

is too hard an exercise for me

Yes, gentlemen, I can't bear the military exercise, not because I am weak, as my opponent particularly pointed me out to be, but because it is compulsory, because it compells us to do exertions against our will. You know, it is the simple physiological fact that the vital process of repairing & destroying in turn the substance of the body, constitute health. So we must proportion the supply to the want and the want to the supply. But in the military drill, this is quite disregarded. We can't stop the exercise when we are tired; we can't do the exercise when we wish. Sometimes, we are forced to go through a course of exercise till we are quite exhausted all in a perspiration, till we our arms and legs become as stiff as iron. Sometimes we are compelled to stand still in that cold windy weather, with shivering legs and chattering teeth. In these instances, the want may sometimes exceed the supply and the supply may sometimes exceed the want. Is this the best exercise? If it is, there are none that cannot be said best. I have stated so far, the disadvantages of the military exercise, with regard to its effect upon the body as a whole. Let me now pass on to its effect upon the brain. I take much interest to dwell upon this point, for we must take special care of our brains. Indeed, we use our brains so much that thousands and millions of cells composing it, are destroyed every day, at least on an examination day. So we must repair the loss of the brain as well as that of other parts of the body. We have learned in Hygiene that the best means to invigorate the worn out brain, is to devote oneself to those exercises which give him pleasure, amusement, comfort. Does the military exercise give you any pleasure? Do you find anything agreeable in it? Perhaps no one in this room,

will reply in the Affirmative. Not only in this room but in the whole school, there ~~will be~~ ^{are} none who will say 'yes'. On the contrary, I am sick to death at the name of the military exercise. They use us as if we are insensible animals or rather mechanical instruments with human form. They treat us like their slaves or rather their dogs. But who is so base as to wag the tail and lift their hands with the humility of a dog? Is it not ^{then} plain that if the military exercise, gives us no pleasure then it is of no use. If it gives you displeasure, then it is certainly worse than nothing, as far as the physical culture of the brain is concerned. In short, the military exercise is ~~most~~ only suited for those hardy ignorant soldiers to whose head and body any kind of exercise however violent and compulsory ~~but~~ because gives no pains. On conclusion, I must ~~remark that~~, But for the gentlemen like, it is without doubt, the most ill suited of all. On conclusion I must remark that the best exercise for us is what gives us most pleasure, amusement, comfort, no matter it may be rowing, jumping, running or any kind of athletic sports or outdoor games.

Debating on 'Is the Military exercise best suited for the purpose of physical culture.' 1st May '88

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