

THE FAMILY FRIEND.

VALUABLE CONCISE RULES FOR PRESERVING HEALTH IN WINTER.—Keep the feet from wet, and the head well defended when in bed; avoid too plentiful meals; drink moderately warm and generous, but not inflaming liquors; go not abroad without breakfast. Shun the night air as you would the plague; and let your houses be kept from damps by warm fires. By observing these few and simple rules, better health may be expected than from the use of powerful medicines.

HUCKLEBERRIES, dried, are a useful medicine for children. Made into tea, and sweetened with molasses, they are very beneficial, when the system is in a strident state, and the digestive powers out of order.

☽ First Quarter, 7th day, 6h., 32m., Evening.

○ Full Moon, 15th day, 9h., 41m., Evening.

☾ Last Quarter, 23rd day, 2h., 23m., Morning.

● New Moon, 29th day, 10h., 37m., Evening.

Days Month.	Days Week.	HOLIDAYS, ANNIVERSARIES, &c.	SUN.			Equal of time add to app.
			Decl'n. South.	Rise	Set	
1 W.		Circumcision.	23° 0' 36"	7 39.4	21 3 56	
2 Th.		1st Gen. As'mbly com. St John, 1786	22 55 22	7 39.4	21 4 24	
3 F.		West Indies disc., 1492. ♀ ☽ ☾	22 49 41	7 38.4	22 4 51	
4 Sa.			22 43 32	7 38.4	22 5 19	
5 SU.			22 36 57	7 37.4	23 5 47	
6 M.		Epiphany.	22 29 55	7 36.4	24 6 13	
7 Tu.		Antioch' m. com. pr bk. 1548. <i>Snow</i>	22 22 26	7 36.4	24 6 39	
8 W.		Col'nl post'g ch'd by weight 1844. <i>or</i>	22 14 31	7 35.4	25 7 5	
9 Th.		10, King of Netherlands award <i>rain</i> .	22 6 9	7 34.4	26 7 30	
10 F.		bound'y ques., 1831. ☾ ap. 3h. morn.	21 57 22	7 34.4	26 7 54	
11 Sa.		☽ ☽ ☽ Sup.	21 48 9	7 33.4	27 8 18	
12 SU.		1st Sunday after Epiphany.	21 38 31	7 32.4	28 8 41	
13 M.		Old New-year's Day.	21 28 28	7 31.4	29 9 4	
14 Tu.		Great Fire in St. John, N. B., 1837.	21 18 0	7 30.4	30 9 26	
15 W.		Battle of Corunna. <i>Expect</i>	21 7 8	7 30.4	30 9 47	
16 Th.		<i>a</i>	20 55 51	7 29.4	31 10 7	
17 F.		Luther pr'd 1st Serm'n, 1546. <i>Storm.</i>	20 44 10	7 28.4	32 10 27	
18 Sa.			20 32 6	7 27.4	33 10 47	
19 SU.		2nd Sun. after Epiphany.	20 19 38	7 26.4	34 11 5	
20 M.		Susanna, mother of ☽ ☽ ☽ h ☽ ☽	20 6 48	7 25.4	35 11 23	
21 Tu.		Jno. & Chas. Wesley born, 1669.	19 53 35	7 24.4	36 11 39	
22 W.		Australia colonized, 1788.	19 39 59	7 23.4	37 11 56	
23 Th.		<i>Snow</i>	19 26 2	7 22.4	38 12 12	
24 F.		Conversion of St. Paul. <i>and</i>	19 11 43	7 20.4	40 12 26	
25 Sa.		☾ perigee, 11h. ev. <i>stormy.</i>	18 57 3	7 19.4	41 12 40	
26 SU.		3rd Sunday after Epiphany.	18 42 2	7 18.4	42 15 53	
27 M.		Vote of £100,000 by N. S. to protect	18 26 40	7 17.4	43 13 5	
28 Tu.		New. Brunswick, 1839.	18 10 58	7 16.4	44 13 16	
29 W.		George III. died, 1820. <i>Clear</i>	17 54 57	7 14.4	46 13 27	
30 Th.		☽ ☽ ☽ <i>and</i>	17 38 37	7 13.4	47 13 37	
31 F.		<i>cold.</i>	17 21 58	7 12.4	48 13 46	

10th
11th
12th
13th
14th
15th
16th
17th
26th
27th
31st