

2. *Strict controul over the appetites and passions*, with a fixed abhorrence of all excess and all unlawful gratifications whatsoever. He that would enjoy good health must be "temperate in all things," and habitually exercise the most rigid self-government; for every sort of vicious indulgence is highly injurious to health; first, *directly*, in its immediate effects on the body; and, next, *indirectly*, in the perpetual dissatisfaction and anxiety of mind which it invariably occasions.—In England, the dampness of the atmosphere in February renders the body liable to the diseases consequent on checked respiration. This is deserving of attention in this country also.

MOON'S PHASES.

New Moon, 6th day, 1h. 51m. evening.—S.

First Quarter, 14th day, 0h. 15m. morning.—W.

Full Moon 22d day, 2h. 2m. morning.—S. W.

D. M.	D. W.	CALENDAR, &c.	☺ Ris. & Sets		☿ Sun's		♀ R. S		☾ Pl	High water h. m.
			h. m.	h. m.	d. m.	h. m.	h. m.			
1	Sat	Low tides. [Candle.	7	6 4 54	17	2	2	16	th	5 54
2	SU	Quinquagesima Sun.	7	5 4 55	16	45	3	20	th	7 31
3	Mo	Moon per. <i>Cold for</i>	7	4 4 56	16	27	4	20	kn	9 0
4	Tu	Shrove Tuesday.	7	3 4 57	16	10	5	15	kn	10 0
5	We	Ash Wednesday.	7	2 4 58	15	31	5	53	le	10 50
6	Th	High tides.	7	1 4 59	15	33	Sets,	le	11 32	
7	Fri	<i>some days,</i>	7	0 5 0	15	14	6	50	fe	Morn
8	Sat	Sirius south 9 22	6	59 5	1	14	8	10	fe	0 10
9	SU	1st Sunday in Lent.	6	58 5	2	14	9	9	fe	0 46
10	Mo	Q. Vic. & P. Alb. mar.	6	57 5	3	14	17	10	15	he 1 16
11	Tu	<i>Variable.</i> [1840.	6	56 5	4	13	57	11	15	he 1 52
12	We	Lady Jane Grey be-	6	54 5	6	13	37	Morn	ne	2 34
13	Th	headed, 1542.	6	52 5	8	13	17	0	15	ne 3 16
14	Fri	Valentine. Low tides.	6	49 5	11	12	57	1	20	ar 4 9
15	Sat	<i>Rain or snow.</i>	6	48 5	12	12	36	2	8	ar 5 20
16	SU	2d S. in Lent.	6	47 5	13	12	15	2	58	ar 6 20
17	Mo	[Moon in apogee.	6	45 5	15	11	54	3	45	br 7 41
18	Tu	Sun enters Pisces.	6	44 5	16	11	38	4	25	br 8 47
19	We	Sirius south 8 39	6	43 5	17	11	12	5	2	ha 9 37
20	Th	<i>Fair and fine.</i>	6	41 5	19	10	50	5	32	ha 10 19
21	Fri		6	40 5	20	10	29	Rises,	ha	10 58
22	Sat	High tides.	6	39 5	21	10	7	6	27	be 11 32
23	SU	3d Sunday in Lent.	6	37 5	23	9	45	7	35	be eve.
24	Mo	St. Matthias.	6	36 5	24	9	23	8	41	re 0 35
25	Tu	Bat. of Orthes, 1814.	6	34 5	26	9	1	9	51	re 1 14
26	We	Procyon so. 9 4	6	33 5	27	8	38	10	59	se 1 51
27	Th	<i>Snow storm.</i>	6	31 5	29	8	16	Morn	se	2 33
28	Fri	<i>about this time.</i>	6	29 5	31	7	53	0	10	th 3 22