



Healthy Home News

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



*I stood beside a hill
Smooth with new-laid snow,
A single star looked out
From the cold evening glow.
There was no other creature
That saw what I could see--
I stood and watched the evening star
As long as it watched me.*

Sara Teasdale

Candlemas Day: The Festival of Lights

February 2nd is Candlemas Day. This ancient festival marks the midpoint of winter, halfway between the shortest day and the spring equinox. It is a day that holds many different customs.

The Romans had a custom of lighting candles to scare away evil spirits in the winter. One of the most interesting customs took place in Scotland. In the olden days, Candlemas was the day when children brought candles to school so that the classrooms could have light on dull days. As time went on, gas lighting took over from candlelight. The children took money to the teacher who was supposed to spend it on sweets and cakes for the children to eat. The boy or girl taking in the most money was declared Candlemas King and Queen and they 'ruled' for six weeks. They had the power to make one whole afternoon a week a playtime and they could also let anyone they wished off punishment.

People believe that Candlemas Day predicted the weather for the rest of the winter. The weather proverbs express the idea that a fine bright sunny Candlemas day means that there is more winter to come, whereas a cloudy wet stormy Candlemas day means that the worst of winter is over.

Valentine's Day Legends

Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those that were married. With this thought in mind he outlawed marriage for young men in hopes of building a stronger military base. Supposedly, Valentine, decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.

Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.

Perhaps we'll never know the true identity and story behind the man named St. Valentine, but this much is for sure...February has been the month to celebrate love for a long time, dating clear back to the Middle Ages. In fact, Valentines ranks second only to Christmas in number of greeting cards sent.

Another valentine gentleman you may be wondering about is Cupid (Latin cupido, *desire*). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, god of love. Cupid is often said to be a mischievous boy who goes around wounding both gods and humans with his arrows, causing them to fall in love. www.kidsdomain.com



Avoiding Infection at the Doctor's Office

Health specialists say it's not uncommon for healthy people to visit the doctor for a routine check-up and then come down with a cold or some other bug. One reason: sick people visit the waiting room and bring their germs with them. To lower your exposure to infection, bring your own reading material -- or toys, if you're going to the pediatrician.

Sit on vinyl, plastic, or metal chairs rather than upholstered furniture, which can't be cleaned as often. If possible, schedule appointments first thing in the morning or right after the office's lunch break to minimize the time you spend in the waiting room.

Get Free Cleaning Tips And Specials At Our 24 HR Info Hotline (905) 646-6655!

Outstanding Testimonial of the Month!

Gina From O.K. Gift Shop: phoned to say what a terrific job the specialists did - her bosses are really pleased and we will be getting calls from the staff for residential work. . Everyone was just thrilled with the work done!

Win FREE movie tickets!

Email comments to:

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*People who fight fire with fire
usually end up with ashes.*

Abigail Van Buren

*Love is a game that two can play
and both win.*

Eva Gabor

*It's not the load that breaks you
down, it's how you carry it.*

Lena Horne

The Perfect Sleeping Temperature: For the best night's sleep, the Better Sleep Council recommends keeping the temperature in your bedroom at 60 to 65 degrees Fahrenheit (16 to 18 degrees Celsius). Warmer or cooler temperatures can cause restlessness and interrupt your slumber.

See Insert This Issue:

**Fall In Love Again...
With Your Carpet!**



**6 Reasons Why
You'll Love
Your Carpet**

If You Call Me Now...

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Pet Poisons

Before you share your plate with a pet, be aware that some foods that are fine for humans can be toxic or even fatal to animals. According to the American Society for the Prevention of Cruelty to Animals, these foods are dangerous for pets:

- onions or onion powder
- chocolate
- alcoholic beverages
- yeast dough
- coffee
- caffeinated tea
- salt
- grapes and raisins
- macadamia nuts
- tomato leaves and stems
- potato and rhubarb leaves
- anything with mold growth

Carotenoids Can Lower Cataracts Risk

Recent studies have shown that the carotenoid lutein found in vegetables like spinach, broccoli, and kale can significantly lower your risk of cataract surgery. Harvard Medical School studies have shown that women who ate such greens at least twice a week had an 18 percent lower risk of cataract surgery than women who consumed them less than once a month. Men had a 23 percent lower risk.

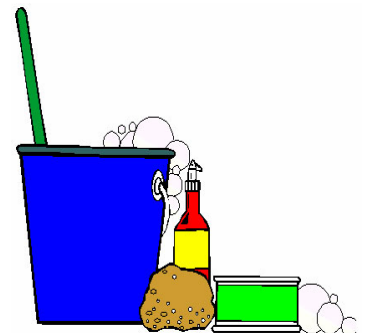
Before You Clean...

Before you clean, there are a few precautions you should take so that cleaning can be finished as painlessly as possible.

- * **Wear comfortable, old clothes** that you won't mind staining or getting dirty.
- * **Take stock** of your cleaning needs and supplies. Don't wait until you're about to clean the oven to find out that you don't have any oven cleaner left. Have everything on hand and ready to go for a smooth time.
- * **Prepare one bucket** of supplies to bring with you to every room. All you really need are a few rags, some paper towels, furniture polish, and one good all purpose glass and counter cleaner. These items will do the trick for most cleaning jobs.
Also, grab two empty garbage bags: one to carry garbage you find along the way, and the other to fill with things you no longer want but are still useful. You can give these items away or sell them at a later date.
- * **Turn off** the TV and the phone! The quickest cleaning is accomplished without any distractions.

* **Get organized.** Make a list of the rooms you want to tackle, then clean each room fully before moving on to the next.

* **Let the sun shine in!** Open the windows and let the clean, green aroma of spring's new flower and plant life enter your home. Not only will the mustiness of winter be removed, but you'll also protect yourself from inhaling dust and dangerous fumes from cleaning products.



The Taj Mahal

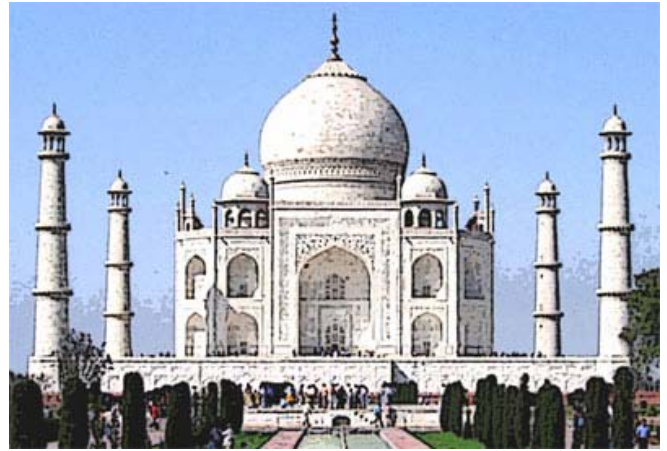
The **Taj Mahal** is a monument located in Agra in India, constructed between 1631 and 1653 by a workforce of more than twenty thousand. The Mughal Emperor Shah Jahan commissioned its construction as a mausoleum for his wife, Arjumand Banu Begum, who was known as Mumtaz Mahal.

The Taj (as it is often called) is generally considered the finest example of Mughal architecture, a style that combines elements of Hindu and Islamic architectures. While the white domed marble mausoleum is the most familiar part of the monument, the Taj is actually a complex of elements, all the buildings made of large blocks of stone; cut, polished, and sculpted. It has achieved special note because of the romance of its inspiration.

Shah Jahan was the most prolific builder of all the Mughal Emperors, with effectively limitless resources. His wife, Mumtaz, bore him fourteen children and died during the birth of the last child. He had created the gardens and palaces of Shalimar in honor of Mumtaz. Following her death, Shah Jahan was reportedly inconsolable, and soon after he began construction of the Taj.

The Taj incorporates and expands on many design traditions, particularly Persian, Hindu and earlier Mughal architecture. Hindu craftsmen, particularly sculptors and stonecutters, plied trade throughout Asia during this period, and their work was particularly prized by tomb builders. Almost exclusively, Hindus' only large buildings were temples (not palaces or public buildings). These imposing structures were constructed using rock-cut architecture, or by building massive edifices with large blocks of stone. Every surface was then carved with sculpture.

Wherever Hindu craftsmen worked, they incorporated design elements from Hindu iconography. Thus sculptured elements of the Taj include lotuses, roses, and similar forms typical of Hindu temple carvings.



Injuries: Hot and Cold Issues

First aid rules for injuries can be a bit confusing. Here is the lowdown:

- Cold reduces inflammation. Apply cold to acute injuries, such as a newly sprained ankle or a pulled muscle.
- Heat improves circulation. It's best for chronic pain, such as from tight muscles or a sore back.
- Alternate heat and cold if you have soft-tissue damage and/or stretched ligaments, such as an ankle sprain. Heat aids in restoring range of motion. Apply cold for 20 minutes per hour as desired for the first 24 hours. The next day, use warmth for 20 minutes per hour as desired.

Caution: Do not apply cold for more than 24 hours or warmth for more than 72 hours. If inflammation continues beyond 72 hours, see a doctor. - *Richard O'Brien, MD*

Drinking While Eating

Some nutritionists advise against drinking anything with meals. They argue that water and other liquids can dilute digestive juices and cause indigestion. The online nutritionists at SimpleHealth prescribe drinking 10-12 cups of water throughout the day between meals - 15 minutes before eating and two hours after. If you must drink with your meals, opt for room temperature water - ice water can lower stomach temperature and interfere with digestion

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...

Gina from O.K. Gifts, Mrs. Walker & Richard Reid
(White Oaks Hotel)

Please look for the insert that will dispel often held myths regarding the carpets in your home, air quality in your home and allergy-causing substances. You may be surprised to learn about the good qualities of the carpet in your home.



Len Hume
Professional Carpet Systems
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Your New Issue Has Arrived!

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

Len Hume

This Month's List of Useless Trivia

- King Tut is the only Egyptian Pharaoh to remain buried in his tomb
- James Buchanan was the only unmarried President of the United States
- Reykjavik, Iceland is the northernmost national capital in the world
- A furlong is an eighth of a mile.
- Siberian huskies lack the glands that other dogs have that give bad doggie breath.
- US Pres. Abraham Lincoln signed the legislation to create the Secret Service on April 14, 1865, the same day he was shot
- Donald Duck comics were banned from Finland because he doesn't wear pants.
- In 1980, there was only one country in the world with no telephones - Bhutan.
- The most extras ever used in a movie were 300,000, for the film Gandhi in 1981.
- Every person has a unique tongue print.
- When Bugs Bunny first appeared in 1935, he was called Happy Rabbit.
- Pollsters say that 40% of dog and cat owners carry pictures of the pets in their wallets.
- Bubble gum contains rubber.
- Only 55% of all Americans know that the sun is a star.

Great Truths Children Have Learnt

- 1) No matter how hard you try, you can't baptize cats.
- 2) When Mom is mad at Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

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! The first 10 people who call my office will be entered into a draw for 3 prizes of 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 and 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:

Which is the title of the very first James Bond movie?

- a) From Russia With Love b) Goldfinger c) Thunderball
d) Dr. No e) You Only Live Twice

Last month's answer a) Ice Hockey

Last month's winners were Janet Myslowka, Sue Morrison & Miriam Gersho