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## Is it bad to fast every other day

Photo Courtesy: Mandel Ngan/AFP/Getty Images While many of us now consider Memorial Day the unofficial start of the summer season, the original intent behind the occasion has a much more somber and honor-focused meaning. This federal holiday was formalized as a way of remembering and mourning members of the U.S. military who died in service, and people often mark the occasion by visiting cemeteries and decorating headstones of fallen soldiers with flags and wreaths. In 1966, Congress and President Lyndon B. Johnson recognized Waterloo, New York, as having celebrated the first Memorial Day 100 years earlier. However, multiple towns claim to be the birthplace of Memorial Day, and the holiday's long evolution makes it unclear where exactly it began. On top of that, there are many persistent myths about how Memorial Day started. Learn more about these and how they relate to the holiday's origins. While people have commemorated the sacrifices of soldiers for as long as there have been conflicts, Memorial Day as we know it in the United States got its start during the American Civil War. During the war, some people began the practice of decorating the graves of soldiers who'd been killed in battle and saying prayers for them. And, as the Civil War wound down, people across the North and South continued honoring fallen soldiers in this manner. As the practice of decorating soldiers' graves became more common, it also began gaining more formal recognition. Photo Courtesy: dsharp/E+/Getty Images One such ceremony was held on May 1, 1865, in Charleston, South Carolina. Local Black churches led a gathering of roughly 10,000 people, many of whom were formerly enslaved, in properly reburying Union soldiers whose remains had been deposited in a mass grave. The groups also held a ceremony to honor the soldiers' sacrifice and dedicate the new cemetery. The event included speeches, the laying of wreaths and crosses, drills performed by Union soldiers and even picnicking. However, it's unclear if the event influenced any other similar ceremonies in the country, and historians are unsure whether this should be considered the first Memorial Day. Numerous places around the country claim to have first celebrated Memorial Day as a recurring holiday rather than a one-off event. Boalsburg, Pennsylvania, cites an 1864 gathering of women to mourn the deaths of soldiers at the Battle of Gettysburg as what makes it the founder of the holiday, while Carbondale, Illinois, claims two markers in its cemeteries as well as a parade led by Major General John A. Logan (more on him in a moment) as proof that it held the first annual celebration. There are even a Columbus, Georgia, and Columbus, Mississippi, with competing claims. Photo Courtesy: MediaNews Group/Orange County Register/Getty Images While Waterloo, New York, eventually won federal recognition because of evidence that its celebrations involved the full closure of the town, it has well over 20 rivals for the title, and all of them — even Waterloo — rely on evidence that's at least somewhat disputed. But there's only one event that unambiguously served as a forerunner to Memorial Day. Major General Logan was the head of the Grand Army of the Republic (GAR), a Civil War veterans organization. With the increasing popular support for ceremonies celebrating fallen soldiers, in 1868, he declared May 30 to be Decoration Day, a holiday specifically meant for the adornment of fallen soldiers' graves. Different sources suggest his motivation for choosing the day was either because that's when flowers are in bloom across the country and therefore ready to be left on graves or because May 30 is a day on which no Civil War battles were fought. Photo Courtesy: Anna Moneyemaker/Getty Images While Decoration Day wasn't a national holiday, it was widely commemorated across the country. By 1890, it had been made a state holiday by each of the Northern states. Southern states, however, continued to celebrate separate Confederate days of remembrance until World War I. Confederate Memorial Day is still celebrated as a holiday alongside Memorial Day in some states today. Decoration Day became a federal holiday in 1888, although it only applied to government employees in Washington, D.C. as was customary at the time. However, other states began adopting the holiday over time until every state eventually commemorated it. As the United States moved on from the Civil War to participate in other conflicts, particularly World War I, the holiday also broadened to include honoring all soldiers who died in the line of duty. By the end of World War II, "Memorial Day" had also supplanted the name "Decoration Day." Photo Courtesy: rhyman007/E+/Getty Images In 1968, a law made the name change official. It also moved Memorial Day to its modern date: the last Monday of May. This law, called the Uniform Monday Holiday Act, came into effect in 1971 and created the annual Memorial Day weekends that Americans know and love today, but it also angered people who felt it shifted the focus from remembrance to enjoying time off. While the states eventually fell in line, many veterans continued to voice dissent on the issue. How Many Days Are in a Year? A regular calendar year consists of 365 days. The common calendar that we use in everyday life is called the Gregorian calendar. During leap years, which happen every four years, there are 366 days in the year. There are other ways that a year is measured, such as the Julian year. This type of calendar is used for astronomical calculations. One year is equal to 365.25 days. There is also the Sidereal year, which is measured by the amount of time it takes the Earth to rotate around the sun one time. In the Sidereal year, there are 365.25636 days. How Many Weekend Days Are in a Year? There is a straightforward way to figure out this calculation if you've already figured out how many nonweekend days are in the year. You would subtract the 260 days from 365 days to determine there are 105 weekend days in a calendar year. Again, add one day to that total for leap years. How Many Weeks Are in a Year? We can figure out how many weeks are in a year with some more simple math. We know that in a nonleap year, there are 365 days, and we know there are seven days in a week. Divide 365 days by the seven days, and it equals 52.143 weeks or 52 weeks and a day. It would be the same formula to figure out the calculation for leap year: 366 / 7 days = 52.286, easier said as 52 weeks and two days. How Many Work Hours Are in a Year? A standard way of figuring out how many work hours are in a year is to take 52 weeks, multiply it by 40 hours per week, and you get a total of 2,080 work hours. This calculation does not include any holidays and is based on a full-time employee working 40 hours per week. Interesting Facts About the Calendar Pope Gregory XIII introduced the calendar in the 1500s, hence the name Gregorian calendar. It was originally looked at as the work of the Antichrist, and people were not receptive to it. Trying to figure out why leap years fall when they do is quite confusing. Leap years fall during years that can be divided by four, but if those years are also divisible by 100, they have to also be divisible by 400. For example, the years 1900, 2100, and 2200 cannot be leap years. However, 1600, 2000, and 2400 are leap years. In our time, we start a new day at midnight, but it hasn't always been that way. Astronomers used to measure days from noon to noon. Some cultures used to start the new day at sunrise and others at sunset. PublicDomainPictures/Pixabay Father's Day is always celebrated on the third Sunday in June in the United States. While some countries, such as the United Kingdom, India and Canada, also celebrate their versions of the holiday on then, others do not. Finland, Norway and Sweden celebrate it on the second Sunday of November, while Australia holds it on the first Sunday of November. Spain, Portugal and Italy celebrate it alongside St. Joseph's Day on March 19th. The holiday was first recognized in the United States as the result of an executive order signed by President Lyndon B. Johnson in 1966, and it became a federal holiday under President Richard Nixon in 1972. However, the holiday's origins go back further to the early 1900s. Father's Day might have never come about if Mother's Day hadn't already become a holiday before it. That celebration traces its origins back to the 1860s, when Ann Reeves Jarvis convinced a West Virginia town to hold a "Mother's Work Days" event to help mend the rift between the mothers of Union and Confederate soldiers. While the celebration was a one-time event, Jarvis's daughter, Anna Jarvis, worked to make the holiday a national event. After teaming up with a Philadelphia department store in 1908, other retailers realized the sales potential of the holiday, and the holiday quickly spread. 45 states observed the holiday by 1909, and it became a federal holiday in 1914 under President Woodrow Wilson. Like Mother's Day, Father's Day was preceded by an event in West Virginia: a special church service for 361 men, 250 of whom were fathers, that died in the worst mining accident in U.S. history. It didn't lead to a recurring holiday, but it signaled a desire for such a celebration. Two years later, Sonora Smart Dodd, a woman from Spokane, Washington who was raised alongside her five siblings by her Civil War veteran single father, heard a Mother's Day Sermon and decided that her father was just as worthy of a day of celebration. Dodd initially found success in promoting the holiday through local church organizations, and on June 19, 1910 — a Sunday — the first Father's Day was held in Spokane. Woodrow Wilson supported the holiday when he learned of it and even took part in the festivities remotely in 1916, but unlike with Mother's Day, Congress was not willing to endorse it. Two presidencies later, Calvin Coolidge fared no better in his efforts to make it into a national holiday. Opposition to Father's Day took many forms. Critics thought that it would lead to the commercialization of fatherhood or that it would take away from Mother's Day. Some men even thought it was too effeminate. Others simply didn't see the point. "A national fishing day would be better," quipped one member of Congress. During the Great Depression, there was also a movement against Father's Day and Mother's Day alike, with supporters instead calling for a joint Parents' Day. U.S. Senator Margaret Chase Smith of Maine was one such person. "Either we honor both our parents, mother and father," argued Smith, "or let us desist from honoring either one. But to single out just one of our two parents and omit the other is the most grievous insult imaginable." So what changed and led to support for Father's Day? World War II. While money was tight during the Great Depression, once the United States entered the war, Americans wanted to honor their fathers fighting overseas. Support continued to grow until Nixon made Father's Day a federal holiday in 1972. In the official proclamation, he wrote, "Let each American make this Father's Day an occasion for renewal of the love and gratitude we bear to our fathers, increasing and enduring through all the years." Sonora Smart Dodd, who passed away in 1978 at age 96, lived to see her dream become a national reality. is it safe to fast every other day. is it ok to fast every other day. is it okay to fast every other day. is it better to fast every other day

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