

**SOUTH AFRICA AS A HEALTH RESORT.**—The eulogy of the climate of South Africa by Max O'Rell in his recent book, "John Bull and Co.," has led the *Cape Times* to draw attention again to the great variety of climate which exists in the colony, and to the special difficulties which beset invalids in gaining the undoubtedly great benefits of climatic treatment in those regions. In the seaboard towns luxuries and comforts can be had in plenty, but the climate is most unsuitable to pulmonary disease. Neither the cold and humidity of the winter, nor the heat, the dust-bearing south-easters, and the moist relaxing air of the summer in Cape Town are an improvement for this class of patient upon the climate they leave behind in Great Britain. If they want to reach the really beneficial districts, they must journey north to the high altitude of the interior, where the air is pure, dry and rarefied. Here, however, unfortunately, invalids will miss many of the conveniences and comforts to which they have been accustomed, and which have in many cases become almost necessities. While it is true that in South Africa, as in most places, money will procure almost anything, it also is the fact that in South Africa a great deal of it is required to obtain a very little in the way of comfort and good food. It must be remembered that in a new country the good things go to the strong, and that for those who cannot either work hard or pay heavily there is but small opening.—*British Medical Journal*.

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**THE EFFECTS OF INTENSE COLD UPON THE MIND.**—Extreme cold, as is well known, exerts a benumbing influence upon the mental faculties. Almost everyone who has been exposed, for a longer or shorter period, to a very low temperature has noted a diminution in will-power, and often a temporary weakening of the memory. Perhaps the largest scale upon which this action has ever been studied was during the retreat of the French from Moscow. The troops suffered extremely from hunger, fatigue and cold—from the latter, perhaps, most of all. A German physician who accompanied a detachment of his countrymen has left an interesting account of their trials during this retreat. From an abstract of this paper by Dr. Rose, in the *New Yorker Medicinische Monatschrift*, we find that of the earliest symptoms referable to the cold was a loss of memory. This was noted in the strong, as well as those who were already suffering from the effects of the hardships to which they had been exposed. With the first appearance of a moderately low temperature (about five degrees above zero Fahrenheit), many of the soldiers were found to have forgotten the names of the most ordinary things about them, as well as those of the articles of