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Healthy Home News

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

Thanksgiving in Canada - October 8

Thanksgiving (French: *Action de grâce*), or **Thanksgiving Day** (*Jour de l'action de grâce*) is an annual Canadian holiday, occurring on the second Monday in October, which celebrates the harvest and other blessings of the past year.

Thanksgiving has been officially celebrated as an annual holiday in Canada since November 6, 1879. While the date varied by year and was not fixed, it was commonly the third Monday in October.

On January 31, 1957, the Governor General of Canada, Vincent Massey, issued a proclamation stating: "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to be observed on the second Monday in October."

"Dick Tracy" Comic Strip premieres, Oct. 4, 1931

Dick Tracy is a long-running comic strip featuring a popular and familiar character in pop culture. Dick Tracy is a hard-hitting, fast-shooting, and supremely intelligent police detective who has matched wits with a variety of colorful villains, many based on real-life gangsters. ("Dick" is slang for detective.) Created by cartoonist Chester Gould, the strip made its debut appearance on October 4, 1931. Gould wrote and drew the strip until 1977.

And Halloween (of course) – October 31

Halloween is a celebration on the night of October 31. It is most practiced in Canada and the United States. Children wear costumes and go to people's homes saying, "Trick or treat!" to ask for candy (sweets in the UK) and people give it to them. The suggestion is: "*Give me a treat or I will play a trick on you.*" People mainly dress up as ghosts, witches, or other scary things for Halloween.

In some Christian traditions, it's the eve of All Hallows' Day, which begins the three-day observance of *Allhallowtide*. All Hallows' Eve is a Christianized feast influenced by Celtic harvest festivals.



An Amazing Website to Visit This Month:

"National Film Board of Canada"

The National Film Board's vaults are overflowing with remarkable Canadian-made entertainment. Whether short films, documentaries, or animated classics, there are hundreds of hours of Canadian content to watch. The NFB's web presence also offers interactive mini-sites. The audio-visual experiences let you further explore areas of your interests. This site is amazing. (Who needs *Netflix* when you have this, right?)

www.nfb.ca

Get free cleaning tips on our blog at
idealcARPET.ca/blog!

Get Inspired

“Good, better, best.
Never let it rest.
'Til your good is better
and your better is best.”

—ST. JEROME



Outstanding Client of the Month!

Meet Alicia K.

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...

“Fall” For This Great
Offer...



(See the insert)

Healthy Eating

Recent Research Indicates that Drinking Tomato Juice Protects the Heart

New finding: People with type 2 diabetes or impaired glucose tolerance (a precursor to diabetes) who drank 8.5 ounces of tomato juice a day for three weeks experienced a 30% to 40% reduction in platelet aggregation, a key to the clot formation that can trigger a heart attack. This benefit is believed to apply to healthy people as well.

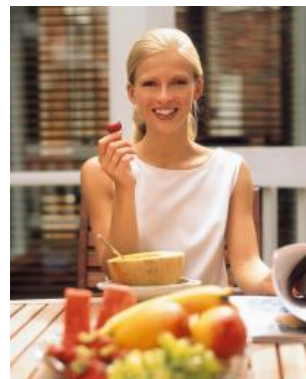
Bonus: Tomato juice also reduces the risk for deep vein thrombosis (DVT), dangerous blood clots that can occur after sitting long hours.

Helpful: Drink 8 ounces of low-sodium tomato juice each day.
-- Manohar L Garg, PhD

The Best Tea for a Sore Throat

A sore throat occurs when the mucous membranes of your throat become inflamed and irritated. One natural anti-inflammatory, marshmallow root, is particularly effective in soothing sore throat pain. Use one heaping teaspoon of marshmallow root pieces in one cup of boiling water. Let steep for 20 minutes and strain. You can safely drink up to six cups daily.

For sore throats accompanied by cold and flu symptoms, try peppermint or ginger tea. Peppermint reduces fever by helping you sweat and ginger alleviates chills and aching muscles and relieves nausea. Use one teaspoon of dried ginger root or dried peppermint leaves per cup of water. For greater convenience, tea bags also can be used. Drink 3 to 6 cups daily. – Brigitte Mars



Quotes for October...

“October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month.”
- Henry Ward Beecher

“I'm so glad I live in a world where there are Octobers.”- L.M. Montgomery

The Magic of Houdini

We thought it'd be fun to present for you two of Harry Houdini's most memorable stage escape tricks.

The Milk Can

In 1908, Houdini introduced his own original invention, the Milk Can escape. In this effect, Houdini would be handcuffed and sealed inside an over-sized milk can filled with water and make his escape behind a curtain.

As part of the effect, Houdini would invite members of the audience to hold their breath along with him while he was inside the can. Advertised with dramatic posters that proclaimed "Failure Means a Drowning Death", the escape proved to be a sensation.

Houdini soon modified the escape to include the Milk Can being locked inside a wooden chest, being chained or padlocked, and even inside another Milk Can.

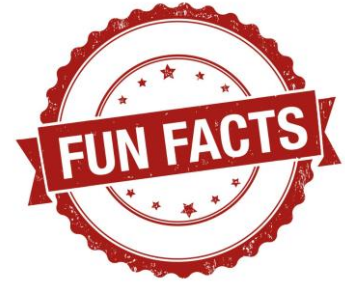
Houdini only performed the Milk Can escape as a regular part of his act for four years, but it remains one of the effects most associated with the escape artist. The Milk Can and the Overboard Box are presently housed at the American Museum of Magic.



The Chinese Water Torture Cell

Due to the vast number of imitators of his Milk Can escape, in 1912 Houdini replaced the Milk Can with his most famous escape: the Chinese Water Torture Cell. In this escape, Houdini's feet would be locked in stocks, and he would be lowered upside down into a tank filled with water. The mahogany and metal cell featured a glass front, through which audiences could clearly see Houdini. The stocks would be locked to the top of the cell, and a curtain would conceal his escape. In the earliest version of the Torture Cell, a metal cage was lowered into the cell, and Houdini was enclosed inside that. While making the escape more difficult (the cage prevented Houdini from turning), the cage bars also offered protection should the front glass break.

Wacky Days in October



Due to popular demand (*some of you really loved the previous lists*), here's the October list of fun & wacky days!

- 1 World Vegetarian Day*
- 5 World Smile Day*
- 6 International Frugal Fun Day*
- 10 Take Your Teddy Bear to Work Day*
- 12 World Egg Day*
- 13 International Skeptics Day*
- 14 Be Bald & Free Day*
- 17 Wear Something Gaudy Day*
- 25 World Pasta Day*
- 30 Mischief Night*
- 31 Increase Your Psychic Powers Day*

Thanks for All the Kind Words!

Great job, very happy with the service, as usual.

- Alicia K., Barrhaven

Memories in 2018: Legal Issues

This article is no substitute for legal advice: contact a lawyer if your memoirs could harm others' feelings or reputation.

When writing your memoirs, it may be tempting to get revenge on someone by revealing something about them or what they have done. It is wise to tread carefully, though, as there can be legal consequences for harming an identifiable, living person's (or group's) reputation. This area of the law is called defamation.

Defamation is harming someone else's reputation by making a false statement about that person to a third party. Libel is defamation with a permanent record, such a website posting, a newspaper article, a radio or TV broadcast or even an e-mail. Slander is defamation where there is no permanent record, usually through spoken words.

In Ontario, the [Libel and Slander Act](#) covers defamation. In very rare cases, defamation can be a crime that violates section 296 or 297 of the [Criminal Code of Canada](#).

Even so-called "minor" incidents of defamation can have very serious consequences, as demonstrated by the case of an Ottawa woman, Anne Bisailon. A judge ruled she had to pay Prestige Furniture of Orleans over \$40,000 in damages and legal fees. [An Ottawa Sun article](#) recounts that Bisailon sent an e-mail to 38 friends describing the company as "untrustworthy" and "deceitful". The court found she could neither prove that the company conformed to those attributes nor could she rely on the fair comment defence.

According to Ottawa lawyers Richard Deardon and Wendy Wagner, of the law firm Gowling WLG, "Libel plaintiffs ... need only prove that the words complained of are: capable of being defamatory, were published, and refer to the plaintiff."

Then the onus is on the writer or publisher to provide a defence, which can be time-consuming and expensive. "The onus is on you to prove what you said is true, which can be difficult at times," says Toronto defamation lawyer Gil Zvulony.

So keep your memoirs positive, as much as possible. It's best to avoid writing anything negative (or anything that could even be construed as negative) about a specific person or group. If you just have to get something off your chest, first consult with a lawyer.