

**Ideal Carpet  
Cleaning**

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# Healthy Home News

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

## **Canada: 151 Years July 1<sup>st</sup> - Canada Day**

Canada Day celebrates the creation of the Dominion of Canada through the British North America Act on July 1, 1867. The Act united three British colonies: Nova Scotia, New Brunswick and Canada. The three colonies formed one country divided into four provinces. The Province of Canada became Ontario and Quebec.

A proclamation issued by Governor General Lord Monck, on June 20, 1868, asked "all Her Majesty's loving subjects throughout Canada to join in the celebration of the anniversary of the formation of the union of the British North America provinces in a federation under the name of Canada on July 1."

The holiday was formally established by statute in 1879, and was originally called *Dominion Day*. The term "dominion," was first used to describe the political union of Canada within the British Empire, at a time when the British government was hesitant, for fear of antagonizing the United States, to adopt the name proposed by the Fathers of Confederation: the Kingdom of Canada.

The name was officially changed to *Canada Day* on October 27, 1982, largely harkening back to the adoption of the earlier Canada Act. However, many Canadians had already been referring to the holiday as "Canada Day" informally for a number of years before the official name change.

On Dominion Day 1923, the Chinese Immigration Act of 1923 went into effect. Until the act was repealed in 1947, many Chinese-Canadians referred to July 1 as "Humiliation Day" and refused to celebrate Canada's birthday.

Quebec also has Moving Day on 1 July, because most leases there begin and end on that day, with many people changing residences.

Under the *Holidays Act*, Canada Day is always observed on July 1 unless that date falls on a Sunday, in which case it is observed on July 2. If it falls on a Saturday, the following Monday is generally also a day off for those businesses ordinarily closed on Saturdays.

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

## **A Totally Cool Website to Visit This Month:**

### ***Supercook***

If you want to surf the Internet in a semi-productive way -- but not so productive that you actually have to leave the house! -- then check out Supercook.

According to the website itself, here's how it works: you tell it which ingredients you have in stock at home, and it'll give you a big list of recipes you can make using just those ingredients. It's a fun way to stay thrifty, clean out the fridge, and make sure food doesn't go to waste.

**[www.Supercook.com](http://www.Supercook.com)**

**Check us out on Facebook at**

**<https://www.Facebook.com/IdealCarpetCleaningON/>**

## Get Inspired



## Outstanding Client of the Month!

### Meet Wendy S.

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...

## 12 Insider Tips on Keeping Your Carpets Looking Beautiful...

*Plus a bonus tip and offer.  
Offer expires July 31, 2018.*

## Healthy Talk

### "How to Improve Air Quality in Your Home"

More often in summer than winter, homes seem to acquire a stagnant odor. You may begin to think, "This place smells like dirt." Fortunately, boosting air quality can be easy and inexpensive. Here's how to do it:

Begin by cleaning away dust in often-missed places such as ceiling fans, baseboards, and moldings.

Then clean the ductwork of your heating and air-conditioning system. Though a professional will do a better job, just placing the vacuum cleaner hose into various ducts can draw out a great deal of dust.

Use furnace vent filters. Lift your vents and put the filters in place. The air goes through the filters before coming out, trapping the dust.

For a more serious problem, consider an in-line air-purification system. The unit will pay off in the form of clean air for years to come.

Another approach to lowering the concentrations of indoor air pollutants in your home is to increase the amount of outdoor air coming in. Opening windows and doors, operating window or attic fans when the weather permits, or running a window air conditioner with the vent control open increases the outdoor ventilation rate.

Getting your carpets cleaned twice a year is an excellent idea. Your carpet is the largest "filter" in your home – it catches all kinds of dirt, pollen, dust mites, etc. You'll have a healthier home with clean carpet.

### "FIGHTING STRESS..."

**To Fight Stress, Get A Pet:** Work can be stressful. Sometimes home life is stressful too, but having a pet can help. A Pet Care Trust study shows that you don't even have to stroke or cuddle your pet to reap the stress-busting benefits.

Merely being in the same room with a pet has been shown to lower stress levels; reduce heartrate, and lower blood pressure. About 64 percent of people reported that having a pet reduced their anxiety levels. Researchers at the University of Pennsylvania say gazing at a fish tank can have the same calming effect as a session of hypnosis.

## Quotes for July...

*"If you want something said, ask a man; if you want something done, ask a woman." - Margaret Thatcher*

*"Here men from the planet Earth first set foot upon the Moon. July 1969. We came in peace for all mankind."  
— Neil Armstrong*

## July is National Grilling Month Safety Tips For Grilling

The U.S. National Fire Protection Agency reports that barbecue grills caused about 1,000 structure fires and 3,400 outdoor fires in one year.

It's important to realize that safe grilling begins before the cooking starts. With gas grills, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking. If you suspect a leak, put soapy water on the area and watch for bubbles to discover where it is. Never use a match to check for a gas leak, and never light the grill until the leak is fixed.

Position any grill on a level surface that is away from other objects, including the house and shrubs or bushes. Keep children and pets away from the cooking area.

When you're ready to barbecue, protect yourself with a heavy apron and oven mitts that fit well over your forearm. When the party is over, store the grill outside and away from the house. Make sure the valves are turned off.

For charcoal grills, use only starter fluids designed for that purpose. Never use other flammable fluids, like gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Remember to soak the coals with water before you put them in the trash. Never use a barbeque indoors or in an unventilated space. It's a fire hazard and could cause all kinds of problems.

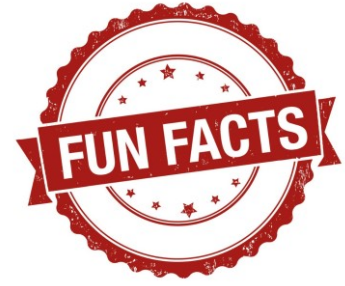
### **The LIGHTER SIDE:**

Ralph passed away. His will provided \$30,000 for an elaborate funeral. As the last guests departed the affair, his wife, Helen, turned to her oldest friend and said, "I'm sure Ralph would be pleased."

"I'm sure you're right," replied Jody, "How much did this really cost?" "All of it," said Helen. "The funeral was \$6,500. I gave \$500 to the church. The wake and food were another \$500. The rest was for the memorial stone."

Jody computed quickly. "\$22,500 for a memorial stone? How big is it?!" Helen thought a moment before replying softly, "Two and a half carats!" 😊

## Holidays in July



### July 2018 Holidays, Special and Wacky Days:

- 1 International Chicken Wing Day
- 2 World UFO Day
- 3 Compliment your Mirror Day
- 4 United States Independence Day
- 6 International Kissing Day
- 7 Chocolate Day
- 13 Embrace Your Geekness Day
- 14 Bastille Day
- 16 Global Hug Your Kids Day
- 17 World Emoji Day
- 20 Moon Day
- 24 Tell an Old Joke Day
- 25 Culinarians Day
- 26 Aunt and Uncle Day
- 30 International Day of Friendship

### Thanks for All the Kind Words!

I am very happy with everything Ideal Carpet did for me. Nick is great and very helpful, and the staff were pleasant and efficient.

- Wendy S., Ottawa