

Great Leaders

British Army officer Bernard Montgomery was hailed for his leadership abilities during World Wars I and II. He was knighted and earned the rank of general for his accomplishments.



!(date) !(time)

Friday 2-3

Next:



Military History

!(date) !(time)

NEXT: MILITARY HISTORY 3-1

Military History

In 1834, Congress passed the Act for Better Organization of the Marine Corps, stating that the Marine Corps is a part of the Department of the Navy. It remains so today.



!(date) !(time)

Monday 3-2

Military History

On July 26, 1947, the Department of the Air Force was created as an independent entity, rather than a combatant arm of the U.S. Army, by the National Security Act of 1947.



!(date) !(time)

Thursday 3-3

Military History

The Continental Navy, predecessor of the U.S. Navy, began with two ships in 1775. By the end of the Revolutionary War, it had expanded to fifty armed vessels, including twenty warships.



!(date) !(time)

Sunday 3-4

Next:



Health Tips

!(date) !(time)

START-HEALTH TIPS 1-1

Health Tips

When cleaning, don't forget your medicine cabinet. Be sure to throw out expired medicines and first aid products, and replenish first aid supplies.



!(date) !(time)

Monday 1-2

Health Tips

To clear up any confusion, the Partnership for Clear Health Communications recommends asking your doctor three questions before leaving an appointment: "What is my main problem?", "What do I need to do?" and "Why is it important to do this?"



!(date) !(time)

Monday 2 1-3

Health Tips

Many people avoid the scale, but it really is your friend! By weighing yourself weekly you can catch changes before they become problems.



!(date) !(time)

Tuesday 1 1-4

Health Tips

Knowing your family's health history can be an important factor in your own health. Talk to family members and keep a record, or help provide one for younger members of your family.



!(date) !(time)

Tuesday 2 1-5

Health Tips

Diabetics are prone to infections and nerve or circulation problems in their feet. If you are diabetic, check your feet daily for any changes, and have a doctor's exam yearly.



!(date) !(time)

Wednesday 1 1-6

Health Tips

Calcium is the key to keeping your bones strong and healthy. Low-fat milk, cheese, yogurt, broccoli and salmon are excellent sources of calcium and can be a delicious part of a balanced diet.



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Wednesday 2 1-7