

TROOPS PHYSICAL TRAINING.

It used to be called Physical Exerks --- but now it is Physical and Recreational Training. Although it looks the same. It's an important side of service life to-day, because only the men who are fighting fit can be fit to fight. This is how the army sets about it.

Every exercise ~~is~~ is designed to develop soldierly qualities --- ~~average~~ courage, vigour, strength, control, alertness, confidence and team spirit. The army of to-day has the lot.

~~Not only do these exercises develop the body, they develop the mind too. That's the difference between Democracy and Dictatorship; we believe that a man should use his own mind.~~

~~xxxxxxxxxxxxxxxx~~ If case you may have any doubts left about army fitness --- this ~~should~~ will probably convince you.

~~They used to do this~~ They never used to do ~~this~~ this after Sunday dinner.