

The Need of Sleep.

By far the most important compensation for all effects of fatigue is sleep. Everybody, even the man mentally most inert, develops when awake a mass of mental effort which he can not afford continuously without suffering. We need, therefore, regularly recurring periods in which the consumption of mental force shall be slower than the continuous replacement. The lower the degree to which the activity of the brain sinks, then, the more rapid and more complete the recovery.

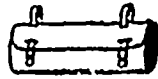
The mental vigor of most men is usually maintained at a certain height for the longest time in the forenoon. The evidences of fatigue come on later at this time of day than in the evening, when the store of force in our brain has been already considerably drawn upon by the whole day's work. If no recovery by sleep is enjoyed, or it is imperfect, the consequences will invariably make themselves evident the next day in a depression of mental vigor as well as in the personal susceptibility to fatigue. The rapidity with which one of the persons I experimented upon could perform his tasks in addition sank about a third after a night journey by railway with insufficient sleep. Another experimenter could detect the effects of keeping himself awake all night in a gradual decrease of vigor lasting through four days. This observation was all the more surprising, because the subject was not conscious of the long duration of the disturbance, and was first made aware of it incidentally by the results of continued measurements on the causes of the manifestations of fatigue.—From A Measure of Mental Capacity, by Dr. Emil Kraepelin, in *Appletons' Popular Science Monthly* for October

A story that has recently come from Egypt is looked upon as distinctly precious. When the Nile expedition was waiting for steamers and supplies at Koshch camp, there arrived an *Orro* a corporal of the Connaught Rangers who had served with the Maxim detachment at the fight at Ferdeh, and afterwards had to come down with a sick convoy. He was asked by one of his officers why there was so much delay about moving on to Dongola, when the Dervishes had been so thoroughly beaten. "Well, sir," he replied, "it's just this way. We know there's hardly a soul in Dongola in the way of fighting men, and there would be neither honour nor glory in going on and taking the place just yet. So the Sirdar, he says, 'Boys, well! wait here for a bit, and let the place fill up!'"

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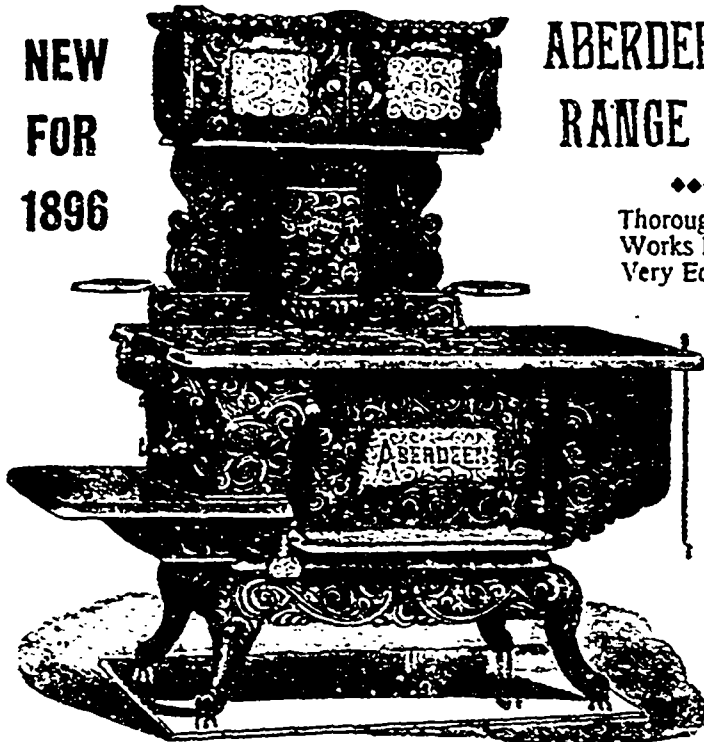


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