

## **5. Florence Nightingale and International Nurses Day**

The daughter of wealthy British citizens, Florence Nightingale was born on May 12, 1820, in Florence, Italy, and was named after the city of her birth. Nightingale believed she was called by God to be a nurse and entered the profession in 1844, much to the distress of her mother and sister who felt nursing was beneath their social status. She first became well-known while serving as a nurse during the Crimean War. She tended to the soldiers and was dubbed "The Lady with the Lamp" because she made her rounds at night. Nightingale wrote the book *Notes on Nursing*, which was first published in 1859. It would later serve as the cornerstone for the curriculum at her Nightingale School of Nursing. Her book also sold well to the general reading public and was considered a classic introduction to nursing. Nightingale established the first secular nursing school in the world in 1860 at St. Thomas Hospital in London. This laid the foundation for professional nursing. "The Nightingale Pledge" taken by new nurses was named in her honor, and International Nurses Day is celebrated around the world each year on her birthday.

## **6. Mother's Day**

Mother's Day is annually observed in the United States on the second Sunday in May. It is an opportunity for people to recognize the important and positive contributions mothers make to society and to express appreciation for motherhood and maternal bonds. Mother's Day celebrations around the world have very different origins and traditions. However, many of them have been influenced by American customs associated with the holiday, such as giving gifts, sending cards, and gathering for family dinners with mother as the guest of honor.

## **7. National Bike Month**

May is National Bike Month. This annual event is sponsored by the League of American Bicyclists. The League, founded in 1880, was originally called the League of American Wheelmen. Cyclists at that time were challenged by rutted roads of gravel and dirt, and they faced harassment from horsemen, wagon drivers, and pedestrians. Because they wanted to improve riding conditions and better enjoy their sport, more than 100,000 cyclists from across the United States joined together and formed a league to advocate for paved roads. The success of their efforts played a role in the early development of our national highway system. National Bike Month is designed to increase awareness of the pleasures, practical uses, and health benefits of bicycling. Annually, cycling groups across the nation plan and coordinate a variety of events, encouraging families, schools, organizations, and communities to participate.