

a large amount of this compound, and the waste of the body is partially eliminated in a fluid form, it is necessary that as such, or under the guise of some drink, a considerable quantity of water be daily taken. Very cold water lowers the temperature of the stomach, retarding digestion. In excess, water dilutes detrimentally the gastric juice. The aged, therefore, and those whose digestion is not vigorous should avoid too much water, especially of a low temperature. For such, a light wine or other stimulant in moderation is undoubtedly beneficial. In drinking as in eating the appetite is a safe guide. As a rule it is wise not to satiate the appetite for solids or fluids. The old adage "Rise with an appetite and you will always sit down with one," is a wise one.

9. Pastry and sweetmeats. Hot rich pastry and cake are excessively indigestible, and in no sense can be considered as complete foods. They should be sparingly eaten, if at all. Excess of sugar, as in sweetmeats, deranges digestion.

10. Many "made dishes" are very rich and concentrated, and can scarcely be considered as having a place in a wholesome diet.

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PROGRAMME.

1891.
 Dec. 17—President's Inaugural Address, (The work of the Geological Survey) Dr. Ells
1892.
 Jun'y 14—Notes of a trip in Japan, Mr. Harrington
 Report of Ornithological Branch.
- Jan'y 28—The Educational value of Natural Science, Mr. Cowley
- Feb'y 11—Microscopical Soiree. (Normal School Students particularly invited).
 Four short papers of not more than ten minutes each, by Messrs. Ferrier, Harrington, Shutt and Fletcher, to be illustrated by microscopes.
- Feb'y 25—On some New Chazy Fossils, Mr. J. W. E. Sowter
 The Spring Flowers of Ottawa and Vicinity, Mr. James Macoun
 Report of the Entomological Branch.
- March 10—Water: its properties and functions, Mr. Lehmann
 Report of Zoological Branch.
 Report of the Geological Branch.