

Insects are a pain, so must be prevented all the time.

Fly problems on some farms can be from a lack of LimePlus in soils, so earthworm numbers are low, allowing dung pats to remain un-decomposed for longer than two weeks to breed flies. In dry weather earthworms are less active so dung pats can sit for longer. Badly covered silage and manure, breed them.

When you have a midge problem, from swamps and wet areas, drain them with a spinner drain digger. Read the chapter on Drainage. Doing so can grow more pasture in winter and summer, so increase you profit. Wear a white hat and white shirt and the insects will land on them rather than on your face and arms. If they do land on your face or arms, don't swot them, because the moisture will attract more insects. It is better to shoo them off with a wave. A very large brimmed hat helps and gives coolness - like being in the shade, and it reduces the chances of skin cancer on the nose and/or ears. I got nose cancer that was removed by a surgeon, and a friend consultant got one. The shade gives limited protection against rain and flies.

If perspiring, try to mop it off without spreading it on your body which attracts insects. In hot dry weather insects are attracted to moisture. Watch them go to the eyes of animals to get moisture.

Don't squash insects on your body because the moisture attracts more.

Most insects are attracted to white, so wear a white shirt and white hat for them to sit on, rather than you.

Prevention

If the wool is long, shear the sheep and keep them well clean to prevent wool at the back end getting dirty.

If you have sheep and have any doubts about how to prevent fly strike or how to treat it, consult your veterinarian.

Mosquitoes

Have you ever wondered why some people in a group are attacked by mosquitoes and others rarely get a bite? Certain people seem to secrete more natural substances than others, making them unattractive to mosquitoes and Sand Flies. USA scientists are trying to find what these are, to create a new generation of insect repellents.

Children are particularly at risk for subtle brain changes because their skin more readily absorbs chemicals in the environment and chemicals more potently affect their developing nervous systems. I would never use some, because they can cause memory loss, headache, muscle weakness and fatigue.

Mosquito bites can transmit diseases such as malaria, yellow fever, even spread Lyme disease. You can avoid many bites by staying inside around dawn and dusk, which is when they are most active. If you must be out during those times, wear light-coloured, long-sleeved shirts and long pants, hats and socks. Some mosquitoes are more attracted to dark clothing and can bite through tight-fitting clothes. Mosquitoes are usually thicker in shrubby areas and near standing water.

Some experts also recommend supplementing with one vitamin B1 tablet a day in summer and adding 100 mg of B1 to a B100 Complex, daily during the mosquito season to make you less attractive to mosquitoes. Regularly consuming garlic may also help protect against mosquito bites, as may the following natural insect repellants.

Keeping Mosquitoes out of your yard helps. Remove all standing water, including level gutters, garbage and recycling bins, spare tires, bird baths, children's toys and so on. Planting marigolds around your yard also works as a bug repellent because the flowers give off a smell that bugs do not like. This is a better way to discourage mosquitoes than using chemicals.

Always look for causes and cures.