

**Ideal Carpet
Cleaning**

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Healthy Home News

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

Mother's Day, May 13



Different countries celebrate Mother's Day on various days of the year because the day has a number of different origins.

One school of thought claims this day emerged from a festival to Cybele, a great mother of Greek gods. This festival was held around the Vernal Equinox around Asia Minor and eventually in Rome itself from the Ides of March (15 March) to 18 March.

In most countries, Mother's Day is a new concept copied from western civilization. In many African countries, the idea of one Mother's Day has its origins in copying the British concept, but many festivals and events celebrating mothers on the African continent have been there centuries before the colonials arrived. In most of East Asia, Mother's Day is a heavily marketed and commercialized concept copied straight from Mother's Day in the USA.

Victoria Day, May 21



Victoria Day is Canada's statutory holiday celebrated on the Monday before or on May 24 in honour of both Queen Victoria's birthday and the currently-reigning sovereign's birthday. While Victoria Day is often thought of as a purely Canadian event, it is also celebrated in some parts of Scotland, particularly in Edinburgh and Dundee, as well as in the Cayman Islands, where it is also a public holiday.

The birthday of the monarch was a day of celebration in Canada long before Confederation. On May 24, 1854, 5,000 residents of Upper Canada gathered in front of Government House (near present-day King and Simcoe Streets, in Toronto) to "give cheers to their Queen."

Check out our blog at
idealcarpet.ca/blog/



**Cool Blogs, Sites
& Online
Resources to
Check Out!**

Cool websites to visit this month:

Mothers' Day Cartoons website

Celebrate mom with a collection of funny and witty cartoons compiled by Daryl Cagle. This is a website with some great Mothers' Day Cartoons (number 12 is a bit of Ottawa humour from the Citizen)!

on.today.com/2HfOMoS

Animal Planet Kitten and Puppy Cams

Puppies and kittens. What could be better? Go ahead and bookmark this site for whenever you need a pick-me-up. You can check out a live stream from animal shelters to see some of the adoptable cuties in action.

bit.ly/1ITjwqZ

Get Inspired

"I am not a product of my circumstances. I am a product of my decisions."

STEPHEN COVEY



Outstanding Client of the Month!

Meet Mrs. Galla

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...



Discover Why Lose Some Winter "Weight" in the Month of May!

(see colored insert)

Healthy Talk

Start the Day Right Head outside and see the light!

If Monday morning finds you not too eager to start a new week, the good news is that you can ban blue Mondays and hazardous hump days for good.

It's easier now because it's spring. The early morning sunshine can make you feel energetic and can boost your mood say authorities at the Sleep and Mood Disorders Laboratory at Oregon Health & Science University in Portland.

Maybe you've noticed that you already feel more awake in the morning. It's because the time when dawn begins affects the body's circadian rhythm.

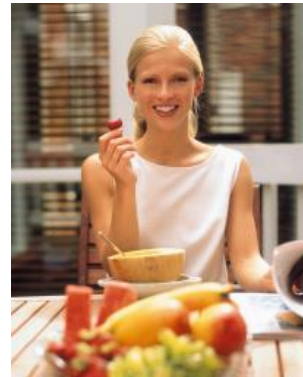
To get your rhythm reset even better, get outside as soon as you wake up. An early morning walk is ideal, but just stepping out onto a balcony can help, too. Stretch and loosen up.

Face the sun and inhale deeply as you raise your arms. Imagine that you are pulling energy-boosting light into your body. Remember, if you take that walk, you'll be brighter and smarter starting the rest of your day.

When you're in pain...

Doctors at the Mayo Clinic say that when you are in pain, exercise is probably the last thing on your mind. But it could be more important than you think.

Be sure to follow the advice of your doctor but regular exercise is a versatile weapon in the fight against chronic pain. It may seem difficult to start, but your body will thank you, say the Mayo people.



Quotes for May...

"My mother had a great deal of trouble with me, but I think she enjoyed it." – Mark Twain

"A mother's arms are more comforting than any one else's." – Princess Diana

This CAN'T be SERIOUS!

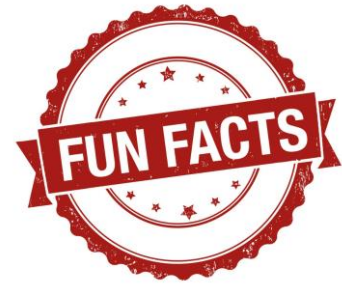
The ad below recently caught our eye. It looks like an ad from the '50s that touts the health benefits of babies drinking cola. We couldn't believe what we read when first seeing this. Take a look at the ad, then read below for *the rest of the story*.



This ad isn't real. It's just a very successful vintage-ad parody created in 2002 by RJ White. Years later he wrote:

"About seven or eight years ago, I made this fake ad, exhorting parents to give soda to their babies. It was done on a bored afternoon... I whipped it together, posted it to the web, joke over."

This Month in History



20 Years Ago (5/14/98): Last episode of Seinfeld on NBC.

65 Years Ago (5/4/53): Pulitzer Prize awarded to Ernest Hemingway (Old Man & The Sea).

65 Years Ago (5/29/53): Edmund P. Hillary & Tenzig Norgay are the first to reach summit of Mount Everest.

70 Years Ago (5/14/48): PM David Ben-Gurion establishes State of Israel.

90 Years Ago (5/15/28): Mickey Mouse made his 1st appearance.

95 Years Ago (5/4/23): New York State revokes Prohibition law.

110 Years Ago (5/10/1908): First Mother's Day observed (Philadelphia).

130 Years Ago (5/7/1888): George Eastman patents "Kodak box camera."

135 Years Ago (5/1/1883): "Buffalo Bill" Cody put on his 1st Wild West Show.

185 Years Ago (5/5/1833): John Deere makes 1st steel plow.

290 Years Ago (5/15/1718): James Puckle, a London lawyer, patents world's 1st machine gun.

Thanks for All the Kind Words!

The carpets looked good. I feel so much better knowing that they have had a good cleaning...

I appreciate the conscientious and professional service you provided and will recommend your service to others. I also look forward to contacting you in the future when I am ready to have additional carpets cleaned.

-- Mrs. Galla, Barrhaven