

7th Month.]

J U L Y .

[1848.]

First Quarter, Saturday, 8th, 19 minutes past 4 morning,
 Full Moon, Sunday, 16th, 9 minutes past 4 morning.
 Last Quarter, Sunday, 23rd, 17 minutes past 6 morning.
 New Moon, Sunday, 30th, 14 minutes past 2 mprning.

DAYS OF		SUN.		MOON.		DAILY MEMORANDA.
Month.	Week.	Rises.	Sets.	Place.	Rises and Sets.	
		<i>h m</i>	<i>h m</i>		<i>h m</i>	
1	Sat	4 26	7 34	♌	7 50	
2	Sun	4 26	7 34	♍	8 36	
3	Mon	4 26	7 34		9 19	
4	Tue	4 27	7 33	♎	9 52	
5	Wed	4 27	7 33	♏	10 24	
6	Thu	4 27	7 33		10 44	
7	Frid	4 28	7 32	♐	11 24	
8	Sat	4 28	7 32		11 53	
9	Sun	4 28	7 32		morn	
10	Mon	4 29	7 31	♑	0 24	
11	Tue	4 29	7 31		0 56	
12	Wed	4 30	7 30	♒	1 32	
13	Thu	4 30	7 30		2 12	
14	Frid	4 31	7 29	♓	2 59	
15	Sat	4 31	7 29		3 49	
16	Sun	4 32	7 28		rises.	
17	Mon	4 33	7 27	♈	8 26	
18	Tue	4 34	7 26		9 2	
19	Wed	4 35	7 25	♉	9 38	
20	Thu	4 36	7 24		10 12	
21	Frid	4 37	7 23	♊	10 46	
22	Sat	4 38	7 22		11 22	
23	Sun	4 39	7 21	♋	morn	
24	Mon	4 40	7 20		0 0	
25	Tue	4 41	7 19		0 43	
26	Wed	4 42	7 18	♌	1 30	
27	Thu	4 43	7 17		2 24	
28	Frid	4 44	7 16	♍	3 21	
29	Sat	4 45	7 15		4 21	
30	Sun	4 46	7 14	♎	sets.	
31	Mon	4 47	7 13		7 49	

Observe to—1. Rise early and never sit up late. 2. Wash the body every morning with cold water, rubbing well with a rough towel. 3. Sleep in rooms well and thoroughly ventilated. 4. Correct symptoms of plethora and indigestion, by eating less for a few days. 5. never eat late hearty suppers, especially of animal food. 6. Keep the feet warm, the head cool, and the body open, and the Physician's aid will be seldom required.

8th Mon

First Qu
Full Mo
Last Qu
New Mo

DAYS OF

Month.	Week.	
1	Tue	
2	Wed	
3	Thu	
4	Frid	
5	Sat	
6	Sun	
7	Mon	
8	Tue	
9	Wed	
10	Thu	
11	Frid	
12	Sat	
13	Sun	
14	Mon	
15	Tue	
16	Wed	
17	Thu	
18	Frid	
19	Sat	
20	Sun	
21	Mon	
22	Tue	
23	Wed	
24	Thu	
25	Frid	
26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	
31	Thu	

V, A total
Eclipse
Total I
Middle
Total I
Eclipse