

# Wildwood Farm CLIPS & CLOPS

Oak Harbor

April 2024

YOUR NEIGH-BORHOOD HULLABALOO

CREATED & EDITED BY HEATHER CARDER

## THE HISTORY OF HYGIENE IN THE WILD WEST

During the Wild West era in America, pioneers sought opportunities and new beginnings in the western frontier. However, hygiene practices were far from today's standards, and the lives of cowboys were anything but glamorous. Exploring their hygiene habits from that time will undoubtedly make you appreciate the advancements and comforts of the 21st century. Keep reading to find out what they used as soap...

### Men Kept Their Hair Long

Although long hair might seem like a hassle to keep clean and something that will make you hotter, it was a popular style among men in the Wild West, with some of the most notable figures of the time sporting long tresses.

However, men didn't just let their hair grow as long as they could. When arriving in a town, many cowboys would treat themselves to a trim, a bath, new clothes, and a shave. During the 19th century, shorter hair became the norm among men.

### Dentists Were Non-Existent

Back in the Old West, toothbrushes, toothpaste, and other oral care products weren't prevalent. This meant that a lot of people suffered from severe oral issues, and when a tooth became problematic, it was usually just pulled out.

With dentists being uncommon, this task was usually performed by barbers or blacksmiths, or even the "patient" themselves. Of course, besides drinking or applying whiskey, there were a few pain medications available as well. All in all, oral care was horrendous, and countless people paid the price for it.

### Spitting Had to Be Banned

In the Old West, many of the men spit products, and when in a saloon, would spit it directly on the floor where spittoons lined the bar. The saliva on the floor and the spittoons were then covered in sawdust, which became an issue due to respiratory diseases such as pneumonia and tuberculosis.

The spit-riddled sawdust was a breeding ground for germs. A lot of people slept on the floor when the saloon would rent out space to travelers. For this reason, spitting was banned in some places

altogether, and to do so would mean a fine or prison time.

### Women Wanted Their Skin to Look as White as Possible

For women, a popular look at the time was to keep their skin as white as possible, and without blemishes and freckles. Many middle and upper-class women did this by either bleaching their skin or keeping out of the sun as much as possible.

If they did find themselves outdoors, chances are they wouldn't be seen without a bonnet, gloves, and long sleeves. Unfortunately, not all pioneer women had this luxury and were exposed to the sun regardless. Many women also went against social norms and conformed more to the cowboy way of life.

### Outhouses Were a Nightmare

As you can imagine, going to the bathroom in a shed that's built on top of a hole in the ground isn't the most pleasant experience.

Although nobody had a problem taking care of their business outside in the bushes or the woods, outhouses were typically built near homes, and when the hole became full, it was buried, and the

*Continued on page 11*

## WHAT'S TRENDING NOW

### Perry Dixon's Saddle Toilet

Freud might say this designer most certainly underwent trauma during his toilet training years. Designer Perry Dixon has built a better mousetrap, or rather, a better toilet. The claim is that the Rocking Horse Toilet provides health benefits because of its unique construction. The "rider" can expel waste more effectively because his knees are elevated thanks to the foot pegs.

Are traditional toilets not effective enough? Are fiber-rich diets overrated? Dixon must have spent a lot of time on his "throne" pondering this revolutionary apparatus.

Designer Perry Dixon has ingeniously crafted a toilet that might just revolutionize bathroom habits. Behold the Rocking Horse Toilet!

This whimsical creation takes inspiration from a rocking horse. But instead of providing joyous rides, it aims to enhance your bathroom experience. Here's how it works:



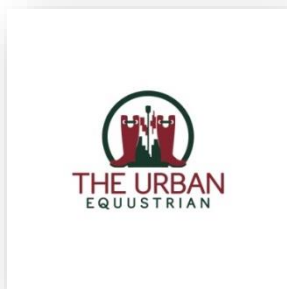
**Unique Construction:** The Rocking Horse Toilet features a distinctive design. When you sit on it, your knees are elevated, thanks to the foot pegs. Imagine straddling a rocking horse, but with a more practical purpose.

**Health Benefits:** Dixon claims that this unconventional toilet design offers health benefits. By having your knees raised, you supposedly expel waste more effectively. Perhaps it's time to rethink traditional toilets and embrace this equestrian-inspired innovation.

So, the next time you're pondering life's mysteries on your porcelain throne, consider the Rocking Horse Toilet—a blend of whimsy and practicality!



Our Store is currently open by Appointment.

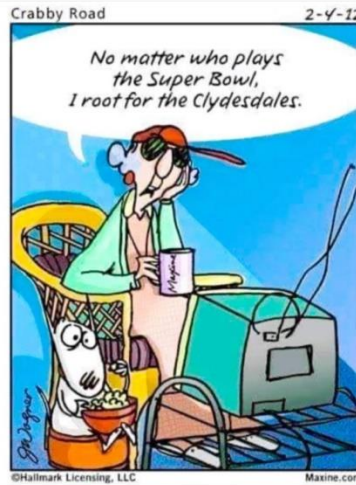


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## New Items for April







When I have a bad round at a show, but my non-horse family/friends are still like



when your horse suddenly does sliding stops better than a professional reining horse



training a baby horse is like trying to teach a toddler with the attention span of a goldfish and the athletic ability of a pingpong ball how to do advanced calculus

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## WILDWOOD FARM B&B



### This is your moment.

Today at Wildwood Farm B&B

A Bailiff realized...

*The happiest people don't have the best of everything, they just MAKE the best of everything.*

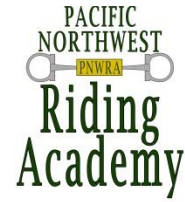
Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

Our ranch has a long history of igniting the spark between horses and humans, whether you want a small introduction or total immersion.

Come experience the power of possibility with these magnificent creatures and explore the abundance of silent repose.

[www.wildwoodfarmbandb.com](http://www.wildwoodfarmbandb.com)

WILDWOOD FARM HAS IT ALL!



**“Ride with me and I will teach you what you need, for I am gentle and humble, and it’s here that you will find rest for your soul.”**

**-Matthew 11:29**



**“In Riding a horse, we borrow freedom.”**

**-Helen Thompson**



**[WWW.PNWRiding.com](http://WWW.PNWRiding.com)**

**PACIFIC NORTHWEST RIDING ACADEMY**

February 9, 2024 Michelle Thomas

## Workout Plan for Out-of-Shape Riders

Horseback riding requires skill, finesse, physical strength, and endurance. A great way to improve your skills in the saddle and prevent injuries is by incorporating a workout routine specifically designed for equestrians. In this blog, we'll share some exercises to help you develop leg and upper body strength, core stability, and cardiovascular fitness.

A strong core is the foundation for maintaining balance, controlling your horse, and absorbing the horse's movement. Your core includes abdominal muscles, lower back, obliques, and hips.

Anytime you are in the saddle, strong legs are also key. The legs communicate with the horse, guide its direction, and maintain a secure position in the saddle. This requires strength in the quadriceps, hamstrings, calves, and inner thighs.

Upper body strength, particularly in the shoulders and arms, is also necessary to ride effectively. You use your arms to hold the reins and guide the horse, and your shoulders help maintain proper posture and balance.

Finally, flexibility is crucial for riders. Flexibility allows you to move fluidly with the horse, adjust their position as needed, and prevent injuries. This is important in the hips, lower back, and shoulders, all heavily involved in riding.

### How to Choose a Workout Routine

Each workout session should ideally combine different types of exercises to target areas important to riding. This includes strength training, cardio training, and flexibility workouts. Strength training is important for building the muscle strength required for effective riding, particularly in the core and legs.

On the other hand, cardiovascular exercises improve stamina and endurance, allowing riders to maintain a high level of performance for more extended periods. Flexibility workouts, such as yoga or stretching routines, are also essential. They help improve the rider's range of motion, improve posture, and reduce the risk of injuries. Including these in your workout routine at least twice a week can significantly improve your riding skills!

### Core Strengthening Exercises for More Stable Riding

Planks are an excellent exercise for strengthening the core muscles, which are important for maintaining good posture and balance while riding. While holding planks, keep your core engaged and hold for 30-60 seconds. Repeat for 2-3 sets.

Another great core exercise is the toe tap. Lie flat on the floor with your legs straight up, perpendicular to your body. Slowly lower one leg towards the ground while keeping the other straight up. Touch your toe to the ground and then lift your leg back up. Repeat on the other side for 2-3 sets of 8-12 reps.

### Leg Workouts to Improve Your Seat and Control

Squats are a very beneficial exercise for riders. They strengthen the quads, hamstrings, and glutes, which are all used when riding. Squats also improve lower body strength and endurance, making maintaining the correct riding position easier for extended periods. Try three sets of 10 reps.

Lunges are also great for improving lower body strength and flexibility. They target the same muscles as squats but also improve hip flexibility. This is particularly important as flexible hips help riders move more fluidly with their horse. Try three sets of 10 reps on each leg.

### Upper Body Exercises for Better Rein Management

Push-ups are an excellent exercise for strengthening the arm and shoulder muscles, which are important for controlling the reins and maintaining good posture while riding. Start with three sets of 10 sets.

Remember, consistency is key when it comes to workout frequency. It's better to maintain a steady, manageable routine than to push yourself too hard and risk burnout or injury. Start with what you can handle, and gradually increase the intensity and frequency of your workouts as your fitness improves.

## Nutrition Corner

### Copper's Impact on Equine Coat Color.

Does adding copper to a horse's diet really have an impact on coat color and protect coats from sun-bleaching?

Copper is an essential trace mineral that plays a vital role in many processes within your horse's body. For example, there are copper dependent enzymes involved in the synthesis and maintenance of elastic connective tissue. Copper is necessary for the mobilization of stored iron in the body and also detoxifies superoxide, a compound deployed by the immune system to kill invading microorganisms.

Coat color is determined by the presence and proportion of melanin pigments. As it turns out, the enzyme responsible for melanin production—tyrosinase—is copper-dependent. This enzyme derived from the amino acid tyrosine results in brown and black pigments. Many coat colors have some level of brown and black in them, including buckskins, chestnuts, bays, and blacks. The latter two colors are also influenced by zinc.

Depigmentation and impaired keratinization of the coat indicate low copper or zinc status. Typically, when copper is low, chestnut coats will appear to have a yellow tone to them and black coats will have a rust

Appearance. You might especially notice this color shift in a horse's mane. Coats appear to fade over time due to ultraviolet light causing damage to the pigment leading to color change. If pigment levels are high, coats have greater resistance to damage.

Forages (such as hay) tend to have low amounts of copper, so the best advice is to feed a balanced horse-feed ration (such as a found in Triple Crown products) fed according to package instructions. or equine nutritionist recommendations can supplement horses with an adequate amount of copper.

Paprika is a natural source of copper but also contains capsaicin, a substance that can mask pain and cause skin sensitivity and is therefore banned by many horse competition regulating bodies.

Be aware that a number of supplements claim to darken coat color, and many of these contain copper—and might or might not work. Coat issues can be an indicator that overall the diet is not as well balanced as it should be.

### WILDWOOD FARM AND TRIPLE CROWN FEEDS.

Our partnership with Triple Crown began in 2014 through a promotion with the USEF encouraging farm members to compare their current feeding programs with Triple Crown products. We have found the TC products to be superior to other products primarily because of the EquiMix technology and the research support of a leading-edge team including independent representatives of Equine Universities, Medical clinics and top-level riders and trainers

## Meet GENERALEE SMOOTH

In the spring of 2008 Wildwood Farm happened upon "Smoothie" at an auction in Enumclaw. He was small in stature, around 12.1 hands, and was aggravating the horses next to him in the pipe paddock he was being kept in. We could tell he was trouble from the start!

He was also young – around 4 yrs old, with minimal training. Certainly not the school-horse type we were there looking for. But there was something about Smoothie that caught our attention: Perhaps his lovely dark bay color and lovely conformation, or maybe how he looked a little vulnerable among all those larger horses. We decided to keep a watch on him in the auction ring.

As fate would have it, no one was really interested in this small, registered Appendix A Welsh Pony and we ended up bidding on him and ultimately purchasing him for a song. He loaded up like a prince with the other 2 horses we purchased, and off we went back home to Wildwood Farm.

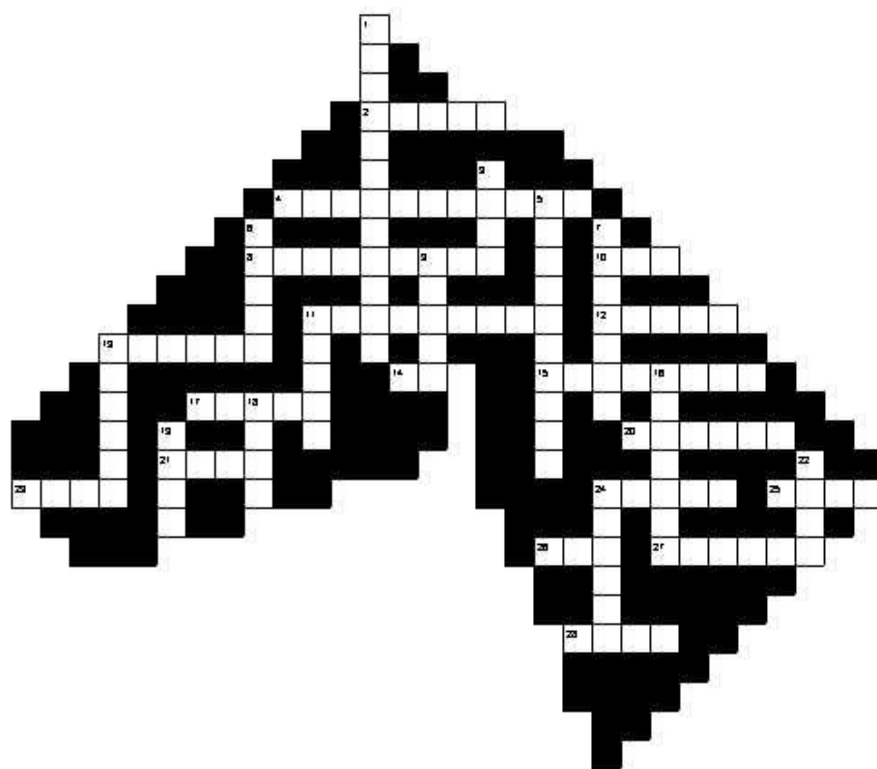


It didn't take us long to realize that Smoothie was a handful and if we were to make anything of him we would need to look for professional help. So off he went to Quinton DesFountain, where he began his driving training.

Although he was a challenge, he was extremely athletic, and Quinton quite enjoyed having him in his training barn. He was quirky though: He would not tolerate vaccines and he proved quite an escape artist in the crossties and LOVED to get the other horses spun up!

A nicely trained horse came back to Wildwood Farm and, though we wanted to keep him, we ended up trading him for a Welsh Cob/Hanoverian gelding named Odin who was down in Oregon....probably not the best trade in hind sight (another story) but Smoothie went on to excel at combined driving competitions.

## Horsing About



### Down

1. Jumping against time across natural obstacles
3. Most racehorses get fed these
5. Once used to pull ploughs and carts
6. Large white mark on head of Horse
7. The person that does your horses feet
9. Require a check at least once a year
11. Which association does Monbulk-Clematis ARC belong to
13. Three beat movement
16. You stick your foot in it
18. Small yellow eggs on Horse legs in Autumn
19. A place where they breed horses
22. What is the highest point on the horse
24. Stops the saddle from sliding sideways

### Across

- |   |   |
|---|---|
| 2. Can be put into horse shoes for extra grip         | 20. To trot on the spot                       |
| 4. Part of bridle that is done up behind the jaw      | 21. 2 Beat movement                           |
| 8. A disease that can be caused by founder            | 23. An artificial aid used to back up the leg |
| 10. What can you tell by looking at your horses teeth | 24. Every 6 to 8 weeks you treat for this     |
| 11. Brings good luck                                  | 25. A small horse                             |
| 12. Something used to steer a horse                   | 26. It goes in the Horse's mouth              |
| 13. Back of saddle                                    | 27. Front of saddle                           |
| 14. Short for hands                                   | 28. Soft part on bottom of horses foot        |
| 15. Also known as flat work                           |   |
| 17. A striped relative of the horse                   |   |



# MOST FABULOUS STAINED GLASS HORSES!





# Found: The Hoof of Napoleon's Horse, Hiding in a Cottage Drawer in England

**It was in a plastic bag.**

BY [SARAH LASKOW](#) MAY 1, 2017



**BACK IN 1815, DURING THE** Battle of Waterloo, the British army captured Napoleon's horse, alive. The stallion, named Marengo, was sold to a member of the Grenadier Guards, who brought the horse back to his family farmhouse in Somerset. When Marengo died in 1831, the family had his two front hooves mounted in silver and kept them as keepsakes.

The family also preserved the horse's skeleton and for many years it has been on display—it's now at the National Army Museum in London.

One of those silver-plated front hooves went to the officers' mess at St. James's Palace, where it still resides today. The other, though, was lost.

But recently a descendant of Marengo's original British owners re-discovered the hoof. It was in a plastic bag, *The Times* reports, "at the back of a kitchen drawer in a Somerset farmhouse once owned by the wealthy family who bought Marengo." It's now on loan to the Household Cavalry Museum in London, still separated from the horse's skeleton but found at last.

# The Abaco Barb



Equines long roamed the forests that blanket Great Abaco Island, but the last horse died in 2015, marking the extinction of a historically and genetically significant sub-breed of the threatened Colonial Spanish Horse. The Abaco Barb, like most feral equines, was compact and sturdy thanks to generations of surviving in the wild. The horses stood about 13.2 to 14.2 hands (54 to 58 inches) at the withers and each weighed an average of 800 pounds. Their feet were hard and well-shaped from trekking across the island's rocky surface in search of food.

However, unlike most other wild horses in the Americas, the Abaco Barb spent generations in geographic isolation. According to equine geneticist Gus Cothran, who analyzed the DNA of 22 Abaco Barbs for Rehor in the 1990s, the horses were little changed from those brought across the Atlantic more than five-hundred years ago.

About half were blue-eyed "splash white" pintos, with belts and bonnets of white thrown against a brown hair base. Others were roans, with ivory hairs running throughout mahogany or copper coats, giving them a faded appearance. Most were "gaited," meaning that in addition to the four types of movements most horses use (walk, trot, canter, and gallop), they had the capacity for very smooth lateral gaits in which both legs on each side move in unison. Similar movements are seen in other horses with old roots, including Paso Finos, but not in more modern Spanish breeds.

Though the Abaco Barb thrived on the island for generations, beginning in the 1960s, human actions and environmental changes weakened the herd and ultimately led to its demise. As Rehor, Director of the Wild Horses of Abaco Preservation Society, fights to bring the animals back from extinction, she's highlighting their contentious history and uncertain future.

Nobody knows how or when the horses first came to the Abaco Islands. One story claims they swam ashore, survivors of the frequent 16th-century shipwrecks that fed the archipelago's salvage-based economy. A second tale suggests that Loyalists fleeing the American Revolution brought their horses with them to the island. Still another, the one that Rehor favors, traces the horses to the island's 19th-century logging operations, when companies imported equines from Cuba to haul lumber and later turned them loose.

The Abaco Barb's genetic significance is a key factor behind Rehor's mission to clone "Nunki," the lone survivor who died in 2015, and attempt to re-introduce the herd. But to Rehor, who watched over the herd and has fought for their interests since 1992, there's a social justification as well. "There was here a piece of history. Various events destroyed that history," she says.



*Cont'd from page 1*

Structure was moved to another hole.

Unsurprisingly, considering the smell, outhouses attracted all kinds of insects and were an easy way to catch a disease. There was no toilet paper at the time either, with people relying mostly on leaves, corn cobs, and grass.

## **Even Beds Were Unsanitary**

While not all beds in the American Frontier were constructed from straw and hay, a significant number of them were. Due to infrequent cleaning, these beds often became infested with "seam squirrels," or lice. However, lice were just one of the numerous insects that plagued the inhabitants of the Old West.

Flies were ubiquitous, contaminating food with their larvae, while mosquitoes infiltrated poorly insulated structures. Moreover, few people had window screens, allowing any passing insect to freely enter.

## **Venereal Diseases Were Very Common**

In the saloons and establishments of the Wild West, where intimate encounters were common, both men and women often suffered from venereal diseases. The lack of information and education about these diseases and limited treatment options created a bleak outlook for those affected.

With a general lack of awareness about these diseases, individuals unknowingly continued their usual activities, inadvertently contributing to the spread of infections. While there are rumors about Wild Bill Hickock contracting such a disease, these claims remain speculative and unverified.

## **From Bushy Beards and Long Hair to Clean-Cut**

In the late 19th century, as more dental products became available to the public, new hair care products and styles arose as well. Although the initial look for cowboys and other men in the Wild West tended to consist of a scruffy beard and long hair, this changed with the introduction of these products.

Men began to view their extra hair as another place that could harbor harmful germs, so many began to cut their hair and shave for a more clean-cut look.

## **They Drank Firewater and Cactus Wine**

Back then, many saloons served whiskey that was made up of burnt sugar, liquor, and chewing tobacco, producing a dangerously strong beverage. A nickname for the drink was also "firewater," with cowboys lighting whiskey on fire to create a reaction to prove that it was strong.

Another popular drink at the time was known as cactus wine, which was a combination of tequila and peyote tea. Almost all liquor back then was far more potent than they even are today, and there was no shortage of people drinking them. Of course, all of these powerful drinks resulted in countless bar fights and deaths.

## **Some Used Whiskey as Shampoo**

If they were lucky, some people had access to soap-weed in order to wash their hair, but that wasn't the only method around. Besides drinking it, whiskey served a variety of purposes ranging from a disinfectant to a shampoo.

When mixed with castor oil, it was used to wash hair, which was then rinsed with rainwater or water softened with borax. When it came to women styling their hair, it wasn't uncommon for them to use heated pencils as rudimentary curlers.

## **Dust Was Inescapable**

In the Wild West, dust was inescapable whether you were in or outdoors. Dust storms were frequent and devastating, covering entire towns in a thick layer of dirt and grime. Sarah Raymond Herndon, a young girl who traveled from Missouri to the Montana region in the 1860s, reflected in her book *Days on the Road: Crossing the Plains in 1865*:

"Oh, the dust, the dust; it is terrible. I have never seen it half as bad; it seems to be almost knee-deep in places [...] When we stopped, the boys' faces were a sight; they were covered with all the dust that could stick on." Of course, the presence of so much dust also caused severe respiratory illnesses.

# WILDWOOD FARM Clips & Clops Newsletter

2326 Happy Valley Rd  
Oak Harbor WA 98277

## Finding Drinkable Water Was a Feat

In the Wild West, finding clean water was imperative to survival, especially when traveling. Yet, it wasn't easy to come by. Even when people believed they found drinkable water, it was always possible that an outhouse had been built upstream, potentially contaminating the water.

On the other hand, stagnant water was essentially poison as it usually attracted insects or had already been stepped in by horses. Furthermore, the rainwater that was collected using cisterns was fresh at first, but would eventually become undrinkable over time.

## The Cowboy Stench

After weeks on the trail, many cowboys were described as "smelling like their horse." Although this saying led some to believe this was the result of a cowboy being atop his horse for extended periods of time, this is mostly the accumulation of normal skin bacteria from not being able to shower.

Being so dirty, if a cowboy was unlucky enough to have a cut or abrasion with staph or strep, they had the possibility of impetigo. Although this was not always fatal, these infections were contagious and chronic among cowboys.

## Cowboys Were Prone to Infection

With the inability to properly bathe for weeks and even months at a time, few changes of clothes, and riding on a horse all day, many cowboys suffered from horrendous fungal infections.

Many of these infections appeared in the crotch, buttocks, armpits, and feet regions. They were terrible to live with because they severely itched and burned, and oftentimes, scratching them with dirty hands and fingernails only led to further bacterial skin infections.

## There Was Sickness at Every Turn

Because of the unsanitary conditions that many people living in the Old West experienced, it was common for diseases to ravage settlements in the American Frontier. One of the most prominent was cholera, which was devastating to both Native Americans and settlers alike.

## Soap Wasn't a Top Priority

An associate of Billy the Kid, Frank Clifford wrote a memoir about his life in the American West, even discussing his experiences with soap. He describes a product called "soap-weed," which Mexican women would use to wash their hair. It is made from the yucca plant and supposedly left their women's hair "soft and clean and lustrous."

While some people used soap-weed, many settlers relied on soap made of animal fat. These homemade soaps were known to be particularly harsh and would cause skin irritation. Furthermore, body odor was considered to be just a fact of life with many believing that having overly clean pores would subject them to germs and disease.