

Sod Sixty The Guide To Living Well

"Report of Pennsylvania Forestry Commission", published in 1896: 1895, pt. 2.

If the desire to start a garden has been planted in your heart, then this essential guide is a wonderful companion to accompany you on your new adventure! If you're not sure of the first steps to take, this handbook takes the anxiety out of plotting and planting and equips you with all the know-how and confidence you need to get digging into your garden. Creating a garden that you can enjoy and keep looking beautiful all year is easier than you think! You'll find simple step-by-step instructions, with clear images to help you create your dream garden, no matter the size and scale. Get to know your garden and choose plants that will grow well in particular soil types and conditions year after year. From growing root crop to cutting back ivy, this book gives you lots of simple garden ideas and projects that you can do yourself. Even if you've never sowed a seed or pulled a weed, Beginner Gardening Step by Step contains everything you need to kickstart your new outdoor hobby! This refreshingly accessible book is perfect for the novice gardener who wants to make the most of whatever garden they have. Your Guide to Creating the Garden of Your Dreams Do you want to create a garden you can show off with pride? Would you like to grow your own food? This book will get you started quickly! By following the simple steps and projects outlined in this book, you will reap instant rewards and long-term successes so that you can enjoy your garden in all seasons. Inside the pages of this comprehensive gardening book, you'll discover:

- Clear definitions and descriptions of the different types of plants.
- Tips on choosing the type of garden you want.

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Easy-to-follow instructions for choosing the right plants for your soil. - Simple step-by-step instructions to producing your first crop. - Practical gardening advice on planting, growing, and caring for different plants.

This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run. Includes more than sixty-five chains in alphabetical order.

Sod Sixty!The Guide to Living WellBloomsbury Publishing

WINNER OF THE POPULAR MEDICINE BOOK OF THE YEAR 2018, BMA BOOK AWARDS 'Juliet talks with you, not at you, and her enthusiasm for the joys of an active lifestyle is bound to inspire millions of women of all ages to lead healthier, fitter and much happier lives.' Lisa Jackson, author of *Your Pace or Mine? What Running Taught Me About Life, Laughter and Coming Last* A friendly, accessible handbook that gives you a top-to-toe MOT to help you stay fit and well. From wearing the right bra or exercising during your period, to recovering from illness or keeping active during pregnancy, Juliet's advice will soon have you sorted and on the road to health.

Includes music.

For lovers of Sod Seventy! and Sod Sixty!, here is a fun, accessible brain training activity book designed to keep senior minds fit. Based on the latest neuroscience, Sod Memory Loss is packed with range of entertaining puzzles--including logic tests, mystery games and word games--all specially designed to boost concentration, enhance memory and sharpen cognitive powers. Ever walked in a room then forgot why you went in there? Are you forever misplacing your purse or car keys? Do you

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increasingly forget the names of people and places? It doesn't have to be this way! Sod Memory Loss is filled with practical advice and exercises created to keep our brains active in later life. For any of us unsure about how we should look after our aging brains, and looking for puzzles and exercises to improve mental sharpness and brain fitness, this is the perfect book!

As America was torn apart by the horrors of the Civil War, no state bore the brunt of battle more than Virginia. Home to the Confederate capitol of Richmond and the linchpin of the eastern theater of the war, the state now bears a myriad of testaments to its harrowing past, waiting to be explored. With *An Illustrated Guide to Virginia's Confederate Monuments*, Timothy S. Sedore presents the first volume to enumerate Virginia's southern Civil War memorials marking the bloody battles that took place on Virginia soil. Sedore's illuminating and highly readable guide catalogs 360 of the state's most infamous and obscure commemorations, and provides not only a fascinating compilation of locations but also a compelling vision of the public sense of loss in the post-Civil War South. From notorious sites such as Manassas, Fredericksburg, and Appomattox to the lesser-known locations of Sinking Spring Cemetery and Rude's Hill, Sedore leads readers on a vivid journey through Virginia's Confederate history in all its tarnished glory. Tablets,

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monoliths, courthouses, cemeteries, town squares, battlefields, and more are cataloged in detail throughout this compendium, accompanied by photographs and meticulous commentary. Each entry also contains descriptions, historical information, and location, providing a complete portrait of each site. Designed for the expert historian and the lay reader alike, the vast scope of these locations—from Clinch Mountain near Tennessee to the Eastern Shore, from the northern Virginia suburbs of Washington, D.C., to the edge of North Carolina—is organized geographically by region for ease of use. Six maps also are provided for the reader's orientation. Much more than a visual tapestry or a tourist's handbook, however, *An Illustrated Guide to Virginia's Confederate Monuments* draws on scholarly and field research to reveal these sites not only as monuments to history but also as public efforts to reconcile mourning with Southern postwar ideologies. Unveiled here are dynamic memorials that are at once intimate and aloof, written on stone, bronze, or marble but forged from the language of suffering. Sedore analyzes in depth the nature of these attempts to publicly explain Virginia's sense of grief after the war, delving deep into the psychology of a traumatized area. Insight into these evocative elegies for lost sons, fathers, spouses, and other loved ones provides yet another dimension to this captivating volume. The first book

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of its kind, *An Illustrated Guide to Virginia's Confederate Monuments* will appeal to the traveler, historian, and armchair enthusiast alike. Never before has such a comprehensive collection of Virginia's Southern Civil War sites been gathered and examined in one volume. From commemorations of famous generals to memories of unknown soldiers, from the Shenandoah Valley to the Chesapeake Bay, the dead speak from the pages of this sweeping companion to history. To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

The Indian groups of the Plains continue to forge their distinct histories and traditions, melding older traditions with contemporary life. *A Guide to Contemporary Plains Indians* explores the many exciting cultural and recreational opportunities from Plains tribes. Readers will gain a historical understanding and learn about various activities available to the public. More than 65 color photographs illustrate the beautiful landscape these people call home.

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The world of veterinary medicine is changing. People are realizing that if alternative medicine is better for them, it's better for their pets, too. Dogs are visiting acupuncturists, chiropractic doctors, and homeopaths. Still, many dog owners are unaware that such simple measures as changing their pet's diet and using vitamins, herbs, and other natural cures can help prevent or heal ailments ranging from excessive scratching to depression to a host of serious diseases. *The Veterinarians' Guide to Natural Remedies for Dogs* is both an introduction and a guide to the vast world of natural healing methods, treatments, and foods now available for dogs. Author Martin Zucker offers advice from dozens of holistic practitioners and licensed veterinarians, who share their recipes, insights, and "prescriptions." Here dog owners will find information on everything from nutritional supplements to massage therapy, as well as how these treatments can be used alone or in conjunction with traditional medications and surgical techniques.

The essential guide to making sure you have a fabulous later life. You're likely to live longer than you think. Today's fifty-year olds could have an astounding 36 or more years of life. What's your dream life for your later years? *When We're 64* is a friendly, practical guide to preparing for what could be the best years of your life - from the essentials on work and how to fund retirement, to volunteering,

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where to live and what kind of housing you'll need. It covers how to stay healthy – and still live a full life if you get a health condition – and reveals how your attitude to ageing could actually increase your lifespan. There are sections on relationships with family and friends, as well as caring for older relatives and how to tackle loneliness. Packed with expert advice and new evidence and tips on how to age well, this route map will help you plan and prepare for the future.

Many of the problems older people suffer from have, as their underlying cause, a fundamental loss of fitness. Others are caused by preventable diseases (with these even being preventable after the age of seventy) and, broadly speaking, from the wrong approach to life, influenced by negative social pressures. This book – uniquely targeted at the 60–75 demographic – tells you what steps you can take in late middle age to give you the best chance of living a long, healthy and fulfilling later life. Keep fit, keep the brain going, and with a spot of good fortune you can be living a rewarding, active life into your nineties and beyond. This book – part exercise book, part manifesto for a happier, healthier life – tells you how.

Getting older doesn't matter. Keeping active does. Sod turning sixty, make those small changes now and reap the rewards in your later decades! In the bestselling Sod Seventy! Sir Muir Gray demanded a 'bonfire of the slippers' and a reframing of what it is to be seventy and older, and how to make the most of your seventies, by

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closing the 'fitness gap' to stay fit and strong. Sod Sixty! is a fun, friendly, hands on guide to navigating your sixties - a very different decade with very different demands. Find out how to get fitter whatever your 'history', how to eat healthily, how to juggle looking after yourself with the responsibilities of family, friends and work, and how to make the most of this decade of change. But this is no boot camp regime. Sod Sixty! acknowledges the reality of our daily lives, and has a balanced approach, packed with achievable, practical and realistic strategies to improve your health and wellbeing. Our sixties are often thought of as the 'turning point' decade. Use this as an opportunity to take stock - to look after yourself, reduce your risk of disease and make simple lifestyle and attitude changes that will have real impact later on. Use your sixties to make sure you face your seventies more resilient and independent rather than more vulnerable as time passes. This series appeals to anyone looking for straightforward, practical, non-faddy advice to help them stay active and healthy. More than sad to be so true, but showing a talent hidden from youth to adult. What a way to find it. He was a pro baseball pitcher at nine years old there in San Diego. What a kid! 'Wow' could have been his first or middle name. Great little fellow! Sometimes it just doesn't seem fair in nature when something drastic happens to change the course of a person's life on this old earth. I mean... here you are! Look good-feel good-smart enough in class-everybody likes you... and boy have you got plans for your own future with a big smile to everyone. Why, how... If I would have just... No! Well, I should have...

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Oh, it doesn't matter, I did! It wasn't my buddies fault. Can't blame him! I mean, he was just trying to help. I mean... did run over, grab the line to get keep it from hookin' into me. If he had just been a little quicker. Awe, shoot! I mean! I had to be a smart fellow in front of him, sort of brag in my actions and throw that line farther than him. Dang it! It hooked on that stupid tar roof of the shed, and I had to be a big smarty pants and yank it off. I mean... he didn't know I moved wrong and let that hook and float of that old fishin' rig hit and sink deep into my eye socket just as he yanked it to keep it from hittin' me. Yep! Out came my eye at the end of the line of that rig. From that day forward... it was foster, truant, jail twenty four car wrecks over twenty motorcycle wrecks. Even though I was finally chef and cook for a famous fellow, all the roads to there and back out again you might not believe. But, God being my witness they are all true with facts on paper. I know you have had some rough times since you were born, maybe some of my dozens could help you feel not so alone. Thanks for looking at this book.

" Gardening is now the favorite leisure pastime in America. Homeowners are realizing the health benefits derived from gardening and the increase in their home's property value. This book contains easy-to-use advice on the top landscape plant choices. It also recommends specific varieties, and provides advice on how to plant, how to grow and how to care for the best plants. "

For many visitors, traveling to Thailand means one thing: enjoying the delicious street food. In Thailand's Best Street Food, freelance writer and food blogger

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Chawadee Nualkhair details everything that visitors need to know to track down the most delectable dishes—no matter where they are hidden. Most people think Bangkok is the only place to find great Thai street food, but Nualkhair ate her way across the country and found incredible food stalls everywhere, from Phuket in the south to Chiang Mai in the north. Even seasoned travelers may find it difficult to identify the best venues—never mind figuring out how and what to order. Fortunately for anyone bound for Thailand, Nualkhair draws on her vast experience to provide essential tips on locating food stalls in cities across the country, including: Directions on how to find a particular stall Street maps for each sector Each stall's specialty Serving options, beverages, and notable extras Whether or not seating is available Information on bathroom facilities As an added bonus, Nualkhair includes recipes for the 12 most popular Thai street food dishes adapted for the Western kitchen. Thai street food is one of today's hottest food trends, and Thailand's Best Street Food makes it easy for foodies to savor incredible Thai food—wherever their travels take them.

The Rough Guide to New Zealand is the essential guide to this spectacular country, with lively coverage of its coolest cafés, most vibrant nightlife, best sights and hotels and tastiest restaurants and bars. Everyone from the country rambler to the fearless adventurer, wine buffs to Lord of the Rings fanatics are catered for in this comprehensive guide; with colour sections providing a guide to New Zealand's highlights - whether exploring Maori culture, getting stuck into adventure sports or

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keying into the country's unique ecology. There's thorough coverage of New Zealand's magnificent scenery: craggy coastlines, sweeping beaches, primeval forests, snow-capped mountains and bubbling volcanic mud pools. You'll also find historical and cultural information - even teaching you how to do the world-famous haka. The Rough Guide to New Zealand is rounded off with detailed town maps to help you get around and stunning photography that brings this extraordinary country to life. Make the most of your time on earth with The Rough Guide to New Zealand.

The Rough Guide to Canada is the ultimate travel guide to this staggeringly beautiful country with detailed coverage of all the top attractions. Inspired by stunning colour photography and insightful background information, discover both the urban and the wild with expert guidance on exploring everything from the glistening skyscrapers of Toronto, the restaurants of Montreal and the laid-back ambience of Vancouver, to the spectacular Niagra falls and the rolling plains of the Prairies. You'll find specialist information on a host of outdoor activities including winter sports in the Rockies, trekking through the Northwest Territories, and wildlife spotting in the country's great wilderness, complimented with full-colour sections on the National Parks and Skiing and Snowboarding. Choose what to see and do whilst relying on up-to-date descriptions of the best hotels, bars, clubs, shops and restaurants for all budgets.

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Explore every corner of this stunning country with clear maps and expert background on everything from sea cliffs and tidal bores in the Bay of Fundy to the walled Old Town in Québec City. Make the most of your holiday with *The Rough Guide to Canada*. *The Rough Guide to Running* will propel you ahead of the pack with a power brew of reliable guidance and inspirational tips. The guide includes the basics from good running technique, goal setting and motivation to schedules, preparation and how to deal with injuries and strains. You'll find the low-down from our team of professional runners, coaches, health experts, including a nutritionist and an osteopath as well as the best advice on running shoes, clothes, accessories and gadgets, and where to buy them. They're all covered, from fun runs and charity runs to clubs, competitive racing, marathons and best running events around the world. Whether you have already notched up many miles or are a beginner taking your first steps in this addictive pastime, you need this book.

Author Douglas Waitley invites you to step out of the air-conditioned shopping malls and crowded amusement parks and into Natural Florida. Reveals how to enjoy nature without discomfort. Next in series >> See all of the books in this series

The rules of business are changing dramatically. The Aspen Institute's Judy Samuelson describes the profound shifts in attitudes and mindsets that are

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redefining our notions of what constitutes business success. Dynamic forces are conspiring to clarify the new rules of real value creation—and to put the old rules to rest. Internet-powered transparency, more powerful worker voice, the decline in importance of capital, and the complexity of global supply chains in the face of planetary limits all define the new landscape. As executive director of the Aspen Institute Business and Society Program, Judy Samuelson has a unique vantage point from which to engage business decision makers and identify the forces that are moving the needle in both boardrooms and business classrooms. Samuelson lays out how hard-to-measure intangibles like reputation, trust, and loyalty are imposing new ways to assess risk and opportunity in investment and asset management. She argues that “maximizing shareholder value” has never been the sole objective of effective businesses while observing that shareholder theory and the practices that keep it in place continue to lose power in both business and the public square. In our globalized era, she demonstrates how expectations of corporations are set far beyond the company gates—and why employees are both the best allies of the business and the new accountability mechanism, more so than consumers or investors. Samuelson's new rules offer a powerful guide to how businesses are changing today—and what is needed to succeed in

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tomorrow's economic and social landscape.

The Authority for Collector Car Pricing With 760 pages of pricing at your fingertips, the 2012 Collector Car Price Guide is the ultimate resource for car hobbyists. Whether you're looking to find a price on a blue ribbon show car, or a beater station wagon, you can find out what it's worth, and what people are paying for it, in the most comprehensive price guide on the market. • More than 250,000 accurate price listings for cars of all eras • Exclusive 1 to 6 condition grading places values in all conditions, from show car to parts car • Covers every mass-produced U.S. car, light trucks, and select imported cars and trucks • Explanation of the 1 through 6 condition rating system This is the only resource with pricing back to 1901! About the Author Ron Kowalke is a respected author and price analyst in the collector vehicle hobby. He is the editor of Old Cars Report Price Guide and technical/auction editor of Old Cars Weekly News & Marketplace. Kowalke analyzes and reports on the results of approximately 100 collector vehicles auctions annually.

'The most important book about the second half of your life you'll ever read. I wish everyone in the UK could be under Dr Lucy's care, but this is the next best thing' SANDI TOKSVIG 'This warm and compassionate book gets to the heart of older age. Using stories and accessible explanations, it covers issues of declining health, quality of life and choices

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about the things that matter most' THE BRITISH GERIATRICS SOCIETY ____ Now more than ever, we need to talk about getting older. Many of us are living to a very great age. But how do we give those we love, and eventually ourselves, long lives that are as happy and healthy as possible? Dr Lucy's book gives us answers to the questions we can voice - and those that we can't. A long life should be embraced and celebrated, but it's not all easy. Yet even the most challenging situation can be helped by the right conversation. How do we start? · How do we ask whether it's worth taking seven different medicines? · Is it normal to find you're falling out of love with someone, as they disappear into dementia? · Should Dad be driving, and if not, who can stop him? · What are the secrets of the best care homes? · When does fierce independence become bad behaviour? · How do you navigate near-impossible discussions around resuscitation and intensity of treatments? · And who decides what happens when we become ill? Serious, funny, kind and knowledgeable, this readable book helps guide us through essential conversations about getting older that go straight to the heart of what matters most. ____ 'Dr Pollock writes with spirit and empathy, making this an engaging and thought-provoking read' Sunday Express 'Serious, funny, kind and knowledgeable, this book helps guide us through essential conversations about issues of

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getting older' Eastern Daily Press 'Wise, compassionate, well researched and very broad in its coverage. I've learnt a lot that will help me both as a doctor and a patient. Thank you' Dr Phil Hammond 'Terrific . . . I suggest we all get a copy of Dr Lucy's book' Evening Standard 'Interesting and engaging . . . The tone throughout is warm and friendly, even as serious and dark subjects are under discussion. It is an important book' Irish Times

Sod Sitting, Get Moving! is the must-have guide to keeping fit and healthy in your sixties, seventies and beyond. Specifically designed for older adults the exercises, stretches and strengthening movements will help keep you fit, strong and supple for the years ahead. You will feel better, look better and younger and reduce your risk of disability and dementia. As we get older too many of us spend our time sitting and not exercising. This is a call to arms – a bonfire of the slippers! Walk more, get moving, get exercising, get fitter, and feel better! This handy book shows you how. With easy exercise ideas created by Green Goddess and health and fitness expert Diana Moran, with text from Sir Muir Gray, author of the bestselling Sod Seventy!, this is the perfect present for yourself, or for anybody turning sixty, seventy or eighty!

Britain's royals are the official face of the state and the center of a worldwide media circus. This entertaining Rough Guide to the Royals explores the paradox of one of the world's oldest monarchies. It casts a quizzical eye over the current royal family, from former Olympic horse rider Anne and industry ambassador Andrew to current favorites William and Kate. It answers such burning questions as what they do, where they get their money from, how fundamentally British are they, and just who is twelfth in the line to the throne. (One-

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year-old Savannah Phillips is the answer.) This book looks at the most extravagant royal ceremonies and the most controversial figures, from wife-murderer Henry VIII to the scandalous Caroline of Brunswick (who was banned from her husband's coronation but turned up anyway). The best and the worst monarchs are reassessed, with investigations into how the likes of alleged nephew-killer and hunchback Richard III achieved their villainous reputations. The image of the monarchy is also examined-whether it's in commemorative ceramics, respectful movies such as *The King's Speech*, or more critical fare. Now available in ePub format.

Knowing what we should or shouldn't be eating these days can feel like a bit of a minefield. Are eggs good for me? How many of them a week am I allowed? Is butter good, or should I be buying a vegetable oil spread loaded with special ingredients to lower my cholesterol? Is sugar really that bad for you? What are good fats and bad fats? Find the answers to all these questions, along with lots of recipe ideas, in this new book by bestselling nutritionist Anita Bean and bestselling author and public health consultant Sir Muir Gray. *Sod It! Eat Well* will arm you with the knowledge to make the 'right' food choices - and that needn't be dull! Based on the principles of the Mediterranean diet and backed up by the latest scientific research, this is no dieting plan - there are no fasting days, this is not a prescriptive day by day menu - it's all about giving you the information you need to make subtle changes to your eating habits, to get some inspiration and to encourage you to make informed healthy food decisions and reap the rewards. Accompanied by over 40 quick, healthy and easy to make recipes, this is a fun, practical guide to eating right. Lose weight, guard against common health complaints and feel better, stronger and healthier. Designed to accompany *Sod Seventy!* and *Sod Sixty!* this is a fun, accessible, tasty guide to eating well and feeling better.

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Both an expert and a collector, James Geary has devoted his life to aphorisms-and the last few years to organizing, indexing, and even translating them. The result is Geary's Guide, featuring aphorists like Voltaire, Twain, Shakespeare, Nietzsche, Woody Allen, Muhammad Ali, Emily Dickinson, and Mae West, as well as international practitioners appearing in English for the first time. But it is more than just a conventional anthology. It is also an encyclopedia, containing brief biographies of each author in addition to a selection of his or her aphorisms. The book is a field guide, too, with aphorists organized into eight different "species," such as Comics, Critics & Satirists; Icons & Iconoclasts; and Painters & Poets. The book's two indexes-by author and by subject-make it easily searchable, while its unique organizational structure and Geary's lively biographical entries set it apart from all previous reference works. A perfect follow-up to Geary's New York Times bestseller *The World in a Phrase*, Geary's Guide is eminently suitable for browsing or for sustained reading. A comprehensive guide to our most intimate, idiosyncratic literary form, the book is an indispensable tool for writers and public speakers as well as essential reading for all language lovers.

A comprehensive study guide offering in-depth explanation, essay, and test prep for Ole Rolvaag's *Giant in the Earth*, a historical fiction novel originally published in Norwegian. As a novel of the twentieth-century, *Giants in the Earth* tells the story of Norwegian pioneers. Moreover, many of the accounts throughout the book are personal encounters of Rolvaag and his wife. This Bright Notes Study Guide explores the context and history of Ole Rolvaag's classic work, helping students to thoroughly explore the reasons it has stood the literary test of time. Each Bright Notes Study Guide contains: - Introductions to the Author and the Work - Character Summaries - Plot Guides - Section and Chapter Overviews -

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Test Essay and Study Q&As The Bright Notes Study Guide series offers an in-depth tour of more than 275 classic works of literature, exploring characters, critical commentary, historical background, plots, and themes. This set of study guides encourages readers to dig deeper in their understanding by including essay questions and answers as well as topics for further research.

Conservation farm plan; Contour banks; Contour farming; Control of salinity and alkali; Cover crops; Crop residues; Crop rotations; Diversions; Drainage; Dune stabilization; Graded banks; Grass crops; Green manuring; Gully control; Irrigation methods; Orchards and vineyards: conservation and management measures; Paired planting; Pasture and rangeland improvement; Shelterbelts; Slab and log dams; Sod chutes; Soil chiseling; Soil conserving crop; Stock water supply; Stream bank erosion control; Strip cropping methods; Stubble mulching; Types of terraces; Use of fertilizers; Vegetative waterways; Water spreading; Wire netting and live pole dams; Woodland management.

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