

- ☾ Last Quarter, 5th day, 6h. 30m. Aft.
 ○ New Moon, 13th day, 9h. 13m. Aft.
 ☽ First Quarter, 21st day, 3h. 5m. Morn.
 ● Full Moon, 27th day, 10h. 9m. Aft.

Slow.
 r. s.

3 47
 4 15
 4 43
 5 10
 5 38
 6 4
 6 31
 6 56
 7 22
 7 47
 8 11
 8 34
 8 57
 9 20
 9 41
 9 3
 10 23
 10 43
 11
 12 20
 12 42
 13 53
 14 9
 14 24
 15 38
 16 51
 17 4
 18 16
 19 26
 20 36
 21 46

D. M.	Moon south.		● Rises.	●'s place.	high water
	H. M.	H. M.			H. M.
1	m 26	a 8 11	heart	A 1	6
2	3 17	9 16	belly	1	43
3	4 4	10 20	be.	2	20
4	4 50	11 20	be.	3	2
5	5 33	morn.	reins	3	48
6	6 16	0 20	re.	4	41
7	6 58	1 16	secrets	5	47
8	7 41	2 16	se.	6	53
9	8 25	3 13	se.	7	57
10	9 12	4 11	thighs	8	55
11	9 59	5 7	th.	9	42
12	10 48	6 0	knees	10	25
13	11 38	6 49	kn.	11	4
14	a 0 29	sets.	legs.	11	41
15	1 20	a 6 31	le.	morn.	
16	2 10	7 36	le.	0	19
17	3 0	8 43	feet	0	54
18	3 49	9 51	ft.	1	30
19	4 39	11 1	head	2	8
20	5 30	morn.	hd.	2	52
21	6 22	0 12	neck	3	44
22	7 15	1 23	ne.	4	49
23	8 12	2 34	arms	6	13
24	9 10	3 43	ar.	7	40
25	10 8	4 48	breast	8	53
26	11 5	5 46	br.	9	50
27	morn.	rises.	heart.	10	39
28	0 2	a 5 40	ht.	11	22
29	0 54	6 47	ht.	12	0
30	1 45	7 52	belly	a 0	37
31	2 32	8 55	be.	1	10

JANUARY.

At the commencement of a NEW YEAR, it will be proper to pause,—and seriously to look back upon the years that are gone by, to examine how far and how well we have answered the design of our GREAT CREATOR, who called us into being; unfeignedly to repent of all our past misdoings, and in the name, and depending upon the aid of the ALMIGHTY, to purpose and resolve to amend our lives according to his holy word. The faithful discharge of personal, relative, and social duties, is of the very highest importance to the well-being of each individual, and of the whole community, and should therefore be diligently inculcated, and carefully practised.

Habits of industry, regularity, economy, and temperance, if not previously formed, should now be entered upon; and if already formed, should be confirmed and carried into full effect. Every individual capable of reflection, should determine to make himself useful in his sphere of life, to the full extent of his capacity and opportunity.

"See the little day-star moving,
 Life and time are worth improving,
 Seize the moments while they stay;
 Seize and use them,
 Lest you lose them,
 And lament the wasted day."

Watts.

The advantage of life does not consist in length of days, but in the right improvement of them.

Montaigne.