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5. To be very *sparing* in the use of wine and other stimulants. They may sometimes be employed to advantage in cases of extreme debility or extraordinary labour; but, under any circumstances, if too freely or too frequently indulged in, they will most certainly impair your health and shorten your life; while poverty or disease or crime almost invariably attends their use.

MOON'S PHASES.

New Moon, 6th day, 5h. 13m. morning.—E.

First Quarter, 14th day, 9h. 24m. morning.—N. E.

Full Moon, 21st day, 11h. 14m. morning.—N.

Last Quarter, 28th day, 1h. 41m. morning.—S.

High
water
h. m.

7 80

8 24

9 21

0 6

0 47

1 23

1 40

Morn

0 32

1 4

1 42

2 21

3 2

3 51

4 47

5 55

6 16

7 27

8 10

9 58

0 40

1 23

ve.

0 43

1 34

2 15

3 7

4 5

5 13

6 35

D. M.	D. W.	CALENDAR, &c.	☉ Ris. & Sets h. m. h. m.	SUN'S dec. N d. m.	☽ & sets h. m.	R. Pl	High water h. m.
1	Th	Ascen. Day. St. Phil.	5 3 6 57	13 7	2 14	ra	7 51
2	Fri	[St. James.	5 1 6 59	15 25	2 40	se	8 53
3	Sat	Inven. of the Cross.	5 0 7 0	15 42	3 11	se	9 41
4	SU	Sunday af. Ascension.	4 59 7 1	16 0	4 41	th	10 19
5	Mo	Bona. died, 1821.	4 58 7 2	16 17	Sets.	th	11 0
6	Tu	St. John Evang.	4 57 7 3	16 34	7 35	kn	11 38
7	We	High tides. <i>Pleasant</i>	4 55 7 5	16 51	8 30	kn	Morn
8	Th	<i>showers.</i>	4 54 7 6	17 7	9 20	le	0 11
9	Fri	Test Acts rep. 1828.	4 53 7 7	17 23	10 10	le	0 45
10	Sat	Moon in apogee.	4 52 7 8	17 39	10 50	fe	1 23
11	SU	Whit Sunday. Pitt	4 51 7 9	17 55	11 27	fe	1 57
12	Mo	W. M. [died, 1778.	4 50 7 10	18 10	11 59	he	2 35
13	Tu	Whit Tues. <i>Fine.</i>	4 49 7 11	18 25	Morn	he	3 17
14	We	Low tides.	4 48 7 12	18 39	0 30	he	4 3
15	Th	<i>Continues warm.</i>	4 47 7 13	18 54	0 59	ne	5 9
16	Fri	<i>and perhaps rain</i>	4 46 7 14	19 8	1 26	ne	6 9
17	Sat	Spica south 9 34m.	4 45 7 15	19 21	2 3	ar	7 24
18	SU	Trinity S. Loyalists	4 44 7 16	19 34	2 27	ar	8 32
19	Mo	ar. in St. John, '83.	4 43 7 17	19 47	3 2	ar	9 24
20	Tu	Merc. stat.	4 42 7 18	20 0	3 38	br	10 15
21	We	High tides. <i>Dry</i>	4 41 7 19	20 12	Rises.	br	11 5
22	Th	Moon in perigee.	4 40 7 20	20 24	8 40	ha	11 49
23	Fri	<i>and sultry</i>	4 39 7 21	20 36	9 41	ha	eve.
24	Sat	Q. Victoria bo. 1819.	4 38 7 22	20 47	10 27	ha	1 20
25	SU	1st Sun. after Trin.	4 38 7 22	20 58	11 12	be	2 6
26	Mo	J. Calvin died, 1564.	4 37 7 23	21 9	11 47	be	2 53
27	Tu	Venerable Bede.	4 36 7 24	21 19	Morn	re	3 35
28	We	Wm. Pitt b. 1759.	4 35 7 25	21 29	0 17	re	4 42
29	Th	[Low tides.	4 35 7 25	21 38	0 48	se	5 54
30	Fri	<i>Growing showers.</i>	4 34 7 26	21 47	1 16	se	7 15
31	Sat	Spica sou. 8 39.	4 33 7 27	21 56	1 45	th	8 13