The first military command button, which appears as a flag, brings up a detailed book on the selected garrison. You may also view this book by clicking with the blue question mark cursor directly on the garrison encampment.

The garrison book shows the state of the selected garrison, including the names, the health, and the medals of each regiment. By clicking on the picture of a unit you may select or unselect it individually. As you select a unit its notation changes from "Defending" to the notation "Available" which means that the regiment can be ordered to move or attack when you click on another province. Notice also that the toolbar numbers of selected units change as you select units on the Garrison Book screen.