

6. Take your meals with as much *quiet* and *comfort* as possible. Bustle, vehement discussion, bad news, disagreeable companions, and all vexatious excitement should be carefully excluded at meal-times.

7. *Eat very slowly*, with a view to the thorough mastication of your food: rather forego a meal, or take but half the needful quantity, than eat too fast.

MOON'S PHASES.

New Moon, 4th day, 8h. 23m. evening.—N. W.

First Quarter, 12th day, 10h. 59m. evening.—W.

Full Moon, 19th day, 6h. 34m. evening.—E.

Last Quarter, 26th day, 10h. 43m. morning.—S. W.

D. M.	D. W.	CALENDAR, &c.	Ris. & Sets h. m. h. m.	Sun's Dec. N d. m.	R. & sets h. m.	P.	High water h. m.
1	SU	2d Sun. af. Trin. Nic.	4 33 7 27	22 4	2 15	ne	9 11
2	Mo	<i>Hot and sultry</i>	4 32 7 28	22 12	2 48	ne	9 55
3	Tu	<i>for some days.</i>	4 32 7 28	22 20	2 27	ne	10 37
4	We	Geo. III. born, 1738.	4 31 7 29	22 27	Sets. ar		11 16
5	Th	Moon runs high.	4 31 7 29	22 34	8 5	ar	11 56
6	Fri	Moon in apogee.	4 30 7 30	22 40	8 44	hr	morn
7	Sat	<i>Warm rain.</i>	4 30 7 30	22 46	9 25	br	0 23
8	SU	3d Sund. after Trin.	4 29 7 31	22 52	10 0	br	0 57
9	Mo		4 29 7 31	22 57	10 30	he	1 33
10	Tu	Saturn rises 11h 7m.	4 28 7 32	23 2	10 58	he	2 9
11	We	St. Barnabas.	4 28 7 32	23 6	11 26	se	2 45
12	Th	Low tides. <i>Rain.</i>	4 28 7 32	23 10	11 56	se	3 26
13	Fri		4 28 7 32	23 13	Morn	se	4 14
14	Sat	<i>Changeable.</i>	4 27 7 33	23 17	0 25	re	5 18
15	SU	4th Sund after Trin.	4 27 7 33	23 19	0 55	re	6 31
16	Mo	<i>More settled</i>	4 27 7 33	23 22	1 30	he	7 50
17	Tu	St. Albans.	4 27 7 33	23 23	2 12	be	9 0
18	We	Waterloo.	4 27 7 33	23 25	3 5	th	9 20
19	Th	[Moon in perigee.	4 27 7 33	23 26	Rises	th	10 26
20	Fri	Q. Victoria proc. 1837.	4 27 7 33	23 27	8 17	kn	11 45
21	Sat	Bat. of Vittoria, 1815	4 27 7 33	23 27	9 4	kn	eve.
22	SU	5th Sun. after Trin.	4 27 7 33	23 27	9 43	le	2 22
23	Mo	<i>about this time.</i>	4 27 7 33	23 26	10 16	le	3 34
24	Tu	Nat. St. John Bap.	4 27 7 33	23 25	10 50	fe	4 38
25	We		4 27 7 33	23 24	11 20	fe	5 34
26	Th	Geo. IV. d. 1830.	4 27 7 33	23 22	11 50	he	6 17
27	Fri	[1838.	4 27 7 33	23 20	Morn	he	6 44
28	Sat	Q. Victoria crowned,	4 27 7 33	23 17	0 20	ne	7 6
29	SU	6th S. af T. St. Peter.	4 28 7 33	23 14	0 50	ne	7 36
30	Mo	<i>Warm.</i>	4 28 7 32	23 11	1 30	ne	10 40