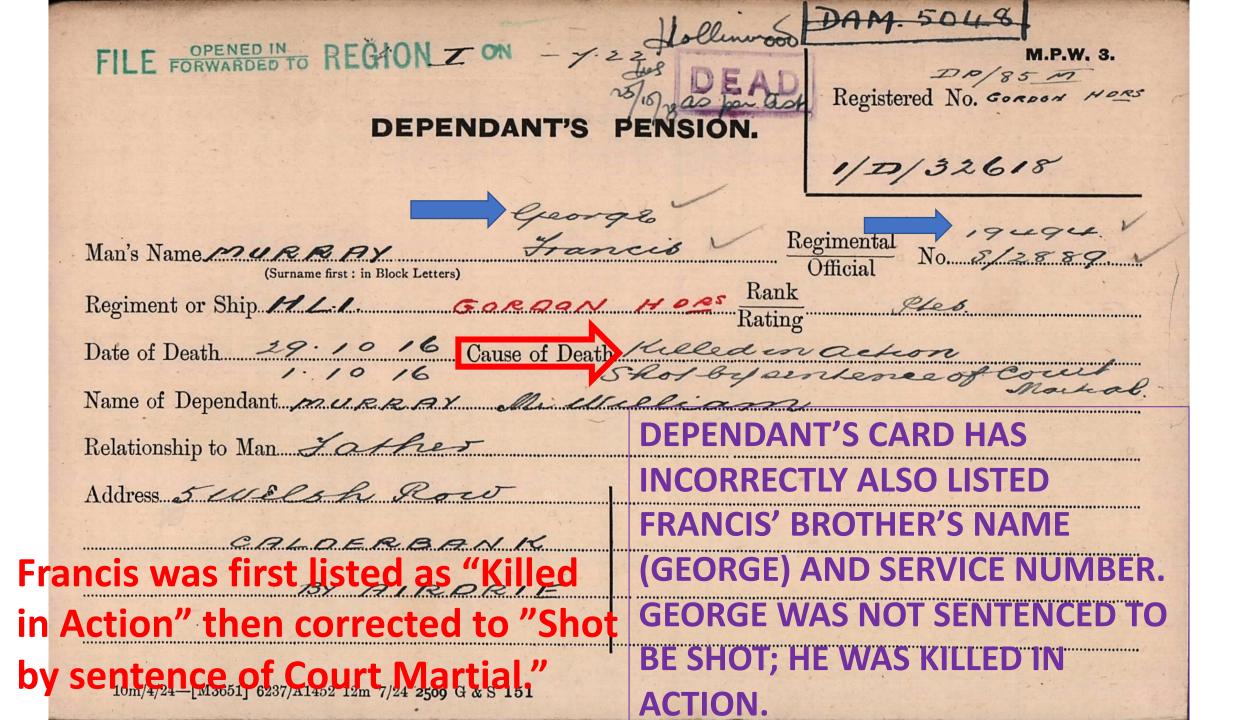
A CASE STUDY IN SLEEP DEPRIVATION



Francis Murray.

MURRAY, FRANCIS, Private, No. 2889, 9th (Service) Battn. The Gordon Highlanders, s. of William Murray, of 3, Welsh Row, Calderbank, by his wife, Annie, dau. of Francis Duffy; and brother to Private G. Murray (q.v.); b. Glasgow, 21 July, 1895; educ. Chapel Hall R.C. School there; was a Miner in Woodhall Collieries; volunteered and enlisted 1 Sept. 1914; served with the Expeditionary Force in France 1914–16, and was killed in action there 1 Oct. 1916; unm.



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WHAT CAUSED FRANCIS MURRAY TO GO ON A RAMPAGE WITH A RIFLE AND SHOOT TWO FELLOW SOLDIERS, ONE OF WHOM DIED FROM HIS WOUNDS?

- HE WAS BORN IN 21 JULY 1895, GLASGOW, SCOTLAND TO WILLIAM AND ANNIE MURRAY. HE HAD A BROTHER GEORGE, BORN 1893, WHO ALSO SERVED IN THE ARMY, AND HAD BEEN KILLED IN 1915. HIS DEATH MAY HAVE BEEN A CONTRIBUTING FACTOR.
- FRANCIS HAD BEEN A LABOURER BEFORE JOINING THE ARMY. WHILE IN THE ARMY, HE HAD SEVERAL DISCIPLINE PROBLEMS STEMMING FROM HIS ALCOHOL ABUSE. SOME THINK HE MAY HAVE BEEN A FULL-BLOWN ALCOHOLIC BEFORE GOING TO FRANCE.

HE HAD SEEN HEAVY FIGHTING ON THE FRONT LINE OF THE WAR.

- HE ADMITTED TO HAVING DEPRESSING AND WAS SUFFERING FROM SLEEP DEPRIVATION.
- HE STATED TO THE COURT MARTIAL PROCEEDINGS THAT HE HAD BEEN DOING REGULAR NIGHT WORK WITH ONLY ONE DAY OF REST IN SEVEN.

FROM THE BOOK "MURDEOUS TOMMIES," BY PUTKOWSKI AND DUNNING, WE FIND THIS STATEMENT CONCERNING MURRAY:

"Sleep loss does not usually turn sufferers into murderers, but sleeplessness erodes rational thinking and alcohol is known to induce mood swings, including paranoia, hallucinations and loss of memory. War or no war, chronic sleep deprivation and booze would have been enough to transform Murray into an incoherent, capering lunatic, with a persecution complex."