

4. *Simplicity, Moderation, and Regularity, with respect to Diet.*
A judicious selection of the articles of food, the careful avoiding of unwholesome dainties, and whatever has proved hurtful to the constitution. The quantity of food should be proportioned to the amount of exercise a person undergoes. Sedentary people should be rather abstemious: their food should be nutritious, easy of digestion, and moderate in quantity. Seldom eat anything between the regular meals.

MOON'S PHASES.

New Moon, 6th day, 2h. 56m. evening.—S. W.

First Quarter, 14th day, 4h. 39m. evening.—S. E.

Full Moon, 22d day, 2h. 28m. morning.—S. W.

Last Quarter, 28th, 6h. 35m. morning.—N.

D. M.	D. W.	CALENDAR, &c.	☺ Ris. & Sets h. m. h. m.	Sun's dec. n d. m.	○ R. & sets h. m.	○ Pl	High water h. m.
1	Tu	Regulus so. 9 19	5 43 6 17	4 36	2 32	le	7 80
2	We	Batt. Copenhagen.	5 41 6 19	4 59	3 10	le	8 24
3	Th	R. Raikes d. 1811.	5 40 6 20	5 22	3 40	fe	9 21
4	Fri	St. Amb. Merc. per.	5 38 6 22	5 45	4 11	fe	10 6
5	Sat	<i>Warm weather.</i>	5 37 6 23	6 7	4 40	he	10 47
6	SU	2d Sund. after East.	5 36 6 24	6 30	5 10	he	11 23
7	Mo	[Surr. Badajoz, '12.	5 34 6 26	6 53	7 45	he	11 40
8	Tu	<i>Changeable and</i>	5 33 6 27	7 15	8 56	ne	Morn
9	We	<i>rainy.</i>	5 31 6 29	7 38	9 46	ne	0 32
10	Th	Regulus so. 8h 44m	5 30 6 30	8 0	10 41	ar	1 4
11	Fri	G. Canning b. 1770.	5 29 6 31	8 22	11 28	ar	1 42
12	Sat	Moon in apogee.	5 27 6 33	8 44	Morn	ar	2 21
13	SU	3d Sun. after Easter.	5 26 6 34	9 6	0 14	br	3 2
14	Mo	[Cath. Rel. Bill, '20	5 24 6 36	9 27	0 52	br	3 51
15	Tu	Shakespeare b. 1564.	5 23 6 37	9 49	1 24	ha	4 47
16	We	Bat. Culloden, 1746.	5 22 6 38	10 10	1 55	ha	5 55
17	Th	Franklin died, 1790.	5 20 6 40	10 31	2 31	ha	6 16
18	Fri	<i>Very fine</i>	5 19 6 41	10 52	2 59	he	7 27
19	Sat	<i>for the season.</i>	5 18 6 42	11 13	3 29	be	8 10
20	SU	4th Sund. aft. Easter.	5 16 6 44	11 34	3 57	re	9 58
21	Mo	D. Sussex d. 1843.	5 15 6 45	11 54	4 31	re	10 40
22	Tu	High tides.	5 14 6 46	12 14	Rises.	se	11 23
23	We	St. George.	5 13 6 47	12 34	8 45	se	eve.
24	Th	Moon in perigee.	5 11 6 49	12 54	9 55	th	0 43
25	Fri	St. Mark. Princess	5 10 6 50	13 14	10 54	th	1 34
26	Sat	Alice M. M. b. '43.	5 9 6 51	13 33	11 51	kn	2 15
27	SU	Rogation Sunday.	5 7 6 53	13 52	Morn	kn	3 7
28	Mo	Low tides.	5 6 6 54	14 11	0 32	le	4 5
29	Tu	<i>Warm sunshine.</i>	5 5 6 55	14 30	1 11	le	5 13
30	We	<i>with rain</i>	5 4 6 56	14 49	1 40	fe	6 35