

A Toast to Sherlock Holmes

by Bruce Harris

Three Garridebs, June 21, 2025, Irvington, NY

“We always get our man, say the Royal Canadian Mounted Police (RCMP). It’s apocryphal, but the quote is still attributed to them. The statement doesn’t always apply to Sherlock Holmes. As we know, he does not always get his man, or woman, for that matter. But in DYIN, he certainly does. Just ask Culverton Smith. So, what exactly did Holmes undergo during his three-day fast? According to Dr. Google, Holmes experienced (in addition to weight loss):

Lightheadedness

Low blood sugar

Fatigue

Brain fog, dizziness, difficulty concentrating

Mood changes, including irritability

Nausea, vomiting (caused by excess stomach acid build up)

Muscle loss (due to protein wasting) – which, in the long run, can lead to complications

Despite all of this, Holmes got his man!

In lieu of “A match and a cigarette,” the two things Holmes requested following his three-day fast, let’s raise our glasses and drink to the great Mr. Sherlock Holmes.