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. 1 Arr. 44.

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Love of country and pride in our possessions is inborn in every decent man. Anything that is worth while
in the make up on man's personal harpiness is obtained by hard work, sell training a discipline and an
element commonly called - buts. The greatest battle is
not with your enemy; it is with yourself. To become
strong willed and a strong lighter you must study and
strengthen your weakness, physical and mental. You
must aim to be a wee bit stronger a swifter thinker
than those about you. Endurance, mental and physical,
will win through. Bental vigour is probably more important than physical, but fitness of body is essential to fitness of mind.

Rooted deep in the subconscious mind of every man, is the herd instinct, the impulse to act together against common danger and protect what we already poseess. It was this instinct which first gathered families into tribes and tribes into nations. Spell binding orators understanding the natural law of herd instinct can lead people to ways of thought or action that are against all reason. With proper leadership a nation of decent individuals who resire to progress and have a trained will to win, becomes great and remains long lived. There can be no standing still with a smug contentment in what you have already attained.

(Sgd.) W.S. Hopping, Major SOT.