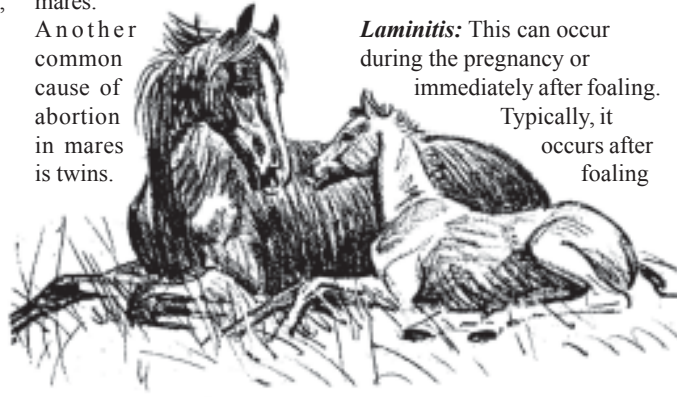


during foaling. Sometimes tears extend right through the vagina and into the rectum. This is a very serious condition that requires immediate attention.

Abortion: There are many causes of abortion, ranging from infection to nutrition. The most common cause of abortion is infection (bacterial, viral or fungal) and twinning. Bacterial infections can occur during the mating process or later during the pregnancy. Some mares' bodies allow bacteria from their manure to get inside their vaginas and cause infection because the top part of their vulvas are tipped forward. To help prevent this, the top half of the vulva is stitched together (termed caslicks).

The most common cause of viral abortions is Equine Herpes virus-1 infections (rhinopneumonitis). Infections can occur at any time, but the abortion may not occur for three or four months after the infection. Vaccines are available for this virus and should be administered by a veterinarian to all pregnant mares.

Another common cause of abortion in mares is twins.



Horses, for reasons not entirely known, do not seem capable of carrying twins, and often abort in the later stages of gestation. If they are born, they are often very weak and many don't survive. To avoid the problem, an ultrasound examination is performed early in gestation and one of the twins is eliminated.

Laminitis: This can occur during the pregnancy or immediately after foaling. Typically, it occurs after foaling

if the placenta is retained in the uterus.

Dystocia: This means difficulty giving birth. The majority of dystocias are caused by malpositioning of the foal during birth (a leg, the head or the body is in the wrong position). Other causes are foal deformities or problems with uterine contractions. This is a life threatening condition. If a mare is in labor for any longer than 30 or 40 minutes, a veterinarian should be called immediately.

As you can see, many things can go wrong, and this is just the tip of the iceberg. The good news is that with proper management and care, many of these problems can be avoided.

HORSEBACK RIDING Only For Beginners

By Sheridan Hashish

This section is written specially for beginners in order to enjoy at every level by all ages. Remember.. it is never too late. Be careful if you are unfit, some of these exercises are strenuous if done too often or too quickly.

Exercise 1 Leg swinging

Bend a Knee very slightly and swing your left leg back forth about 10 times repeat with the right leg the same exercise.

Exercise 2 Trunk Twisting

Stand still in your position with half legs apart. Swing your arms to the left and right as far around as possible.

Exercise 3 Side Flexing

Stand straight with your feet apart and arms outstretched at shoulder height Reach down your left side by your left hand keeping your right arm straight and stretched. Repeat the same exercise to the right side as many times as you can.

Exercise 4 Skipping

Build up your stamina by skipping as many skips as you can.

Exercise 5 Bicycling

lie on your back with your hands under the arch of your back. Raise your legs and bottom upwards and bicycle in the air.

Exercise 6 Sit ups

Bend your Knees & Lie on your back and feet flat. Start sitting up without using your arms then lie back again.

Exercise 7 Squats

On your heels start crouching with both arms by your side spring up & stretch your arms above your head.



Source: "Learn to ride in a Weekend" By Many Garden Watson