



Healthy Home News

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

The History of Saint Valentine's Day



In ancient Rome, February 14th was a holiday to honor Juno, the Queen of the Roman Gods and Goddesses, and also known as the Goddess of women and marriage. The following day, February 15th, began the Feast of Lupercalia.

On the eve of the festival of Lupercalia the names of Roman girls were written on slips of paper and placed into jars. Each young man would draw a girl's name from the jar and they would then be partners for

the duration of the festival. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

Under the rule of Emperor Claudius II Rome was involved in many bloody and unpopular campaigns. He was having a difficult time getting soldiers to join his military leagues, and believed that the reason was that roman men did not want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome. The good Saint Valentine was a priest at Rome in the days of Claudius II. He and Saint Marius aided the Christian martyrs and secretly married couples, and for this kind deed Saint Valentine was apprehended and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. He suffered martyrdom on the 14th day of February, about the year 270.

The pastors of the early Christian Church in Rome endeavored to do away with the pagan element in these feasts by substituting the names of saints for those of maidens in the name drawing. The pastors appear to have chosen Saint Valentine's Day for the celebration of this new feast, to coincide with the Lupercalia. So it seems that the custom of young men choosing maidens for valentines, or saints as patrons for the coming year, arose in this way.



Optimism Keeps Your Heart Healthy

A sunny outlook not only helps you live longer, it also protects you against heart disease. Recent research from Johns Hopkins Medical Institutions has found that optimistic people are much less likely to develop chest pain from heart disease or even to have a heart attack.

Researchers followed 600 healthy people with a family history of heart disease and discovered that those with a positive outlook were only half as likely to develop heart disease compared to those who were more pessimistic.

Researchers also found that even if you already have heart disease, optimism can prevent you from further ravages from the disease. People who became depressed after suffering a heart attack were less likely to stick to a healthy lifestyle, a key component to recovering from an attack.

FEBRUARY

*Late February days; and now,
at last, Might you have that
Winter's woe was past;
So fair the sky and so soft the air.*
William Morris

February Origins: This month's name is derived from *februa*, the name of a Roman festival of expiation or atonement, which was held during February. The festival's name itself comes from *februo*, meaning "I purify by sacrifice."

Canada's Winterlude, Feb. 4-20:

This three-weekend festival in Ottawa, Ontario, Canada, was founded by the National Capital Commission in 1979 to celebrate the northern climate and culture. Activities include skating on Rideau Canal, snow and ice competitions, and winter sports demonstrations. Nearly 700,000 attend.

No Stitches Necessary: A new study shows that simply washing and bandaging a cut promotes healing just as quickly and completely as stitches – and this method requires less time in the emergency room and costs much less.

You should get stitched when: A cut is longer than one inch; you cannot stop the bleeding; there is numbness or it hurts to move the injured area, which indicates possible nerve or tendon damage. - James Quinn, MD

*It is easier to fight for principles
than it is to live up to them.*

Alfred Adler

Get Free Cleaning Tips And Specials At Our Hotline 905.646.6445!

Fall In Love Again...
With Your Carpet!



6 Reasons Why February
is the Best Month
to Clean Your Carpet...

See Insert This Issue:

Outstanding Client of the Month!

Meet Andrew & Jamie Blom

“Our long time clients who have launched their own Heating and A/C Firm. We know they will be successful because of their ethical business knowledge. **Good luck and thank you for the business.**”

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!

*Men always want to be a woman's
first love; women like to be a man's
last romance.*
Oscar Wilde

A Few Tips on Window Washing:

(from doityourself.com)

- Never wash windows while the sun is shining on them because they dry too quickly and leave streaks
- When polishing windows use up and down strokes on one side of the window and side to side strokes on the other to tell which side requires extra polishing
- To polish windows or mirrors to a sparkling shine, try a natural linen towel or other soft cloth, a clean, damp chamois cloth, a squeegee, or crumpled newspaper. (A word of warning: while newspaper does leave glass lint-free with a dirt-resistant film, persons with sensitivities to fumes from newsprint may wish to avoid the use of newspaper as a cleaning tool.

Use one of the following mixtures to clean glass and windows:

- **Soil and Grease:** 1/4 cup ammonia diluted in 2 quarts of warm water
- **Hard Water Deposits and Soil:** 1/4 cup vinegar diluted in 2 quarts of warm water
- **Heavy Soil and Grease Build Up:** combine 1/2 cup ammonia, 2 cups rubbing alcohol and 1 gal water

Tip: When washing windows, wash sills and cross pieces first. Wipe windows with lintless cloth, paper towels or crumpled newspapers. To prevent streaking, wash windows out of direct sunlight. For touch-ups, keep any one of the above preparations in a spray bottle, spray on dirty area and wipe.

Vinegar. Wash windows or glass with a mixture of equal parts of white vinegar and warm water. Dry with a soft cloth. Leaves windows and glass streak-less. (To remove those stubborn hard water sprinkler spots and streaks, use undiluted vinegar.)

Borax or Washing Soda. Two tablespoons of borax or washing soda mixed into 3 cups water makes a good window cleaner. Apply to surface and wipe dry.

Lemon Juice. Mix 1 tablespoon lemon juice in 1 quart water. Apply to surface and wipe dry.

Baking Soda. To clean cut glass, sprinkle baking soda on a damp rag and clean glass. Rinse with clean water and polish with a soft cloth.

All Tune-Ups are not Created Equal

A tune-up can have 25 different meanings to 25 different technicians. Price alone will not define a tune-up. Understanding the different types of tune-ups will go a long way towards helping you appreciate the level of service that is being provided.



There are basically three types of tune-ups:

- 1. A Basic Tune-up** usually involves the regular interval maintenance as specified by the original manufacturer. It normally includes: replacing the spark plugs and fuel filter; inspecting the spark plug wires, distributor cap, distributor rotor and air filter; and checking the dwell and timing.
- 2. A Major Tune-up** usually involves a more thorough maintenance of the vehicle. This is done to maximize the vehicle's performance and efficiency. The result of a Major Tune-Up is an increased longevity of the vehicle. It normally involves: replacing the spark plugs, spark plug wires, distributor cap, distributor rotor, oxygen sensor, fuel filter and air filter; inspecting the fuel system, emission system, and ignition system completely; and adjusting the dwell, timing, fuel mixture to OE specs.
- 3. A Performance Tune-up** is the most complete and beneficial service for your car. It includes: a detailed questionnaire on your vehicle; a test drive to replicate the symptoms encountered; a complete diagnostic check-up; the replacement or maintenance of any sub-par items on your vehicle identified in the diagnostic check-up.

Always ask your Auto Service Dealer to only use the highest quality products on your vehicle.

Improper Use of Antibiotics

Antibiotics are miracle drugs that fight infections caused by bacteria. However, some bacteria can become resistant to antibiotics. We all need to be concerned about proper use of these drugs. Using an antibiotic correctly will help ensure that antibiotics will be effective for you and your family in the future.

The Centers for Disease Control and Prevention has a national campaign to promote appropriate antibiotic use in the community, designed to reduce inappropriate antibiotic use and the spread of resistance to antibiotics. Go to their web site (http://www.unitedhealthfoundation.org/anti_quiz.html) to Take a Quiz to see what you know and what you need to know about antibiotic use.

Eight Tips to Get Smart About Antibiotics:

1. *Talk with your health care provider about antibiotic resistance.*
2. *Ask your provider whether an antibiotic is likely to be beneficial for your illness.*
3. *Ask your provider what else you can do to feel better sooner.*
4. *Only use antibiotics when they are likely to be beneficial.*
5. *Do not take an antibiotic for a viral infection like a cold or the flu.*
6. *Do not save some of your antibiotic for the next time you get sick.*
7. *Take an antibiotic exactly as the doctor tells you.*
8. *Do not take an antibiotic that is prescribed for someone else.*

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 were 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.

*If Candlemas Day be fair and bright
Winter will have another fight.*

*If Candlemas Day brings cloud and rain,
Winter won't come again.*

*If Candlemas Day be dry and fair,
The half o the winter's to come and mair;
If Candlemas Day be wet and foul,
The half o the winter's gone at Yule.*

This Month in History

10 Years Ago: 2/2/95
The United States launches the space shuttle Discovery.

15 Years Ago: 2/13/90
The United States, England, and France allow East and West Germany to re-unify.

20 Years Ago: 2/19/85
Artificial heart patient William Schroeder becomes the first person to leave the hospital after successful surgery.

30 Years Ago: 2/11/75
Margaret Thatcher is elected leader of the British Conservative Party.

40 Years Ago: 2/21/65
Malcolm X is assassinated at 39.

75 Years Ago: 2/17/30
Astronomer Clyde Tombaugh discovers Pluto.

100 Years Ago: 2/1/1905
US President Theodore Roosevelt establishes the Forest Service.

*The true test of intelligence
is not how much
we know how to do,
but how we behave
when we don't know
what to do.*
John Holt

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...

David White, Diane McCready, Angela Reed, Mrs. Nunn, Barbara Morris, Mrs. Nemeth, Bill Bruin

Thanks For All The Kind Words!

Jamie Blom states:

"Jon did an amazing job on cleaning our sofas. They look bright again and we were comfortable leaving him alone while we went out. He gave us a gift bag with goodies and the spot remover was awesome for removing our 13 year old daughter's mascara stain".

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



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! Each month I'll give you a new trivia question. And the first **10** right answers will be entered into a draw for **3** prizes of **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **(905) 646-6655!** Remember, your chances of winning are better than you think!

This month's Holiday MegaTrivia Question is...

How many stones did David carry into battle with Goliath?

a) 2 b) 7 c) 5 d) 1

January Winners: Iris Millen, Peter Kessler, Betty White

January's Answer: 1801

Under-the-Weather Workouts

When you're catching cold, should you continue to exercise? Personal trainer Lisa Willacker offers this rule of thumb: If you have no fever and your symptoms are above the neck -- a runny nose, sneezing, or a sore throat -- you can engage in moderate exercise. Keep the intensity low, and if you feel that you are getting worse, stop. If you have below-the-neck symptoms -- exhaustion, muscle aches, vomiting, diarrhea, chills, swollen lymph glands, or a hacking cough -- wait at least two weeks after you recover before returning to serious training.

Safe Bedding for Babies

Soft bedding and pillows can expose children under two to serious hazards, in spite of how comfortable it may seem. According to the Consumer Product Safety Commission, pillows, quilts, comforters, sheepskins, and pillow-like stuffed toys should not be placed in the crib, since they present a suffocation danger for babies. To use a blanket, put your baby's feet at the foot of the crib, then tuck a thin blanket around the crib mattress, reaching only as far as the baby's chest. Put the child on its back with the head uncovered.

Foods Good for Your Teeth

If you wish to promote healthy teeth, consider eating the following "tooth-healthy" foods:

- **Crunchy foods** like celery and apples because they have a "detergent action" that scrapes plaque off teeth.
- **Hard cheeses** because they contain calcium and increase the flow of saliva, which helps fight tooth decay.
- **Green and black teas** because they contain chemicals that fight cavities and gum disease.

