

they will be recast for gallery practice and the round balls will not be supplied.

482. The value of small-arm ammunition and of the component parts thereof are determined by the Chief of Ordnance and will be published from time to time in general orders for the government of the Army.

485. In selecting competitors for the authorized annual rifle or carbine contests, no additional ammunition will be allowed. After the competitors (officers and men) are assembled at the place of competition the firing will be limited to that prescribed by paragraph 884 of the "Firing Regulations for Small Arms," and the expenditures of ammunition as there directed, will be governed accordingly.

487. Practice will be conducted in accordance with the "Firing Regulations for Small Arms." The period selected for practice on the range will be annually announced by department commanders; they will also publish from time to time the results of the firing and the names of the qualified sharpshooters, but for the sake of uniformity all orders containing instructions to govern either the preliminary methods or practice with the rifle, carbine or revolver, will be issued only from the Headquarters of the Army.

488. Reports as the amount of instruction imparted and degree of proficiency attained will be rendered only as required by the "Firing Regulations for Small Arms," or by such further orders as may be issued from the Headquarters of the Army. The necessary books and blanks for this purpose will be supplied by the Ordnance Department.

The Physique of a Soldier.

In the comments we have already had on this important question the physique of the soldier was considered from a "progenative" and a "food supply" point of view. The actual training of the soldier, in order to fully develop his physique will now occupy our attention. Before considering our own system of physical training it will be well, for the better understanding of the subject, to see what the great Continental Powers have already done in this matter. On this subject we have ample materials furnished by Col. Onslow's lecture delivered at the Royal United Service Institution.

Commencing with Germany, he very practicably observes that in that country physical education is not only a military but a national question. Originated in 1806, by F. Jahn, who attributed the crushing defeat of the Prussians by the French at Sena to physical defects on the part of the former, and at once made it his business to prepare the German youth for the defence of his country by improving the bodily powers. He laid the foundation of "The German Gymnastic Institution," which has now developed into 4,764 societies, numbering 400,000 associates. In 1842 gymnastics were declared to be necessary in all educational establishments, and schools were formed to train masters of gymnastics, one being the Central School in Berlin. A section of this school is set apart for the instruction of officers commanding regiments. Under-officers are also trained there, and every regiment has now to send one officer yearly, so that in every battalion there are a number of officers capable of conducting the physical training of their men. Great weight is attached to practical or "applied gymnastics" in the German Army, and the men are continually exercised in them throughout their whole service. No one can deny the fact that physical superiority—the result to a great extent of their excellent physical training—was one, if not the chief cause, that enabled the Germans in 1870-71 to alter the verdict given at Jena in 1866.

Russia made her first attempt in the art of gymnastic training in 1785, and some few years afterwards the Emperor Nicholas ordered gymnastic exercises to be practised in the Army, and in 1836, at the great manoeuvres near Borodino, gymnastic experiments were tried in the presence of the Emperor, with which he was so pleased that he decorated the Director of Gymnsia with the order of Stanislaus. This system, however, does not seem to have flourished much after the Crimean war, when, on the disastrous termination of that campaign, it was established in every military school and corps, being increased and improved upon steadily ever since. All recruits are under instruction in peace for four months, and in time of war for two months. The system is progressive, and commences with the simplest exercises, advancing by degrees to applied gymnastics, such as the overcoming of obstacles, escalading walls, &c., to which they attach very great importance. Here, again, is another instance of defeat suggesting the necessity of physical training.

In FRANCE, Col. Onslow tells us, gymnastics were first introduced by a Spanish Col. Amoros at the beginning of this century, and he founded a school in Paris in 1827, which, however, did not enlist any public interest. In 1847 an attempt was made to establish a system in the Army, but no good results were arrived at owing to imperfect organization. By the exertions of Eugene Pay, founder and director of the "Grand Gymnase de Paris," in 1879 the Government were induced

to issue a degree making gymnastics compulsory in all schools, but the war of 1870 upset everything, and no good came of it. At the termination of the war, however, France awoke to the necessity of taking measures to cultivate a strong race of men, and to toughen and improve their muscular fibres, and throughout the country gymnastic societies were founded, now numbering 650, as compared with ten in existence prior to the Franco-German war. In the spring of 1878 conferences were held in Paris under the presidency of Mons. Victor Hugo, on the "Education and Instruction of Youths," the result of which was that the Government were induced to make gymnastics compulsory in all schools. The results are considered to be most satisfactory, and immense strides have been made in the physical training of the French. Here, again, observes Col. Onslow, we see conviction on this all-important question brought home to the mind of a nation by a great military disaster.

In Austria the highest importance is attached to the physical education of both soldiers and civilians, it being compulsory in all schools; but as late as 1848 the educational spirit dominant in the country was absolutely hostile to it, and it was not until the year following their humiliating defeat by the Prussians that a proposal made by Dr. Steiger to establish a compulsory system of physical training in all educational institutions was entertained by the Government, and put in force the following year, since when it has rapidly and steadily grown to large dimensions, another result from military disaster.

With respect to Italy, Norway, Sweden, Denmark, and Switzerland, systems of gymnastics, all or more less similar, obtain, and physical culture is looked upon as necessary as, and also as being an aid to, a man's mental education.

As our limited space will not permit us to continue this subject further at present—a necessity which will have the advantage of giving our readers who are interested in this subject time to reflect upon and mentally digest the above data—we shall conclude in our next issue with Colonel Onslow's thoughts and suggestions on our own system of physical training.—*A. & H. G. Gazette.*

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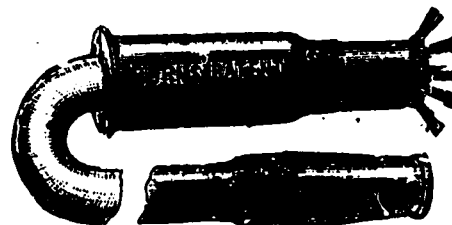
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