

[1848.]

morning.
evening.
morning.
evening.

DA.

6th Month.]

JUNE.

[1848.]

New Moon, Thursday, 1st, 29 minutes past 9 morning,
First Quarter, Thursday, 8th, 5 minutes past 0 evening,
Full Moon, Friday, 16th, 47 minutes past 3 evening,
Last Quarter, Saturday, 24th, 16 minutes past 1 morning,
New Moon, Friday, 30th, 8 minutes past 5 evening,

DAYS OF		SUN.				MOON.			
Month.	Week.	Rises.		Sets.		Place.	Rises and		Sets.
		<i>h</i>	<i>m</i>	<i>h</i>	<i>m</i>		<i>h</i>	<i>m</i>	
1	Thu	4	31	7	29	II	sets.		
2	Frid	4	30	7	30		8	14	
3	Sat	4	30	7	30	VI	9	12	
4	Sun	4	29	7	31		10	0	
5	Mon	4	29	7	31	Q	10	42	
6	Tue	4	28	7	32		11	20	
7	Wed	4	28	7	32	III	11	53	
8	Thu	4	27	7	33		morn		
9	Frid	4	27	7	33	I	0	23	
10	Sat	4	27	7	33		0	54	
11	Sun	4	27	7	33		1	30	
12	Mon	4	26	7	34	m	1	51	
13	Tue	4	26	7	34		2	22	
14	Wed	4	26	7	34	+	3	42	
15	Thu	4	26	7	34		4	22	
16	Frid	4	26	7	34		rises.		
17	Sat	4	26	7	34	V	8	18	
18	Sun	4	26	7	34		9	4	
19	Mon	4	26	7	34		9	45	
20	Tue	4	56	7	34	W	10	25	
21	Wed	4	26	7	24		11	3	
22	Thu	4	26	7	34	X	11	34	
23	Frid	4	26	7	34		morn		
24	Sat	4	25	7	35	Y	0	8	
25	Sun	4	25	7	35		0	44	
26	Mon	4	22	7	35	8	1	20	
27	Tue	4	25	7	35		2	0	
28	Wed	4	25	7	35	II	2	45	
29	Thu	4	25	7	35		3	38	
30	Frid	4	26	7	34	Q	sets.		

DAILY MEMORANDA.

violent, and long-
est importance.
tages of exercise
y frequent exer

3rd. *Cleanliness.* 4th. *Pure Air.* 5th. To guard against taking *Cold*, which may in all cases be done by acquiring the habit of daily washing the person in cold water, especially the neck, breast, arms, feet, &c. This may be rendered easy by habit, and safe at all seasons by commencing in warm weather, and rubbing with a rough cloth until a glow is excited. This will always be found, and under any exposure, a means of security from cold—that fruitful source of consumption and death.