



Math Blocks

Fill in the missing blocks with numbers between 0-10.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

	2		13
3	0		4
6		5	19
13	10	13	

5	8	6
1	0	3
7	2	4

Solution

Get Scrambled

Unscramble the words to
determine the phrase.

AHYTHEL THRAE

Answer: Healthy heart

ANSWER: THE HEART

THIS DAY IN...



HISTORY

- **1913:** THE 16TH AMENDMENT, WHICH ESTABLISHES A FEDERAL INCOME TAX, IS RATIFIED.
- **1917:** THE U.S. BREAKS OFF DIPLOMATIC RELATIONS WITH GERMANY AS IT ENTERS WORLD WAR I.
- **1995:** COL. EILEEN COLLINS BECOMES THE FIRST WOMAN TO PILOT THE SPACE SHUTTLE.



PULSE

rhythmical throbbing
of the arteries as
blood moves through them

*How they
SAY that in...*

ENGLISH: Heartbeat

SPANISH: Latido

ITALIAN: Pulsazione

FRENCH: Battement de coeur

GERMAN: Puls

**Did You
Know?**

DOCTORS WILL CHECK PATIENTS' BLOOD PRESSURE, PULSE AND THE LEVEL OF OXYGEN IN THEIR BLOOD DURING CHECKUPS TO ASSESS HEART HEALTH.



**GET THE
PICTURE?**



Can you guess what
the bigger picture is?

ANSWER: STETHOSCOPE