

10. *Take no Physic*, unless it be absolutely necessary. Learn, if possible, how to keep well without it. In case of real indisposition, consult a competent medical adviser without delay; and implicitly attend to his directions, so far as you think he is fully acquainted with your constitution, and with the best means of treating your disorder. Never risk your health and life, either by neglecting serious illness or by tampering with quack remedies, as is too frequently the case with many.

MOON'S PHASES.

New Moon, 1st day, 4h. 50m. evening—S. W.

First Quarter, 9th day, 2h. 39m. morning.—W.

Full Moon, 15th day, 5h. 29m. evening.—E.

Last Quarter, 23d day, 7h. 41m. morning.—S.

High  
water  
h. m.

10 35  
11 8  
11 40  
morn  
0 14  
0 34  
1 19  
1 51  
2 28  
3 12  
4 8  
5 28  
6 51  
8 19  
9 32  
0 26  
1 15  
1 52  
eve.  
1 5  
1 43  
2 50  
3 9  
3 55  
4 58  
6 6  
7 25  
3 41  
9 21  
0 4  
0 44

D. M.	D. W.	CALENDAR, &c.	Ris. h. m.	Sets h. m.	SUN'S dec. d. m.	R. h. m.	S. h. m.	Pl.	High water h. m.
1	Mo	Q. Vic. visit. Scot. in	5 30	6 30	8 15			se	11 39
2	Tu	'42, & France in '43.	5 31	6 29	7 53	6 35		se	11 50
3	We	High tides. Warm.	5 33	6 27	7 31	7 4		re	more
4	Th	Malta surren. 1800.	5 34	6 26	7 9	7 35		re	0 23
5	Fri	Dog-days end.	5 36	6 24	6 47	8 10		be	0 56
6	Sat	<i>Fine seasonable</i>	5 37	6 23	6 24	8 49		be	1 39
7	SU	16th Sun after Trin.	5 38	6 22	6 2	9 33		th	2 10
8	Mo	Nat. B. V. Mary.	5 40	6 20	5 39	10 26		th	2 57
9	Tu	Low tides.	5 41	6 19	5 17	11 25		kn	3 54
10	We	Wm. Conq. d. 1607.	5 43	6 17	4 54	MORN		kn	5 10
11	Th	[calm killed, 1759	5 44	6 16	4 31	0 32		le	6 37
12	Fri	Moon per. [& Mont-	5 45	6 15	4 8	1 43		le	8 9
13	Sat	Batt. Quebec— Wolfe	5 47	6 13	3 45	2 55		fe	9 15
14	SU	17th S. after Trin.	5 48	6 12	3 22	4 1		fe	10 6
15	Mo	High tides.	5 50	6 10	2 59	5 7		he	10 41
16	Tu	Moscw burned, 1812.	5 51	6 9	2 36	RISES		he	11 30
17	We	<i>weather.</i>	5 52	6 8	2 13	7 2		ne	eve.
18	Th	Demerara sur. 1803.	5 54	6 6	1 49	7 30		oe	0 41
19	Fri	<i>Showers</i>	5 55	6 5	1 26	8 8		ne	1 19
20	Sat	St. Matthew.	5 57	6 3	1 3	8 41		ar	1 53
21	SU	18th Sun. after Trin.	5 58	6 2	0 39	9 25		ar	2 36
22	Mo	<i>about this time.</i>	6 0	6 0	0 16	10 15		br	3 20
23	Tu	Low tides.	6 2	5 58	s. 6	11 9		br	4 14
24	We	Moon in apogee.	6 3	5 57	0 30	MORN		br	5 16
25	Th	<i>Fair and pleasant.</i>	6 4	5 56	0 53	0 5		ha	6 32
26	Fri	St. Cyprian.	6 5	5 55	1 17	1 2		ha	7 44
27	Sat	Mere's gr. elong.	6 7	5 53	1 40	2 2		ha	8 45
28	SU	19th Sun. after Trin.	6 8	5 52	2 3	2 58		se	9 32
29	Mo	St. Michael. Gets	6 10	5 50	2 27	3 58		se	10 12
30	Tu	St. Jerome. cool.	6 11	5 49	2 50	5 3		se	10 50