

sunflower and padda. Do not feed hemp seed, but adhere to a strictly plain diet, and have plenty of gravel in the cage. It is also well to put in an ear of corn, some spools or other articles for the bird to gnaw at or play with. In many cases where feather pulling arises from too rich food the bird's general health can be helped by keeping some cuttle bone in the cage. It is also a good plan to keep an inch or so of dry sand in the bottom of the cage, as the bird frequently likes to wallow in it, and the feather pulling is caused by an itching of the skin. Fruit or green food is good for the bird at such a time. Frequently, however, feather-pulling is caused by insects, and it is well to take the parrot out of the cage and rub insect powder thoroughly through his feathers in all parts of the body. By doing this for several days they will finally all be exterminated.