

then, the specific heat of water, as is actually the case, be nearly or quite a maximum among all specific heats, it follows that the fitness of water in this respect is nearly maximal.

Again the ocean contains an astonishing variety of substances in solution, and they are present often in large quantities. In this manner a very great supply of food in very great variety is offered marine organisms. Of course such richness of the environment is an exceedingly favorable circumstance for the organism, and it is due principally to the ability of water to dissolve a multitude of things in large quantities. It is not to be supposed that the substances present in sea water are all of use to every organism. This need not be the case at all; but a variety of supplies which may be adapted to special requirements as they arise, here iodine, there copper, for instance, is a very genuine advantage. Further, the vast utility of the solvent action of water in blood, lymph, and all the body fluids is too patent to call for comment. If, now, it can be shown that the efficiency of water is nearly or quite a maximum, as it really is, among all known solvents, then it must be evident that in another respect the fitness of water is nearly or quite maximal.

Again the amount of energy that is re-