

5th Month.]

M A Y .

[1848.]

New Moon, Wednesday, 3rd, 4 minutes past 2 morning.
 First Quarter, Tuesday, 9th, 46 minutes past 9 evening.
 Full moon, Thursday, 18th, 31 minutes past 1 morning.
 Last Quarter, Thursday, 25th, 36 minutes past 6 evening.

DAYS OF		SUN.		MOON.		DAILY MEMORANDA.	
Month.	Week.	Rises.		Sets.	Place.		Rises and Sets.
		h	m	h	m	Place.	Rises and Sets.
1	Mon	5	16	59	7	♈	4 11
2	Tue	5	07	0	0	♉	4 49
3	Wed	4	59	7	1	♊	sets.
4	Thu	4	58	7	2		8 29
5	Frid	4	57	7	3	♋	9 33
6	Sat	4	56	7	4		10 32
7	Sun	4	55	7	5	♌	11 23
8	Mon	4	54	7	6		morn
9	Tue	4	53	7	7	♍	0 8
10	Wed	4	52	7	8	♎	0 46
11	Thu	4	51	7	9		1 20
12	Frid	4	50	7	10	♏	1 51
13	Sat	4	49	7	11		2 21
14	Sun	4	48	7	12	♐	2 50
15	Mon	4	47	7	13		3 18
16	Tue	4	46	7	14	♑	3 48
17	Wed	4	45	7	15		4 20
18	Thu	4	44	7	16	♒	rises.
19	Frid	4	43	7	17	♓	8 41
20	Sat	4	42	7	18		9 31
21	Sun	4	41	7	19	♈	10 9
22	Mon	4	40	7	20		11 4
23	Tue	4	39	7	21	♉	11 44
24	Wed	4	38	7	22		morn
25	Thu	4	37	7	23	♊	0 21
26	Frid	4	36	7	24		0 57
27	Sat	4	35	7	25	♋	1 32
28	Sun	4	34	7	26		2 7
29	Mon	4	33	7	27	♌	2 43
30	Tues	4	32	7	28		3 24
31	Wed	4	31	7	29	♍	4 8

2nd. Exercise, observing that while to the weakly too sudden, too violent, and long-continued exercise, may be injurious, it is otherwise of the greatest importance. Those who cannot take other and better, may secure much of the advantages of exercise by active friction of the body on retiring to bed and on rising, and by frequent exertion and change of position.

We ought to be thankful for little blessings.

6th Month

New Moon
 First Quarter
 Full Moon
 Last Quarter
 New Moon

DAYS OF

Month.	Week.
1	Thu
2	Frid
3	Sat
4	Sun
5	Mon
6	Tue
7	Wed
8	Thu
9	Frid
10	Sat
11	Sun
12	Mon
13	Tue
14	Wed
15	Thu
16	Frid
17	Sat
18	Sun
19	Mon
20	Tue
21	Wed
22	Thu
23	Frid
24	Sat
25	Sun
26	Mon
27	Tue
28	Wed
29	Thu
30	Frid

3rd. Clean
 in all cases
 especially th
 safe at all se
 until a glow
 of security f