

THE *Challenger*, on its voyage, studied the sea bottom. It appears that on the surface, and at every successive depth below, there is life; as the creatures die, their remains fall to the bottom, where they are the appointed food of other creatures. At a depth of several miles, the *Challenger* found and brought up a creature seven feet high. Many of the creatures at these depths are more or less phosphorescent. Water is the chief ingredient of life. It is the food, the blood, and the strength of these poor creatures—far more than the constituents of our own physical frames. It is water alone, inside, that can withstand the pressure of two and a-half tons to the square inch, a pressure that will crush beams of pine wood as if they were passed through rollers; but that has no effect on sponges, mollusks, and even lighter creatures, that almost disappear in the air and sunshine.

ALCOHOL.—Enough, and more than enough, perhaps, has been uttered concerning the prejudicial effects on the body of habitually using alcoholic beverages. It is rare now to find any one, well acquainted with human physiology, and capable of observing and appreciating the ordinary wants and usages of life around him, who does not believe that, with few exceptions, men and women are healthier and stronger, physically, intellectually, and morally, without such drinks than with them. And confessedly there is little or nothing new to be said respecting a conclusion which has been so thoroughly investigated, discussed, and tested by experience, as this. It is useless, and indeed impolitic, in the well-intentioned effort to arouse public attention to the subject, to make exaggerated statements in relation thereto. But the important truth has still to be preached, repeated, and freshly illustrated, when possible, in every quarter of society, because a very natural bias to self-indulgence is always present to obscure men's views of those things which gratify it.—*Sir Henry Thompson, in Popular Science Monthly.*

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