, in order to be washed and purified, would be a great improvement, and there would be no necessity for straw litter. The stable plans of Mr. Knibbly,