

Griggs Courier.

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LOVE'S TOKENS.

If you take an apple and pare it thin,
Without a break in the ribboned skin,
You may twirl the perfect paring around,
And note how it falls on the floor or ground.

It ought to fall, if the sign is true,
So that a letter shall shape for you;
And the letter its forms will be the same
As that which stands for the loved one's name.

Or, if you look for another door
To the tender secret—take the core,
And count the seeds that are hidden there:
They will spell the same, with none to spare.

Or, pick a daisy. Who has forgot
The test: "He loves me—he loves me not?"
And, when its disk is gone around,
The lover of sweetheart is lost or found.

There were many more in our early days,
Mingled with childhood's artless plays:
'Twas pleasant to think with what sweet strife
We could settle the problem of husband and wife.

But when to older years we grow,
We have no royal way to know,
We doubt and ponder, we hope and guess,
Then put the question for "No" or "Yes."
—Joel Benton, in *Demorest's Monthly*.

A SIXTY-DAYS' FAST.

The Champion Food-Abstainer of
the World.

The Man Who Puts Succi, Tanner and
Merlatti to the Blush—Fasters From
Necessity and From Choice.

Some little regret having been occasioned among the physicians who watched Merlatti that he should not be dying at the end of his long fast, and have given them an opportunity of determining by dissection the effects of fifty days' total abstinence from all solid food, it may be worth while to recall the fact that in other cases an even longer abstinence from food has been recorded, with abundant opportunity for examining the condition of the unfortunate victim's interior.

The first case of the kind which, so far as I know, is on record, is that of a patient of Dr. Currie, a well-known physician of a generation or so ago. In August, 1795, a Yorkshireman of property applied to Currie for assistance on account of an obstruction in his throat, which threatened soon to deprive him of the power of swallowing. When first seen by Currie, the patient had already lost the power of swallowing solids of any kind, and the quantity of liquid matter he was able to swallow was not sufficient for his nutrition. He was already considerably reduced. The operation of tracheotomy naturally suggested itself to Dr. Currie as appropriate under these conditions. But on passing a bougie into the patient's gullet it was found that, although there was an obstruction some two inches down, the real obstruction laid seven or eight inches deep—a hard tumor having formed in the passage, whose steady growth threatened to close it wholly.

On October 17 the obstruction rather suddenly increased, inasmuch that from that day the patient could not swallow more than seven or eight spoonfuls of broth. Even that quantity diminished until, on October 30, the passage was wholly closed, and from that day the patient took no more food of any sort. Bathing in milk and water and other external applications of food can hardly be supposed to have had much alimentative value, so that the subsequent progress of the enforced fast may reasonably be compared with the cases of Succi, Merlatti, Tanner and the rest of the freely-fasting fraternity.

On October 30, then, after thirteen days of almost total abstinence from food, preceded by two months of very short fare, the unfortunate gentleman entered on the fasting path, which in his case could end in but one way. Before he had begun to suffer from the obstruction to his swallowing he was rather corpulent, weighing 240 pounds (he was a tall and finely-built man). By October 30 his weight had been reduced to 179 pounds. In the first twenty days from the period of the sudden increase of the obstruction, his weight was reduced to 154 pounds. In the next four days he lost five pounds more. On the thirty-second day from the time he ceased to swallow he became delirious. At this time he weighed only 138 pounds, having lost upwards of 100 pounds of his original weight. He died on the thirty-sixth day from the time of absolute abstinence from food. This, with the thirteen days of almost total abstinence, and the preceding two months, during which the loss of more than a quarter of his weight showed that he was receiving much less than the proper amount of nutrition, may be regarded as a fast considerably more taxing than that which Merlatti has recently completed, and altogether more remarkable than either Tanner's or Succi's fast, seeing that neither of these either fasted so completely or so long. Apart from this, Dr. Currie's patient was suffering from a disease which

must to some degree have taxed his physical strength. Thus, whatever Tanner's, Succi's and Merlatti's fasts may have shown, this Yorkshireman's enforced fast had taught much more effectively ninety-one years ago.

For one month from the time of total abstinence from food the unfortunate man retained a calm and even cheerful demeanor. Occasionally he expressed a wish that he could swallow, but not often nor anxiously. When questioned as to his appetite, he always said that he felt no sense of hunger sufficient to cause him any uneasiness. Nor was he disturbed by thirst. Probably the external applications, which naturally tended to allay thirst, to some degree quieted such pains as the sense of hunger might have been expected to produce, for they included strong infusions of laudanum. During this month of absolute fasting the temperature and the pulse were natural. His mind seemed to retain its full strength. "He occupied himself a good deal in his private concerns," says the account from which I have obtained these particulars,—the "Penny Cyclopaedia,"—"and, as usual, interested himself in public affairs." To husband his strength as much as possible, he was advised to be much in bed; but, until the last few days of his life, he dressed and redressed daily, and not only walked about his room, but through the house. "His nights were quiet, his sleep sound and apparently refreshing."

Before the delirium set in which ushered in the final stages of his fast, the patient had very pleasant dreams, a peculiarity of which was that they affected him as realities, inasmuch that though told by his friends that they were but dreams he could not for more than a moment or two remain sure that this was the case. He laughed heartily at the recollection of the merry jokes which had passed during a gay meeting he had had—as he supposed, with two Yorkshire Baronets whom he dined, and told with glee (which, considering his approaching end, seems almost to merit the peculiar descriptive term ghoulish, recently applied to the President,) how they had pushed about the bottle.

The mental incoherence indicated by the inability to distinguish dreams from realities passed rapidly into delirium, during which he was perpetually muttering in indistinct tones, with great restlessness and agitation. There were now marked signs of fever, the skin and extremities being sometimes of a burning heat and sometimes cold and clammy. His pulse became feeble and irregular, and his respiration was for the first time during the progress of his illness laborious and painful. He became cross-eyed on the thirty-third day of total abstinence from food, and complained that he saw double, but the sensitiveness of the retina was increased, not, as one might have expected would be the case, diminished, inasmuch that, though till this stage of his illness he had borne well the light which came through the window of his bedroom, he shrieked now when the window-blind was drawn.

In this case, as I have said, we have stronger evidence of the power which the human frame possesses to endure deprivation of food than any of the foolish fasting men of recent times have afforded, because they have all taken liquid food, whereas, except from his bath (which, as he said, produced in him the most delightful sensations), our patient had no relief from either hunger or thirst.

The other case I shall cite, while resembling the fastings of Succi, Tanner and Merlatti in being a fast from solid food only—as also in being voluntary—was more remarkable than theirs in being of much longer duration. A young man of studious and melancholy nature began a somewhat severe course of abstinence to cure certain painful symptoms of indigestion by which he was troubled. His plan was to abstain from solid food for a time, taking only a little water daily, into which some orange juice had been squeezed. From the amount given by Dr. Willan, superstition as well as indigestion would seem to have had something to do with the form of folly into which this plan presently developed. The young man withdrew from business and the society of his friends, took lodgings in an obscure street, and entered on a system of continued fasting, enlivened by shorthand writing. He began to write out the Bible in shorthand, and had proceeded as far as the second book of Kings when circumstances over which, by that time, he had no control induced him to desist. He persisted in his plan for fifty-one days without failing in firmness of purpose. But about this time, finding his strength failing him, and that he was no longer able to rise from his bed, he began to suspect that he might be mistaken in imagining—as until now he had done—that he was preternaturally supported and was presently to be made the object of some marvelous manifestations following an abstinence so extraordinary. His friends found out his retreat about ten days after he thus began to lose faith in the virtue of fasting. They

persuaded him to accept the ministrations of a medical man. It was on the sixty-first day of his fast that he was first seen by Dr. Willan, whose report of the case I have followed. He was then singularly (and yet perhaps not so very singularly) emaciated. His abdomen was concave, his limbs so attenuated that the shape of the bones could be clearly distinguished. His cheek-bones stood out, giving his face a ghastly appearance. He looked, in fact, "like a skeleton prepared by drying the muscles upon it in their natural situation." His mind was imbecile—that is to say, it was more obviously imbecile than it had been before he entered upon his fast or had made much progress with it.

So far as can be judged, this young man might have been saved if Dr. Willan had followed a suitable method of treatment. But he allowed his patient to take much more food than was judicious at such a time. Three pints of food were administered daily—namely, a pint of milk for breakfast, a pint of mutton broth boiled with barley for dinner, and as much rice milk for supper,—from the third day after Dr. Willan had seen the starved man. After total abstinence from solid food for sixty days, this allowance was altogether too great. One-third of it would have been too much. Milk was also quite unsuitable, being more difficult of digestion by an enfeebled stomach than even solid food. Yet for the first few days it seemed as though the unfortunate man was recovering. He regained flesh and strength, becoming also cheerful, and his mind recovering some degree of steadiness. On the fifth day he showed signs of restlessness. On the morning of the sixth he lost all recollection, and before midnight he was delirious and unmanageable. His pulse increased in frequency, his skin became hot and dry, and his whole frame was shaken by constant tremors. He remained in this state till the eleventh day, emaciation increasing and his pulse growing constantly weaker and more rapid, until at last it had been to one hundred and twenty beats in the minute. On the eleventh day, the seventy-second from the commencement of his self-imposed fast, the poor fellow died, having by this time fallen into a state of utter prostration.

Nothing that Tanner, Succi or Merlatti has done in the way of fasting has thrown so much light on the power of the human frame to resist the effects of total abstinence from food as these two cases. I set on one side for the moment the question whether Succi's herb whatever it may be, is able to help the body to resist the effects of fasting in such degree that not only life but health, strength and capacity for work may remain. Considering only the resistance opposed by simple vitality to the effects of abstinence from food, we have nothing to learn from fasts of forty days or fifty days, or even from fasts, if ever such should be undertaken, for sixty days, or longer. The young man who fasted sixty-one days and remained alive, with fair chance of being even restored to strength, if properly treated, was simply the first—as he had been thus far the only—man who has ever tried the experiment of fasting sixty days.—Richard A. Proctor, in *Chicago Times*.

AN OBSTINATE JUROR.

A Stubborn Individual Who Was Evidently
Not Acquainted With Shakespeare.

In a will case before a court and a rustic jury Jere Black appeared as counsel for the youngest of three sisters, and sought to break the will on the ground that the two elder sisters had, with the assistance of his learned brother, the counsel on the other side, cajoled and coerced the dead father during his dying hours into signing a will giving them all his property and leaving the youngest daughter out in the cold. Black, who was young then, made a great speech to the jury, in which "King Lear" very naturally appeared.

"Goneril was at that bedside, gentlemen of the jury," he exclaimed. "Regan was there. But where was Cordelia?"

The jury remained out for some time. At last they came in. But the foreman reported that they could not agree. All of them except one man were in favor of the youngest sister, but the one man was not satisfied, and could not be satisfied about what he thought a flaw in the evidence.

"What is it?" asked the court of the obstinate juror.

"Why, your honor," said the fellow, "if Mr. Goneril and Mr. Regan were present, as that lawyer said, why didn't he put them in the witness-box?"—*Philadelphia Record*.

Those Ignorant Women.

Mr. Dusenberry—It is said, my dear, that at Quito the sun rises and sets every day at six o'clock. A good place to set one's watch at.

Mrs. Dusenberry—Do you know that my watch hasn't been doing very well lately? When you go down town tomorrow won't you stop in at Quito's and have it set?—*Philadelphia Call*.

OF GENERAL INTEREST.

"Japonicadom" is the latest name given to New York high society.—*N. Y. Mail*.

—There have been five Cabinet babies in the last twenty years and all girls.—*Washington Post*.

—Someone was mean enough to steal three tons of hay from a minister's barn at Perry, N. Y., the other night.

—A Syracuse (N. Y.) man has had to pay \$5,000 because his wife used her tongue too freely in criticizing her friends.

—In 1851 there were 27,424 French Canadians in Ontario; now there are over 115,000. The eastern part of the province is almost wholly under control of the French.

—A Nebraska farmer, who has been experimenting with blue grass, concludes that all Northern Nebraska will prove to be one of the finest tame grass countries in the world.

—In the county clerk's office at San Francisco, Cal., is posted up the following notice: "Lady applicants for position will please weep in the ante room, as the clerk suffers greatly from damp feet."

—Matie Allen, of Bennettsville, Ky., tried to starve herself because her sweetheart forsook her for another girl. A single visit from the recreant lover, however, induced her to change her mind after four days' fasting.

—A Nebraska City bachelor declares that the girls there are so anxious to get married that a man "so homely that the reflection of his face will dent a new milk pan" can get a dozen offers in a day without asking.—*Chicago Herald*.

—On one unlucky day three years ago J. C. Russell, of Memphis, drew \$15,000 in a lottery. Since then he has gone down hill very fast, and has just closed his career by an attack on his wife, during which he was struck on the head by a rescuing party and received a fatal blow.—*Washington Star*.

—Tom Green County, Texas, is named after a famous pioneer from North Carolina, who did his share of fighting against Santa Anna and was honored when Texas secured her independence. Tom Green County has an area of 12,800 square miles, and is larger than the states of Massachusetts, Rhode Island and Delaware combined.—*Chicago Times*.

—William E. Ries, of New Castle, Pa., put his horse and cutter under a shed while he transacted some business. The horse backed out and trotted to the railroad bridge over the Neshannock creek, and then walked deliberately across, stepping on the ties, which are from one to three feet apart, and dragging the cutter after him.—*Philadelphia Press*.

—An Egyptian papyrus, forty-two feet long and containing all the chapters of the "Book of the Dead," has just been received and unrolled at the Sage Library in New Brunswick, N. J. It was secured for the library about six months ago, by the Rev. Dr. Lansing, a well known missionary in Egypt. Experts pronounce it to have been written nearly three thousand years ago.

—At Allegheny City, Pa., a few days ago a drove of hogs got frightened while passing a drug store, and rushed entirely through the place, doing all the damage possible. Bottles and jars of all sizes and shapes were knocked down and smashed on all sides, and the stove upset. A destructive fire would have capped the climax but for the prompt action of the proprietor.—*Pittsburgh Post*.

—Mrs. Collier, of Oakland, Cal., has brought suit for divorce against her husband because he frequently went fishing, did not supply her with a sufficient quantity of butter and eggs, and often complained because he had to eat a cold supper after a day of piscatorial sport. Her sister testified further that Mr. Collier refused to attend church for fear he would have to put five cents in the plate.—*San Francisco Chronicle*.

—The shortest bill ever introduced in the Maine Legislature, or in any other, perhaps, was as follows: "Sec. 1.—The dog is hereby declared to be a domestic animal. Sec. 2.—This act shall take effect when approved." This is not a Maine joke, but an act affecting every dog in the State. It is the affirmation of a fact which has been called in question by Maine law courts. It is understood that this bill is introduced to avenge the loss of a cherished dog, because under existing Maine law the thief could not be convicted of larceny.—*N. Y. Post*.

—N. N. Pike died near Damariscotta, Me., a few days ago, apparently in abject poverty. The whole of his household goods would not bring five dollars if put up at auction. The night after his burial, which was unattended by his two daughters, a neighbor in rummaging around in Pike's house found an old trunk which contained a good suit of clothes which no one had ever seen him wear, national bank bills, bonds and evidences of cash deposits, amounting in all to over \$25,000. He was sixty-seven years of age and was at one time a lawyer. His daughters will get the money.—*Boston Journal*.

PERSONAL AND IMPERSONAL.

—Charles Dickens, the younger, is to visit America this year and give readings from his father's works.

—Ex-Governor Davis, the new Senator from Minnesota, is quite blind in one eye, "as the result of having made too many speeches facing brilliant electric lights."—*Chicago Tribune*.

—In the record of marriages of Christ Church, Philadelphia, under date of March 5, 1756, is found that of John Codd and Mary Fish, the ceremony being performed by Rev. William Sturgeon.

—Miss Stanley, a Dakota girl, spent the summer entirely alone, without even a cat for company, on her claim four miles from Waterbury. She had ten acres of grain, a fine garden and a watermelon patch.

—A Philadelphia gossip laments the fact that there are so many tall girls in fashionable society, and the available men are as a rule so small in stature that some of the girls will have to "stoop to conquer."

—Miss Catharine W. Bruce has given fifty thousand dollars to the New York Free Circulating Library. The gift is in memory of her father, George Bruce, and will be used to establish a new branch of the library, to be called the George Bruce branch, which will probably be erected on the west side of the city.—*N. Y. Tribune*.

—J. W. Coffey, "the dude skeleton" of Philadelphia, was married recently to Miss Eva Courtwright, of Norristown. It took thirty-seven thousand, five hundred dollars, however, to sweeten this dose of thin Coffey to the young lady's taste, he having settled that amount upon her previous to the ceremony.—*Philadelphia Press*.

—Juda Long, a colored woman, lives at Marietta, Ga., aged one hundred and two years. She is hale and hearty and attends church nearly every Sunday. She belonged to Captain Whidby, who was in the Revolutionary War, and her age was recorded in the Bible, and consequently there can be no mistake about it. She is the oldest person in Cobb County.—*Atlanta Constitution*.

—Elam C. Rhoads, a miser who died at Boverstown, Pa., a few days ago, left a will bequeathing \$25,000 to church societies, \$500 to his father-in-law, \$1 to his brother, \$2,000 to a servant, and \$1,000 to his landress. To a cemetery association he left \$1,500 to keep "his grave in repair forever." The residue, amounting to about \$60,000, goes to eighteen distant relatives.—*Pittsburgh Post*.

—Miss Elaine Goodale, the poetess, who has been teaching for three years at Hampton, Va., has gone with another young lady to the Lower Brule agency in Dakota, where they intend to teach an Indian school at the mouth of White river. Miss Goodale is a firm believer in the capacity of the Indian to be civilized through education. She and her friend are the only whites in the place.

"A LITTLE NONSENSE."

—A mustard plaster is very sympathetic. When it can't do any thing else for you it draws your attention.—*Burlington Free Press*.

—"Well, here's a killing bonnet!" exclaimed Blobson, turning around to look after a lady who had just passed. "Why so?" asked his wife, eagerly. "Look at the dead birds on it!" cried Blobson.—*Exchange*.

—A terrible plight.—
Miss Andora Euphemias McNair,
On a toboggan shot through the air;
"O!" she cried in affright,
"I'm in a terrible plight,
For I forgot to hold on my back hair!"
—*Norristown Herald*.

—At the Rosebud ball.—Denny (trying to be agreeable)—Don't you think the debutante is charming, Miss Laker? Miss Laker (from Omaha)—I don't know. I ain't sat on it yet. I generally like 'em better with arms on 'em.—*Tid-Bits*.

—Gentleman—I am sorry, Uncle Rastus, that I can't do any thing for you this morning, but charity, you know, begins at home. Uncle Rastus—All right, Mister Smif—all right, sah. I'll call round at 'yo' house 'bout seben dis ebenin', sah.—*Chicago Tribune*.

—Some individuals have decidedly queer views as to what constitutes good luck. Some men believe that good luck consists in finding money, while with others the very essence of good luck is finding their wives asleep when they get home late at night.—*Life*.

—It was a paragrapher of the Middle Ages who was sitting up late studying out a pun, when the sexton came along and warned him that he must extinguish his light, as he had rung the curfew bell. "I don't curfew have," was the reply. Salary raised to three dollars a week.

—Anxious Mother (to small son who has just tumbled down stairs)—"Meroy me! Dick, Dick, are you killed?" Little Dick—"Nome." "Are you hurt much? Do tell me quick." "No; that was the luckiest fall I ever had." "Lucky?" "Yes; I only struck one stair on the way down."—*Omaha World*.