

8. Refrain from both mental and bodily exertion for a short time after the principal meal. If immediate exertion be required, only a slight repast should be taken instead of the usual meal—N. B. Never eat a full meal when the body is heated or much fatigued with exercise. Wait until you are somewhat refreshed by a short interval of repose. If faint, a little soup may be safely taken meanwhile.

MOON'S PHASES.

New Moon, 4th day, 11h. 45m. morning.—S.

First Quarter, 12th day, 9h. 38m. morning.—N. E.

Full Moon, 19th day, 1h. 18m. morning.—S.

Last Quarter, 25th day, 10h. 36m. evening.—N. E.

D. M.	D. W.	CALENDAR, &c.	☾ Ris. & Sets h. m. h. m.	Sun's dec. n & S. d. m. h. m.	○ R. P. S. h. m.	High water h. m.
1	Tu	<i>Rain about</i>	4 28 7 32	23 7	2 5 ar	9 40
2	We	Visitat. B. V. Mary.	4 29 7 31	23 8	2 51 ar	10 15
3	Th	Moon in apogee.	4 29 7 31	22 58	3 41 br	10 55
4	Fri	U. S. Ind. 1776.	4 29 7 31	22 53	Sets. br	11 32
5	Sat	<i>this time.</i>	4 30 7 30	22 47	7 30 br	Morn
6	SU	7th S. after Trinity.	4 30 7 30	22 42	8 34 ha	0 9
7	Mo	Sheridan died, 1816.	4 31 7 29	22 35	9 3 ha	0 39
8	Tu	Passamaquoddy sur.	4 31 7 29	22 29	9 32 se	1 11
9	We	to G. B. 1814.	4 32 7 29	22 22	9 58 se	1 41
10	Th	<i>Very warm</i>	4 32 7 29	22 14	10 27 se	2 18
11	Fri	<i>for the season.</i>	4 33 7 27	22 6	10 57 re	2 54
12	Sat		4 34 7 26	21 53	11 30 re	3 33
13	SU	8th Sund. after Trin.	4 34 7 26	21 50	Morn be	4 36
14	Mo	French rev. com. '89.	4 35 7 25	21 41	0 8 be	6 1
15	Tu	St. Swithin.	4 35 7 25	21 31	0 52 th	7 20
16	We	Moon runs low.	4 36 7 24	21 22	1 45 th	8 39
17	Th	<i>Look for rain.</i>	4 37 7 23	21 12	2 47 le	9 43
18	Fri	Moon in perigee.	4 38 7 22	21 1	3 56 le	10 40
19	Sat	High tides.	4 39 7 21	20 51	Rises, kn	11 28
20	SU	9th Sunday aft Trin.	4 39 7 21	20 40	7 50 kn	eve.
21	Mo	[Margaret.	4 40 7 20	20 28	8 40 fe	0 51
22	Tu	Mag. Salamanca, '12	4 41 7 19	20 16	9 20 fe	1 29
23	We	Gibraltar tak. 1704.	4 42 7 18	20 4	9 48 he	2 8
24	Th	<i>Fine and fair.</i>	4 43 7 17	19 52	10 21 he	2 49
25	Fri	St. James. Dog-days	4 44 7 16	19 39	10 53 he	3 33
26	Sat	St. Anne. begin.	4 45 7 15	19 26	11 29 ne	4 26
27	SU	10th Sun. after Trin.	4 46 7 14	19 12	Morn ne	5 36
28	Mo	Vega south 10 5	4 47 7 13	18 59	0 6 tr	6 53
29	Tu	Moon runs high.	4 48 7 12	18 44	0 50 tr	8 5
30	We	<i>Sultry</i>	4 49 7 11	18 30	1 36 tr	9 4
31	Th	Moon in apogee.	4 50 7 10	18 15	2 29 tr	9 53