

failed them. We have it from many who took part in the forced marches leading to Paardeberg, to Bloemfontein, to Pretoria, and beyond, that when rations were but two or three biscuits a day, the only real physical content of each twenty-four hours came with the pipe smoked by the smouldering embers of a camp-fire. This pipe eased the way to sleep that might otherwise have lingered, delayed by the sheer bodily fatigue and mental restlessness caused by prolonged and monotonous exertion. It is difficult, then, to believe that tobacco is anything but a real help to men who are suffering long labors and receiving little food, and probably the way in which it helps is by quieting cerebration—for no one doubts its sedative qualities—and thus allowing more easily sleep which is so all-important when semi-starvation has to be endured.

“The cases of acute mental derangement in the course of campaigns, such as the present, are many. There have indeed been many in South Africa. It would be most profitable and interesting could medical officers have taken special note of the capacity for sleep previously evidenced by those who broke down, and also of their indulgence or non-indulgence in tobacco. We are inclined to believe that, used with due moderation, tobacco is of value second only to food itself when long privations and exertions are to be endured. Two features are to be noted with regard to the smoking practised on active service. It is almost entirely in the open air, and it is largely on an empty stomach. The former is always an advantage; the latter we generally reckon a most unfavorable condition. Shall we see in the near future patients with tobacco amblyopia or smoker’s heart acquired while the trusting friend of tobacco thought that he was enjoying unharmed the well-earned solace of a hard day’s march? We believe not, and that the open air will have saved what might have been the untoward results of smoking when unfed.”

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### PHILADELPHIA MEDICAL JOURNAL.

About three years ago there appeared a new medical journal, which was to be in all respects a paragon of perfection. It was somewhat loudly proclaimed that it was to be “A journal for