



# Healthy Home News

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

## Saint Patrick's Day, March 17, 2006

**Saint Patrick's Day** is the Irish feast day that celebrates Saint Patrick (386-461), the patron saint of Ireland. It is a legal holiday in the Republic of Ireland, Northern Ireland, the overseas territory of Montserrat and the Canadian province of Newfoundland and Labrador. It is celebrated worldwide by the Irish and those of Irish descent (and increasingly by many of non-Irish descent). A major parade takes place in Dublin and in most other Irish towns and villages. The four largest parades of recent years have been held in Dublin, New York City, Manchester, and Savannah. Parades also take place in other places, including London, Paris, Rome, Munich, Moscow, Beijing, Hong Kong, Singapore, Copenhagen and throughout the Americas.

As well as being a celebration of Irish culture, St. Patrick's Day is a Christian festival celebrated in the Roman Catholic Church, the Church of Ireland (among other churches in the Anglican Communion) and some other denominations. However, as a Christian festival, St. Patrick's Day sometimes is required to *give way* to a more important feast. The day always falls in the season of Lent, and it may fall in Holy Week. In church calendars if St. Patrick's Day falls on a Sunday, it is moved to the following Monday. If it falls in Holy Week, it is moved to the second Monday after Easter. In Ireland it is traditional that those observing a Lenten (relating to Lent) fast may break it for the duration of St. Patrick's Day.

## How To Help A Loved One Heal

*Bernie Siegel, MD*

When a loved one is in the hospital or at home recovering from an illness, the way you interact with him or her can actually help speed – or slow – the healing process. Here's how to be a **Good Visitor**...

- **Don't drop in.** Call ahead to the patient – or to a family member – and ask what the best time is for you to visit. If you plan on visiting often, talk to other regular visitors and coordinate your schedules. That way, you will avoid overwhelming the patient – and give relief to his family members as well.
- **Be present.** Many people feel very anxious about spending time with someone who is ill. You may be scared about the patient's condition or uncertain about his frame of mind. Remember, you're not there to cure the patient, but to witness and be present for his journey.
- **Knock before entering.** People will often mistake an open door as an invitation to walk in unannounced. Knock first, then wait for a response. By asking for permission to enter, you are empowering your loved one.
- **Sit down.** After entering the patient's room, sit down as soon as possible. If your loved one is lying in a bed or sitting in a chair, this puts you at eye level.

*(Continued on Page 2)*

# MARCH

One swallow does not make a summer,  
But one skein of geese,  
Cleaving the murk of March thaw,  
Is the spring.

**Aldo Leopold**

**Eat Your Peas!** Whether you enjoy garden peas (the kind that need to be shelled) or edible-pod peas, such as sugar snaps, you'll benefit from their nutrients. Sugar snaps are an excellent source of vitamin C and iron, as are garden peas, which also have more cholesterol-fighting fiber. Just be careful not to overcook them so as not to destroy the vitamin C.



**St. Patrick's Festival:** St. Patrick's Festival was established by the Government of Ireland in November 1995. The principle aim of St. Patrick's Festival, since its inauguration, is to develop a major annual international festival around the national holiday over which the 'owners' of the festival, the Irish people, would stand proud. It sets out to reflect the talents and achievements of Irish people on many national and world stages, and it acts as an exciting showcase for the manifold skills of the people of Ireland, of every age and social background. As the one national holiday that is celebrated in more countries around the world than any other, St. Patrick's Day is the day when everyone wants to be Irish.

**Get Free Cleaning Tips And Specials At Our 24 HR Info Hotline (905) 646-6445!**

## Outstanding Testimonial of the Month!

### Meet Mrs. Walker

Mrs. Walker called to say that for the first time after having her carpets cleaned they look REALLY clean - "For the first time I got what I paid for. Robert did a wonderful job!"

### Win FREE movie tickets!

Email comments to:

[len@pcsnigara.com](mailto:len@pcsnigara.com) or  
[www.ethicalservices.com](http://www.ethicalservices.com)

or Mail to:

PO Box 20068, Grantham PO  
St. Catharines, ON L2M 7W7

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*A good novel tells us the truth about its hero; but a bad novel tells us the truth about its author.*

**Gilbert K. Chesterton**

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*God has placed no limits to the exercise of the intellect he has given us, on this side of the grave.*

**Francis Bacon**

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*A man's face is his autobiography. A woman's face is her work of fiction.*

**Oscar Wilde**

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*Never judge a book by its movie.*

**J.W. Eagan**

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*All my life I've looked at words as though I were seeing them for the first time.*

**Ernest Hemingway**

## How To Help A Loved One Heal

*(Continued from Page 1)*

- **Ask open-ended questions.** When visiting someone who is ill, people frequently blurt out seemingly innocuous statements, such as, "My, isn't it a lovely day?"... "You look wonderful"... or "Everything's fine – you have nothing to worry about." These statements are really saying, "I can't deal with anything you want to talk about, so I'm going to talk for you."  
Instead, ask open-ended questions, such as "How are you?"... "How are you feeling?"... or "How are things going?" This lets the patient choose how to respond. What your loved one may want most is simply to talk about what he is feeling and thinking. If so, listen very carefully. Do not feel pressured to make "constructive" comments.
- **Don't feel you have to speak.** The most important gift you can give is simply to be there, physically and emotionally. When people have their loved ones nearby, it can actually change their physiology for the better. Immune function improves, and levels of stress drop. If the patient doesn't feel like talking, that's fine. Simply sit and read silently by the bedside.
- **Bring gifts.** Even if your loved one doesn't ask for anything, bring along a gift, such as a book, tape or CD you think they might enjoy. You can also bring photographs of family members and friends, wall hangings and personal items, such as a favorite blanket, to make the room more comfortable and familiar.
- **Never underestimate the power of prayer.** Many doctors and patients have learned from personal experience that religious faith is good medicine. In recent years, hundreds of clinical studies have demonstrated that this statement is not just a matter of faith, but rather of science. Regularly saying brief prayers that express your good wishes for the comfort and healing of others will not only benefit the sick person, but it will bring comfort and healing to you as well.

## The Origin of SOS

**SOS**, the familiar distress call, consists of three Morse code letters: dot dot dot, dash dash dash, dot dot dot. Contrary to popular belief, it does not stand for "save our ship" or "save our souls" or any other phrase. Instead, it was selected by the 1908 International Radio Telegraph Conference because the combination of dots and dashes was easy to send and recognize. SOS slowly came to replace **CQD**, an earlier distress call, in which CQ was the signal that a message was coming in, and D stood for distress, perhaps a medical emergency or mechanical problem. When the Titanic sank in 1912, the ship used CQD first and only near the end issued an SOS to call for help. The United States officially adopted SOS as a distress signal that same year.

## ICE Your Phone

It's a good idea to ICE your cell phone. ICE stands for "In Case of Emergency," and the International Association of EMTs and Paramedics, along with police departments nationwide, urge cell phone users to program emergency contact information under that acronym in their cell phone address books. That way, medical personnel will immediately know whom to contact and their telephone number if the cell phone owner is incapacitated. (*Note: Don't "lock" your phone - that is, program it so that it can't be used by anyone but you.*) Paramedics suggest using "ICE-wife" or "ICE-Dad" if more than one contact is to be designated.

**See Insert This Issue:**



**6 Easy Tips  
For Keeping  
Your Carpet  
Looking  
Like New!**



## POLO: Some History

Polo is arguably one of the most complex of games in the world. The precise origin of polo is obscure and undocumented, but there is ample evidence of the game's place in the history of Asia. Many scholars believe that polo originated among the Iranian tribes sometime before Darius the Great (521–485 BC) and his cavalry forged the Second Iranian Empire. Certainly it is Persian literature and art that give us the richest accounts of polo in antiquity. The first recorded polo match occurred in roughly 600 BCE between the Turkomans and Persian, with victory going to the Turkomans.

Polo was also popular among other nations, including China, where it was the royal pastime for many centuries. The Chinese likely learned the game from the Iranian nobles who sought refuge in Chinese courts after the invasion of the Iranian Empire by the Arabs, or possibly by some Indian tribes who were taught by the Iranians. The polo stick appears on Chinese royal coats of arms and the game was part of the court life in the golden age of Chinese classical culture under Minghuang, the Radiant Emperor.

Polo came to the west via *Manipur*, a northeastern state in India. According to historical accounts, one British government official stationed in Manipur (then a princely state) during the late 19th century wrote an account of the sport, and thus its popularity spread. The game's governing body in the United Kingdom is the Hurlingham Polo Association, which drew up the first set of formal British rules in 1874, many of which are still in existence.

Polo is played professionally in only a few countries, notably Argentina, England, Pakistan, India, and the United States. Polo is unique among team sports in that amateur players, often the team patrons, routinely play alongside the sport's top professionals. Argentina dominates the professional sport, its polo team has been the uninterrupted world champion since 1949 and is today the source of most of the world's 10 goal (i.e., top-rated) players. The U.S. is unique in possessing a professional women's polo league, the United States Women's Polo Federation, which was founded in 2000.

## Life Is the Cookie

One of my patients, a successful businessman, tells me that before his cancer he would become depressed unless things went a certain way. Happiness was "having the cookie." If you had the cookie, things were good. If you didn't have the cookie, life wasn't worth a damn. Unfortunately, the cookie kept changing. Some of the time it was money, sometimes power, sometimes sex. At other times, it was the new car, the biggest contract, the most prestigious address.

A year and a half after his diagnosis of prostate cancer he sits shaking his head ruefully. "It's like I stopped learning how to live after I was a kid. When I give my son a cookie, he is happy. If I take the cookie away or it breaks, he is unhappy. But he is two and a half and I am forty-three. It's taken me this long to understand that the cookie will never make me happy for long. The minute you have the cookie it starts to crumble or you start to worry about it crumbling or about someone trying to take it away from you. You know, you have to give up a lot of things to take care of the cookie, to keep it from crumbling and be sure that no one takes it away from you. You may not even get a chance to eat it because you are so busy just trying not to lose it. Having the cookie is not what life is about."

My patient laughs and says cancer has changed him. For the first time he is happy. No matter if his business is doing well or not, no matter if he wins or loses at golf. "Two years ago, cancer asked me, 'Okay, what's important? What is *really* important?' Well, *life* is important. Life. Life any way you can have it. Life with the cookie. Life without the cookie. Happiness does not have anything to do with the cookie, it has to do with being alive. He pauses thoughtfully. "I guess life is the cookie." -- by: *Rachel Naomi Remen, Kitchen Table Wisdom*

## 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...

Mary Lucyk, Alison Miller and The Brick of St. Catharines

## Client of the Month

**Thank you to Marion Lichty of St. Catharines**

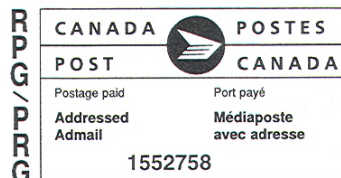
We want to thank Marion for all her kind words and referrals throughout the many years she has been our customer. It has been a pleasure to service her in the past and we hope to continue to do so in the future. Customers like Marion make us feel like a success!

Len Hume  
Professional Carpet Systems  
300 Welland Ave, St. Catharines,  
Ontario L2R 7L9 (905) 646-6655

# Your New Issue Has Arrived!

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

*Len Hume*



RETURN POSTAGE GUARANTEED  
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## 10 Things We Can Learn From Movies, Part 1

1. If being chased through town, you can usually take cover in a passing St Patrick's Day parade - at any time of the year.
2. Cars and trucks that crash will almost always burst into flames.
3. All grocery shopping bags contain at least one loaf of French bread.
4. All single women have a cat and/or a gay best friend.
5. The ventilation system of any building is a perfect hiding place. No one will ever think of looking for you in there and you can travel to any other part of the building without difficulty.
6. Should you wish to pass yourself off as a German officer, it will not be necessary to speak the language. A German accent will do.
7. The Eiffel Tower can be seen from any window of any building in Paris.
8. A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds.
9. Medieval peasants had perfect teeth.
10. If you lose a hand, it will cause the stump of your arm to grow by 15cm.

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## 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 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@pcsnagara.com](mailto:len@pcsnagara.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@pcsnagara.com](mailto:len@pcsnagara.com) or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

**The first set of formal British rules for polo were established by the Hurlingham Polo Association in what year?**

**a) 1806 b) 1851 c) 1874 d) 1911**

**HINT: The answer is somewhere in this newsletter**

**Last month's answer D) Dr. No**

**Last month's winners were Barb & Tony Jeffrey, Ron Wiens and Connie Ferrusi**

## Joke Time: Sermon on Lying

A minister wound up the services one morning by saying, "Next Sunday I am going to preach on the subject of liars. And in this connection, as a preparation for my discourse, I would like you all to read the seventeenth chapter of Mark."

On the following Sunday, the preacher rose to begin and said, "Now, then, all of you who have done as I requested and read the seventeenth chapter of Mark, please raise your hands."

Nearly every hand in the congregation went up.

Then said the preacher, "You are just the people I want to talk to. Mark has only sixteen chapters."