

Written expressly for "THE REVIEW."  
A FEW REASONS FOR VOLUNTEERING.

(Continued from our last.)

Secondly—Let us briefly consider the beneficial effects of the physical training involved in Military discipline.

There is no readier proof of the slovenliness with which undrilled human nature habitually carries itself than the sharp pain in the back to which mankind in general finds itself subjected after its first half hour's attempt to hold itself erect, and if this be, as it is, the case, how desirable must be any exercise which tends to remedy an evil so prevalent and unthought of. For habitual bad carriage, if not actually prejudicial to health, is certainly not favorable to it; and any one who has ever gone through the "Extension Motions" conscientiously will readily acknowledge that he has felt himself a new and different man after the completion of that performance. Every one believes in the efficacy of gymnastics to impart strength to the muscles and sinews, expansion to the chest, vigor and elasticity to the body, and cheerfulness to the mind—*mens sana in corpore sano*. Gymnasia, however, are rarely to be found except in cities and large towns, whilst almost every village affords its modified gymnasium in the local institution of its company. Drill is a species of exercise free from the dangers sometimes attendant on the too eager pursuit of more violent gymnastics, *i. e.*, that of overtaking some portions of the frame, and thereby producing, sometimes permanently, injury rather than benefit. If any one fairly considers the bracing effect of the "Extension Motions" on the chest and shoulders, the erect carriage imparted by careful instruction on the proper position of the soldier, the trial of the muscles of the legs, as well as the free use of the arms, in the "Bayonet exercise," the sharp liveliness imparted to the walk by the proper cadence of the "quick step," and the long wind acquired by a fair amount of practice at the double, he must admit that it would be difficult to devise a system better calculated to develop every portion of the frame, than an hour a day spent in these, or similar exercises, and, in fact, this is known to be the case.

As a healthful and agreeable antidote to the ill effects of sedentary pursuits in towns and cities it is impossible to say too much in favor of drill, and the simple bodily advantage is enhanced by the pleasant feelings (and every one knows how much the mind reacts upon the body) of association for a common and most laudable object, emulation, and *esprit-de-corps*. It is further varied by the highly sanatory and agreeable excitement of Rifle Matches, which may be said to complete the physical training involved in Militia Service, by perfecting the accuracy of the eye and the steadiness of the hand. And even in the country, where the mem-

bers of Volunteer Corps generally enjoy an ample sufficiency of open air exercise, it is no small advantage to exchange the slow slouching stride, the bent knees, the unsightly stoop and awkward sway of the shoulders, and the forward projection of the head so frequently the result of agricultural pursuits, for the brisk, firm, straight-kneed step, and free, erect carriage of the man who takes a pride in his proficiency in drill.

It should be unnecessary to disclaim any idea of disrespect to agriculturists in these remarks. What is here noticed is a simple matter of fact patent enough to ordinary observers, but peculiarly so to instructors of rural companies, to whom there are few greater trials in squad-drill than the extreme difficulty, for a long time, of getting men to move their feet fast enough for the cadence of the "quick step."

It is far more common to hear particularity in dress and personal appearance spoken of as an evidence of frivolity than as simply a manifestation of proper self respect. And it is not very surprising, for probably the most prevalent venial fault of our countrymen is a blameable disregard of personal appearance. But the fact is that due attention to this point is much more frequently the mark of superiority than of inferiority of mind. It not seldom indicates energy, generally refinement; and where kept within reasonable bounds, often denotes not only the self-respect of a well regulated mind, but the courtesy arising out of that self-respect which shrinks from affronting its associates by presenting to them an unsightly object. In good society to present oneself at the house of a friend in a state of slovenliness is in so gross bad taste as almost to amount to an insult. The idea is correct and entirely justifiable, and should be carried out as much as possible; far more in the country than it is. It is an old proverb that "Cleanliness is next to Godliness," and although perhaps its primary significance is simply bodily cleanliness, its broader meaning unquestionably implies almost neatness of apparel. Now just as the man who cultivates neatness and cleanliness, may fairly and justly congratulate himself on being superior in those qualities to his slovenly neighbour, so may the drilled man who walks with his well trimmed head erect, chest forward, and a brisk soldierly gait, fairly deem himself superior (in that one respect at least) to his undrilled friend who slouches heavily along with a mane like a dirty lion's greasing his coat-collar. And if the ladies do not agree with us, all we can say is, that their taste is not so good as it should be.

So beneficial is the effect of even a short term of real discipline that some of the members of a country company which had never been out before the recent annual drill in July, and which previous to that term of service, had not been remarkably smart in catching the true soldierly spirit of

neatness, were heard to observe on being dismissed on their return to their own village, that they had at least learned to clean their boots two or three times a day! An admission which, considering that a normal state of dirty boots is a standing reproach against Canada among the Americans of the frontier, must be acknowledged to be at least a hopeful sign.

How popular then should be a service which in the shape of (generally) little more than a pleasant recreation, embodies so many plain and tangible advantages, and how much better would it be for the youth of our villages to devote one or two evenings in the week to the healthful and invigorating pursuit of drill, than to spend the same portion of their time idling about the tavern bars, lounging on the benches in tavern stoops, or lolling and smoking on the counters of stores, to the interruption of the business of their proprietors.

We will now pass to the consideration of the third part of our subject—the mental benefits of Military Exercises—if indeed, we have not already trenched upon it in speaking of personal particularity and neatness, which are perhaps moral rather than physical attributes.

If carelessness about our personal appearance be distasteful to all discriminating persons with whom we come in contact, an unrestrained license of behaviour is equally offensive. Indeed they usually go together. To all loose habits of mind the restraints of discipline afford a reasonable, pleasant, and kindly antidote. It would perhaps be difficult to overrate the value of discipline in steadying and improving the character.

Every one knows that an undisciplined body of troops is but an armed mob. Every one can realize its vital importance on the field of battle. Military discipline is the actual tangible embodiment of the principle of order, and is not order "Heaven's first Law?" Whether we regard the stupendous works of the Creator, or those operations of man which have called forth his highest constructive and administrative powers, we are equally impressed with the prevalence, the beauty, and the infallible necessity of order. There is perpetual, unending analogy between things Divine and things human, and, comparatively, the law of order is not more manifest (save for the perfection of Almighty wisdom, and the fallibility of human conception and execution) in the revolutions of heavenly bodies, the most sublime, to finite minds of the visible works of God—than it is in the organization of great manufacturing establishments, of fleets, of armies, of ships, of regiments. Every where system, law, regularity, subordination, order, and its military synonyme, discipline!

In the vastest and in the minutest of human organizations—in the army of an Emperor and in the humble household—Order and Discipline are alike the vital