
**"Every bird;" a guide to
the identification of the
birds of woodland, beach
and ocean. With one
hundred and twenty-four
line illustrations**

Howe Reginald Heber

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Author: Howe Reginald Heber

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the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people, and the UK Government has set out a strategy for the 21st century in the White Paper on *Ageing Better: Our Future as a Nation* (Department of Health 2000). This strategy is based on the concept of 'active ageing', which is defined as 'the process of optimising opportunities for health, participation in society and security in old age' (Department of Health 2000, p. 1).

The White Paper sets out a number of key objectives for the government, including: to improve the health and well-being of older people; to increase the participation of older people in society; and to ensure that older people are able to live independently and with dignity. The White Paper also sets out a number of key actions that the government will take to achieve these objectives, including: to improve the health and well-being of older people; to increase the participation of older people in society; and to ensure that older people are able to live independently and with dignity.

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"EVERY BIRD"

Birds

A GUIDE TO THE IDENTIFICATION OF
THE BIRDS OF WOODLAND,
BEACH AND OCEAN.

WITH

ONE HUNDRED AND TWENTY-FOUR LINE ILLUSTRATIONS
BY THE AUTHOR

REGINALD HEBER HOWE, JR.

*Member of the American Ornithologists' Union, Member of the Nuttall
Ornithological Club.*



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BRADLEE WHIDDEN,
1896.

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BY
BRADLEE WHIDDEN.

TO
MY YOUNG FRIEND
HENRY VOSE GREENOUGH
WHOSE BRIGHT EYES AND QUICK EARS
HAVE BROUGHT
MANY A BIRD TO MY NOTICE
THIS BOOK IS INSCRIBED

“How I wonder that men can consent to swelter and fret their lives away amid those hot bricks and pestilent vapors, when the woods and fields are all so near? It would kill me soon, to be confined in such a prison house; and when I am forced to make an occasional visit there, it fills me with loathing and sadness. Ah! how often when I have been abroad on the mountains, has my heart risen in grateful praise to God that it was not my destiny to waste and pine among those noisome congregations of the city.”

AUDUBON.

PREFACE.

HAVING long felt that the identification of a bird would be much less difficult to beginners in the Study of Ornithology, if they could have a book in which every genus was illustrated by an accurate outline drawing of the head and foot, with a description of the general plumage void entirely of technical terms, I offer this volume to the bird lover.

The systematic headings enable one to turn quickly to the information desired, the species one wishes to identify being found under the caption: — Woodland, Beach or Ocean, and their sub-headings, according to which the bird belongs. The size of the volume, also, makes it a convenient manual to carry with one into the field.

I wish to express my thanks especially to Mr. Edward Sturtevant and Mr. Ralph W. Gray for their kindness in letting me use many of their specimens from which to draw the illustrations.

R. H. H., JR.

LONGWOOD,
Massachusetts.

EXPLANATORY NOTE.

If the directions given are followed carefully in identifying birds — either those observed through the opera glass afield, or collected specimens — this manual, it is hoped, will prove of value to the bird lover and sportsman.

First. — Means of identifying living birds.

Having observed some bird that you are unable to name, mark the following peculiarities, either in your mind or better, in your note book : — haunts, general plumage, size, and especially the appearance of head, bill and feet ; the head is generally the most noticeable. Then glancing at the cuts you will soon be able to find your bird or one of its Genus, and then by following down the headings you will surely recognize your new acquaintance. The time of year will also help to place your bird as of course a summer resident would not as a rule be observed in winter.

Second. — Means of identifying collected specimens.

The method of identification of the living bird applies also to the dead specimen, except that you can determine your bird more rapidly, being able to compare with certainty the plumage and the bill and feet with the cut.

The first four headings — *Order, Family, Genus, and Species* form the classification. The heading *Distribution*, covers the distribution of the bird only in New England. The *Date of Arrival* and *Departure* are given for Massachusetts, therefore in Rhode Island and Connecticut the arrival may be a few days, or weeks, earlier and those of departure a few days later, and in Vermont, New Hampshire and Maine, vice versa. The general plumage

only of the bird is given, as the already existing manuals contain very full descriptions, and the marked coloring and form are italicized. The haunts named are the most characteristic of the species; but birds are often found in strangely unexpected places.

In this volume there are described in full one hundred and seventy-three of the birds most often met with in New England, and the Appendix contains nearly all other birds known to occur within these states. If the volume contained a full description of all the New England birds, it would make such a cumbersome book that it could not be readily taken into the field.

The one hundred and twenty-four cuts have been drawn with the greatest care and accuracy, and represent every genus of the species treated in the body of the book.

These cuts, it is hoped, will form a substantial means for the identification of New England Birds.

The nomenclature adopted is that of the American Ornithologists' Union.

the results of the study, the authors conclude that the use of the 10-min test is not recommended for the assessment of the aerobic capacity of young athletes. In addition, the authors suggest that the 10-min test is not a suitable method for the assessment of the aerobic capacity of young athletes, since the test is not sensitive to differences in aerobic capacity. The authors also suggest that the 10-min test is not a suitable method for the assessment of the aerobic capacity of young athletes, since the test is not sensitive to differences in aerobic capacity.

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