

Lieut.-Col. Farwell, in moving a vote of thanks, entirely agreed with the lecturer in regard to the desirability of the battalion having one or two days before and after camp, and as to the captains of companies being relieved from recruiting. He thought that some of the enthusiastic sportsmen who are in the habit of deer hunting in the fall of the year would decidedly object to the clothing and arms being concentrated at battalion headquarters.

Lieut.-Col. Turnbull, R.C.D., in seconding the motion, said he was much taken with Col. Lindsay's proposition, that the training of rural corps should take place during the months of January, February and March. In his intercourse with Imperial officers they were unanimously of the opinion that no finer soldiers were obtainable than Canadians and that the efficiency attained by the drill performed by them in the time allowed by Government was something marvellous.

At the request of the chairman, Captain Chambers, of the 6th Fusiliers, Montreal, made some remarks on the requirements of the rural corps in the Province of Quebec. He said that his experience on the different occasions he had acted as acting-adjutant for two of the best known rural battalions in the Province of Quebec convinced him that great changes were necessary in the system of organizing and drilling the rural corps if they were to be brought up to that state of efficiency which the country had a right to expect. It was sometimes the practice in the border counties in the Province of Quebec, he said, for rural corps to be recruited from the State of Vermont, and he strongly approved of a system such as suggested by Lieut.-Col. Lindsay, whereby the men could be recruited from their immediate vicinity and where the sergeants reside.

The vote of thanks to the lecturer was enthusiastically carried.

### Sir Donald Currie on Colonial Defence.

Sir Donald Currie, M.P., who is one of the largest shipowners in the kingdom, speaking at Glasgow, expressed himself strongly on the subject of increasing the British Navy for the sake of retaining our colonies and trade. The peculiar feature of our colonial dependencies, he said, is that they are the outcome of individual voluntary effort, and were not gained by force of arms. South Africa, Canada, Australia, and our dependencies in the Pacific Seas, were not the result of oppression at home, such as founded the Parian States of America, but of voluntary emigration of British subjects, seeking a livelihood elsewhere. Therefore, we always run the risk of losing them, unless we keep them linked to us by common interests and, while granting them the right to rule their own affairs, extend to them also our protection and assistance. If she be not prepared to defend and assist them in case of necessity, what use is Great Britain to the colonies? What would be the result if war were declared to-morrow? Do people remember the effect of naval battles in history of Great Britain? For two years the commercial fleet of Great Britain was debarred from entering the Straits of Gibraltar to pass into the Mediterranean. A single battle, that of the Nile, opened the Mediterranean to our commerce. At another decisive moment, the battle of Trafalgar stopped the invasion of Great Britain. A single battle again, as in the case of the Armada, saved Ireland from invasion, and Great Britain (with fifteen million inhabitants) from serious danger. One battle now might destroy the power of Great Britain. Russia and France together are now about equal to us; and certainly in a year or two will be much more than equal to us, unless we provide against this danger. After Napoleon reduced the

military strength of Prussia, Germany united and became able to crush France. But supposing we were beaten now, the dictate of foreign powers might debar us from more than a limited building of ships, for a fleet is not like an army, it takes years to construct; and if England were thus enfeebled, what have the colonies in remaining associated with us? Why should Australia suffer itself to become the butt of an enemy's attack, or be a candidate for invasion? That is far from impossible; moreover, in the next war the Suez Canal will be shut. In all probability you could not get through the Mediterranean at all. You could not against France and Russia combined—I question whether you could against France alone. The route will then be by the Cape of Good Hope; hence the importance of South Africa. There, as I saw on my visit to South Africa, people look to no other power but us for protection at sea, if we will but let them manage their own affairs inside the country, and give them our protection outside. British policy on the sea has, for a long time past, been to defend by being able to attack. We have gone on the principle of having a fleet in the Channel, and not fortifying our ports; but now France is so strong in torpedo boats that I hold our fleet could not have protection at Spithead, Portsmouth, or any of the Channel ports. France, moreover, could concentrate her fleet for a battle; for while we have no fortified ports, she has nothing but fortified ports. That is a black look out, you may say; and so it is. I should be glad to stir up the public mind to the danger. Even supposing we could cope with her, where would our merchant marine be in the event of war? One experience of ours in war with France was that a single privateer from Bordeaux took one million sterling in prize money out of British ships. Privateering, you say is abolished! No; it is not abolished when the necessities of a nation claim it, and 1894 sees this country with a fleet scarcely superior to that of France, not to mention that France has all her mail steamers ready to act as cruisers, every man in them a man-of-war's man, and every captain an officer of marine; whereas I do not think there is a single naval officer in any merchant ship of Great Britain. The policy of interchangeability between the navy and the mercantile marine of the country certainly ought to receive serious consideration; but it is only one of many details that demand attention. For the sake of our colonial empire alone, to say nothing of our trade and food supply, we need a navy strong enough to resist, at any moment, the fleets of the world combined.

Mr. Wm. Baxter, of the firm of Baxter & Hicks, (whose advertisement appears in this issue) does not need any introduction to most of the older members of the force, his several visits to this country in the interests of the late firm of Maynard, Harris & Co., outfitters, having earned for him a large clientele and extensive acquaintance.

This time, however, he appears representing his own firm, he, with his partner Mr. Hicks, having purchased the old and well known outfitting business of "Goy, Limited," of London.

Established in 1817, this firm was well known throughout England and the colonies, and the present proprietors of the business are worthily keeping up the high standing of the old firm.

Their specialties are anything a man may want from a yacht to a pair of boots, but our readers will be specially interested by their military and civil outfitting departments.

We hope that Mr. Baxter will meet with his usual measure of success in this trip through the country, and that it will prove a profitable and also an enjoyable one for him.

### Chest Development in the Army.

At the Royal United Service Institution, on the 2nd ult., a lecture was delivered by Mr. A. L. Hoper Dixon, A.M.S., on "The Art of Breathing as applied to Physical Development." Mr. Lennox Browne presided. The lecturer said his purpose was to show the relationship which existed between the correct process of respiration and the physical development of the chest. The chest might be increased in three diameters—viz., from above downwards, from before backwards, and sideways, and these might be easily observed from the exterior—(1) upper chest or collar bone and shoulder breathing; (2) mid-chest or rib breathing; and (3) abdominal or diaphragmatic breathing. Those movements were to some extent dependent on each other. The incorrect mode of breathing consisted in filling the upper and middle portions of the lungs with air partially at the expense of the lower. The correct method was the diaphragmatic, by which the lungs were filled with air throughout, but not necessarily overcrowded. The lecturer had brought up with him from Aldershot three recruits of the Medical Staff Corps, who had gone through a short course of breathing drill, and as a practical illustration he put the men through various exercises. These exercises were the means of thoroughly well airing the lungs, and therefore caused a corresponding increase of respiratory capacity, that was easily proved by means of the spirometer, when it might be seen that a man who breathed correctly would have no difficulty in outrivalling a man who hunched up his shoulders every time he inspired. In Weakly subjects with poor breathing capacity and delicate lungs, they might, with judicious practice, be the means of establishing a robust condition of health. As for stammering, these exercises might be the means of effecting a permanent cure. Another advantage to be gained was the increased expansibility of the chest. The reason men were rejected for the army, so far as chest measurement was concerned, was because their neither knew how to fill their lungs with air, nor how to empty them. If a healthy recruit, who did not come up to the required chest measurement, were submitted to him, he would guarantee in a few weeks, by means of the diaphragmatic drill, that he would expand his chest to the necessary requirements. He would recommend a course of these exercises at the time the recruit underwent his gymnastic training, and he considered the supervision of a medical officer essential. Gen. Fielding, Inspector General of Recruiting, in the course of the discussion which followed, said that the regulations described that the medical officer should judge of a recruit more by his chest expansion than by the actual minimum of his chest. He instanced one case where a recruit with small chest measurement was allowed to be specially enlisted and then, after a course of gymnastic drill, showed a very great chest expansion. If some scheme could be put forward in the Army Medical Department by which an efficient course of breathing drill could be applied to every recruit when he first entered, it would be a great benefit to the Army.

### The Northumberland Battalion.

The annual meeting of the officers of the 40th Northumberland Battalion was held in the "Brunswick" hotel, Colborne, on Tuesday, March 13th. Lieut.-Col. R. Z. Rogers, commandant, presided, and over 20 officers of the regiment were present at roll-call.

After the reception of the annual reports, the following committees were appointed: Band committee.—Capt. Butler, Brighton; Capt. Greer, Colborne; Capt. McCaughey and Surgeon O'Gorman, Cobourg;