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THE HORRORS OF INSOMNIA.

What It Is to Be Beset by the Demons of Unrest—Woeing the Sleepy God.

This incomprehensible malady is over and on me again. I am again smitten with that terrible feeling of unrest. I have had a day of fatigue and was particularly tired when I sought my couch. I put out the gas and thought I could sleep, when lo! there came to my pillow a whole troop of the demons of wakefulness. I tried hard to banish them. I begged, implored, besought, prayed, and swore, but all in vain. Not a demon moved. When I prayed they laughed, when I swore they mocked. I arose, lit the gas, and let it flash out full blaze, thinking, perhaps, that the glow of unwonted brilliancy might scatter them as bats flee from the sunlight. But not a single fiend left or showed the slightest sign of taking his departure. Can a greater torment than this be imagined? What keener anguish can be conceived than that horrible state which dooms its victims to eternal ruthlessness, when the eye never closes and when every faculty of the tired mind never feels the soft touch of heavenly sleep?

I know of no reason why I am now afflicted with this insomnia. I am well. I have no pains, no aches, and none of the ills that flesh is heir to. Let me review the day. What have I done to provoke a visit from these demons of unrest? I have simply pursued my usual avocations. I am not aware of having wronged, cheated, or injured any one. I cannot think of a single lie that I have told. My conscience is clear. I ate a light breakfast, a moderate dinner, and a still lighter supper, and yet here I am at midnight a helpless victim to these tormenting fiends. The mystery is incomprehensible and impenetrable. There is one clear, palpable, visible fact, and that is, I cannot sleep.

Imagination begins to play its usual tricks. I am starting on my unwilling travels—away to the moon, up among the planets, over the length and breadth of the milky way, and comet like swiftly pursuing my erratic course over the pathless wastes of the boundless universe. Check it, stop it, or bid it pause in its wild career? One might as well try to stay the furious tornado, or block up the passage of the fierce cyclone. When imagination has once mounted its high horse it must have its way. It will run its course and neither bridle, check nor rein will stay it for a moment. Nothing is too difficult for it to attempt. It has wings for the loftiest flights into the vast heights of the blue ether or leaden weights to carry it down into the profoundest depths. These might be very pretty journeys at times, but when a man doesn't want to travel at all they are very disagreeable. I don't want to go now, for I should like to sleep, but the treacherous god of dullness is away paying a visit to more fortunate eyelids. He and all of his angel ministers are just now engaged in wafting the choicest blessings of soft slumber to hard fisted labor, sending gentle sleep down upon the tired and toiling millions whose brows have been sweating through the long day for the bread they earned.

Things are not so unevenly divided, after all. The poor laborer whose brawny muscles have been in exercise all day looks up to the rich nabob with envy, while the latter looks down upon the laborer with the same feeling and covets the peaceful sleep which the toiler enjoys so sweetly. Would he, the hard worker, if he knew all the conditions, change places with the rich? Would he take all the torture of unrest, be haunted by the demons of insomnia night after night, toss upon his uneasy couch through the long watches of the tedious night and rise haggard and unrefreshed in the morning for all the wealth he covets? Life is short at best, and who enjoys it most? He who sleeps o' nights or he who doesn't? The man who toils during the day and sleeps, night after night, who rises betimes in the morning, eats his humble breakfast with a relish, comes to his substantial dinner with a good appetite and a healthy digestion, partakes of his frugal supper and then retires to his humble couch to sleep and rest throughout the long night, is the real nabob after all. He gets the most out of life, has the most substantial enjoyments, and that is all there is of it. "Eat, drink and sleep well; the rest is not worth a flip," says Byron.

My pencil and paper are beginning to shirk. I am like Bottom, having "an exposition of sleep come on me," and the demons of insomnia are showing signs of fatigue. One by one they disappear, and then they go, one after the other in quick succession, until leaping, tumbling and straggling, they sink down into the gulf of darkness, and are swallowed up in the overwhelming gloom. And now gentle, welcome sleep, is softly stealing over all my faculties, and that indistinguishable feeling, soothing, restful and delicious, comes over me like a cooling breeze wafted from a bank of fragrant flowers. The angel ministers of grateful sleep are shedding their soft influence over me. The eyes grow heavy, a delightful numbness penetrates every muscle, nerve and artery of the tired body, and I drift off into the peaceful land of dreamless repose. Every faculty of body and mind is at rest, except the heart, which, like a vigilant sentinel, never deserts its post until death comes and then there is an end.

I awoke with a start. The hot sun was pouring its burning rays through the casement, the loud resounding bells were pealing forth their harsh notes, the rattling wheels were rolling over the stony street, the thunder of the distant train saluted my ear, the trees were bursting with the melody of the feathered songsters, the patter of hurrying feet upon the sidewalk, all announced that a new day had broken upon the world, and yet it seemed to me that I had slept but a moment, though six solid hours

had passed away since I had last awoke. How time leaps away while we sleep, and with what a leaden pace it moves when we lie tossing on an uneasy couch.—"A. B. B." in Chicago Tribune.

"Lobby" on Tennis. Labouchere, after studying the forms of the English women who play tennis, submits it as his modest opinion that "the ladies who play, more especially the practiced players, are all as crooked as rams' horns." He finds, he says, "that the right shoulder of the average female athlete, however otherwise charming, is about two inches broader than the left; that the body inclines preposterously and to my sympathetic mind most painfully to the right side; that the right arm and flat are those of a blacksmith, while the left arm resembles the drumstick of the chicken of a German table d'hote."

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Oct. 4, 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: Syver Erickson Odegaard. H. E. No. 11229, for the NW 1/4 of Sec. 18, Tp. 148 N., R. 58 W., and names the following as his witnesses viz: Nels C. Rukke, Gunder Nare, and Thomas N. Gilderhus all of Lee P. O. Nelson county, D. T., and Henry Olesen, of Ottawa P. O. Griggs county, D. T. The testimony of claimant and witnesses to be taken before Hon. Wm. H. Francis, judge of the sixth judicial district or in his absence before John N. Jorgensen, clerk of the district court at Cooperstown, Griggs county, D. T., on Tuesday, the 23rd day of November, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. John O. Ole, atty. 38-43

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Oct. 31, 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: John Arneson. H. E. No. 10362, for the NW 1/4 and SW 1/4 NW 1/4 of Sec. 6, Tp. 148 N., R. 57 W., and names the following as his witnesses, viz: Iver I. Selim, Ole C. Bjergstad, John M. Dahl, John E. Quasey, all of Cooperstown, Griggs county, D. T. The testimony of claimant and witnesses to be taken before the Judge, and in his absence before C. H. Ward, clerk of the district court, at Sherbrooke, Steele county, D. T., on Monday, the 21st day of November, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. E. J. McMahon, atty. 48-43

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 5th 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: Erick J. Vestern. H. E. No. 10408, for the SW 1/4 of Sec. 20 Tp. 147 N., R. 58 W., and names the following as his witnesses, viz: Martin Christoffersen, Esten Johnson, Moon, John H. Hoverson, O. Romness, P. O. Griggs county, D. T., Henry O. Haugen, of Cooperstown, P. O. Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge of the probate court at Cooperstown, Griggs county, D. T., on Saturday the 24th day of December, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. Andrew Johnson, Agt. 45-45

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 1, 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: Hans A. Sunden. H. E. No. 10025, for the SW 1/4 of Sec. 34, Tp. 146 N., R. 58 W., and names the following as his witnesses viz: Daniel Erickson, George W. Barraud, A. J. Glass, all of Cooperstown, P. O., Griggs county, D. T., and Lewis Larson, of Gallatin, P. O. Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge of the probate court at Cooperstown, Griggs county, D. T., on Tuesday, the 23rd day of December, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. Andrew Johnson, Agt. 42-47

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 28th, 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: Hans J. Olson. H. E. No. 10235, for the NW 1/4 SW 1/4 SW 1/4 of Sec. 13, Tp. 147 N., R. 58 W., and names the following as his witnesses, viz: Anton H. Hansen, Edward H. Hansen, John T. Fosholdt, Toril Fosholdt, all of Cooperstown, Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge of the probate court at Cooperstown, Griggs county, D. T., on Tuesday, the 23rd day of January, A. D. 1888, at his office. MICHAEL F. BATTELLE, Register. Andrew Johnson, atty. 44-49

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 14, 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: John Johnson. H. E. No. 15180 for the SW 1/4 of Sec. 14, Tp. 147 N., R. 58 W., and names the following as his witnesses, viz: Andrew Anderson, John Hognerson, John Anderson and Carl Fliseram, all of Romness, Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge and ex-officio clerk of the probate court, at Cooperstown, Griggs county, D. T., on Wednesday, the 4th day of January, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. John O. Ole, atty. 44-49

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 16, 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: John Johnson. H. E. No. 15180 for the SW 1/4 of Sec. 14, Tp. 147 N., R. 58 W., and names the following as his witnesses, viz: Andrew Anderson, John Hognerson, John Anderson and Carl Fliseram, all of Romness, Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge and ex-officio clerk of the probate court, at Cooperstown, Griggs county, D. T., on Wednesday, the 4th day of January, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. John O. Ole, atty. 44-49

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A. N. ADAMS.

NOTICE OF FINAL PROOF.—Land Office at Fargo, October 15th, 1887. Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: Aelak Johnson. H. E. No. 17864, for the SW 1/4 NW 1/4 of Sec. 3, Tp. 148 N., R. 58 W., and names the following as his witnesses, viz: Amund Pederson, Toller R. Tobiasson, Herjus Amundsen, Sigvat Tand, all of Lee P. O., Nelson Griggs county, D. T. The testimony of claimant and witnesses to be taken before John N. Jorgensen, clerk of the district court at Cooperstown, Griggs county, D. T., on Saturday, the 31st day of December, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. John O. Ole, atty. 40-45

NOTICE OF FINAL PROOF.—Land office at Fargo, D. T., Nov. 26th, 1887. Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and secure final entry thereof, viz: Wesley W. Newell, H. E. No. 15268, for the SW 1/4 Sec. 12, Tp. 145 N., R. 58 W., and names the following as his witnesses, viz: Andrew Larson, Amund Gilbertson, Ole P. Balken, Charles C. Platt, all of Cooperstown P. O., Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge and ex-officio clerk of the probate court at Cooperstown, Griggs county, D. T. on Wednesday, the 21st day of December, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. Bartlett & Glass, attys. 42-48

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 9th, 1887.—Notice is hereby given that the following named settler has filed notice of her intent to make final proof in support of her claim and secure final entry thereof, viz. Omund Nelson, deceased, by Karl Nelson, his widow. H. E. No. 10495, for the SW 1/4 NW 1/4 and SW 1/4 NW 1/4 of Sec. 12, Tp. 146 N., R. 58 W., and names the following as his witnesses, viz: John Hansen, Thor S. Serungard, Samuel Norgard and John M. Dahl, all of Cooperstown P. O. Griggs county D. T. The testimony of claimant and witnesses to be taken before Hon. Wm. H. Francis, judge of the sixth judicial district D. T., or in his absence before John N. Jorgensen, clerk of the said court at Cooperstown, Griggs county, D. T., on Wednesday, the 28th day of December, A. D. 1887 at his office. And you, Andre Johnson, who filed D. S. No. 9090, dated April 14th, 1882, for said tract, are hereby notified to appear at same time and place and show cause, if any you have, why the said Omund Nelson, deceased, by Karl Nelson his widow, should not be allowed to make final proof for said tract. And you, Martin Begar, who filed D. S. 1214, dated May 8th, 1882, for said tract are hereby notified to appear at same time and place and show cause, if any you have, why the said Omund Nelson, deceased, by Karl Nelson, his widow, should not be allowed to make final proof for said tract. MICHAEL F. BATTELLE, Register. J. O. Ole, atty. 44-49

NOTICE OF FINAL PROOF.—Land Office at Fargo, D. T., Nov. 5th 1887.—Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim and secure final entry thereof, viz: Erick J. Vestern. H. E. No. 10408, for the SW 1/4 of Sec. 20 Tp. 147 N., R. 58 W., and names the following as his witnesses, viz: Martin Christoffersen, Esten Johnson, Moon, John H. Hoverson, O. Romness, P. O. Griggs county, D. T., Henry O. Haugen, of Cooperstown, P. O. Griggs county, D. T. The testimony of claimant and witnesses to be taken before Peter E. Nelson, judge of the probate court at Cooperstown, Griggs county, D. T., on Saturday the 24th day of December, A. D. 1887, at his office. MICHAEL F. BATTELLE, Register. Andrew Johnson, Agt. 45-45

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