

MEANS OF IMPROVING AND PRESERVING HEALTH.—1. *Habitual cheerfulness and composure of mind*, arising from peace of conscience, constant reliance on the goodness of God, and the exercise of kindly feelings towards men. Peace of mind is as essential to health as it is to happiness.

MOON'S PHASES.

Last Quarter, 1st day, 10h. 37m. morning.—S. W.
 New Moon, 8th day, 2h. 28m. morning.—N. E.
 First Quarter, 15th day, 4h. 6m. morning.—N. W.
 Full Moon, 23d day, 9h. 36m. morning.—N. W.
 Last Quarter, 30th day, 9h. 36m. morning.—N. E.

D. M.	D. W.	CALENDAR, &c.	☉		Sun's		R.		High water
			Ris.	Sets	dec. S	& S.	Pl	h. m.	
			<i>h. m.</i>	<i>h. m.</i>	<i>d. m.</i>	<i>h. m.</i>			
1	We	Circumcision.	7 32	4 29	23 0	Morn	re	3 21	
2	Th	Merc. st ^d . <i>Falling</i>	7 31	4 29	22 54	1 2	re	5 9	
3	Fri	<i>weather.</i>	7 31	4 29	22 49	2 10	se	6 39	
4	Sat	I. Newton b. 1642.	7 30	4 30	22 42	3 21	se	7 56	
5	SU	2d Sun after Chris.	7 30	4 30	22 36	4 30	th	9 11	
6	Mo	Epiphany. Moon per.	7 29	4 31	22 29	5 37	th	10 11	
7	Tu	<i>Fine winter</i>	7 29	4 31	22 21	6 35	kn	11 0	
8	We	Galileo died, 1642.	7 28	4 32	22 13	Sets.	kn	11 39	
9	Th	Ld. Nelson bur. 1806	7 27	4 33	22 5	6 50	le	Morn	
10	Fri	<i>weather.</i> [1838.	7 27	4 33	21 56	8 7	le	0 29	
11	Sat	Royal Exch'ge burnt,	7 26	4 34	21 46	9 17	fe	1 0	
12	SU	1st Sun after Epiph.	7 26	4 34	21 37	10 23	fe	1 49	
13	Mo	Chas J. Fox b. 1749.	7 25	4 35	21 27	11 27	he	2 21	
14	Tu	Halley died, '42.	7 24	4 36	21 16	Morn	he	3 6	
15	We	Low tides. <i>Very cold.</i>	7 23	4 37	21 5	0 28	he	5 54	
16	Th	Sirius south 10 53	7 22	4 38	20 54	1 30	ne	4 47	
17	Fri	Sir J. Moors k. 1809.	7 21	4 39	20 42	2 29	ne	5 56	
18	Sat	Moon apo. Prisca.	7 21	4 39	20 30	3 28	ar	7 12	
19	SU	Septuages. S. Watt	7 20	4 40	20 17	4 20	ar	8 10	
20	Mo	Fab. [born, 1736.	7 19	4 41	20 5	5 7	ar	9 3	
21	Tu	Agnes. <i>Changeable.</i>	7 18	4 42	19 51	5 50	br	10 3	
22	We	Vincent.	7 17	4 43	19 39	6 30	br	10 45	
23	Th	Pitt d. 1806, aged 46.	7 16	4 44	19 24	7 5	ha	11 22	
24	Fri	Alien Bill pas. 1793	7 15	4 45	19 9	Rises.	ha	eve.	
25	Sat	Conv. of St. Paul.	7 14	4 46	18 55	7 18	be	0 50	
26	SU	Sexagesima Sunday	7 13	4 47	18 40	8 41	be	1 0	
27	Mo	<i>Clear and cold.</i>	7 12	4 48	18 24	9 47	be	1 34	
28	Tu	Betel. south 9 14.	7 11	4 49	18 9	10 52	re	2 8	
29	We	Geo. III. died, 1820.	7 10	4 50	17 52	Morn	re	2 49	
30	Th	King Charles Mar.	7 9	4 51	17 36	0 50	se	3 30	
31	Fri	<i>Sleet or snow.</i>	7 8	4 52	17 19	1 10	se	4 46	