

probably prove its most wholesome dormitory. The only obstacle to the introduction of the cot or hammock into cottages is, that there may at first be some difficulty in making cottage walls available as hold-fasts for the staples, which in prisons are built into the walls. A few trials and a little ingenuity will soon discover cheap and effectual expedients, according to the peculiarities of different dwellings. Some experiments have already been made to provide fastenings on the walls of an ordinary room, which may be seen at the Boy's Refuge, recently opened at 44, Euston-road, near King's Cross. The cots and hammocks have been found to answer perfectly, and are preferred by the boys to the iron bedsteads previously used. Some of the hands in "the Home" are now employed in making cots and hammocks, which the managers will undertake to supply at a moderate price to any persons who may be desirous of trying them in cottages. The writer believes that the "Labourer's Friend" will contribute not a little to one of the good works which its pages are designed to promote, by recommending its readers to examine for themselves the experiment that has been made at this home.—CLERICUS, in the "Labourer's Friend" Magazine.

THE GROWTH OF LONDON.—London has grown like a mighty tree, by extension rather than by the internal aggregation of constituent parts; and while foreign cities, girded round by walls, have grown denser, and have risen vertically, London has extended its boundaries freely all around, and covers now 78,029 acres—31,576 hectares—121 square miles—a square of eleven miles to the side. The population in this area amounted in the year 1801 to 958,863, and in 1851 to 2,362,236. The London of 1858 is equal to three Londons of 1801.—*Registrar General's Report for 1858.*

THE HUMAN BODY.—It is calculated that there are no less than twenty-eight miles of tubing on the surface of the human body, from which the water will escape as insensible perspiration; and although the amount of water which is thus evaporated from the surface must necessarily vary with the clothing, the activity, and even the peculiar constitution of the individual, an average estimate has been attained, which shows that from two to three pounds of water are daily evaporated from the skin. From the lungs it is ascertained that every minute we throw off from four to seven grains of water, from the skin eleven grains. To these must be added the quantity abstracted by the kidneys, a variable but important element in the sum. It may not at first be clear to the reader why an abstraction of water daily should profoundly affect the organism unless an equivalent be restored. What can it matter that the body should lose a little water as vapour? Is water an essential part of the body? Is it indispensable to life? Not only is water an essential part of the body, it might be called the most essential, if pre-eminence could be given where all are indispensable. In quantity water has a preponderance over all other constituents—it forms 70 per cent of the whole weight! There is not a single tissue in the body—not even that of the bone, not even the enamel of the teeth—into the composition of which water does not enter as a necessary ingredient. In some of the tissues, and those the most active, it forms the chief ingredient. In the nervous tissue 800 parts out of every thousand are of water; in the lungs 830; in the pancreas 871; in the retina no less than 927.

ANTICIPATING EVILS.—Enjoy the present, whatsoever it may be, and be not solicitous for the future; for if you take your foot from the present standing, and thrust it forward towards to-morrow's event, you are in a restless condition; it is like refusing to quench your present thirst by fearing you shall want drink the next day. If it be well to-day, it is madness to make the present miserable by fearing it may be ill to-morrow—when your belly is full of to-day's dinner, to fear you shall want the next day's supper; for it may be you shall not, and then to what purpose was this day's affliction? But if to-morrow you shall want, your sorrow will come time enough, though you do not hasten it; let your trouble tarry till its day comes. But if it chance to be ill to-day, do not increase it by the cares of to-morrow. Enjoy the blessings of this day, if God send them, and the evils of it bear patiently and sweetly; for this day is only ours—we are dead to yesterday, and we are not yet born to the morrow. He, therefore, that enjoys the present if it be good, enjoys as much as is possible; and if only that day's trouble leans upon him, it is singular and finite. "Sufficient to the day," said Christ, "is the evil thereof;" sufficient, but not intolerable. But if we look abroad, and bring into one day's thoughts the evil of many, certain and uncertain, what will be and what will never be, our load will be as intolerable as it is unreasonable.—*Jeremy Taylor.*