

of nine miles under sweaters; and the next time walk half the distance, and then a hot-air bath; I fancy he will find himself a lighter, a stronger, and a wiser man after the second process. Owing to the exhaustion of a four or five-mile sweat a horse is only fit to walk the following day; and many horses are annually disabled by this severity; but after a hot-air bath a horse is fit and ready for any task. I therefore pronounce the hot-air bath a most powerful and valuable auxiliary. With this assistance you may bring an infirm horse to the post which would break down in two orthodox four-mile sweats. With respect to the sound horses, why should we not try to keep them sound?—is not prevention better than cure?

The Roman bath invigorates a horse's frame, gives increased action to his liver, improves his appetite, cleanses the pores of suppressed perspiration, and fortifies the skin from extreme heat and cold; the joints become more supple, the sinews more elastic, and the heart, lungs, and kidneys being freed from fat, horses are able to take the strongest exercise without suffering from internal fever. Rheumatism, sore shins, and cutaneous eruptions are speedily subdued by hot air. Under this system, no horse ought to be exercised in heavy clothes. In my opinion, it is always objectionable to give a horse a sharp or a very long gallop when he is clothed; and looking to hot air as an agent, we may keep our horses sound for thrice the estimated period of their present efficacy; the veterinary surgeon and the saddler will send in diminished bills;—this will balance the expenses of the bath, and will save large sums of money to the proprietors of race-horses.

Of all animals in the world there are none better endowed by nature to endure the vicissitudes of climate than a horse. From the burning deserts of Arabia to the coldest regions of Europe, Asia, and America, they enjoy the most perfect health and vigour. Why are we, then, to treat them in this temperate clime like exotic plants? If, from the day a foal is dropped, he is never shut up with his dam in a close hovel, except during a severe frost; if the same practice be adopted after he is weaned till he is taken into the stable to receive his education, there is very little risk of his catching cold, cough, or any disease; all those indispositions arising from young stock being confined in a close, unwholesome box, and then being suddenly exposed to cold winds.

When the yearling colt is removed to a well-built, warm stable, you would suppose that, if he enjoyed perfect health during his days of liberty, in the open air, rolling on the wet grass—if this mode of life agreed with him, and added daily to his growth and strength, that, as far as fresh air was concerned, you would allow him all the advantages which nature can bestow. From a life of freedom, housed in an open box, inhaling pure, fresh air, he is confined with his head

tied up to a manger in a close stable, the doors jealously opened by day, as if the air is injurious to his health, and carefully shut, on average of thirteen hours during the greater part of the year. As a foal he roughed it in paddock during the cold winds of February; eighteen months afterwards he is clothed, shut up in a warm, close room. Before this he is reconciled to his first lessons of service; a woollen rug is strapped round him, to add to his naturally inflamed state of his blood; and crown his misfortunes, from having always free access to water, the trainer restricts him to two draughts per diem; it signifies not whether the weather is hot or cold, the regulations, like the laws of the Persians, are inviolable. The trainer drinks ten times a day if his throat is dry, but he never calculates; his horses may be more thirsty than usual if the thermometer in his dusty stable rises to 90. It has been proved over and over again that horses in a stable have free access to water, will not drink as great a quantity as when it is offered to them twice a day (excepting in dry weather); because the horses, having more sense than their masters, drink a whole pail to lay in a stock to meet the exigencies of arid thirst, and the interior demands which nature may require in the long interval of detention. This saves trouble, but it is in direct antagonism to the principle of training men to fight, who are never allowed to be large draught.

Thus the raw material, in the shape of a healthy, well-grown colt, eighteen or nineteen months old, is introduced to the care and tender mercies of the troom. After the usual process of leading him about, lunging him, backing him, his proud spirit bends to the yoke; from exercise he is abruptly called upon to mend paces, and within fourteen weeks he is tried on older horses, from six hundred yards to a mile. A trainer may justly complain as to these early preparations. He quietly acquiesces, owing to a natural compulsion to find out a trump, or to be enabled to separate the wheat from the chaff. As far as these trials are concerned, the experiment can be made at half the risk of destroying the colt in other words laying the seed of future usefulness, by using the hot-air bath for absorbing internal fat and superfluous flesh, without having recourse to strong medicine or long painful gallops.

At two years old the trainer considers it necessary to clothe the unfortunate colt more on the principle that he becomes more tractable as he advances in age (a novel doctrine); and not satisfied until he makes the horse comfortable by a flannel or a woollen hood which goes out to exercise. A showman has the right to dress up his dancing dogs or his horses at a fair—that is quite admissible; but to make a horse susceptible of cold—it is by