



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Canada Day: July 1st

Canada Day is Canada's national holiday. It is a federal holiday celebrated on July 1, annually, by all provincial governments and most businesses across Canada.

History: Canada Day celebrates the creation of the Dominion of Canada through the British North America Act on July 1, 1867, uniting three British territories — the Province of Canada (southern Ontario and southern Quebec), Nova Scotia, and New Brunswick — into a federation.

The holiday itself was formally established in 1879 and was originally called *Dominion Day*, making reference to the term "dominion," which was first used to describe a political union within the British Empire for Canada, at a time when some in the British government were hesitant to adopt the name proposed by the Fathers of Confederation: Kingdom of Canada. The name was changed to *Canada Day* on 27 October 1982, referencing the adoption of the earlier Canada Act 1982.

On Dominion Day 1923, the Chinese Immigration Act of 1923 went into effect. Until the act was repealed in 1947, many Chinese-Canadians referred to 1 July as "Humiliation Day" and refused to celebrate Canada's birthday.

Quebec also has Moving Day on 1 July, due to the fact that most leases there begin and end on that day, with many people changing residences.

-- Newfoundland and Labrador Memorial Day --

In Newfoundland and Labrador, 1 July is recognized as Memorial Day, and commemorates the Newfoundland Regiment's heavy losses during World War I, at Beaumont Hamel, on the first day of the Battle of the Somme.

Canada Day is generally marked by patriotic celebrations. Most cities have organized celebrations, with entertainment usually having a Canadian theme, and often featuring fireworks. Canadian flags abound, and some individuals paint their faces in Canadian national colours (red and white).

Montreal is known to have the largest celebration in the country, which sometimes exceeds 500,000 people at the Old Port alone. The celebrations in Ottawa are particularly lavish. Every Canada Day, hundreds of thousands gather on Parliament Hill to celebrate Canada's birth. Official celebrations are held throughout the national capital, including in Hull, with the main show taking place on Parliament Hill. This event is normally presided over by the Governor General, though the Queen of Canada, Queen Elizabeth II has attended Canada Day ceremonies in 1990, 1992, and 1997. Prior to this the Queen had helped celebrate Canada's 100th anniversary on July 1, 1967.

Canada comes from an Iroquois word "kanata," meaning village. Other country names that were considered at the time of confederation included Victoria-land, Borealia, Superior, Norland, and The United Provinces of North America. - *Wikipedia*



*That beautiful season
the Summer!*

*Filled was the air with
a dreamy magical light;*

*And the landscape lay as if new
created in all the
freshness of childhood.*

Henry Wadsworth Longfellow

What To Do If You Feel Faint:

Feeling light headed or seeing black spots? You can temporarily prevent yourself from passing out by crossing your legs at the ankles and contracting the muscles in your legs, abdomen and buttocks.

People prone to fainting who practiced this technique either avoided fainting altogether or delayed it for an average of two-and-a-half minutes, which is often enough time to find a safe place to sit or lie down. If you still feel yourself losing consciousness, lower yourself to the ground to reduce the chances of injuring yourself when you fall.

Fainting can be triggered by blood pooling in the legs and abdomen, which causes a drop in blood pressure. - *C.T. Paul Krediet*

Ice Cube Tip: If you're serving iced tea, lemonade, or punch, try making ice cubes out of the same liquid. That way, as the cubes melt, they won't dilute your drink. For a special treat, freeze a few blueberries or raspberries in each cube.

Get Free Cleaning Tips And Specials At Our new website www.pcsniagara.com

Outstanding Client of the Month!

Meet Sharnie MacNeil

Sharnie has been our client for several years. Sharnie has opted for our Enque Program – we come out every 6 months to clean and apply scotchgard – but Sharnie only pays for the cleaning once a year! Call us for details about this unique and money saving program.

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business... YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

Consider the daffodil, and while you're doing that, I'll be over here looking through your stuff.

He who is outside the door has already got a good part of his journey behind him.

Dutch proverb

As long as you're going to be thinking anyway, think big.

Donald Trump

Beware the barrenness of a busy life.

Socrates

If you keep your feet planted firmly on the ground, you'll have trouble putting on your pants.

See Insert This Issue:

Give your Friends a Free Gift Worth

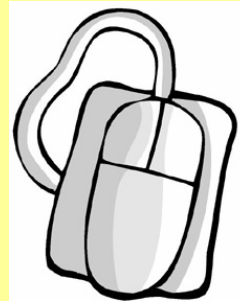
\$45.00

And I'll Pay You!



Invention of the Computer Mouse

The first computer mouse was a block of wood on small wheels with a wire coming out of one end & a small button on top. It was invented in 1964 by Dr. Douglas Engelbart of the Stanford Research Institute, and made it possible for almost anyone to use a computer. Engelbart nicknamed his invention a mouse because, he said, "the tail came out the end." Engelbart's first idea was that someone would hold the mouse continuously in one hand and type on a five-button keyboard with the other. In the early 1970s, Bill English at Xerox replaced the external wheels on the device with a ball that could rotate in any direction. Unfortunately, mechanical mice tended to pick up dirt and dust, making the balls stick. In 1999, Gary Gordon at Agilent Technologies invented a mouse that avoided those problems by using optical technology. Engelbart received a National Medal of Technology from the White House in 2000 for his achievements but never received royalties because his patent expired in 1987 before the widespread use of personal computers. In 2000, an estimated \$1.5 billion worth of mice were sold worldwide.



Juice Drinks Can Be High in Calories

It used to be that the average North American got most of his calories from white bread. No more, according to research by scientists at Tufts University. Today, many get the most calories from sodas, sweet drinks, and juices - with growing instances of serious obesity a result. Although juice may seem like the healthiest of the three, one problem with it is that large individually sized bottles can contain more than a normal 8-ounce serving. For example, an 11.5-ounce can of Minute Maid Orange Tropical has 180 calories; a 15.2-ounce bottle of Welch's grape juice contains 330 calories; a 16-ounce bottle of Fruitopia can contain as many as 350 calories. Much better, say nutritionists, is to eat whole fruits, which have fewer calories, contain fiber, and help you feel full.

More Natural Pain Relievers That Really Work

- **Arnica:** When pain is the result of a bump or bruise, this homeopathic remedy can be extremely effective, sometimes within minutes. It is also very helpful for muscle soreness after overexertion.

Typical Dosage: Dissolve two 30C potency pellets under your tongue every 15 minutes for a total of up to three doses per day, until the pain goes away. Arnice is available as a cream or tincture. Apply directly to the painful spot.

- **Bromelain:** This protein-dissolving enzyme is found in pineapple stems. It effectively reduces the swelling and bruising that cause pain for days after injury. Bromelain breaks down the blood clots that form as a result of physical trauma, restoring circulation and healing damaged tissue.

Typical Dosage: 500 mg, three times daily between meals. Look for a bromelain preparation standardized to 1,600 milk-clotting units (MCU) per 500 mg. **Caution:** Bromelain can have a slight blood-thinning effect. Check with your doctor before taking it if you're on blood-thinning medication, such as warfarin (Coumadin). -- Mark A. Stengler, ND

The Final Analysis

By Mother Teresa



People are often unreasonable, illogical, and self-centered; forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway.

If you are successful, you will win some false friends and some true enemies; succeed anyway.

If you are honest and frank, people may cheat you; be honest and frank anyway.

What you spend years building, someone could destroy overnight; build anyway.

If you find serenity and happiness, they may be jealous; be happy anyway.

The good you do today, people will often forget tomorrow; do good anyway.

Give the world the best you have, and it may never be enough; give the world the best you've got anyway.

You see, in the final analysis, it is between you and God; it never was between you and them anyway.

Bastille Day, July 14th

Bastille Day commemorates the storming of the Bastille, the political prison that symbolized the power of the monarchy. The takeover of the jail by a mob on that day in 1789 marked the beginning of the French Revolution. Today, France celebrates the holiday with military parades, fireworks displays, balls, and parties, many held at fire stations and hosted by French fire fighters. Picnics are a staple of Bastille Day. In 2000, the French held a 625-mile-long lunch, the world's largest picnic, which extended the length of the country. The organizers tried, where possible, to run a continuous line of tables and red-checked cloths from north to south through cities, towns and even forests, as millions of people shared bread and wine.

A number of North American cities also observe the holiday. Seattle hosts a large festival with cultural and musical events, food, and booths representing regions of France and French companies. Boston holds a street dance with as many as 3,000 attendees, featuring an array of French food from local restaurants. And in Washington, D.C. and Manhattan, the Les Halles restaurant chain sponsors a Bastille Day Race, in which waiters and waitresses race-walk through the streets while balancing trays of champagne.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Nancy Carter, Willo Morningstar, Katherine Wilking, Gary White, Doreen Jack, Renata Dyck, Iris Millen, Debbie Porter

Thanks For All The Kind Words!

Your newsletter is always a real treat---full of interesting trivia. I never knew that having my ceramic tile cleaned came with added perks. Thanks for keeping in touch and once my tile & grout looks dingy I will be calling you.

Mary Vescio

Get Rid of Household Odors

Here are a few simple ways to get rid of those annoying household smells.

- Place a pan of white vinegar on the stove and let it simmer for a while.

- Use lemon juice to remove fish, garlic and onion odors from utensils, pans, even hands.

- Odors from your garbage disposal can be eliminated by grinding up orange, grapefruit or lemon peels while running hot water.

- And don't forget about the odor-absorbing magic of baking soda. For nasty spills and odors inside your fridge or freezer, wash it out using a sponge or cloth and a solution of 2 tablespoons baking soda to 1 quart warm water. And keep a box of baking soda in the fridge or freezer to soak up new odors. Baking soda also helps keep kitchen drains odor free. About once a week, toss a handful of baking soda down the drain and let the warm water run.

Len Hume
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Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

Len Hume

Jellyfish Facts

You'll be lucky if your only encounter with jellyfish this summer is sidestepping them on the beach. But they are fascinating creatures. Some jellyfish facts:

- There are 2,700 different species of jellyfish, ranging in size from a grape to a king-sized bed.
- They come in white, blue, pink, yellow, green, purple, red, orange, and striped.
- Jellyfish are 95 percent water and have no heart, bones, or brain.
- Jellyfish can have a few tentacles or as many as 800; the longest tentacles extend over half the length of a football field. Jellyfish use tentacles with stinger cells to catch plankton and small fish.
- They have been on the earth for more than 650 million years, making them older than the dinosaurs.
- Jellyfish inhabit all the oceans of the world. Freshwater varieties live in lakes and rivers.
- Dried jellyfish is considered a high-protein delicacy in some countries.
- The toxin from the Australian box jellyfish is more potent than the venom from a cobra; it kills 70 people each year, making it the deadliest marine creature.

Who Wants To Win Movie Tickets?

*Take my Trivia Challenge
and you could win too!*

This is one of my favorite parts of the newsletter! Everyone who responds by the 12th of the month will be entered into a draw to win 2 FREE movie tickets. Again this month-increase your chances of winning. The first 2 people with the correct answer sent to me via email len@pcsniagara.com will be the lucky winners of the first & second set of tickets – the last set going to the lucky caller. Go ahead and take your best guess, then EMAIL me at len@pcsniagara.com or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

In what year did Dr. Douglas Engelbart invent the computer mouse?

a) 1944 b) 1964 c) 1971 d) 1980

HINT: *The answer is somewhere in this newsletter*

Last month's winners were:

Coby Huiber, Paulette Trembley and Wendy Petersen

Last month's answer:

a) **June 21st**

Last month's winner of the Spa Pedicure was

Iris Millen
*A chicken crossing the road
is poultry in motion.*