8th Month.

AUGUST, 31 Days. Begins on Saturday.

| Moon's Phases. | | | Quebec. | | Montrea | | Kingston. | | Toronto. | London. | |
|---|--|--|--|--|----------------------------------|--|--|---|---|--------------------------------------|--|
| Full Moon. 8 Third Quarter 11 New Moon. 18 First Quarter 24 | | | 7 7 0 | 7 40 mo. 0 23 mo. | | 7 84 m | | n. 34 mo. 22 mo. 5 mo. 11 ev. | h. m. 6 34 mo. 7 10 mo. 11 53 mo. 7 29 ev. | o. 7 2 mo. o. 11 45 ev. | |
| DAYS. Montreal. | | | Toronto. | | Sun's Declinat. | | The | Sun on Meridian. | | | |
| M. Week. | Cum | Sun | Sun Rises. | Sun Sets. | Nort | - | Moon. R. & S. | D. 1 9 17 25 | h. 12 12 12 12 12 | m, 8. 6 1 5 10 8 48 1 45 | |
| 1 Sat. | h. m. 4 48 | h. m. 7 24 | h. m. 4 54 | h. m. 7 18 | | fin. | h. m. 8 21 | Calendar, Aspects, &c. More thunder than last year 8th Sunday after Trining. | | | |
| 2 D. 3 Mon. 4 Tues. 5 Wed. 6 Thur. 7 Fri. 8 Sat. | 4 50 51 52 53 55 56 , 87 | 7 22 21 20 19 17 16 | 4 55 56 57 58 59 5 0 | 7 17 16 15 14 13 12 10 | 17 17 17 16 16 16 | 19 3 47 80 18 56 | Pises. 7 17 7 61 8 21 8 52 9 21 9 51 | Full M The warn But if | oon 6.58 n eek will b a if wind 8 wind be N week will | no. e fair and | |
| 9 D. 10 Mon. 11 Tues. 12 Wed. 13 Thur. 14 Fri. 15 Sat. | 4 500. 59 5 1 2 3 4 5 | 7 12 11 9 8 7 5 | 5 2 8 5 6 7 8 9 | 7 8 7 6 4 3 1 6 59 | 15 15 14 14 14 | 39 21 8 45 27 8 50 | 10 20 10 56 11 33 Morn. 0 18 1 9 2 8 | 9th Sunday after Trinity. Changeable Barometer, Moon Sird Quarter 7.3t mo Wind and rain. Considerable heat this we'k General tendency to rain and wind. | | | |
| 16 D. 17 Mon. 18 Tues. 19 Wed. 20 Thur. 21 Fri. 22 fat. | 5 6 7 8 9 11 12 13 | 7 2 1 6 59 57 55 54 52 | 5 10 11 12 13 14 16 17 | 6 58 57 56 54 52 50 49 | 13 12 12 12 12 | 31 11 52 32 12 52 52 82 | 3 14 Sets. 7 20 7 59 8 36 9 12 9 49 | 10th Sunday after Trinity. Unsettled and dull. New Moon 0.17 mo. Fair weather sets in, and continues steadily fine. This and the next day un- commonly pleasant. | | | |
| 28 D. 24 Mon. 25 Tues. 26 Wed. 27 Thur. 28 Fri. 29 Sat. | 5 14 16 18 19 20 21 22 | 6 50 48 46 45 43 41 40 | 5 18 19 20 21 22 24 25 | 6 47 46 44 43 40 38 37 | 10 10 10 9 | 12 5 30 9 48 27 6 | 10 24 11 8 11 44 Morn. 0 29 1 17 2 8 | 11th Sunday after Trinity. St. Bartholomew. 24th day, 1st qr. M. 7.53 ev Much now depends on the wind. S. or S. W. brings rain. N. W. brings bright days & starry, clear nig't. | | | |
| 30 D. 31 Mon. | 5 23 24 | 6 38 | 5 26 27 | 6 86 84 | | 44 22 | 8 1 3 57 | 12th S | unday afte | r Trinity. | |

August.—Having referred to Dr. Workmans opinion on the cause of insanity, we may as well here state that Dr. Wilson recommends good living as a means of preventing disease. He says, the most vital organs, apart from the digestive tube, are the brain, the lungs, and the heart. If these are not supplied with a sufficiency of wholesome nutriment, there are always elements of disease enough lurking round to attack and destroy them. We all know for instance, that the best safeguard against most fevers and all miasmatic diseases, is a vigorous state of health; and in a southern climate, to go out of doors before taking breakfast is therefore justly considered dangerous. In like manner in the north, where disease of the lungs prevails, codliver oil, the richest cream, and indeed a generous diet, is generally the best medicine.