

Editor's notes:

With the sunny weather come the sunny dispositions. And we all know that a sunnier outlook can help ward off depression. Or can it? Not to rain on your parade, but the University of Pennsylvania presents some interesting studies regarding those who don't always have a cheery disposition. Apparently, these pessimists fare better than the optimists when it comes to forestalling depression. The catch is that grumpiness is more effective in later years.

These findings come from a year-long examination of adults aged 64-94. Dr. Seligman, who has been studying for two decades links between aging and depression, found some surprising results for the elderly. The older optimists tended to fall apart when faced with the cruel truth. "When optimists come to old age and a friend passes away or they find that they have a chronic health condition, it's a real threat to the way they have been coping." Maybe griping in later life and throwing in a few "bah humbugs," might keep the blues as well as the doctor away. It's rather curious that that which serves youth well, ill-serves age.

Rain or shine, here are some of the many celebrations going on this month:

Canada Day, July 1 -- Canada Day is observed every July 1. If it falls on a Sunday, the day off from work is taken on the next day. This holiday marks the union of the British colonies of New Brunswick, Nova Scotia and Upper and Lower Canada into one country in 1867.

The united Canadian government was based on England's parliamentary system. The Governor General represented the Crown, but a Parliament consisting of a House of Commons and a Senate determined matters of national interest.

Until recently, the holiday was known as Dominion Day. In an attempt to downplay Canada's colonial history, it was officially changed to Canada Day in 1982.

Founding of Quebec, July 3, 1608 -- Quebec City was founded by French explorer and navigator Samuel de Champlain. He led 32 colonists up the St. Lawrence River to start a trading post. "Quebec" comes from the Algonquin Indian word "kebec," meaning "where the river narrows."

Mutts' Day, July 31 -- This day honours dogs of mixed heritage. A mixed breed is the offspring of two different purebreds; a mutt is the offspring of mixed breeds. "Mutt" is derived from "muttonhead" and originally meant "stupid person," and perhaps refers to mutts' sometimes comical appearance.

Independence Day, U.S.A., July 4 -- Thomas Jefferson wrote the first draft of the Declaration of Independence and presented it to the Continental Congress on June 28, 1776, in Philadelphia, Pennsylvania. Though profound and eloquent, the initial agreement on and signing of the document was by no means unanimous. Four days later (after some editing), only nine out of the 13 colonies voted in favour of it.

On July 8, the Declaration was publicly read aloud twice in Philadelphia's Independence Square to cheering crowds and pealing church bells. The Province Bell in Independence Hall was rung as well and was renamed the Liberty Bell.

The signing of the document was not completed until August. The first July 4th celebration took place the following year. By the early 1800s, the holiday traditions of parades, picnics, and fireworks were established.

Moon Day, July 20, 1969 -- Thirty-five years ago, "The Eagle has landed," were the first words spoken by the first man to land on the moon. The Eagle carried a crew of three: Mission Commander Neil Armstrong, command Module Pilot Michael Collins, and Lunar Module Pilot Edwin Aldrin, Jr. Just before landing, there was a suspense-filled moment: The computer on board emitted a warning signal, and there was only a split second to make the decision to ignore the computer and land, or heed the warning and abort the landing," explained Allan Needell, curator of the Air and Space Museum. "Mission control on Earth made the decision to ignore the computer."

The Eagle, was named after America's national bird. The name of the mission, Apollo, comes from the Greek god of archery, whose aim was true even to the farthest of targets.

Passing Time

To realize the value of one year:
Ask a student who has failed a final exam.

To realize the value of one month:
Ask a mother who has given birth to a premature baby.

To realize the value of one week:
Ask an editor of a weekly newspaper.

To realize the value of one hour:
Ask the lovers who are waiting to meet.

To realize the value of one second:
Ask a person who has survived an accident.

To realize the value of one millisecond:
Ask the person who has won a silver medal in the Olympics.

Bits and Pieces

Firehouse Dogs



The Dalmatian is the mascot of fire stations, often depicted alongside a fire engine or wearing a fire fighter's helmet. The tradition dates back to the horse-and-carriage days, when Dalmatians were known for their great affinity for horses. Dalmatians were able to run between the carriage wheels and the horses' hooves, and they had the stamina to cover long distances. They often guided horse-drawn fire carriages

through the streets and kept the horses company between fires. Eventually, "horseless carriages" took over, but the Dalmatian tradition continues.

A Diamond is forever

The hardest natural substance on earth is the diamond. Although it is hard to scratch one, it can be cut into sparkling facets, and it is possible to crush a diamond with a hammer. Diamonds were formed by heat and pressure deep within the earth as far back as 3 billion years ago. They emerge from the depths as a result of volcanic eruptions.

The value of a diamond is based on its weight (measured in carats,) clarity, and cut, which determines how much light is reflected and refracted. The largest diamond ever found was the Cullinam, which weighed 3, 106 carats. It was cut into two very large stones that are part of the British crown jewels kept in the Tower of London. Also in the tower is the Great Star of Africa, part of the Royal Sceptre. At 530 carats, it is the largest cut diamond in the world.

The world's largest diamond producers are located in the former Soviet Union, Sierra Leone, Botswana, Democratic Republic of Congo, Angola, Namibia, South Africa, Australia, and Canada.

Why Men and Women Button Differently

Ever wonder why men's and women's shirts button on opposite sides? No one really knows for sure. But New York's Fashion Institute of Technology notes that one theory traces the custom to the tradition that men buttoned with their left hand so that the right would be free for wielding a sword. Women (then and now) generally held their babies on their left, leaving their right hands free for buttoning. Another possibility: women were dressed by servants, who faced them, while men (even those with servants) fastened their own buttons.

Life is Just a Bowl of . . .

Enjoy cherries for their delicious flavour and excellent nutrition. They are a good source of fibre and vitamin C and are low-fat, sodium-free, and cholesterol-free. Look for large, firm cherries with an even deep red colour.

Getting Organized

Feeling a bit scattered? Professional organizer Linda Rothschild suggests replacing all those sticky-backed notes and memos with one small notebook. Rather than wading through a hodge-podge of bits and pieces, you'll have all your important information and "to do" lists in one handy place. When you jot down a task, note the date so that you'll recall when you decided to do something.

Go Ahead! Throw It Out!

If you hold onto papers, mail, and other types of office clutter longer than you should because you worry that you'll need some of it later, try this suggestion from Lisa Kanarek, author of *Organizing Your Home Office for Success*: "Create a 'safe' trash can," she says. "Nothing goes into it except for paper -- no apple cores, no soda can, nothing that you wouldn't want to have to see again if you had to rummage through the trash can."

Wait a few weeks to empty the safe trash to allow a grace period of second thoughts. "This system may make it easier for you to pitch stuff," Kanarek says.

The Invention of Air Conditioning

Ancient Egyptians, Greeks, and Romans used to soak mats and hang them over the doors of their tents or dwellings. The evaporating water cooled the air. In the 1500s, artist and scientist Leonardo da Vinci built the first mechanical fan to circulate air. In 1902, Willis Carrier, an American research engineer, developed the first scientific air conditioning system to clean and circulate the air, as well as to lower the temperature and humidity. He called his invention an "apparatus for treating air." In 1906, the term "air conditioning" was coined.

We are here to serve you with *much more* than just local messenger service. We also offer:

- **Overnight Inter-city** deliveries throughout North America
- **Direct Drive** service to Toronto, Detroit, in fact, nearly anywhere your goods are needed.

We do it all.

Call **Sharon Coll**
at **453 0501**
for more information.

