

[1848.]

4th Month.]

A P R I L .

[1848.]

morning.
evening.
evening.
evening.

New Moon, Monday, 3rd, 50 minutes past 5 evening.
First Quarter, Monday, 10th, 39 minutes past 9 morning.
Full Moon, Tuesday, 18th, 20 minutes past 9 morning.
Last Quarter, Wednesday, 26th, 9 minutes past 9 morning.

NDA.

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

These are briefly—1st. *A plain wholesome diet*, bearing in mind that high-seasoned compounds, hot dough, under the name of cakes, &c., or dough and grease, under the name of pastry, will essentially ruin the best stomach; and that intemperance in food, drink, and dress, is the foundation and cause of nine-tenths of all the diseases and distress which afflict the human race.

No man who rejects the mediation of Christ, ever did, or ever will, find acceptance with God. We must come to God in his name, asking all blessings for his sake, and presenting all our services by his hands, and through his intercession.

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