

The whole number of newspapers in the state is 211, of which 46 are anti-masonic.

In the city of New-York, there are 47 newspapers, 11 of which are daily. The total number of sheets annually issued by them is 9,799,340, requiring annually 20,415 reams of paper.

The whole number of banks in the state is 45, with an aggregate capital of \$25,254,600. In the city of New-York 14, with a capital of \$15,333,000, besides 2 incorporated and not subscribed.

The number of Attornies and Councillors in the state in 1820 was 1248: in 1829, 1683.

There are 129 Episcopal clergymen, 378 Presbyterian, 91 Reformed Dutch, 306 Methodist, 241 Baptist, 13 Lutheran, 13 Roman Catholic, 14 Universalist, and all other denominations 14--Total 1229.

HINTS TO MECHANICS & WORKMEN.

If you would avoid the diseases which your particular trades and work are liable to produce, attend to the following hints.

Keep, if possible, regular hours. Never suppose that you have done extra work, when you sit up till midnight, and do not rise till eight or nine in the morning.

Abstain from ardent spirits, cordials, and mult liquors. Let your drink be, like that of Franklin, when he was a printer--pure water.

Never use tobacco in any form. By chewing, smoking, or snuffing, you spend money which would help to clothe you, or would enable you, if single, to make a useful present to an aged mother, or dependent sister; or, if married, to buy your wife a frock, or get books for your children. You also, by any of these filthy practices, injure your health, bringing on head ache, gnawing at the stomach, low spirits, trembling of the limbs, and, at times, sleeplessness.

Be particular in preserving your skin clean, by regular washing of your hands and face and mouth, before each meal, and of your whole body at least once a week; and by combing and brushing the hair daily.

Always have fresh air in the room in which you work, but so that you shall not be in a draft.

Take a short time in the morning, if possible, and always in the evening, or towards sundown, for placing your body in a natural posture, by standing erect, and exercising your chest and limbs by a walk where the air is purest.

If confined in doors, let your food consist, in large proportion, of milk and bread, and well boiled vegetables. Meat and fish ought to be used sparingly, and only at dinner. You are better without coffee, tea, or chocolate. If you use any of them, it ought not to be more than once a day.

UNSEASONABLE AND DANGEROUS PRACTICES.

After a long and fatiguing walk, or laborious exercise of any kind, to throw off coat or outer garment, untie cravat, expose the neck and breast, and then sit down at an open window or door, in a current of air in the evening.

To drink after such fatigue or exposure, very

NOVEMBER, XXX DAYS.

MOON'S QUARTERS } 4th day, new moon 5h 21m morn
12th day, first quart 1h 28m even
19th day, full moon 1h 40m even
26th day, last quart 5h 11m morn

D	D	CALENDAR.	Rise	Set
M	W			
1	Tu	All Saints ☉ rises 4h morn	7 14	59
2	W	All Souls	7 24	58
3	Th	☉ rises 5h 9m morn	7 34	57
4	Fr	28. Sir J Coiborne ar in York	7 44	56
5	Sa	Powder Plot 1605 <i>Changeable</i>	7 54	55
6	Su	23d Suna ft Trinity, Leonard	7 64	54
7	M	☉ sets 7h aft	7 74	53
8	Tu	Warm	7 84	52
9	W	☉ sets 9h aft <i>foggy</i>	7 94	51
10	Th	Milton died 1674. <i>weather</i>	7 104	50
11	Fr	St Martin Battle Cryslers	7 124	48
12	Sa	☉ sets 0h 30m morn	7 144	46
13	Su	24th Sunday aft Trinity	7 154	45
14	M	Now	7 164	44
15	Tu	☉ sets 2h morn <i>pleasant</i>	7 174	43
16	W	Twilight ends 6h 15min	7 184	42
17	Th	☉ sets 3h morn <i>High</i>	7 194	41
18	Fr	Day break 5h 35min	7 204	40
19	Sa	☉ rises 5h aft <i>winds and rain</i>	7 214	39
20	Su	25th Sunday after Trinity	7 224	38
21	M	☉ rises 7h aft	7 234	37
22	Tu		7 244	36
23	W	St Clement <i>Cold rain</i>	7 254	35
24	Th	☉ rises 10h aft	7 264	34
25	Fr	Mars rises 5h 53min morn.	7 274	33
26	Sa	☉ rises, midnight. <i>from West</i>	7 284	32
27	Su	Advent Sunday <i>or Snow</i>	7 294	31
28	M	☉ rises 1h morn <i>from East</i>	7 304	30
29	Tu	Goldsmith born, 1731	7 314	30
30	W	St Andrew.	7 314	29

cold or iced water; or to take iced punch, or iced cream, in place of a draught of clear river water, or that which has been exposed some time to the air.

To eat much of any kind of fruit, or any at all, of that which is unripe, especially in the evening; or to suppose that the evil consequences are to be obviated by a glass of wine, or cordial, or spirits and water.

To eat much animal food, or to drink liquors of any kind, under the idea of thereby removing the weakness caused by the great heat of summer.

To give to infants, or children in general, any such detestable compositions as milk punch, wine or porter sangaree, or toddy. This practice ought to be an indictable offence at common law.

To give to infants and children any of the various quack medicines, which are recommended as cures for worms, or summer complaints, even though sold for twenty-five cents a bottle. The common causes of disease, from teething, weaning, excess of irregularity in food, extreme heat, &c. are sufficiently destructive without the auxiliaries of patent and quack medicines, old women's cures, or mother's sweet gifts.

To sleep exposed directly to the night air, especially if it be very damp and much cooler than the air of the day.

To have recourse to morning bitters, drams, or antispasmodics of any description, other than