

this is markedly the case with the "Syces" who, in the East, run beside the horses, whose powers of endurance are so striking, and who are specially characterised by the tightness of their girdles. Finally, we may note the almost universal use of leathern belts by navvies and those employed in hard manual labour, very often in addition to braces, which will serve to recall a connection of which we might give many more examples.

In passing, we may refer to the employment of very tight girding as a means of stilling the pangs of hunger. The "Schmacht-riemen" of the North Germans, or the "hunger-belt" of the Zulus and Basutos, illustrate a fact of which some of us, at least, have had personal experience. In all probability the hunger-belt, by compressing the organs of digestion, interferes with their blood-supply, dulling thereby the sensations which constitute the feeling of hunger.

In conclusion we may mention that in South, and certain parts of North America, where the lasso is fastened, in one case to the girth, and in the other to the pommel, of the saddle, which necessitates the girths being drawn excessively tight in order to prevent displacement of the saddle, no harm to the activity of the horses appears to result. The girths are drawn to what, at first sight, appears a cruel extreme, very much more than would be possible with girths made after the English fashion, yet nowhere have we seen horses so quick and agile in their movements, or with such powers of endurance for long journeys. It is noteworthy that these horses, being grass-fed, are large-bellied, and that this necessitates the girth being fastened, not as in England, round the posterior part of the thorax, but round what corresponds to the waist in man. The fact that on the pampas of South America, where everyone, from the highest to lowest, habitually rides on horseback, very tight girthing is customary with people who never use the lasso, as well as by those who do, makes it evident that such tight girthing round this part of the horse is, at all events, not recognized as harmful to the powers of the animal. This, with the conclusions which we have attempted to describe in the above pages, leads us to suggest to trainers of horses, that it would certainly interfere less with the horse's breathing if the racing saddle were girthed, not over, but behind the ribs, and that they might thereby gain for the horse the same advantage as is experienced by the Syce from his broad, tight girdle. We think it desirable that someone should make a few experiments of a kind fitted to settle the question, whether the South American or the European mode of girthing be the better.