On This Date

1531 – A decree of convocation recognized King Henry VIII of England as supreme head of the Church of England.

1922 – Frederick Grant Banting announced the discovery of insulin, used to treat diabetes, at the University of Toronto. He received a Nobel Prize in medicine in 1923, and the Government of Canada granted him a lifetime annuity to continue his work.

1943 – Ottawa imposed severe wartime gasoline rationing of 10 gallons a month for each car.

1977 – A fisherman caught a 20.2-kilogram lobster off Nova Scotia. The heaviest known crustacean, it was sold to a restaurant.

Doggone Good Trivia

The expression *three-dog night* originated with the Inuit and means “a very cold night”—so cold that you have to bed down with three dogs to keep warm.

Quote of the Day

“There are no regrets in life, just lessons.”

~ Jennifer Aniston

Happy Birthday!

Jennifer Aniston, born in 1969, is an American actress who grew up in Los Angeles. She started acting at a young age, following in the footsteps of her parents, fellow actors Nancy Dow and John Aniston, of *Days of Our Lives* fame. Aniston is best known for playing Rachel on the seminal late-1990s sitcom *Friends*, which ran from 1994 to 2004. Aniston successfully segued her TV fame into a prominent movie career with such films as *Bruce Almighty*, *The Break-Up*, *Marley & Me*, and *We’re the Millers*. Most recently, she’s starring in the current Apple TV+ drama *The Morning Show*.