

Contents

1. Phosphorus balance in a lake restored by hypolimnetic withdrawal
Czesław Mientki, Julita Dunalska..... 417
2. What makes *Chironomus* more abundant above the bottom: Field experiments in mesocosms
Zdzisław Kajak, Paweł Prus..... 432
3. Optimal management of the dam reservoir ecological system
Vladimir V Menshutkin, Romuald Z. Klekowski..... 435
4. Metabolism of bottom sediments in littoral of submountain dam reservoir and its effluent
Aleksandra Starzecka, Teresa Bednarz..... 441
5. Heavy metals in some short food chains in the lowland dam reservoir (Zegrzyński Reservoir, Central Poland).
Ewa Jurkiewicz-Karnkowska..... 449
6. Nitrogen and phosphorus in surface microlayers of an estuarine, shallow lake (North Poland)
Jan Trojanowski, Czesława Trojanowska, Józef Antoniewicz..... 457
7. The stimulative effect of hydrocortisone on photosynthetic pigments in the green alga *Chlorella vulgaris* Beijerinck
Romuald Czerpak, Joanna Kalinowska..... 465
8. Comparison influence of hydrocortisone and progesterone on the content of protein and sugar in the green alga *Chlorella vulgaris* Beijerinck
Romuald Czerpak, Andrzej Bajguz, Agnieszka J. Bajguz, Danuta Iwaniuk..... 473
9. Indicatory Values in Ecological Description of Diatoms from Polish lowlands
Barbara Rakowska..... 481
10. Bacteriological characterisation of a Baltic sandy beach in summer
Zbigniew Mudryk, Beata Podgórska, Anetta Ameryk..... 503

Short communications

11. Phytoplankton - zooplankton interactions, size relations and adaptive responses. A short review.
Elżbieta Wilk-Woźniak, Agnieszka Pociecha, Halina Bucka..... 511