

## THRILLS OF SLEEP WALKERS

Hair Raising and Dangerous Feats Accomplished by Somnambulists.

## MANY ODD TRAITS REVEALED

Effect of Dreams on the Actions of Victims — Difficult Problems Thought Out in the Unconscious State.

Miss Sadie Pettit, 19 years old, of Washington, was a street full of early risers the other day by climbing to the top of the house and over the eaves, creeping along the gable to the smallest edge and standing at that dizzy height, screaming at the top of her voice. The next instant she was sitting clinging loosely on the edge and walling piteously.

The crowd that collected in the street below during her hour's perilous promenade became almost frenzied. The police tried to reach her, but found they would have to work their way up as did she, on a frail water pipe. As they puzzled over their next move the deaf old woman with whom Miss Pettit lived suddenly leaned out of the window and cried to her to "wake up and come down off that roof!"

The girl shuddered and fell the right way—back on the roof, and was saved. Miss Pettit is a sleep walker and her harrowing nocturnal adventures are matched by many in the annals of the sleep walkers, matched by many so harrowing that were there no further inducement to investigate the mysteries of somnambulism the happiness of the victims and the safety of their fellow householders would supply ample warrant.

Prof. Carl Frol of Berlin and Dr. Daniel Hack Tuke of London are two witnesses who have studied a good deal and found out much about sleep walking, and they tell of a youth who fell into somnambulism, went into the bedroom of a child and killed it. He was sent to prison, when he had a similar attack and tried to take the life of another prisoner.

## Put to Good Use.

Sometimes the somnambulist puts his peculiar habits to good uses. Dr. Tuke knows of a girl who learned her lessons during sleep. Her father died in debt, and her mother urged her to profit to the utmost by the teaching, which was difficult to pay for. The girl was so utterly unconscious of her condition that she was not to be wakened. In the morning the sleep-walker found that she knew all her lessons. This happened morning after morning and puzzled the whole family until one night when her mother returned late from a visit and in the moonlight discovered the girl in the bedroom window. The mother went quietly upstairs and found her daughter seated at the window in her nightdress only, sound asleep, but book in hand and studying hard.

A school teacher gave to his geometry class the forty-seventh problem of Euclid, taking nothing but the postulates and axioms for granted. The only boy who succeeded in the demonstration was found kneeling on his bed at work in his sleep. The teacher did not disturb him, but asked the next morning whether he had finished his proof. "Yes I have," I dreamed it out and got out of bed as soon as I could see and wrote it out at the window."

Many sleepwalkers testify that their dreams influence their nocturnal adventures. One girl dreamed about a shipwreck and awoke finding herself out of bed. She had wrapped a large sheet around the candlestick to do duty for a shipwrecked sailor she had succored. A physician often associated his own sleepwalking with one of three dreams—fire in the house, burglars, or injury or death of some near relative.

**Effect of Dreams.**  
Another physician somnambulist says: "Dreams always seem to be associated with my sleepwalking, and it is the almost invariable accompaniment of the dream. I always put in practice the thing dreamed."

"Once I dreamed I was drowning, and I jumped out of bed, rushed into the sea and called for help over the stars."

Ordinarily the sleepwalker forgets what he has been about during his energetic slumbers. One somnambulist woman undressed her sister, dressed her hair, plaited it, brought her shoes and stockings and silk ball dress from the chest, then suddenly waking she asked her sister in surprise where she was going in such a toilet.

Some investigators make a close connection between insanity and somnambulism. Some years ago Dr. Hack Tuke knew of a man who found not long after his marriage that his wife had disappeared from his side. A search was immediately begun, and ended in discovering her body in the sea not far from the house. The theory of somnambulism at first was advanced on what seemed plausible grounds, but eventually the decision was for insanity.

Lord Culpepper's brother, famous as a sleep walker, was indicted at the Old Bailey in 1888 for shooting one of the guards and his horse. The defense set up was somnambulism, and by calling in nearly fifty witnesses to bear testimony to the nobleman's marvelous exploits during sleep, it was successful.

There is a familiar old story of a monk who entered the prior's bedroom during the night with his eyes fixed and with a large knife in his hand. With scowling features and determined mien he proceeded straight to his superior's bed, which fortunately was empty, since the prior had not retired. The monk inflicted three stabs which penetrated the bedclothes and a mat which served the purpose of a mattress. He then returned to his own room with features relaxed and smiling. The next day, when questioned by the prior, he confessed that he had dreamed that his mother had been murdered by the prior and that her spirit had appeared to him crying for vengeance. Transported with fury, he seized a knife and ran directly to the supposed assassin to stab him. Shortly after he returned to his bed he awoke, covered with perspiration, to find it was a dream. When the prior showed the monk the knife holes in the bedclothes the somnambulist brother threw himself on his knees and implored for pardon. He was pardoned, but he was locked in his cell every night.

**Fierce Delusions.**  
One Fraser was a steady, respectable man, a saw carpenter in Glasgow, 25 years old, and belonging to a family in which there was insanity. Fraser's sleep always had been unsettled, disturbed by dreams, nightmare and talking or walking. In the morning he remembered nothing that had occurred or of the great terror that suddenly seized him during sleep. He started out of bed under a vivid feeling that the house was on fire, that his walls were about to crush him, that his child was falling down a pit, or most frequently of all that a wild beast had got into the room and was about to attack him. "Roaring inarticulately," reports his physician, Dr. Yellowlees, "and in an agony of apprehension, he says his wife and child out of bed to save them from death. Or he fiercely chases the wild beast through the room, throwing the furniture about to reach it, and striking at it with whatever he can use as a weapon, or he suddenly

seizes his companion by the throat under the idea that he is struggling with a wild dog, horse, wolf or other animal, or often some creature of the imagination more terrible by far." He took up chairs to throw at the beast and attacked father, half-sister, wife and child, always under the delusion that he was in mortal combat with the beast.

One night he dreamed he saw a large white beast fly up through the floor and pass toward the back of the bed where the child lay; he grasped at the beast, trying to catch it; succeeded in seizing it, and springing out of bed he dashed it on the wall or floor to destroy it. The child was killed and the cries of the wife brought Fraser to himself and in a most distressful appreciation of what he had done. The jury acquitted him on the ground of somnambulistic irresponsibility, but his physicians wished him to be treated temporarily at an insane asylum. "He, on the contrary, who only thinks of crimes, deceit and vengeance," says Fraser, "displays during sleep recesses of his depraved inclination which external circumstances had restrained when awake. If such a man, then, commits a crime and he is a suspicious character, one is justified. It seems to me, in considering this crime as a natural consequence of the inward character of his ideas; and one should judge this action as all the more free in that it has been committed without any constraint or particular influence. Far from considering these acts as insane, I regard them as the most voluntary that can be witnessed in human nature."

**A State of Hypnosis.**  
Men, like men, consider that sleep walking is nearly related to a state of hypnosis and they call it spontaneous somnambulism as distinguished from artificial somnambulism, hypnosis. Some persons are subject to both states and are practically the same under both conditions, save that in sleep walking they are less amenable to directions.

One such woman when ready to walk in her sleep would sit up in bed, stare vacantly around her, answer questions, and, as when hypnotized, declare she did not recognize even the most familiar faces. She would suddenly fall back in bed, striking her head severely against the headboard. "She would walk about for hours, go to the pantry for the tea things, take round the eggs, etc., and place them on the patient's lockers, as she was in the habit of doing when assisting the nurses," said her physician. "She was difficult to awaken from this condition. The application of cold water was utterly useless. On one occasion I threw a large basinful of cold water on her without causing the least sign of waking, not even a shudder. Blowing on her twice or thrice sufficed to rouse her. She came to just as anyone would in waking from sleep. On one occasion I seated her in her sleep at a table, roused her, carried on a short conversation with her and got her to write her name, then within a minute hypnotized her, and aroused her again. When awakened she was scarcely dry."—Chicago Tribune.

## BIG BUNCH OF VETERANS LEFT

One Organization in the Civil War Has Two Hundred and Thirty-Seven Members Still Living.

"I have just received," said a civil war veteran, "a bid to the thirty-ninth annual reunion of my regiment, this bid always coming along at about this time of year, the reunions being held, in one year and another, in various towns of the New England state in which the regiment was raised. Our regiment had men from pretty much all over the state."

"But what gets me is a printed list accompanying the invitation giving the names and addresses of the members of the old regiment still living, these numbering now, forty-three years after the close of the war, 237, which seems to me a number surprisingly large."

"Our regiment was mustered into service in September, 1861, and mustered out in July, 1865; it served four years lacking a little less than two months. The regiment left its state exactly full, with 1,040 men. In the course of its service it had killed in action 107 men, wounded 436, died of wounds or in prison 100 and it lost men who died of disease or who were discharged by reason of disability."

"As its ranks were depleted they were filled with recruits from home and altogether it had on its rolls 1,597 men; and of that 2,000 men there are now, forty-three years after the close of the war, 237 men still surviving."

"It seems a surprising number, because if you stop to consider you will see that the youngsters of the regiment—the boys of, say, 15—are now men 61 years old. The men who were 20 in '61, young men then, sure enough, must now be 75. To be sure, men who came out later would be younger. For instance, the boy of 15 who enlisted in '61 would now be only 60; but there are still living a goodly bunch of the men who enlisted in '61, and many of them still hardy, vigorous, able men."

"And how do you account for that? I should say by the character and quality of the men of which our regiment was composed."

"Of course, every man that served in this army is proud of his old regiment and thinks it was the finest ever, and no doubt they all have reason for their pride, but ours was certainly a good regiment. It was raised in August and September, '61, when the three months' campaign was over and when the north had settled down seriously to the prosecution of the war. It was enlisted for three years, unless sooner discharged, and it is stating it temperately to say that its ranks were filled with men of serious purpose, who knew what they were about, and who enlisted from a sense of duty."

"And what a fine lot of men they were! Coming from all the walks of life, characteristic men of their native state, a whole regiment of men of intelligence, quick to learn a soldier's duty, understanding fully the necessity for discipline and always obeying orders; a regiment that soon came to have the carriage of veterans; a regiment that stayed where it was put, and went where it was sent; a regiment whose officers and men always regarded it with pride, and which was always likewise regarded by the brigade and division and corps commanders. A good old regiment."

"And now after four years of service, and forty-three years after the close of the war there are still 237 of the old boys left. It is splendid to think of."

"Many of the men who were older when they enlisted, men of 30 or 40 then, have gone, and there are no really young men among the survivors, and in the nature of things their ranks must grow thinner and thinner, but among them there are still hardy men, good for many years yet. And of the old regiment there still survive 237 men. A fine lot!"

"Lively to the old regiment! I salute the old regiment!"—Washington Post.

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