such meeting; but any such proposed alteration, amendment or suspension may be amended at such meeting without notice, provided the substance and spirit of such original alteration, amendment or suspension be not thereby lost. If any member desires to propose at the Annual General Meeting any alteration, amendment or suspension of any Article of this Constitution, or any of the Rules, he shall notify the Secretary of the same in writing at least ten days before the Meeting, and the Committee shall include the same in the printed notice calling such meeting. Nothing herein contained shall prevent the Committee from altering or cancelling any of the Rules without such notice.