

[1848.]

10th Month.]

OCTOBER.

[1848.]

afternoon.
forenoon.
afternoon.
forenoon.

First Quarter, Monday, 2nd, 50 minutes past 8 morning,
Full Moon, Thursday, 12th, 45 minutes past 10 morning,
Last Quarter, Thursday, 19th, 17 minutes past 1 morning,
New Moon, Thursday, 26th, 35 minutes past 9 evening,

ANDA.

DAYS OF		SUN.		MOON.		DAILY MEMORANDA.	
Month	Week.	Rises.		Place.	Rises and Sets.		
		Rises.	Sets.		Rises and Sets.		
		<i>h</i>	<i>m</i>	<i>h</i>	<i>m</i>		
1	Sun	6	11	5	49	8 3	
2	Mon	6	13	5	47	8 42	
3	Tue	6	15	5	45	9 25	
4	Wed	6	16	5	44	10 12	
5	Thu	6	18	5	42	11 5	
6	Frid	6	19	5	41	morn	
7	Sat	6	20	5	40	0 2	
8	Sun	6	22	5	38	1 3	
9	Mon	6	23	5	37	2 9	
10	Tue	6	24	5	36	3 15	
11	Wed	6	26	5	34	4 26	
12	Thu	6	27	5	33	rises.	
13	Frid	6	29	5	31	6 33	
14	Sat	6	30	5	30	7 19	
15	Sun	6	32	5	28	8 7	
16	Mon	6	33	5	27	9 2	
17	Tue	6	34	5	26	9 50	
18	Wed	6	36	5	24	10 59	
19	Thu	6	37	5	23	morn	
20	Frid	6	39	5	21	0 2	
21	Sat	6	40	5	20	1 3	
22	Sun	6	41	5	19	2 4	
23	Mon	6	42	5	18	3 4	
24	Tue	6	44	5	16	4 3	
25	Wed	6	45	5	15	5 0	
26	Thu	6	46	5	14	sets	
27	Frid	6	48	5	12	5 28	
28	Sat	6	49	5	11	6 3	
29	Sun	6	50	5	10	6 40	
30	Mon	6	51	5	9	7 21	
31	Tue	6	53	5	7	8 7	

s place. This

visible from the
America. The
frica and North

CAUSES OF DISEASE.

Insufficient Exercise.—He who does not spend several hours every day in some active exercise, must inevitably suffer from a diminution of bodily strength, defect of appetite, and imperfect digestion, and becomes sooner or later the subject of disease.

Keep God thy friend in thy prosperity and thou mayest with confidence resort to him, and rely upon him in adversity.