

Editor's notes:

June 2007, Volume 22-10

*It is the month of June,
The month of leaves and roses,
When pleasant sights salute the eyes,
And pleasant scents the noses.*

-- Nathaniel Parker Willis

Perennial Gardening Month, June 1-30 -- According to the Perennial Plant Association, this month is the ideal time to buy and plant mature perennials from nurseries to enjoy them for the entire summer. Perennials, or plants that bloom year after year, are popular among gardeners. Favourites include day lilies, shasta daisies, and peonies.

National Cancer Survivors Day, June 3 -- This year marks the 20th anniversary of this event. It was the brainchild of Richard Bloch, a co-founder of H&R Block and cancer survivor himself, because he wanted to demonstrate that a diagnosis of cancer is not an automatic death sentence. This day is celebrated in Canada and the United States, as well as other countries around the world, usually on the first Sunday in June.

International Clothesline Week, June 2-9 -- The humble clothesline is the centre of an environmental debate. According to the Rocky Mountain Institute, clothes dryers account for up to 6 percent of energy consumption in the average household. Environmentalists urge use of clotheslines to harness "solar energy" -- that is, the rays of the sun -- to dry clothes.

Father's Day, June 17 -- The word "father" comes from the Old English word "foeder," and "dad" is believed to be a variation of the Welsh word "tad," which also means "father." According to a survey by the Public Broadcasting System, 79 percent of kids call the father figure in their lives "dad" or "daddy." 3 percent call them by their first name; 1 percent call them "father."

St. Jean-Baptiste Day, June 24 -- This is a public holiday in Quebec because this saint was deemed the patron saint of French Canadians by Pope Pius X in 1908. Celebrations include parades, parties, and bonfires.

Belmont Stakes, June 9 -- Belmont Park in New York State is the home of the Belmont Stakes horse race. It is considered the birthplace of horse racing in North America, dating back to a nearby grassy pasture on which the first racing meet in North America was held in 1665.

The Belmont Stakes, run in June each year, is the third race of the Triple Crown, which starts with the Kentucky Derby held on the first Saturday in May and then the Preakness Stakes three weeks later.

Since 1867, only 11 horses have won the Triple Crown. The most famous winner was Secretariat who easily won all three in 1973. The last horse to come first in all three was Affirmed in 1978.

The History of the Alarm Clock

Kings and emperors once travelled with caged roosters to provide their wake-up calls for early morning occasions. Historians say the ancient Greeks devised water clocks in which rising water in a measured period of time would hit a mechanical bird, triggering a whistle. The first mechanical clocks -- which operated with gears and wheels turned by weights -- date back to the 14th century.

By the early 1600s, some German and English house clocks had alarm mechanisms, in which a notch or turning wheel hit a lever that released gears to drive a hammer, which repeatedly hit a bell until it wound down.

Levi Hutchins of Concord, New Hampshire, is credited with inventing the first alarm clock -- although his version could only sound off at 4 a.m. (some called this a defect, not an innovation). It wasn't until 1876 that Seth Thomas was granted a patent for a small bedside adjustable alarm clock that could be set at more reasonable hours.

General Electric was the first to market the snooze alarm feature in 1956. The first electric alarm clocks with snooze alarm were sold in 1959, and could be set for 5 or 10 minutes of additional sleep.

According to a survey, 25 percent say that alarm clocks are the invention they hate most, though they can't live without them. However, most people prefer to wake to music rather than a bell or buzzer. More than a third of adults hit the snooze button each morning, averaging three wake-up postponements per day.

There is a rule in sailing where the more maneuverable ship should give way to the less maneuverable craft. I think this is sometimes a good rule to follow in human relationships as well.

-- Dr. Joyce Brothers, psychologist

Father's Day Quiz

Think you know TV fathers pretty well? Match the actor to the character name and to the TV show.

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|---------------------|----------------------|--------------------------------|
| 1. Bill Cosby | A) Charles Ingalls | 1. The Waltons |
| 2. Tom Bosley | B) Mike Brady | 2. All in the Family |
| 3. Hugh Beaumont | C) John Walton, Sr. | 3. Father Knows Best |
| 4. Robert Reed | D) Ward Cleaver | 4. The Cosby Show |
| 5. Tim Allen | E) Howard Cunningham | 5. Everybody Loves Raymond |
| 6. Carroll O'Connor | F) Raymond Barone | 6. Home Improvement |
| 7. Ralph Waite | G) Tim Taylor | 7. The Brady Bunch |
| 8. Michael Landon | H) Jim Anderson | 8. Little House on the Prairie |
| 9. Robert Young | I) Archie Bunker | 9. Happy Days |
| 10. Ray Romano | J) Cliff Huxtable | 10. Leave it to Beaver |

Answers: 1J4; 2E9; 3D10; 4B7; 5G6; 6I2; 7C1; 8A8; 9H3; 10F5

The Benefits of Walking on Sand

If you're heading for the beach this summer, you can improve your fitness and build up you calf muscles by taking a walk. A Belgian study found that walking on dry sand requires 2.1 to 2.7 times more exertion than walking on a hard surface.

According to the Kerlan-Jobe Orthopaedic Clinic in Los Angeles, walking on sand requires extra effort to position and roll the foot, leading to better coordination and more muscle mass.

Try Aromatherapy for Long Car Trips

Do your kids get antsy on long drives? Do you or your spouse get drowsy? Aromatherapy experts say the scent of essential oils can fix both problems. To keep the kids relaxed and in a pleasant mood, opt for peppermint and lemon. For the driver, try rosemary for alertness. In both cases, put a few drops on a cotton ball or tissue and place in a plastic baggie. Open and inhale occasionally -- say every half hour -- for maximum effectiveness.

Family Colours

If your family is heading for an amusement park or even a national park, take this fashion advice from travel experts: Have everyone in the group wear a shirt of the same bright colour. This will help prevent family members from getting lost or separated from one another. If you have a fashion-conscious teen or pre-teen who deems this ridiculous, let him or her choose the colour.

Attracting Hummingbirds

Donald and Lillian Stokes -- authors of *Stokes Hummingbird Book: The Complete Guide to Attracting, Identifying, and Enjoying Hummingbirds* -- offer this recipe and tips to attract hummingbirds to your feeder:

Boil 1 part sugar to 4 parts water for one to two minutes; cool and store in the refrigerator. They caution not to substitute honey or artificial sweeteners for sugar because both are detrimental to the birds.

Hummingbird feeders should be rinsed with hot water (not detergents) and filled every three to four days (and more often in particularly hot weather). Tie a red ribbon on the feeder and place it near flowers that hummingbirds like, such as fuchsias, hollyhocks, and geraniums.



**HAPPY
FATHER'S
DAY**