

amrod. A slight inclination of the head and shoulders forward grows on the best non-military riders, and I may here say that the military seat, so-called, and all the instruction gained of a military roughrider are an abomination. Very many military men are splendid riders; but it is off parade that they are so. The *haute école* is another ridiculous absurdity.

It is not possible for some men, born with a pelvis that does not accommodate itself to the seat I have sketched, to be pretty riders, but they acquire firm seats of a kind, and learn to balance themselves. These may and do cling to the saddle with the calf of the leg, but it is absolutely wrong, where avoidable, as it is by men with flat or hollow thighs. Such men should ride without spurs. Going over bad, uneven ground collect your horse, see that his legs are all under him, and then interfere with his head as little as you can. He will want it loose for balancing himself. At the same time have all the reins so firm in the fist, thumb on top, that if he blunders you can help him. The reins should be held with the hands low, very little in front of your body, and this you will find gives room for all necessary play. The elbows must be in.

Your weight must more or less govern your choice of a horse to ride. But a fourteen hands cob, if made right, and standing square on his legs, can carry a heavy man satisfactorily. It is a question of build rather than height. But a tall man looks best on a tall horse. A horse 15.3, if properly put together, is the best for general use.

If you have to face a fall double your head under your shoulders and alight on the back of your shoulder if you can't pitch on your feet. Hang on to the reins unless your horse falls too. Then keep clear of him. He will not get up as quickly as you can, if you are not hurt. If you are hurt, it does not matter where he goes. There is a great knack in falling. I may say that I have been riding all sorts of horses for over half a century, and have had numberless falls under all sorts of conditions, and I have never yet broken a limb. Sprains, bruises, cuts and wounds must be taken as they come; and even broken collar bone and "concussion." I have several times twisted and nearly broken my neck, and that I take to be the principal danger in riding, whether the fall be at a walk, trot or gallop. A sure-footed horse, who can see where he is stepping in addition to watching the country, and looking for objects of alarm, is a treasure. Some never place a foot wrong, others never miss an opportunity of doing so. You