My program includes private tags to hide the integer value of day, month, and year from the main method, instead there are public accessor methods to help keep the actual variables more secure. This is a method of encapsulation which is an important principle of object-oriented programming as it means that the internal logic can't be accessed and therefore it should be harder to break. My program also makes use of abstraction as it does not include any of the complex internal calculations inside any main method and instead separates it into a separate method. An example of this is the <code>dayOfWeek</code> method which contains an algorithm to work out the day of the week. The user of this method will be able to call and use it, just knowing the parameters and return type and not have to know how it functions exactly. This helps reduce complexity for the programmer as for their next program they do not have to duplicate code or understand how it functions.