

WINTER SKETCHES FROM THE SADDLE

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Winter sketches from the saddle by John Codman

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JOHN CODMAN

**WINTER SKETCHES
FROM THE SADDLE**



WINTER SKETCHES

FROM THE SADDLE

BY A SEPTUAGENARIAN

JOHN CODMAN



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TO
GEORGE BANCROFT,
THE OCTOGENARIAN EQUESTRIAN,
THE HISTORIAN FOR ALL TIME,
THIS VOLUME
IS BY PERMISSION
RESPECTFULLY DEDICATED.

WINTER SKETCHES.

CHAPTER I.

Equestrianopathy.—The Horse, the Saddle, and the Outfit.—Westchester County.—Elephants and Milk.—Decker's Institution.—A Town of Churches.—Meeting of Old Schoolmates.

I HAVE a favorite medical system, which I shall style Equestrianopathy. It is vastly superior to Allopathy, Homœopathy, Electropathy or pathy of any other kind.

“When pain and anguish wring the brow,” whether it comes from mental or physical depression, too much exercise of brain or stomach, dissipation of society or confinement in furnace-heated hotels or offices of the city, I resort to my remedy.

From my boyhood I have adopted it whenever opportunity offered, as a prophylactic as well as a cure. Many hundred miles have I

ridden over African deserts, South American pampas and the plains and mountains of California, Utah and Idaho; and the miles traversed in New York and New England might be counted by thousands. But for the horse I should long ago have been in the grave.

"My kingdom for a horse!" exclaimed Richard. The horse has been a kingdom for me.

I could say with Campbell

"Cease every joy to gimmer on my mind,
But leave, oh leave the light of hope behind,"

that light of hope being my saddle horse.

The late Rev. Dr. Cutler of Brooklyn, when a feeble young man recovered his health by riding from Portland to Savannah. His valuable life was prolonged to old age by this almost daily exercise. When one of his parishioners asked him how he could afford to keep a horse, his reply was "My dear sir, I cannot afford not to keep one."

If your business confines you to the city, give the night two hours that you now steal from it, and take for the day two hours that you give for sleep. Take this clear gain of time for horseback exercise in the park.