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# Healthy Home News

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

## St. Patrick's Day in Canada

St. Patrick's Day is a public holiday in the Canadian province of Newfoundland and Labrador on the nearest Monday to March 17 each year. It remembers Saint Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century. His feast day also celebrates Irish culture.

St. Patrick's Day celebrates Irish culture, history and traditions.

What Do Canadians Do for St. Patrick's Day?

In some cities, notably Toronto and Montreal, large-scale St. Patrick's Day parades are held, often on the Sunday closest to March 17.

Toronto's St. Patrick's Day Parade is one of the largest in North America. One of the must-do main events is the Grand Marshal's Ball where partygoers consume industrial quantities of oysters and smoked salmon.

The parade in Montreal has been held every year since 1824. However, the first recorded celebration of St. Patrick's Day was in 1759 by Irish soldiers serving with the British army following their conquest of part of New France, a French colony in North America. In some places, there are Irish cultural events. For instance, the Irish Association of Manitoba organizes a three-day festival of Irish culture during the week of St. Patrick's Day.

### INTERNATIONAL ST. PATRICK'S DAY FAVOURITES

- **Corned beef and cabbage is a traditional St. Patrick's Day dish. Why not give it a go this year in your celebration?**
- **Irish soda bread gets its name and distinctive character from the use of baking soda rather than yeast as a leavening agent.**
- **Lime green chrysanthemums are often requested for St. Patrick's Day parades and celebrations.**



**Cool websites  
(featuring FREE) to  
visit this month:**

### **MIT...for FREE**

This is a site where **Massachusetts Institute of Technology** makes the materials used in the teaching of MIT's subjects available on the Web – with FREE access! It's not for everyone, but for those who want exposure to some of the greatest education on the planet, it's worth checking out.

[www.ocw.mit.edu](http://www.ocw.mit.edu)

### **DuoLingo**

You can learn another language with the help of this site. And it's FREE forever. You can choose from 26 different languages, from Spanish to Czech, Greek to Japanese.

[www.DuoLingo.com](http://www.DuoLingo.com)

**Check us out on Facebook**  
[www.Facebook.com/IdealCarpetCleaningON!](http://www.Facebook.com/IdealCarpetCleaningON!)

## Get Inspired



## Outstanding Client of the Month!

### Meet Mrs. Miller

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business... You could be my next **Client of the Month!**

## See Insert This Issue...



**5 Easy Steps for Keeping Your Carpets Looking Like NEW.**  
(see colored insert)

## Healthy Talk

### Fish: It's good for your brain

You may already know that fish is good for your heart. But now there's evidence that it is also good for your mental health. That's because the brain is largely made of fat and water, and it craves polyunsaturated fats, especially the much heralded omega-3 fatty acids found in fish.

That may explain why people who have the highest fish consumption, like those who live in Japan and Finland, have lower rates of depression.

—Adapted from the UC Berkeley Wellness Letter

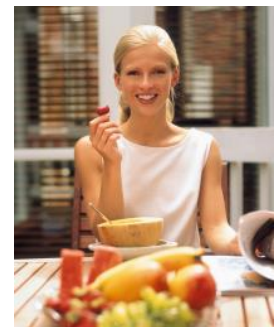
### Get the most from cardio machines

Most health experts say that a good workout should have an intensive cardiovascular component. That's why such gym equipment like treadmills and stationary cycles are so popular. Here are a few tips on making the most of your time on the machines:

- 1. Choose equipment that provides a weight-bearing exercise.** You get both a cardio workout as well as the necessary effort that helps keep your bones healthy. The best options are treadmills, elliptical trainers and stair climbers.
- 2. Look for heart rate technology.** Some cardio equipment allows you to monitor your heart rate so you know how hard you are working (or need to work) in order to get maximum benefit.
- 3. Use the programs to help you reach health goals.** Check out the different programs that are preset on many machines. They're helpful in getting you in shape for whatever goal you may have, be it losing weight or training for a hill run.

As always, check with your doctor when starting or changing your exercise routine.

—Adapted from *Health & Fitness*

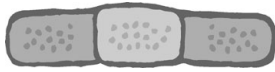


## Quotes for March...

**"March 4th. The only day that is also a sentence."** -John Green

**"March is a month of expectation."** -Emily Dickinson

## “The Invention of Band-Aids”



The Band-aid was invented in 1920 by Earle Dickson, a cotton buyer at the Johnson & Johnson Co. in the US. Dickson's wife, Josephine, was prone to cutting her fingers in the kitchen. She would dress the cuts with gauze and adhesive tape, but those bandages kept falling off. To solve her problem, Dickson placed small squares of gauze at intervals along an adhesive strip and covered them with crinoline. Josephine could simply cut off a length of tape and wrap it around her finger. Johnson & Johnson was so delighted with the idea, they made Dickson a vice president.

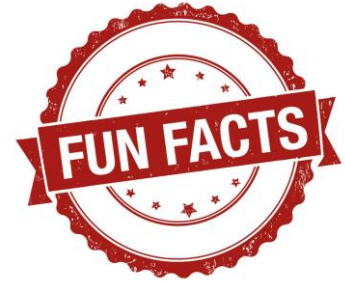


## The Benefits of a Foot Massage

If you want to ease tension at various points all over your body, focus on your feet. Pressing pressure points in the feet triggers a relaxing response elsewhere, says foot specialist Dwight Byers. Here are his tips on how to give a good foot massage - either to yourself or a loved one:

- To reduce stress in the **neck** and **shoulders** - Press firmly up and down on the underside of the toes.
- To relax the **body's midsection** - Work the tip of your thumb across the ball of the foot where the skin changes color adjacent to the arch. Using your other hand, push firmly to flex toes back and forth.
- To ease **back pain** - Place your thumbs on the heel of one foot (if you're massaging your own feet, put one foot on your knee for proper positioning). Apply thumb pressure to the underside of the foot, starting at the bottom and gliding your thumbs toward the toes. Massage the entire heel, including the sides, with your thumbs.

## March Fun Facts



In the Georgian calendar used by most of the world, March is the third month of the year. However, it was the first month, named Martius, in the early Roman calendar. The name Mars came from the Roman god of war. Later, the ancient Romans made January the first month and February the second so March became the third month, but still had 31 days.

In March in the northern hemisphere, winter ends and spring begins. Spring begins on March 19-21, the day when the sun is directly over the equator. At that time, most animals end their hibernation and begin to be seen.

1. World Math Day - the first Wednesday in March
2. Purim, a Jewish festival, usually occurs in March. It is held on the day corresponding to the 14th day of Adar on the Hebrew calendar.
3. March 8 - International Women's Day
4. March 14 - Pi Day
5. March 17 - Saint Patrick's Day
6. March 22 - World Water Day
7. March 23 - Pakistan Day
8. March 26 - Bangladeshi Independence Day

### Thanks for All the Kind Words!

Wow, our carpets look fantastic. Your guys did an awesome job! My dad said your guys were very nice, polite and careful with our new paint job. We sold our townhouse in less than a week and everyone said our carpet and painting looked amazing!

- Mrs. Miller, Riverside South