

depression to mark the site of former suppuration which cannot be attributed to the atrophy of disuse.

The practical conclusion to be deduced from what has been stated is this: all exercise, to be beneficial, must stop short of fatigue.

10, Bonaventure Street,

Montreal, January, 1861.

PHYSICAL DEPARTMENT.

ART. III.—*Contributions to Meteorology, reduced from observations taken at the Observatory, Isle Jésus, Canada East.* By CHARLES SMALLWOOD, M.D., LL.D., Professor of Meteorology in the University of McGill College, Montreal.

The following observations embrace the past year, 1860. The Latitude of the Observatory is $45^{\circ} 32'$ North, and Longitude $73^{\circ} 36'$ West of Greenwich; the Cisterns of the Barometers are placed 118 feet above sea level; the *mean* results are obtained from three daily observations, taken at 6 a.m., 2 p.m., and 10 p.m.; these hours divide the civil day into equal periods of eight hours each. The usual corrections are applied for temperature and for any peculiar construction of the Instrument, the readings of which are frequently compared and verified so, as far as possible, to insure accuracy in the results.

Atmospheric pressure.—The *highest* reading of the Barometer during the year occurred at mid-night on the 18th of December and indicated 30.649 inches, which was .077 of an inch less than the highest reading of the year 1859; the *lowest* reading took place at 2 p.m., on the 31st March and was 28.714 inches, which is .094 of an inch *higher* than the *lowest* reading of 1859, which gives a yearly range of 1.935 inches. September shows the lowest range for the year (or the least fluctuation in the pressure of the Atmosphere). February, March, and December indicate the greatest amount of Atmospheric disturbance. The *mean* reading of the Barometer for the year was 29.985 inches, which is .038 of an inch less than the mean of last year. The mean of the year 1860 and also the absolute range exceed by a small amount the mean atmospheric pressure compared with a series of years. The monthly mean heights of the Barometer are as follows:—

Inches.	Inches.	Inches.
January,.....29.861	May,.....29.864	September,.....29.885
February,......813	June,......682	October,......919
March,......562	July,......733	November,......730
April,......669	August,......760	December,......918

The monthly range for the year was also as follows:—

Inches.	Inches.	Inches.
January,.....1.141	May,......959	September,......450
February,.....1.442	June,......883	October,.....1.141
March,.....1.445	July,......684	November,.....1.255
April,.....1.154	August,......611	December,.....1.476