



# 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 premiers, 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 also 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.

For Christians, 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, and pagan roots.



## 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 is 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?)*

**Get Exclusive Specials When You "Like" us at [www.Facebook.com/HMcarpetcare!](http://www.Facebook.com/HMcarpetcare)**

## Get Inspired



## Outstanding Client Of The Month!

### Meet David

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...

## Get A Night Out On The Town With A Friend...



## 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.

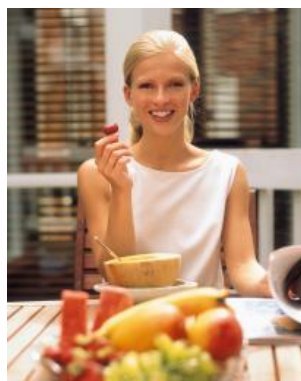
**Bonus:** Tomato juice also reduces the risk for deep vein thrombosis (DVT), dangerous blood clots that can occur after sitting long hours.

**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 to 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.

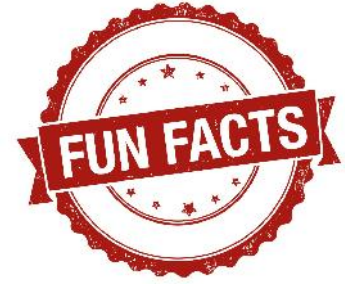
Houdini only performed the Milk Can escape as a regular part of his act for four years, but it remains one of the effects most associated with the escape artist. The Milk Can and the Overboard Box are presently housed at the American Museum of Magic?



## 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 (you've 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*

Source: [www.TimeandDate.com](http://www.TimeandDate.com)

## Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbours! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

**David, Hannah and Lori**

## Thanks for All the Kind Words!

I was searching online looking for a carpet cleaner I came across H&M carpet care and to my delight they also do furnace cleaning, by combining both services I got a discount. Very pleased with them ☺

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

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## ***Inside This Issue You Will Discover...***

- ✓ ***Thanksgiving, Dick Tracy, and Halloween Trivia***
- ✓ ***The Magic of Houdini***
- ✓ ***Healthy Eating: The wonders of Tomato Juice & Tea***
- ✓ ***Stories, and quotes to get you inspired***
- ✓ ***PLUS MORE ... Stuff from October***
- ✓ ***Thank You's, a Cool Website, Famous Quotes...AND...***

**Discounts, Specials And Much, Much MORE!**

***Keep Reading Inside...***

## **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! Each month, I'll give you a new trivia question. The first 2 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's *Mega Trivia Question*:

Drinking which of the following is good for the heart?

- A) *Marshmallow Root Tea* B) *Buttermilk*  
C) *Root Beer* D) *Tomato Juice*

***Hint: You'll find the answer in the newsletter.***