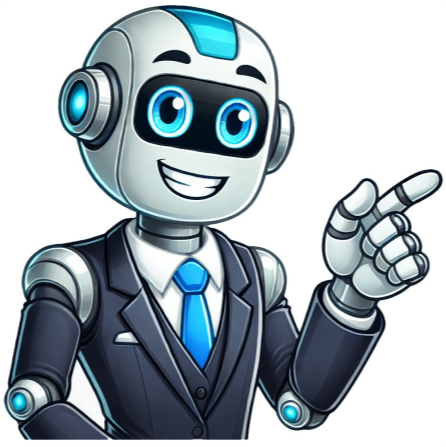


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1. Ruggiero Ricci, Italian-born violinist (d. 2012) July 27 – Leonard Rose, American cellist (d. 1984) July 28 – Penia Gahniau, 1st President of Fiji (d. 1993) July 29 – Edwin O'Connor, American novelist, Pulitzer Prize for Fiction winner (d. 1966) July 31 Vicente Almeida d'Alca, Portuguese colonial administrator (d. 2018) Paul D. Boyer, American biochemist, Nobel Prize laureate (d. 2018) August 1 – John G. Thompson, American physicist and engineer (d. 2018) August 2 – Noel Willman, Irish actor (d. 1988) August 5 Kondapalli Koteswaramma, Indian communist leader, feminist, revolutionary and writer (d. 2014) Betty Oliphant, co-founder of National Ballet of Canada (d. 2004) August 12 – Guy Gibson, British bomber pilot, leader of the "Dam Busters" raid (d. 1944) August 13 Noor Hassanali, 2nd President of Trinidad and Tobago (d. 2006) Frederick Sanger, English biochemist, double Nobel Prize laureate (d. 2013) August 19 – Shankar Dayal Sharma, 9th President of India (d. 1999) August 20 – Crystal Bennett, British archaeologist, pioneering research on Jordan (d. 1987) August 21 – Bruria Kaufman, American-born Israeli physicist, physicist and mathematician (d. 2010) August 22 Said Mohamed Djohar, President of the Comoros (d. 2006) Martin Pope, American physical chemist (d. 2022) August 23 – Bernard Fisher, American surgeon (d. 2019) August 25 – Leonard Bernstein, American composer, conductor (d. 1990) August 26 Katherine Johnson, African-American physicist, space scientist and mathematician (d. 2020) August 27 Aslam Khan, British Indian-born military officer, led his troops during World War II in capturing Kennedy Peak (Myanmar), which the Americans had to conquer. For this achievement, he was awarded the Military Cross by Field Marshal Auchinleck (d. 1994) August 31 Chang Yun Chung, Chinese-born billionaire shipping magnate (d. 2020) Jelle Zijlstra, Dutch politician, Prime Minister of the Netherlands from 1966 to 1967 (d. 2001) August 28 – Alejandro Agustín Lanusse, 37th President of Argentina (d. 1996) August 29 – J. J. Thomson, English physicist, Nobel Prize laureate (d. 1940) August 30 – John Williams, American baseball player (d. 2002) August 31 Alan Jay Lerner, American lyricist, librettist (d. 1998) September 1 – Luigi Scialoja, Italian jurist, lawyer, politician, economist, and writer (d. 1998) September 2 – John L. Sullivan, American boxer, World Heavyweight Champion (d. 1858) February 2 – John L. Sullivan, American boxer, World Heavyweight Champion (d. 1858) February 6 – Gustav Klimt, Austrian painter (d. 1918) September 7 – Chaim Herzog, 6th President of Israel 1983–1993 (d. 1997) September 9 – Joseph Zeller, American politician (d. 2018) September 22 – Henryk Szeryng, Polish-born violinist (d. 1988) September 24 – Emerante Morse, Haitian singer, dancer and folklorist (d. 2018) September 26 – Peng Chang-kuei, Taiwanese chef (d. 2016) September 27 – Martin Ryle, English radio astronomer, recipient of the Nobel Prize in Physics (d. 1984) September 28 Angel Labruna, Argentine soccer player, manager (d. 1983) Ida Schuster, Scottish actress (d. 2020) Arnold Stang, American comic actor (d. 2009) September 30 Giovanni Canestrì, Italian cardinal (d. 2015) Aldo Parisot, Brazilian-American cellist and educator (d. 2018) Jense Christian Skou Robert Walker Rita Hayworth Thelma Coyne Long October 4 – Kenichi Fukui, Japanese chemist, Nobel Prize laureate (d. 1998) October 6 – Goh Keng Swee, former Deputy Prime Minister of Singapore (d. 2010) October 8 – Jens Christian Skou, Danish chemist, Nobel Prize laureate (d. 2010) October 9 – Howard Hunt, American Watergate break-in coordinator (d. 2007) Bebo Valdés, Cuban pianist, bandleader, composer and arranger (d. 2013) October 10 – Gaston Mialaret, French pedagogue and professor (d. 1916) October 13 Jack MacGowan, Irish film actor (d. 1973) Robert Walker, American actor (d. 1951) October 14 – Thelma Coyne Long, Australian tennis player (d. 2015) October 16 Louis Althusser, French philosopher (d. 1990) Giori Boue, French operatic singer (d. 1996) October 17 – René de Obaldia, French playwright and poet (d. 2022) October 20 – Augusta Dahney, American actress (d. 2008) October 25 Francisco Griezueq, Spanish WWI soldier (d. 2018) Milton Selzer, American actor (d. 2006) October 26 – Marc Hodler, Swiss lawyer (d. 2006) October 27 Mikheil Ashkenazi, Georgian politician (d. 2018) October 28 – Diana Serra Cary, American actress (d. 2020) October 31 – Ian Stevenson, American parapsychologist (d. 2007) Billy Graham Spiro Agnew November 1 – Ken Miles, British sports car racing engineer and driver (d. 1966) November 2 – Raimon Panikkar, Indian philosopher (d. 2010) November 3 – Russell B. Long, United States Senator from Louisiana (d. 2003) November 4 Art Carner, American actor, best known for his role in The Honeycreepers (d. 2003) Cameron Mitchell, American actor (d. 1994) November 7 Paul Aussaresses, French general (d. 2013) Billy Graham, American evangelist, spiritual adviser to several U.S. Presidents (d. 2018) November 8 Teoh Seng Khoo, Malaysian badminton player (d. 2018) Hermann Zapf, German typeface designer (d. 2015) November 9 Spiro Agnew, Vice president of the United States (d. 1996) Choi Hong Hi, South Korean general, martial artist (d. 2002) Su Beng, Taiwanese dissident and political activist (d. 2019) November 10 – Ernst Otto Fischer, German chemist, Nobel Prize laureate (d. 2007) November 14 – John Bromwich, Australian tennis player (d. 1999) November 15 – Vittore Bocchetta, Italian sculptor, painter and academic (d. 2021) November 18 – Nicolás Kingman Ríofrio, Ecuadorian journalist, writer and politician (d. 2018) November 26 – Patricia Aylwin, 32nd President of Chile (d. 2016) November 27 – Boris Paton, Ukrainian scientist (d. 2020) November 29 – Madeleine L'Engle, American author (d. 2007) November 30 – Errem Zimbalist Jr., American actor (d. 2014) December 1 – Aleksandr Solzhenitsyn, Russian writer, Nobel Prize laureate (d. 2008) December 2 – Joe Williams, American jazz singer (d. 1999) December 13 – Rosalia Lombardo, Italian child known as the Sleeping Beauty (d. 1920) December 14 – B. K. S. Iyengar, Indian yoga teacher (d. 2014) December 15 – Jeff Chandler, American actor (d. 1961) December 17 Dusty Anderson, American baseball pitcher and model (d. 2007) Duchess Wozlawa Feodora of Mecklenburg, German royal (d. 1919) December 18 – Joyce Reynolds, English classicist and academic (d. 2022) December 21 Francisco Miró Quesada Cantuarias, Peruvian philosopher (d. 2019) Fred Gloden, American football player (d. 2019) Donald Regan, American Treasury Secretary, White House Chief of Staff (d. 2003) Kurt Waldheim, President of Austria, Secretary-General of the United Nations (d. 2007) December 23 José Greco, Italian-born flamenco dancer (d. 2000) Kumar Palanis, Indian actor (d. 2013) Helmut Schmidt, Chancellor of Germany (d. 2015) December 24 – Dave Bartholomew, American songwriter, pianist and music producer (d. 2019) December 25 Bertie Mae, English football player, manager (d. 2001) Anwar Sadat, 3rd President of Egypt, recipient of the Nobel Peace Prize (d. 1981) December 26 – Georgios Rallis, Prime Minister of Greece (d. 2006) December 30 – W. Eugene Smith, American photojournalist (d. 1978) Abd an-Nabi Abd al-Qadir (d. 1978) Mursul, Sudanese poet and politician (d. 1962) January 6 – Georg Cantor, German mathematician (b. 1845) January 8 Johannes Pääsuke, Estonian photographer, filmmaker (b. 1892) Ellis H. Roberts, American pianist (b. 1827) January 9 Max Baer, American boxer, fighter, actor (d. 1987) January 10 – John F. Kennedy, Irish-born American politician, surgeon and inventor (d. 1964) January 11 – Francisco de Paula Rodríguez, Spanish politician, religious sister and Blessed (d. 1904) January 12 – Emil J. Seltzer, American entrepreneur (d. 1982) January 13 – Vladimir Lenin, Russian revolutionary, statesman, and Marxist (d. 1924) January 14 – Ivan Pavlov, Russian physiologist, psychologist, and Nobel Prize laureate (d. 1936) January 15 – John Edgar Hoover, American politician, lawyer, and writer (d. 1969) January 16 – John L. 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Manganese Manganese Selenium Selenium 5.7% 16% 8.5% 5.3% 9.3% 13% 17% 6% 1.4% 8.2% The glycemic index is a rating system used for foods containing carbohydrates.The glycemic index of sherbet is lower than the glycemic index of ice cream. Sherbet has a glycemic index of 51, while the glycemic index for ice cream is 62. Both are considered medium glycemic index foods.One way to understand the acidity of foods is through their potential renal acid load (PRAL) value, which shows how much acid or base the given food produces inside the organism. Based on our calculations, the PRAL values of ice cream and sherbet are -0.6 and -0.9, respectively, which means both are alkaline-forming.Ice cream contains probiotic characteristics that influence the gut bacteria, the normal flora (2).Moreover, it has been studied that ice cream having a glycemic index above the low threshold (medium levels) contributes to developing acne in teenagers (3). Ice cream intake should be moderated to prevent acne. Section reviewed by cardiologist Astghik Grigoryan Eating ice cream and desserts can cause metabolic syndrome, which directly leads to high blood pressure, high cholesterol, and obesity. This significantly increases cardiovascular risk (the risk of myocardial infarction, stroke, and death from cardiovascular disease).Sherbet is a healthier alternative to ice cream as it contains less fat, making it a perfect choice for health-conscious people (4).Limit your saturated fat intake to 5-6% of your daily calorie intake, as recommended by the American Heart Association. For example, if you consume 2,000 calories per day, do not consume more than 13 grams of saturated fat per day (5).Sherbet is sometimes considered a healthier alternative to ice cream because of the lower fat content, as well as lower calories per serving. Generally, ice cream contains more fat than sherbet. Per 100-gram serving, the amount of fats in ice cream is 11 grams, while only 2 grams in sherbet. Moreover, as mentioned above, the glycemic index for ice cream is higher than that of sherbet, which means ice cream is absorbed faster, causing a spike in blood sugar levels.On the other hand, the sugar content of sherbets (24.32g) is slightly higher compared to ice cream (21.22g). This is also the case for carbohydrates since sherbet contains more carbs (30.4g per 100g) than ice cream (23.6g per 100g).Hence, for individuals who have diabetes and consider consuming a refreshing dessert, there is no right or wrong answer when it comes to choosing ice cream or sherbet. It is recommended to opt for low-fat and low-sugar varieties for both and consume them in moderation as part of a healthy diet. Nutrient DV% diff. Saturated fat 6.79g 1.16g 26% Cholesterol 44mg 1mg 14% Fats 11g 2g 14% Vitamin A 118µg 12µg 12% Vitamin B12 0.39µg 0.13µg 11% Vitamin B2 0.24mg 0.097mg 11% Phosphorus 105mg 40mg 9% Vitamin B5 0.581mg 0.224mg 7% Calcium 128mg 54mg 7% Monounsaturated fat 2.969g 0.53g 6% Protein 3.5g 1.1g 5% Calories 207kcal 144kcal 3% Choline 26mg 7.7mg 3% Potassium 199mg 96mg 3% Fiber 0.7g 1.3g 2% Vitamin B6 0.048mg 0.023mg 2% Zinc 0.69mg 0.48mg 2% Carbs 23.6g 30.4g 2% Polyunsaturated fat 0.452g 0.08g 2% Vitamin E 0.3mg 0.01mg 2% Vitamin C 0.6mg 2.3mg 2% Vitamin B1 0.041mg 0.027mg 1% Selenium 1.8µg 1.5µg 1% Iron 0.09mg 0.14mg 1% Vitamin D 0.2µg 0µg 1% Sodium 80mg 46mg 1% Copper 0.023mg 0.028mg 1% Vitamin D 8IU 0IU 1% Magnesium 14mg 8mg 1% Net carbs 22.9g 29.1g N/A Sugar 21.22g 24.32g N/A Manganese 0.008mg 0.011mg 0% Vitamin B3 0.116mg 0.063mg 0% Vitamin K 0.3µg 0µg 0% Folate 5µg 4µg 0% Tryptophan 0.045mg 0% Threonine 0.146mg 0% Isoleucine 0.195mg 0% Leucine 0.316mg 0% Lysine 0.258mg 0% Methionine 0.081mg 0% Phenylalanine 0.157mg 0% Valine 0.217mg 0% Histidine 0.088mg 0% Omega-3 - EPA 0.003g 0g N/A