

PAGING DR. PAWS: PROOF PETS HELP YOU LIVE LONGER

PAGE 74

Reader's Digest

CANADA'S
MOST-READ
MAGAZINE

JULY/AUGUST 2022

101 QUESTIONS!
101 QUESTIONS!
101 QUESTIONS!
101 QUESTIONS!
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101 QUESTIONS!
101 QUESTIONS!
101 QUESTIONS!
101 QUESTIONS!

Amazing
Facts About
Syrup, Shania
Zambonis
and More!

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CANADA QUIZ

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**"Now this is the kind of
bladder protection
my curves have been
waiting for."**



Always Discreet. Incredible protection. Smoother-than-ever fit.

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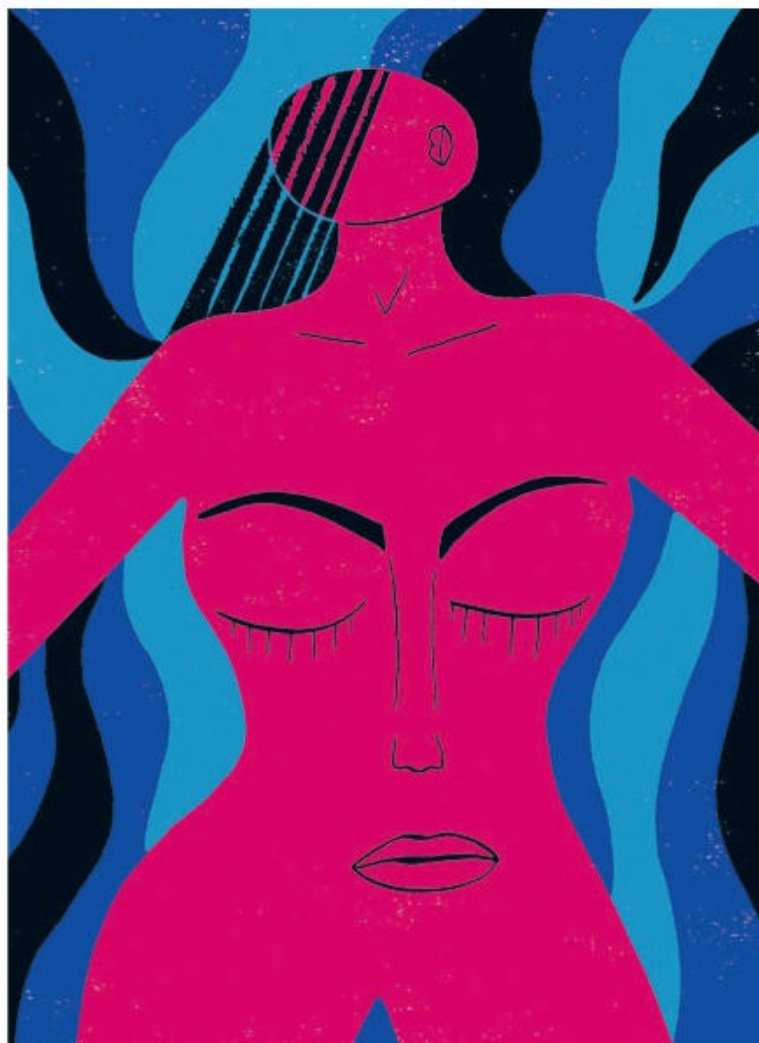
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(MILLER) TANYA GOEHRING; (FISH) ISTOCK.COM/MILAN KRASULA;
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How'd You Do?



Twenty-six. That's how many of the 101 questions I got right the first time I tried this month's cover story, "The Canada Quiz" (page 31). Not great, but not completely embarrassing. We wanted this quiz to be a challenge. And ideally, like me, you'll discover a lot of facts about our country, and have a lot of fun along the way. With that in mind, here's a (not entirely scientific) guide to the quiz's rankings.

0-24 CORRECT While you may not know your Pile-of-Bones from your Labatt Park, you didn't give up and got a few stumpers, too. You deserve a doughnut (see question No. 18)!

25-49 CORRECT Nice effort. Not everyone can hit a home run like Babe Ruth at a certain Canuck ballpark (see question No. 69), but you did make first base.

50-74 CORRECT That light-as-air feeling is elation at getting halfway to perfection. Or maybe you're stationed near one of Canada's more curious geographic anomalies (see question No. 1).

75-89 CORRECT What you don't know about Canada can fit on a certain island micro-nation smack in the middle of a Great Lake (see question No. 82).

90-101 CORRECT You are a Canadian trivia whiz. Your admirers, with good reason, want you elected as our next prime minister. Or at the very least you should run the Canadian quiz night at your local pub. Whichever post you take, you've earned bragging rights. Congrats!



P.S. You can reach me at mark@rd.ca.

Reader's Digest

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CONTRIBUTORS: Diane Baher, Hanna Barczyk, Sarah Barmak, Lisa Bendall, Derek Bowman, Ian Brown, Daniel Ehrenworth, Tim Ford, Rebecca Gao, Tanya Goehring, Emily Goodman, Lia Grainger, Matthew Hague, Paul G. Hammond, Jaime Hogge, Susan Camilleri Konar, Vicky Lam, Emily Landau, Rob Lutes, Kate McKenna, Jeff Moag, Damhnait Monaghan, Anicka Quin, Darren Rigby, Luc Rinaldi, Vivian Rosas, Julie Saindon, Courtney Shea, Mike Shiell, Fraser Simpson, Karen Stiller, Lauren Tamaki, Emcie Turineck, Anna-Kaisa Walker, Jeff Widderich, Mark Witten, Victor Wong

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CONTRIBUTORS



EMCIE TURINECK

Illustrator, Montreal

“Pyjama Day”

Turineck is a neurodivergent artist who received her BFA and arts education degree from Concordia University, where she focused on drawing and installation. Over the last few years, she’s concentrated her practice on creating digital illustrations. She’s been published in *Yes!* magazine and has produced work for Deloitte. See her contribution to this issue on page 72.



ANICKA QUIN

Writer, Vancouver

“Waste Watcher”

Quin is an award-winning writer and editor whose work has appeared in *Best Health*, *BCBusiness* and *Cottage Life*. She’s the editorial director of *Western Living* and *Vancouver* magazines, where she writes about travel, architecture and design. Quin is currently working on a young adult novel. Check out her story about one of Canada’s first zero waste grocery stores on page 8.



DAMHNAÍT

MONAGHAN

Writer, England

“Pyjama Day”

Monaghan is a Canadian writer known for her short stories and creative non-fiction. Her book, *The Neverlands*, was voted best novella in the 2020 Saboteur Awards. Her debut novel from HarperCollins Canada, *New Girl in Little Cove*, is a finalist for the 2022 Rakuten Kobo Emerging Writer Prize. She is currently working on a second novel. Read her story on page 72.



VICTOR WONG

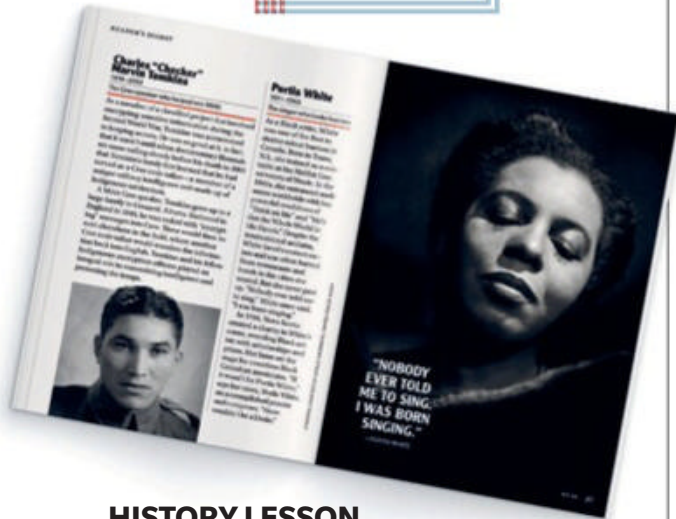
Illustrator, Mississauga, Ont.

“Out of Sight”

A graduate of Sheridan College, Wong is an award-winning illustrator who has contributed to *Cottage Life*, *Monocle*, *The Walrus* and *Corporate Knights*. Wong recently completed his first children’s book, which is about superheroes and powers, for Owlkids Books and is planning to write his own about space exploration. Find his illustration on page 26.

(TURINECK) LOGAN MACKAY; (QUIN) EVAAN KHERAJ; (MONAGHAN) RACHEL ELIZABETH PHOTOGRAPHY (UK)

LETTERS



HISTORY LESSON

The story of Charles “Checker” Marvin Tomkins, who worked as an encryption officer during the Second World War (“20 True Canadian Heroes,” April 2022), touched me. How many Indigenous people have given not only their time but also their lives for this country? And how is our country and our government repaying them? Many don’t even have clean drinking water. It’s a black mark on Canada’s reputation.

—JOAN ESCHBACH, *Penticton, B.C.*

CONTRIBUTE

Send us your funny jokes and anecdotes, and if we publish one in a print edition of *Reader’s Digest*, we’ll send you \$50. To submit, visit rd.ca/joke.

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CONTACT THE EDITORS Have something to say about an article in *Reader’s Digest*? Send your letters to editors_canada@rd.ca

I enjoyed “20 True Canadian Heroes” by Ali Amad and Sarah Liss in the latest issue of your magazine. Bravo for such an uplifting feature. I’m sure if each of your readers dug deeply into their hometown, they would be able to find a story for this list. I know I will.

—DOUG WOODS, *Greater Napanee, Ont.*

FIFTY-FIVE YEARS OF RD

When I was seven years old my mom started giving me your magazine to read and help me with spelling. I’m now 62 years old and continue to look forward to getting my new copy.

—KELLY REYNOLDS, *Saskatoon*

CLOSE TO HOME

Thank you for publishing “Among Demons” by Daniel Allen Cox (May 2022). My sister became a Jehovah’s Witness over 20 years ago and it broke our family. Her choice negatively impacted so many people around her. I have given up wishing for my sister to come back.

—SANDI STEWART, *Fenelon Falls, Ont.*

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*How one store is challenging itself and
its customers to reduce packaging*

Waste Watcher

BY Anicka Quin

PHOTOGRAPH BY TANYA GOEHRING

IN THE 2010S, 34-year-old Brianne Miller travelled around the world as a marine biologist. No matter how remote the location, she made the same alarming discovery: copious amounts of plastic littering the water and threatening marine life. Miller knew she needed to do something.

Canadians throw out three million tons of plastic waste each year. Groups like A Greener Future, which organize litter clean-ups across Canada, estimate that 33 per cent of what they pick up comes from food packaging. Approximately one third of all food produced worldwide goes to waste, too, according

to a United Nations study. (If food waste were a country, it would be the third-largest producer of greenhouse gases.) Miller, determined to fix the problem at the source, envisioned a shop that went further than banning plastic bags—a place that eschewed both wasteful packaging and the bad habit of wasting food itself.

In 2015, she cold-called a Vancouver Patagonia store and, explaining how her mission mirrored that brand's emphasis on sustainability, convinced its managers to host her first pop-up. Her stock consisted of about 10 jars of dried mangoes, locally made



Brianne Miller at Nada

chocolate, nuts and some pasta. She sold out in one afternoon—and knew she was onto something.

In June 2018, after another year and a half of successful pop-ups, Miller opened one of the first zero-waste grocery stores in Canada. She named it Nada, and ensured everything was designed to make the zero-waste shopping experience easy. You can bring your own containers, though it's not necessary: right by the front door are well-organized bins of “upcycled” sanitized glass or plastic containers, free for the taking.

CANADIANS COLLECTIVELY THROW OUT THREE MILLION TONS OF PLASTIC EACH YEAR.



Nada sells the food items you'd expect—dried pasta, whole grains, spices and baking ingredients—and hundreds you wouldn't, like jam, frozen fruit, perogies and kimchee, all 100 per cent package-free. As items approach their expiry date, the in-store café uses them to make baked goods, soups and more. To offer this variety, Miller buys from some 115 small, local companies. The suppliers must have a social or environmental mission, and just as importantly, they must

work to reduce waste in their own supply chain.

Miller is clear that the store doesn't try to compete on price. For example, popcorn kernels at a generic store may cost 70 cents per 100 grams; at Nada, a customer might pay \$1 per 100 grams, knowing that the kernels are organic and non-GMO. Even so, zero-waste shopping can still come with savings. Take products that typically come packaged in bulky containers, like spaghetti sauce; a large part of the traditional cost would be in that glass jar.

The early days of the pandemic were tough on the business. Because bulk food sales were restricted, Nada closed its doors to the public for 18 months. Miller pivoted to online ordering and delivery, though in a very Nada way. Carbon neutral deliveries are made by e-bike and, as of February, via a fleet of electric vehicles. Everything from olive oil to fresh eggs (and you can purchase just one, if you'd like) comes delivered in upcycled containers, which are collected (and reused again, of course) with the next round of deliveries.

Those containers do so much more than just reduce waste. They get people thinking big, just as Miller had hoped they would. “They're tagged with Nada stickers, so you can see how many times the container has been used,” she says, and then smiles. “If you open someone's pantry and see all of these Nada-branded quirky packages, it's bound to start a conversation.” **R**

LAUGHTER
THE BEST MEDICINE

Role Reversal

Hollywood can't decide whether 30 is when life ends or high school begins.

—[@RACHELMCOMEDY](#)

How come there are Pop-Tarts but no Mom-Tarts? Because of the pastryarchy.

—[@DRAMYPSYD](#)

Future Planning

I wrote up a to-do list of things for when I'm back from vacation. It

was so long I decided to add "write to-do list" at the top so I could cross one thing off.

—[@KARENCHEEE](#)

It's never too late to start, which is why I'm putting everything off till tomorrow.

—[@METICKLEU](#)

Word Search

My dog accidentally swallowed a whole bag of Scrabble tiles. We took him to the vet to

get him checked out. No word yet.

—[@MARIANA057](#)

When does old cheddar cheese in the back of the fridge officially become "aged" cheddar?

—[@WAKEUPANGRY](#)

Caffeine Fiend

I've never cried over spilled milk, but I have been brought to tears over spilled coffee.

—[@NATECOMEDY](#)

Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 7 or rd.ca/joke for details.

THE BEST JOKE I EVER TOLD

By Hisham Kelati

The first time my girlfriend saw a shawarma she asked me what it was. My mind went blank and I said, "It's a Muslim burrito."

Hisham Kelati is a Toronto comedian. Check out his Juno-nominated debut comedy album Tigre King at hishamkelati.bandcamp.com





GOOD NEWS

FIVE REASONS TO SMILE

BY Lisa Bendall

Gladys Kalema-Zikusoka
found a novel solution
to help wildlife.

SAVING ENDANGERED GORILLAS

UGANDA There were once so few mountain gorillas alive that many experts believed they'd be extinct by this century. These 215- to 440-pound vegetarians, who live in mountain forests in Uganda, Rwanda and the Democratic Republic of the Congo, have faced multiple threats to their survival over the last 120 years, including poaching, habitat loss and contracting human illnesses. In 1989, there were barely more than 600 left. Today, that number has increased to over 1,000, largely thanks to the work of wildlife veterinarian Gladys Kalema-Zikusoka.

When Kalema-Zikusoka began her career with the Uganda Wildlife

Authority in 1996, she treated mountain gorillas that had a deadly form of scabies they had picked up from people living in unsanitary conditions near the forests. "This made me realize that you cannot protect the gorillas without improving the health of their human neighbours," she says.

In 2003, Kalema-Zikusoka founded Conservation Through Public Health (CTPH), which saves wildlife by addressing the physical and economic well-being of the indigenous Batwa people nearby. The organization teaches the importance of hygiene and conservation awareness. CTPH also provides economic opportunities, such as a

social enterprise that sells coffee, for families that would otherwise resort to poaching in order to afford food and shelter.

Says Kalema-Zikusoka, who received a United Nations Champion of the Earth Award last year, "We're showing people that we don't only care about the wild animals and the forest. We also care about them."

Clever Birds Clean Up Cigarette Butts

SWEDEN Christian Günther-Hanssen has long known that birds in the Corvidae family—which includes ravens, jays and magpies—are highly intelligent. In 2013, while studying for a test at Sweden's Lund University, he was distracted by the sound of rooks outside and got the idea to train corvids to use a vending machine.

He built a basic prototype that would reward crows for picking up cigarette butts. (Worldwide, about 4.5 trillion cigarettes end up as litter every year.) First,

the birds figure out that they can take tasty food from the machine. Eventually, the treats only come out if cigarette butts are tossed into a special bin.

Soon, a pilot project will test the vending machine in a small Swedish town. The birds will be checked for any illness from handling the toxic cigarette butts. More likely, though, they'll benefit from a diet that's more nutritious than the junk food they often find on the ground.

A Human Disease Is Almost Vanquished

CHAD We've only ever been able to completely wipe out one human ailment: smallpox. Now we're on the cusp of eliminating Guinea worm disease, from a parasite that causes painful, often disabling, symptoms. Larvae infect people through contaminated water. The worms then spend a year inside their hosts, growing up to a metre in length, then take as long as six weeks to push through the skin.

Forty years ago, about 3.5 million people in 21 countries contracted this disease every year. In 1986, the Carter Center, an NGO that aims to improve living conditions worldwide, began educating communities about prevention measures, like filters for drinking water. In Chad, for example, people were encouraged to tie up dogs when near water.

Infections have steadily declined, and now they're approaching zero. The

(CROW) ISTOCKPHOTO.COM/GLOBALP; (CIGARETTE BUTT) ISTOCKPHOTO.COM/FABPHOTO



centre reported only 15 cases in 2021 (eight in Chad), the fewest ever recorded in human history.

Wind Waste Gets Repurposed

POLAND Wind power is becoming more popular than ever; the Global Wind Energy Council reported that 2020 saw a 53 per cent increase in wind-power capacity compared to the year before. But this renewable source of energy is not entirely planet-friendly. About 10 to 15 per cent of old wind-turbine components, including plastic propeller

blades, cannot be recycled when they're due for replacement. Instead, this "wind waste" ends up in landfill or is broken down with high heat and chemicals.

Anmet, a recycling firm in Poland, launched a subsidiary company in 2019 that finds new uses for old propeller blades. The company, AIRchitecture, designs unique-looking, weather-resistant street benches, picnic tables, planters and patio chairs, as well as larger projects, including carports and fishing docks. These turbine parts may be past their prime, but they've found an elegant new purpose.

ACTS OF KINDNESS

Haircuts for the Homeless

About 150 million people around the world are homeless, but it takes just one person to make a difference. South London hairstylist Joshua Coombs was carrying his work tools home when he encountered a homeless man one day in 2015. On an impulse, he offered him a free haircut. The man's look was transformed, but Coombs says what mattered more was their conversation. Coombs began offering outdoor cuts, shaves and trims to more people living on the streets, listening to their experiences as he did so. "Those stories really moved me," says

Coombs, who feels they need to be shared. With consent, he started posting dramatic before-and-after photos, along with narratives, under the Instagram username @dosomethingfornothing.

Coombs has now given hundreds of haircuts in some 15 countries, including India, Greece and Mexico. His posts have inspired others, such as a barber in Iran and a U.K. street vet, to offer free services. "We can lead with a smile and an open, loving heart space," says Coombs, "rather than one that's closed because someone looks different." 



COURTESY OF JOSHUA COOMBS

LIFE'S LIKE THAT

Eyes on the Prize



Rite of Passage

You become an adult twice: when you turn 18 and when you find out how much it costs to professionally frame something.

—[@MJKIEBUS](#)

My mom finally got the courage to bring my dad's urn into the living room and place it on

the mantel. It was bitter-sweet and caught everyone a little off guard, including my dad, who was sitting there watching *Storage Wars*.

—[@GRAHAMKRITZER](#)

Work Smarter, Not Harder

I have my own system for labelling homemade freezer meals. If you look

in my freezer you'll see "Whatever," "Anything," "I Don't Know" and my favourite, "Food." That way when I ask my husband what he wants for dinner, I'm certain to have what he wants.

—[GCFL.NET](#)

Two for One

I found out it's \$3000 to get laser eye surgery and \$300 to get laser hair removal so I'm just going to get the hair removal on my eyebrows and scooch up a bit when they start.

—[@THEANDREWNADEAU](#)

Our first grandchild was just born and while I was shopping the next weekend I ran into an old friend. I happily told her that "I'm a week-old grandma." Her reply? "You're not old!"

—JEAN MORBY,
Kitchener, Ont.

Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 7 or rd.ca/joke for details.

ASK AN EXPERT

Are My Clothes Toxic?

We quiz Miriam Diamond, environmental scientist

BY Courtney Shea

ILLUSTRATION BY LAUREN TAMAKI



Should I be worried about dangerous chemicals in my clothes?

Yes. Last year I worked with CBC *Marketplace* to look for toxins in a collection of cheap and mass-produced clothing, often known as fast fashion. We tested everything from bathing suits to bags to children's clothing. I was already aware that clothing today contains more synthetic chemicals than it used to, but the results were scary: we found elevated levels of chemicals in one in four items tested.

Why is this stuff in our clothes at all?

After the Second World War, there was a big shift to the convenience of wash-and-wear. If you look at what makes clothing wrinkle-free and stain-

resistant, that's all chemicals. And many dyes today are made with potentially dangerous chemicals because it's cheaper. Culturally, it used to be that people had their Sunday best and their work clothes, but today the appetite for new outfits is out of control. A company like Zara produces 10,000 new items a year, which has always been considered fast fashion, but now there are online retailers that produce 6,000 new items a day. It's a trade-off. That top cost \$15 and you don't have to iron it, but you may be absorbing very dangerous substances into your body.

What are the specific health risks?

Quite a few of the items we tested contained per- and polyfluoroalkyl substances (PFAS), which are known as forever chemicals because they don't break down and they stay in our systems. You're not going to wear a garment and feel sick later that day. This is about long-term exposure, and the harmful effects can include cancer, type 1 diabetes, impaired immune function and increased obesity. We also found phthalates, which interfere with hormones and male reproductive systems, and lead, which can be particularly harmful to children and fetuses. Just as an example, we tested a raincoat that contained more than 20 times the amount of lead allowed in children's products according to the Canada Consumer Product Safety Act.

If companies' products exceed the limits, how are they able to sell them?

You just can't inspect every piece of clothing, and that is especially true with the rise of global online retailers shipping from a factory on the other side of the world to your doorstep.

Can these chemicals be washed off in a washing machine?

Although they're not designed to come out that way, some do. But of course, when we put these items in our washing machines, the fibres are released and end up in our drinking water. So even if you can avoid wearing contaminated

clothing—which is a lot of responsibility to put on consumers—you are still going to be exposed through drinking water.

Is this only a fast-fashion problem?

Certainly fast fashion is responsible for the massive volumes of products, but in terms of whether only cheaply made clothing contains chemicals, we don't actually know. It's possible that garments that advertise organic or natural fibres are less likely to contain chemicals, but there have been examples of these claims being false. The problem is that the textile industry is so unregulated. Pharmaceuticals and cosmetics require labelling, but that is not the case with clothing.

How can we buy safe clothing?

You can look for companies that are taking positive steps—for instance, Keen footwear has gone PFAS-free, and Patagonia is taking steps to do the same. But also, the European Union recently announced a plan to hold fashion retailers accountable for toxins in their clothing. It would be great to see the Canadian government follow suit. In the meantime, consumers can hold fast-fashion companies accountable by not buying their products. Change is possible when there is pressure from the public. 

Miriam Diamond runs a lab at the University of Toronto.

POINTS TO PONDER

The ability to transform is something that's at the foundation of a lot of Indigenous worldviews.

—Chelsea Vowel,
AUTHOR OF *BUFFALO IS THE NEW BUFFALO*



We define people so easily. I think that does a disservice because we're so complex and we deserve context.

—Lilly Singh



I thought they were just tricking me.

—13-year-old **Liam Diaz**, WHO IS ONE OF THE YOUNGEST ACTORS IN THE HISTORY OF THE CANADIAN SCREEN AWARDS TO WIN FOR A LEADING-ROLE PERFORMANCE

I HAVE ENOUGH. I'VE DONE ENOUGH. I AM ENOUGH.

—**Jim Carrey**,
PONDERING RETIREMENT

IN OUR HEADS, WHENEVER WE'RE TOGETHER, WE STILL FEEL LIKE WE'RE THESE PUNKS IN OUR TWENTIES.

—**Dave Foley** ON THE RETURN OF *THE KIDS IN THE HALL* AFTER 27 YEARS



(VOWEL) ZACHARY AYOTTE; (DIAZ) ROUTE 504; (FOLEY) INSTAR IMAGES LLC/ALAMY STOCK PHOTO



My art is always about what was and what is, as I live through it.

–Toronto poet and musician Mustafa

EVERY ANIMAL DESERVES A HOME. THEY CAN'T SPEAK UP FOR THEMSELVES. THEY CAN'T SAY HOW BRUTAL IT'S BEEN FOR THEM AND ASK FOR HELP.

–Canadian tennis player Denis Shapovalov ON FOUNDING SHAPO SHELTER, WHICH WILL WORK WITH ORGANIZATIONS AROUND THE WORLD TO HELP ANIMALS

If photographers' eyes aren't there, and the cameras aren't there showing us what's happening, then, in a way, we don't understand the degree of tragedy and horror.

–Canadian-Ukrainian photographer Edward Burtynsky

You're trying to make ends meet in the ever-increasing costs of everyday life. And on top of it, you're paying 30 bucks a month for your contraception.

–Ontario NDP leader Andrea Horwath
ON WHY SHE THINKS BIRTH CONTROL PRESCRIPTIONS SHOULD BE COVERED BY THE PROVINCE'S HEALTH-INSURANCE PLAN

WHAT I DIDN'T REALIZE IS THAT MAYBE I COULD BECOME THE SUPER CHAMPION I WANTED TO SEE IN THE WORLD.

–Mattea Roach, THE 23-YEAR-OLD CANADIAN WHO WENT ON A 23 GAME JEOPARDY! WINNING STREAK





Go Fish

The four best seafood options for your health

BY Rebecca Gao

RECENT STUDIES SHOW that eating red meat, chicken and processed products is closely linked with cardiovascular disease, which is a good reason to get more of your protein from fish.

Another good reason to switch: the fatty acids that are found in many types of fish, known as omega-3s, have anti-inflammatory properties and are shown to help prevent coronary heart disease.

When shopping, make sure you look for MSC certification, which ensures that it's sustainably caught wild fish, not farmed, says Maiya Ahluwalia, a registered dietitian and founder of the Toronto nutrition counselling service Nourishing Balance. Wild fish, which contain fewer contaminants than farmed fish, eat an all-natural diet and so are lower in saturated fats. And always steam or bake your fish for the most health benefits.

To get the biggest nutrition boost from your next meal, here are four of the healthiest fish you can eat, according to experts.



Salmon

Among fatty fish, salmon has a reputation as being the best for you—and rightfully so. On top of the fish's high omega-3 content, salmon's pink colour comes from its high levels of astaxanthin, an antioxidant that's been linked to lowering cholesterol.

Salmon is also a rich source of vitamin B12, which we need to form red blood cells and is a major player in the development and function of brain and nerve cells. Studies have also shown that B12 can slow the rate of brain volume loss in adults over 60 and might help treat depression.

(PLATE) ISTOCK.COM/GBH007; (SALMON) ISTOCK.COM/JULICHKA



Sardines

Like salmon, sardines are packed with omega-3, but they're also an excellent source of calcium, which is integral to building strong bones. Sardines also naturally contain vitamin D, which helps the body absorb calcium and contributes to good mood.

As they are usually bought in tins, sardines are relatively inexpensive and make a great option if you're shopping on a tight budget. "Canned fish is just as healthy if you choose the ones soaked in water or oil with no added salt," says Annie Tsang, a Vancouver registered dietitian.



Cod

This white fish is rich in phosphorus, a mineral that helps your body use and store energy from food and works in conjunction with calcium to build strong bones. Phosphorus can also regulate your heartbeat and promote normal muscle and nerve function.

Additionally, cod contains selenium, an essential trace mineral which plays a key role in metabolizing thyroid hormones, which are crucial to heart, muscle and digestive function. A study

in the *International Journal of Endocrinology* found that, in some people, the presence of selenium can prevent thyroid disorders like hyperthyroidism, which can cause undesired weight loss, a fast or irregular heart rate and muscle weakness.

"Cod is great for picky eaters who don't usually like the taste of fish," adds Ahluwalia, explaining that, more than other types of fish, it picks up the flavours from other ingredients in a dish.



Rainbow Trout

An 85-gram serving of rainbow trout delivers 81 per cent of the recommended daily intake of vitamin D. Plus, Health Canada has identified this fish as one of the options that are high in healthy fats but also especially low in mercury. Human industrial activity releases mercury into the air, and it eventually comes back down in rain and is absorbed by fish. Exposure to a high level of mercury can harm your brain, heart, kidneys, lungs and immune system—and prenatal mercury exposure can lead to a number of complications for a child. Like some species of salmon, rainbow trout are low in mercury because they're lower on the food chain and so eat fewer contaminated fish themselves. **R**

NEWS FROM THE
**WORLD OF
MEDICINE**

BY Mark
Witten



MORE PROOF OF THE BENEFITS OF WALKING

A Canadian study found that people who live in neighbourhoods with retail shops and other services within walking distance have up to a 50 per cent lower risk of developing type 2 diabetes and are 54 per cent less likely to be diagnosed with high blood pressure. That's because people who live in these so-called "walkable neighbourhoods" logged an average of 83 more minutes of walking per week than those in the least walkable areas. In fact, they were more likely to walk 150 minutes a week—the target recommended by most health experts. Of course, if you live in a neighbourhood without amenities close by, you can still gain those same benefits by taking walks for pleasure.

Heat Causes Mental Health Emergencies

As climate change makes extreme heat waves more and more frequent, experts predict it could have a major impact on people's mental health, especially for the most psychologically vulnerable. A Boston University study found that on extremely hot days, mental health-related emergency department visits increased by eight per cent—including those for stress, anxiety, mood disorders, substance abuse and schizophrenia. The impact of high temperatures was greater in areas of the U.S. where populations aren't as accustomed to periods of extreme heat. People with a history of mental health conditions should take extra precautions this summer—but everyone should keep an eye on mental health symptoms, as well as physical ones, during extreme heat.



Why It's Okay to Forget Sometimes

Forgetting things can be annoying, frustrating or even worrying, but forgetting may also be crucial to our memory's proper function. Based on pre-clinical trials, researchers at Trinity College Dublin and the University of Toronto are proposing that lost memories are not really gone, but instead just made inaccessible—stored in collections of brain cells called engrams. Given all the stimuli we're exposed to each day, the researchers suggest that forgetting is something the brain does to prune clutter. On the flip side, their experiments also suggest buried memories could be brought back, even in amnesic conditions. If the findings are correct, more serious memory loss could be treated.

Mental Speed Stays Stable Until 60

It's commonly assumed that our mental processing slows as we age, but a new German study says not so fast. After getting participants to sort words and pictures into different categories, researchers showed that cognitive processing speed remains stable between the ages of 20 and 60, and only begins to change at older ages. That said, older participants within that age group did take longer to settle on decisions, mainly because they were more careful to avoid making mistakes—which is a good thing if you want to make better choices.



Spinal Jolt Helps Paralyzed Patients

A small Swiss study has accomplished the incredible: after electrical stimulation of the spinal cord, three men paralyzed from the waist down were able to stand, walk, swim and cycle again. The patients, who all had suffered injuries after motorcycle accidents a few years earlier, had a device surgically implanted that sends electrical stimulation into the spinal cord. Within days, each participant could take as many as 300 steps using a walker for support—and increased that distance with practice.

If similar, large-scale trials already underway in the U.S. and Europe are successful, this form of spinal stimulation could soon be approved and available as a treatment for paralysis, and the permanently implanted device will be connectable to a smartphone.

Eating Less Meat Is a Lifesaver

Research suggests that nearly 40 per cent of cancer diagnoses could be prevented with lifestyle changes—such as quitting smoking, cutting down on alcohol and getting more exercise. And while what you eat is already on that list of modifiable factors, a University of Oxford study has zeroed in on an aspect of most people's diets that could be one of the most problematic: meat.

After following almost 500,000 participants over 11 years, the researchers found that people who followed a vegetarian diet had a substantially lower risk of developing cancer compared to those who ate meat (beef, lamb, pork and poultry) more than five times a week: 31 per cent lower for prostate cancer, 18 per cent lower for breast cancer among post-menopausal women, and nine per cent lower for colorectal cancer. But you don't have to give up meat altogether to lower your cancer risk.

Although eating less is better, having meat five or fewer times a week was also associated with lower overall cancer risk.

Of course, preventing cancer isn't the only benefit of decreasing meat consumption.

According to Norwegian researchers, eating less red and processed meat in favour of more whole grains, nuts and legumes extends your life by more than a decade if you make those changes before you turn 60.



Prunes Protect Bones

A new U.S. study found that eating about 10 prunes a day helped prevent or delay bone loss in post-menopausal women, reducing the risk of osteoporosis, a condition which affects over 200 million people worldwide and causes almost nine million fractures a year.

Take Vitamin D to Evade Autoimmune Diseases

A study from Massachusetts' Brigham and Women's Hospital found that people who took a daily supplement of vitamin D3 (2000 IU) for two years lowered their risk of developing autoimmune diseases by over 20 per cent. As a result, physicians may be soon recommending that older adults begin taking a daily dose of the sunshine vitamin in their 50s.



OH, CANADA



“This place could really use a Timmies.”

How do you prevent Canadian bacon from curling in the pan? You take away its broom.

—REDDIT.COM

In honour of Canada Day I will continue to shout “THEY’RE CANADIAN” every time a famous Canadian is mentioned.

—[@BROOKEPERRIN](#)

I’m not a hockey fan, which is probably why I

had to leave Canada in the first place.

—RYAN REYNOLDS, *actor*

Canadians be like, “Yeah, no, for sure.”

—[@MADEINCANADA](#)

Canada is like an old cow. The West feeds it. Ontario and Quebec milk it. And you can well imagine what it’s doing in the Maritimes.

—TOMMY DOUGLAS, *politician*

Canada, as you know, is a major important nation boasting a sophisticated, cosmopolitan culture that was tragically destroyed last week by beavers.

—DAVE BARRY, *author*

Not until I came to Canada did I realize that snow was a four-letter word.

—ALBERTO MANGUEL, *writer*

Canadian: I’m a Canadian.

Date: Cool, I’ve never met a comedian before.

Canadian: [Is too polite to correct them, dedicates entire life to comedy]

—[@JONNYSUN](#)

You’re not a real Canadian until you’ve slipped on ice while changing the Shania Twain song on your phone.

—[@SAMMONTGOMERY](#)

Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 7 or rd.ca/joke for details.

MEDICAL MYSTERY

Out of Sight

For 15 years, she assumed she was permanently blind. Then she got a second opinion.

BY **Luc Rinaldi**

ILLUSTRATION BY VICTOR WONG



IN THE MID-'90S, Connie Parke and her husband, Rob, settled in Anaconda, a tiny town tucked into the mountains of western Montana. When Parke, a mother of four, wasn't bartending or working security at a hot-springs resort, she volunteered her time driving cash-strapped families the 12-hour round trip to the children's hospital in Salt Lake City. Parke had

experienced her own fair share of medical problems over the years: in the 1980s and 1990s, she beat uterine, ovarian and breast cancer, as well as lymphoma. By the early 2000s, she was, miraculously, in good health.

But one evening in 2003, while Parke, then in her early 40s, was driving back from Utah, she started seeing strange halos around tail lights and street lamps. "Wow, I must be tired," she thought to herself. She'd worn glasses since she was six; she reasoned that she might need a new prescription.

The next day, when Parke visited her optometrist, the tests he ran were

alarming. She couldn't see him wave his hand at the edge of her view, which meant she was losing her peripheral vision. He suggested it could be glaucoma, a group of eye diseases that damage the optic nerves. The condition is often caused by a buildup of pressure in the eye, which can lead to blindness within a few years if left untreated.

By the time Parke saw an ophthalmologist, three weeks later, her field of view was already murkier and narrower. The eye doctor agreed that it looked like glaucoma, but medicated eye drops, a typical glaucoma treatment, didn't help, so Parke decided to consult more specialists around Montana and Utah. She wondered if her past chemotherapy was behind her vision problems, but the doctors dismissed it; it wouldn't manifest years later. No one offered her a definitive answer or a treatment that would prevent her vision from getting worse.

As Parke consulted new doctors and tried to figure out what was wrong with her eyes, the halos morphed into clusters of foggy orbs. "It was like I was seeing fireworks that never went out," she says. She stopped driving and relied on family to get around and run errands. She accidentally lit things on fire while cooking, walked into walls and tumbled up and down the stairs. Once, when she collided with a door frame, her son took her to the emergency room with a gash on her head. She was alarmed by her quickly deteriorating

vision loss, but she held out hope that it wouldn't be permanent.

About three months after her first symptom, Parke could no longer tell the bottles behind her bar apart. "Jim Beam and Jack Daniel's look exactly the same," she says. "I'd have a bill in my hand and wouldn't know if it was a dollar or \$100." Unable to perform her job, Parke lost her shifts, so she applied for disability benefits.

PARKE ACCIDENTALLY LIT THINGS ON FIRE WHILE COOKING AND TUMBLED UP AND DOWN THE STAIRS.

To qualify, Parke needed to see a state doctor who was authorized to approve her for social security. She was surprised when the GP tested her eyes and delivered a new diagnosis. He believed that her retinas, the light-sensitive layer of tissue at the back of her eyes, had become detached—and that they couldn't be fixed. "You are blind," he said matter-of-factly, explaining that she'd have to learn to live without a sense of sight. Parke was crushed, but she believed the diagnosis. After so long without answers, this one seemed to make sense.

Unable to see, read or work, Parke fell into a depression. Her daughter

Barbara helped her look for schools for the blind—where she could learn how to read braille and use a cane and other assistive devices—but there were none in Montana. They moved to Colorado, where they'd be closer to a school and Parke's family. Rob found a house with a nearly identical layout as Parke's childhood home, which helped her get around. She got to know her grandkids—nine in total—by the shapes of their faces. The company of relatives and her service dog, Talulah Mae, kept Parke's spirits up through it all.

SHE WAS FLOORED WHEN A NEW DOCTOR TOLD HER THERE WAS NOTHING WRONG WITH HER EYES.



Over the next 15 years, Parke decided not to let blindness stop her from doing the things she loved. She fished, skated and kayaked, following the sound of Rob's voice as she paddled along the surface of the water. She even developed a sense of humour about her new reality. Once, while Barbara was driving her somewhere, she stuck her cane out the passenger window. "What are you doing?" her daughter asked, confused. "I'm trying to see where we're going," she replied with a chuckle.

In October 2018, Rob got his eyes

checked for cataracts at UCHealth, the University of Colorado's hospital, and convinced Parke to see a retina specialist there, figuring it couldn't hurt to get one more opinion, even after so many years. "You have nothing to lose," he assured her. Although reluctant, Parke agreed.

After running some tests and scans, the doctor at UCHealth delivered some confounding news: "I don't know how to tell you this, but there is nothing wrong with your eyes."

Parke was floored as the doctor explained the truth behind her blindness. Her retinas weren't detached. She just had a severe case of cataracts. A common 15-minute surgery could improve her vision. "I was momentarily angry," she says. How did so many doctors miss this? she wondered. She blamed herself for not seeking out more opinions. "I didn't have to be blind for 15 years."

The doctor sent Parke to Dr. Jeff SooHoo, a UCHealth ophthalmologist who could surgically remove the cataracts, one eye at a time. "I definitely tried to undersell it," SooHoo says. "For some people, you take out their cataracts and they still can't see. But it usually won't make things worse."

The following month, on November 12, 2018, SooHoo operated on Parke's right eye—making a corneal incision, removing the cataract with ultrasound technology and then replacing it with a plastic lens.

The next day, when a nurse removed the patch from Parke's eye, she immediately burst into tears. She couldn't believe it. She could see again. "I saw every individual strand of hair on the nurse's eyebrow," she says.

Incredibly, when SooHoo tested Parke's eyesight after the operation, she could read the 20/20 vision line on a wall chart without glasses. Her vision was better than ever.

After her appointment, Parke laid eyes on some of her grandkids for the first time—she couldn't tell a pair of twins apart, because she only knew the feel of their faces. It was jarring for her to see a grey-haired woman in the mirror, but she was more preoccupied

with all the beauty she had been missing: squirrels jumping from tree to tree, thick fractal snowflakes, buds on branches. "I'd just sit there, waiting for the thing to bloom," she says. She often found herself weeping with joy.

Parke had the cataract in her other eye removed a few weeks later and now has near-perfect vision. She repainted her house, got her driver's licence and found a job as a care-unit clerk at UCHHealth, the hospital that helped her.

She doesn't dwell on the erroneous information that previous doctors provided her. "The minute I walked out of that hospital, I wasn't even mad about being misdiagnosed," she says. "I was just so happy to see." **R**



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COVER STORY

THE CANADA QUIZ

The ultimate
test of all things
Shania, Zamboni
and maple syrup

BY Emily Landau

ILLUSTRATIONS BY PAUL G. HAMMOND



FOR ANSWERS, TURN TO PAGE 38

1. This area has less gravity than the rest of the world.



2. Canada has 2,860 of these, twice as many as the United States.

3. Quebec is the world's top producer of this condiment.

4. The beaver is one of Canada's national animals; this statuesque mammal is the other.

5. This type of bear lives in British Columbia—and nowhere else in the world.

6. A Canadian pharmacist invented this spreadable.

7. This type of pizza was created by

Sam Panapoulos in London, Ontario, in 1962.

8. This piece of hardware is used only in Canada.

9. A group of Canadian experimental filmmakers invented this technology for Expo 67.

10. This event was the most watched broadcast in Canadian history.

11. And this 2016 concert followed closely behind.

12. The world's oldest water was found at this spot in Northern Ontario.

13. Canadians consume more than twice as much of this meal-in-a-box than Americans.

14. The oldest surviving basketball court in the world resides in this province.

15. And we also have the oldest piece of this sports equipment.

16. People in Saskatchewan use this cutesy nickname for hoodies.

17. The world's only perogy drive-through is in this city.

18. Canadians eat 1 billion of these every year.

19. This ballet dancer famously defected from the Soviet Union after a performance in Toronto in 1974.

20. Rodney, Ontario, is home to North America's smallest one of these institutions.

21. This town set a record for the most extreme temperature change—from -19 Celsius to +22 Celsius in less than an hour.

22. Project HARP, a joint plan by the American and Canadian ministries of defense to use a giant space gun to shoot objects into the sky, was designed by this Canadian engineer.

23. Canada has more of these than the rest of the world combined.

24. In some provinces, doctors can prescribe these to encourage more time spent outdoors.

25. This eccentric Toronto financier launched a contest in 1926 promising a cash prize to the woman who could have the most babies in a 10-year span.

26. People in Churchill, Manitoba, leave their cars unlocked for people escaping these.

27. Maritime speech patterns bear a strong resemblance to those common in this part of Europe.

28. Letters addressed to the postal code H0H 0H0 are delivered here.

29. The border between Canada and the U.S. holds this distinction.

30. This type of evidence is not admissible in many Canadian courts.

31. This former prime minister believed in ghosts and séances.

32. This is the most-consumed fruit in Canada.

33. This Canadian city was named after a berry.

34. One of the world's oldest Viking settlements can be found in this province.



35. Alberta is the world's largest inhabited region to be completely free of these pests.

36. These crops have been planted in Nova Scotia since the 1600s.

37. This chemical engineer from Pontypool, Ontario, invented alkaline batteries.

38. Until the late 18th century, this fish was used as currency in Newfoundland and Labrador.

39. This actor, who became famous playing a Scot on TV, was actually Canadian.

40. This cooking staple, derived from the rapeseed plant, was created in Canada.

41. "Pile-of-Bones" was the original name for this Canadian provincial capital.

42. In 1955, Quaker Oats gave this away in its cereal boxes.

43. Residents of Prince Edward Island are known by this starchy nickname.

44. This Central Canadian city is considered the Slurpee capital of the world.

45. You can find the world's highest tides here.



46. The command “mush”—used for sled dogs—comes from this French word.

47. This underground site features a CBC recording studio and a Bank of Canada vault.

48. This Métis leader is considered the founder of Manitoba.

49. Guglielmo Marconi sent the first transatlantic wireless messages from this province.

50. This novelist trained at Camp X, a spy school in Ontario, during the Second World War.

51. And this Canadian was thought to be the inspiration for his suave main character.

52. This folk singer was discovered by the same talent agent who signed Bob Dylan and Bruce Springsteen.

53. Indigenous peoples have lived here for at least this long.

54. One of the world's oldest sour-dough starters can be found here.

55. When this fish species became endangered, the Okanagan Nation Alliance rejuvenated its population.

56. Skyscrapers use water from the depths of Lake Ontario for this.

57. There are no roads leading to this territory.

58. The green ink used to dye this was invented in Canada.

59. This spot in Nunavut has a surface so similar to that of Mars that NASA conducts experiments there.

60. The village of Klemtu, British Columbia, is said to be the home of these shaggy cryptids.

61. The earliest known reptile fossil was found in this province.

62. And the earliest known shark fossil was discovered here.

63. Canada earned this ranking on

the 2021 *U.S. News and World Report* list of the best countries in the world.

64. This Montreal spot is considered the country's oldest restaurant.

65. And this is the oldest continuously operating ballpark in the world.

66. The Reference Library in Toronto has one of the world's finest memorabilia collections devoted to this mystery author.

67. The RAPS Cat Sanctuary in this province bills itself as a Club Med for cats.

68. This British Columbia hospital is one of the most popular filming sites in Canada.

69. Babe Ruth hit his first professional home run at this Canadian site.



70. In the summer of 2021, one billion mussels, clams and snails perished in British Columbia because of this phenomenon.

71. In the early 20th century, Amber Valley was an all-Black community located in this province.

72. Some 90 per cent of Canadians live within 160 kilometres of this.

73. Brothers Jimmy and Dan MacNeil of Brantford, Ontario, drove this vehicle across Canada in 2001.

74. In 1942, this city staged an elaborate ruse, claiming it was being invaded by Nazis.

75. And, to this day, this province has a town called Swastika.

76. You can find 50 million goldfish swimming in this lake.



77. In 1967, the town of St. Paul's, Alberta, created the world's first landing pad for these.

78. Niagara Falls's Horseshoe Falls once did this for 38 hours in 1848.

79. One third of the world's supply of these salty snacks is made in New Brunswick.

80. Disney animator Charles Thorsen apparently based this character on a waitress he met in Winnipeg.

81. This was the first Indigenous-owned winery in North America.

82. A micro-nation known as the Republic of Nirivia can be found on an island in this Great Lake.

83. This national sport originated with the Ojibwa First Nations, who often used it to train warriors.

84. This Canadian singer's 1997 album *Come on Over* is the all-time bestselling record by a female artist.

85. The world's smallest one of these can be found in the Yukon.

86. This is the sunniest city in Canada.

87. According to comic book lore, this superhero was born in Cold Lake, Alberta.



88. A Canadian man stole 75,000 vials of this vaccine in 1959 and sold them on the black market.

89. Canadian engineer Wally Floody was the principal architect of the real-life tunnels that inspired this classic 1963 war film.

90. This Scottish-Canadian inventor is responsible for global time zones and the 24-hour clock.

91. In 1958, the Canadian government destroyed this underwater mountain with explosives.

92. This lake, meanwhile, hides an underwater town.

93. The largest ever one of these was the size of a softball.

94. Canadian Charles Fenerty was the first person to make paper out of this material.

95. A billion-year-old algae fossil was discovered in this region in 2017.

96. The tip of this province is known for its “singing sands.”

97. This film, shot in Canada in 1922, is widely considered the first full-length documentary.

98. These two islands off the coast of Newfoundland are the last remaining vestiges of New France.

99. This is Canada’s most played sport.

100. Drake still gets royalties from his appearance on this 2000s teen drama.

101. In 2007, the Royal Canadian Mint issued a coin worth this much.



ANSWERS

HOW MANY DID YOU GET CORRECT?

- 1. **Hudson's Bay.** It's due to a combination of the melting Laurentide Ice Sheet and convection in the Earth's mantle.
- 2. **Hockey rinks.** That's more than any other country.
- 3. **Maple syrup.** The province makes about 73 per cent of the global supply.
- 4. **The Canadian horse,** which is usually black, bay or brown and descends from the horses sent by King Louis XIV of France to his subjects in New France in 1665.
- 5. **The kermode bear,** also known as the spirit or ghost bear. It was named after Francis Kermode, who encountered the animals while working as a director of the British Columbia Provincial Museum.
- 6. **Marcellus Gilmore Edson,** who patented a method to turn roasted peanuts into **peanut butter** in 1884.
- 7. **Hawaiian pizza.** He had a hunch that the sweet pineapple and savoury ham would go well together.
- 8. The square **Robertson screw.** Henry Ford wanted to use the screw for his Model T assembly

line, but the company wouldn't license it to him. *Consumer Reports* has rated the Robertson far superior to the slippery Phillips screw.

- 9. **Imax.** It took longer than they expected, though, and the first screening took place three years later at Expo 70 in Japan.
- 10. **The 2010 Olympic men's hockey final.** Some 16.6 million Canadians watched Team Canada clinch the gold medal.
- 11. **The Tragically Hip's last show,** a year before the death of lead singer Gord Downie.
- 12. **Kidd Mine,** a base metal mine north of Timmins. A pool of two-billion-year-old water was discovered in one of the underground tunnels in 2016.
- 13. **Kraft Dinner.**



- 14. **New Brunswick.** The court, in St. Stephen, was first used in 1893, and there are plans to turn it into a museum.

- **15. Hockey stick.** It dates back to 1830s Cape Breton, where it was carved from a single piece of sugar maple.
- **16. Bunny hugs.** The term dates to the 1970s.
- **17. Saskatoon.** Baba's Homestyle Perogies is known for its exceptional Ukrainian dumplings, as well as cabbage rolls, sausages and borscht.
- **18. Doughnuts.** Thanks, Tim Hortons.
- **19. Mikhail Baryshnikov.** He was on tour with the Bolshoi Ballet at the time.
- **20. Jails.** It measures a snug 270 square feet.
- **21. Pincher Creek, Alberta,** which experienced this momentous shift in January 1962 thanks to the chinook winds.
- **22. Gerald Bull,** who later designed the Project Babylon supergun for Saddam Hussein (and was assassinated as a result).
- **23. Lakes.** Some nine per cent of Canada's surface area is covered by fresh water.
- **24. Parks Canada passes.**
- **25. Charles Vance Millar.** Four women—who had nine children each—split the prize, each

getting \$125,000.

- **26. Polar bears.** It's one of several local strategies designed to mitigate attacks.
- **27. Scandinavia.** It's a rare pattern known as "ingressive pulmonary speech."
- **28. To the "North Pole."** Volunteers reply to some 1.6 million letters each year.



- **29. World's longest—and longest demilitarized—border,** at almost 9,000 kilometres.
- **30. Apologies,** which aren't allowed as admissions of fault since they're given so often.
- **31. William Lyon Mackenzie King.** Some people say the grounds of Kingsmere, his country estate in Gatineau, are still haunted.

- **32. The banana.** Apples follow close behind.
- **33. Saskatoon.** It comes from the Cree word “mis-sask-quah-too-mina.”
- **34. Newfoundland.** The village, known as L’Anse aux Meadows, dates back more than 1,000 years and is now a tourist attraction.
- **35. Rats.** The province embarked on an aggressive pest-control program in 1942 and monitors the provincial borders to this day.
- **36. Wine grapes.** It’s the oldest wine region in Canada.
- **37. Lewis Frederick Urry,** who developed the world’s first long-lasting batteries in 1955.
- **38. Cod.** Fishermen traded it for food, clothing and supplies.
- **39. James Doohan,** a.k.a. Lieutenant Commander Scotty on *Star Trek*. He was born in Vancouver.

- **40. Canola oil,** which was first produced in 1974 and takes its name from “Canada” and “oil.”
- **41. Regina, Saskatchewan.** Pile-of-Bones was its anglicized Cree moniker, named for buffalo remains.
- **42. Real estate in the Yukon—** each box included a deed for a one-square-inch plot of land.
- **43. Spud Islanders,** which derives from P.E.I.’s bumper potato crops.
- **44. Winnipeg.** An average of 188,000 frosty beverages are sold there each month—by far the most per capita in the world.
- **45. The Bay of Fundy in Nova Scotia.** They can range anywhere from 3.5 to 16 metres.
- **46. Marche,** which 18th-century French sled drivers said to get their dogs moving.
- **47. The Diefenbunker,** a four-storey underground nuclear fallout shelter built during the Cold War as a refuge for John Diefenbaker’s government.
- **48. Louis Riel.** He helped create the Manitoba Act, which brought the province into Confederation in 1870.
- **49. Newfoundland and Labrador.** The messages were transmitted 3,400 kilometres to Poldhu, England, on December 12, 1901.



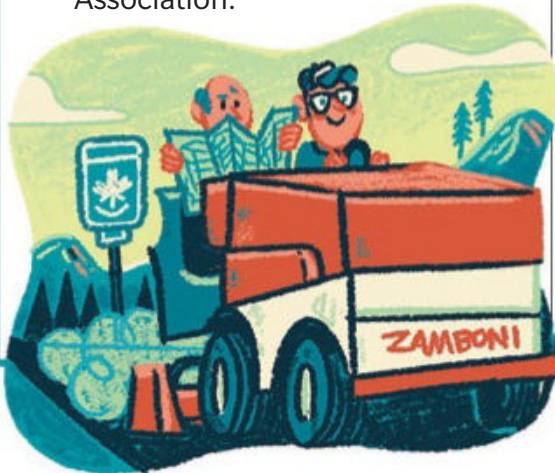
- 50. Ian Fleming**, author of the James Bond series.
- 51. Sir William Stephenson**, who flew as a fighter pilot in the Second World War and later did counter-espionage for the Brits.
- 52. Leonard Cohen**. John Hammond of Columbia Records became a fan of Cohen after seeing him perform at a folk festival.
- 53. 14,000 years**. The oldest village was found on Triquet Island in British Columbia.
- 54. Yukon**. It's 120 years old and belongs to lone Christensen, a former Canadian senator.
- 55. Sockeye salmon**. They created fishways and cleaned the water, and by 2010, the sockeye salmon population was sustainable for the first time in 75 years.
- 56. Air conditioning**. The frigid lake water is a sustainable alternative coolant for some Toronto buildings.
- 57. Nunavut**. No roads connect its 25 communities, either. People get around via air and boat travel.
- 58. The American greenback**. It was developed by Dr. Thomas Wherry Hunt at Laval University in 1857.
- 59. Devon Island**. It's also the largest uninhabited island in the world.



- 60. Sasquatches**. According to the Kitasoo/Xai'xais First Nation, the hairy giants live in the surrounding forests.
- 61. Nova Scotia**. The *Hylonomus lyelli* is 312 million years old and was found in the Bay of Fundy.
- 62. New Brunswick**. The fossil is around 400 million years old.
- 63. It placed #1**, followed by Japan and Germany.
- 64. L'Auberge Saint-Gabriel**, which first opened in 1754.
- 65. Labatt Park** in London, Ontario, which dates back to 1877.
- 66. Arthur Conan Doyle**, author of the Sherlock Holmes series.
- 67. British Columbia**. More than 500 cats roam among the buildings,

cottages and fenced-in outdoor space.

- **68. Riverview Hospital in Coquitlam.** It's been a location for such shows as *Supernatural* and *Riverdale* and films including *Jennifer's Body* and *Deadpool*.
- **69. Hanlan's Point Stadium** on the Toronto Islands. It was 1914 and he was playing for the Baltimore Orioles against the Toronto Maple Leafs (these were pre-Blue Jays days).
- **70. A heat wave** that hit temperatures of 49.6 Celsius.
- **71. Alberta.** It consisted of people fleeing Jim Crow-era Oklahoma and was considered the world's northernmost all-Black community at the time.
- **72. The U.S. border.** Vast swaths of the country north of this point are undeveloped.
- **73. A Zamboni.** With an assist from a transport trailer, they covered 6,000 kilometres to raise money for the Canadian Hockey Association.



- **74. Winnipeg.** They organized a fake Nazi parade, hoping the fear would inspire Manitobans to increase their donations to the war effort.
- **75. Ontario.** The former mining town was named in 1906 after what is, in some cultures, considered a good-luck symbol.
- **76. Lake Ontario.** The population has surged in recent years as a result of people freeing their pets in open water.
- **77. UFOs.** It was part of the town's centennial celebrations.
- **78. Stopped flowing,** when millions of tonnes of ice from Lake Erie became lodged at the mouth of the Niagara River.
- **79. French fries.** They're produced by McCain Foods in Florenceville-Bristol.
- **80. Snow White.** The server in question worked at a diner called the Weevil Café.
- **81. Nk'Mip Cellars** in the Okanagan Valley in British Columbia. It opened in 2002.
- **82. Lake Superior.** It was formed in 1979 after a group of people from Nipigon and Thunder Bay determined that the island of St. Ignace hadn't been claimed by any other country.

- 83. Lacrosse.** Its Algonquin name is *baggataway*.
- 84. Shania Twain.** It's also the best-selling country album of all time.
- 85. Desert.** Specifically, Carcross Desert, which measures only 2.6 square kilometres.
- 86. Calgary,** which averages 333 days of sunshine per year.
- 87. Wolverine,** whose origin story says he was born James Howlett in 1832.
- 88. The polio vaccine.** The culprit was a vaccine clinic worker named Jean Paul Robinson, who sold the haul for \$50,000.
- 89. The Great Escape.** He helped orchestrate a POW breakout from Poland's Stalag Luft 3 in 1944. In the movie, Charles Bronson played a character based on him.
- 90. Sir Sandford Fleming.** He also designed Canada's first postage stamp and engineered much of the Canadian Pacific Railway.
- 91. Ripple Rock,** near the Campbell River in British Columbia. The hidden peak was causing hundreds of boating accidents each year.
- 92. Lake Minnewanka** in Alberta. The summer resort village disappeared after a hydroelectric dam raised water levels.
- 93. Hailstone.** It fell during a hailstorm in Cedoux, Saskatchewan, and weighed 290 grams.
- 94. Wood pulp.** He made the first batch after his local paper mill ran out of cotton rags, which were previously used to make the stuff.
- 95. Baffin Island,** Nunavut. They're the oldest such fossils in the world.
- 96. Prince Edward Island.** The sand on Basin Head Beach is known to squeak, or sing, when you walk across it.
- 97. Robert J. Flaherty's *Nanook of the North*,** which uses documentary and docudrama to chronicle the lives of Inuit living on the Ungava Peninsula in northern Quebec.
- 98. Saint Pierre and Miquelon,** which also warehoused millions of litres of booze during Prohibition.
- 99. Golf,** surprisingly. (Hockey, of course, is next.)
- 100. Degrassi: The Next Generation.** He posted a photo of a cheque for \$8.25 on his Instagram in 2017.
- 101. \$1 million.** It weighed 100 kilograms and was made from pure gold bullion.

FINAL SCORE:

/101 **R**

BENEATH THE WAVES

THREE KAYAKERS ARE
NO MATCH FOR AN
ANGRY LAKE SUPERIOR

BY Jeff Moag FROM *MEN'S JOURNAL*

ILLUSTRATIONS BY MARK SMITH

DRAMA IN REAL LIFE



IT WAS MEANT

to be the latest trip in a tradition that stretched back over a decade. Every other year, the long-time friends had kissed their wives goodbye and headed out for an expedition. Jim Farrington, 49, was an electrical lineman out of Alden, Mich.; Sean Royston, 48, worked as an electrical-grid systems manager in Cottage Grove, Wisc.; and Tolin Annis, 53, owned a craft distillery in Grand Ledge, Mich.. In 2016, they decided to kayak the Pictured Rocks National Lakeshore, a challenging route on Lake Superior.

On September 13, they loaded up on food and camping gear, donned water-proof paddling tops and zipped up their life jackets. Each climbed into his kayak and at around 10:30 a.m. they pushed off from a beach near the

national park's headquarters. They planned to return in a week.

The trio punched through small waves and headed northeast. Soon the lakeshore's trademark cliffs began to rise on their right. Their next chance to get out of their kayaks would be some eight kilometres ahead, beyond a towering rock formation called Miners Castle. Away from the shore, the headwind grew to the forecasted 10 knots—and kept rising. The waves increased to over a metre high. Still, they never considered turning around. They'd already travelled around six kilometres, and they'd all paddled in worse conditions.

They'd been paddling maybe 90 minutes when, quite suddenly, the waves grew to two metres and steepened. The wind rose to an intense 20 knots, putting them in danger of capsizing. "When it went bad, it went bad fast," says Tolin, who was in the lead about 20 metres ahead of Jim. Sean trailed another 10 or 15 metres behind Jim. Sean was the first to tip over.

It was a bad place for a swim. The water was a chilly 16 C, and the wind and choppy waves were pushing him toward the cliffs. Miners Castle was a half-kilometre or more upwind, and the closest safe landing beach was another half-kilometre beyond that.

After Sean tipped, Jim quickly paddled over to him. Jim brought his boat parallel to Sean's and steadied it as Sean scrambled into his seat, which was now full of water. He began working the

kayak's plastic hand pump but couldn't stay ahead of the waves. "The pumping was just no use," he recalls. "I'd get close and another wave would come over."

Meanwhile, the wind pushed them closer to the cliffs, where the waves became even steeper. One of them rolled both Sean and Jim into the water.

Jim managed to get back into his boat, as did Sean—his second re-entry of the day. When they looked up, they saw Tolin in the water, farther out, clinging to his boat. Jim and Sean pressed their kayaks together for stability, gripping each other's craft, then paddled, each using his free hand. But they couldn't make any progress against big swells. Tolin was on his own.

"By then my arms were giving out," Sean says. "I looked at Jim and told him, 'I can't do this anymore.' We kept getting closer and closer to the cliffs and at some point I said, 'We gotta call now.'"

Using a VHF radio clipped to his life jacket, Jim called: "Mayday, three kayakers stranded." But the tall cliffs blocked the radio signal from reaching the park's headquarters or anyone else on land, and no vessels were nearby on the lake. A small-craft advisory had been issued just after the kayakers launched, so the tour boats that normally ply the lakeshore were tied to their piers. Then Jim capsized a second time. When he got back in his boat the radio

was gone, stripped from his life jacket, as were his cell phone and GPS unit.

Throughout the ordeal, Sean and Jim had been trying to make it around Miners Castle. Now they realized that even that short distance was impossible in their waterlogged kayaks, and they looked for an alternative.

They allowed the wind and waves to push them toward a narrow strip of sandstone at the base of the cliffs. Maybe they could land there and drain their kayaks before continuing around the point. Jim somehow managed to get onto the sandstone despite the crashing waves. He gripped the plastic T-handle at the bow of his kayak, which was lashed to Sean's, but the handle tore clean off—and Sean and the two boats were tossed back into the surf.

The waves pushed Sean and the boats along the shoreline, and they



The Miners
Castle rocks on
Lake Superior

disappeared around a small outcropping. "The last time I saw him he was rolling through the waves," Jim says. "And I swore his life jacket was unzipped."

Jim had been so focused on his and Sean's ordeal that he hadn't even looked for Tolin, but now that he did, he could see nothing but waves. Less than half an hour had passed since Sean's initial capsize, and all three men were separated. In Jim's estimation, Sean was likely already dead. Now Jim was stranded on the rocks, his radio and phone lost in Lake Superior.

***JIM COULD HEAR
PEOPLE ABOVE HIM.
HE HOLLERED UNTIL HE
WAS HOARSE—BUT
NO ONE HEARD.***

He tried walking the narrow strip of shoreline like a tightrope artist, but the waves kept knocking him off the rocks. As he clawed his way out of the water a third time, Tolin came floating by, holding his boat with one hand on the cockpit rim. He'd been swimming toward Miners Castle for more than an hour, trying to get around the point to land at Miners Beach, but despite that effort he'd lost ground in the powerful wind.

The men yelled to each other at the top of their lungs, but communication was hopeless. Soon, Tolin disappeared

from sight around another outcropping. Alone again, Jim found a broken tree trunk and used it to scramble higher, eventually climbing about halfway up the 25 metre cliff. He could climb no higher; it was too steep. The Miners Castle overlook was just above him, so close he could hear car doors closing as families visited the scenic attraction. He hollered until he was hoarse. But no one heard him.

SEAN STRUGGLED until the waves finally spat him away from the shoreline and farther out in the lake. Exhausted, he floated on his back and considered his options.

Miners Castle was barely a half-kilometre to the northeast, but with the wind and swell coming from that direction it may as well have been on the moon. Sean decided to turn downwind, toward the beach where they had launched that morning. It was five and a half kilometres away. "I'm a swimmer," he says, "and I thought, well, just start kicking."

Sean didn't feel particularly cold, but he knew hypothermia would begin to set in. He needed to get out of the water, and the only way was to keep kicking.

After about three hours, Sean made it most of the way back to the beach. The cliffs finally gave way to a cedar swamp. "I got to a point where I could actually walk up and grab some of the branches." After half an hour of wading through them, he came to the



mouth of a tiny creek. It gave him just enough of an opening to drag himself out of the water.

He followed the creek into the cedar thicket and spotted a dirt hiking trail. He started down the trail as fast as his spent legs could walk, blowing right by an older couple taking pictures, until he reached the parking lot. And that's when luck finally took a shine to him: just then, a park ranger was driving by, and Sean waved him down.

It was just before 5 p.m. Sean, Jim, and Tolin had gone into the water almost five hours earlier. The ranger immediately initiated a search and rescue operation, and the National Park

Service launched its patrol boat, the *Arrowhead*, and began searching the shoreline between the beach and Miners Castle. The Coast Guard dispatched a second patrol boat and a helicopter.

STANDING ABOUT MIDWAY up the 25-metre cliff, Jim hadn't moved much since becoming separated from Sean. He was wearing his bright red paddling top and life jacket, in the middle of a clear patch of sandstone. He'd lost his glasses, but spotted *Arrowhead's* flashing light bar as it cleared Grand Island. "The biggest relief in my life was seeing the blue flashing lights that no one ever wants to see in the rearview



mirror,” Jim says. Using the boat’s loud-speaker, a ranger told him to stay put.

The chopper arrived at 6:29 p.m. It wasn’t going to be easy. To pluck Jim from the rocks, the pilots would have to hover uncomfortably close to the tree-lined sheer cliff behind him and lower a rescuer from five times the preferred height, using more than 60 metres of cable when normally they use 10—all in swirling, 20-knot winds. But they did it.

The town’s street lamps were already glowing when the chopper set down in the parking lot of Munising Memorial Hospital, where Jim was reunited with Sean. After refuelling, the helicopter lifted off to search for Tolin, who by now had been in the lake for seven hours. The search centered around Miners Castle, where he’d last been seen. But Tolin was now miles to the west.

WHEN TOLIN CAPSIZED, he was about 45 metres from the others—too far away for them to help or to communicate. After failing several times to climb back into his kayak, he chose to wait for the others to assist him. But the next time he looked for Sean and Jim, they were gone.

Tolin resolved to stay with his orange kayak at all costs; it would be far easier for rescuers to spot than a lone swimmer wearing blue and gray. The kayak offered flotation and was packed with the food and dry clothes he’d need if he managed to make it to shore. That

was his plan—kick with the kayak around Miners Castle and land at the beach behind it. But the 20-knot winds were whipping around the point, making progress all but impossible.

TOLIN SIGNALLED THE HELICOPTER WITH HIS HEADLAMP, THEN RANGERS BUSHWHACKED TO HIS LOCATION.

The hours passed and Tolin kept kicking. “Normally when you have a situation go bad it happens fast, and adrenaline carries you through. But after seven hours there is no adrenaline left,” he says. “I had no sense of time, but I’d seen the sun go across the sky. I could feel myself becoming hypothermic. I was getting sleepy, my hands were starting to shake and I thought to myself, ‘You’ve gotta get out of this water soon or it’s not going to end well.’”

About a kilometre from the beach where they had put in, he saw his chance—a low spot in the cliff with a thick tree root reaching down. “The boat was full of water and the waves were beating it hard, so as I’m trying to grab this root, the boat became a weapon against me,” he says. So Tolin made the difficult decision to let the kayak go. He pulled himself up the root to the



edge of the thicket atop the low cliff, then continued along the ridgeline, hoping the boat might get caught up in the underbrush. That's exactly what happened, and he managed to scramble down the cliff to his kayak and recover some gear, including a change of clothes. He swigged water down his parched throat and ate handfuls of trail mix. Then he grabbed the phone he kept in a waterproof box.

There's very little cell service around Pictured Rocks, but Tolin caught a signal. "The 911 operator knew who I was," he says. "She told me, 'We've already got the other two. Stay put.'"

Soon, the helicopter was circling directly above Tolin. They couldn't see him in the dusk until a pinprick of light shone through the underbrush. It was Tolin signalling with his headlamp. The helicopter held steady to mark Tolin's position as a team of National Park Service rangers made their way to him. The rangers judged him well enough to hike out, and they bushwhacked back to the trail in the darkness and walked about a half-kilometre to park headquarters.

When the rangers asked Tolin if he

wanted to be admitted to the hospital, he replied, "No way. My Jeep is nearby. I'd just as soon pick the other guys up there."

When he arrived at the hospital's urgent care clinic, Tolin found Jim and Sean. They had changed out of their wet clothes and into hospital scrubs and socks. Tolin took them shoe-shopping at the only store still open, a supermarket. The one option the store had were women's flip-flops with sparkles, so they bought a couple pairs. The restaurants were all closed, but staff at a nearby casino listened to their story and re-opened the kitchen for them. "The waiter comes over and says, 'What do you want?' and I say 'Well, I'll take a whiskey,'" says Tolin, the distillery owner. The three friends toasted their good fortune and gorged themselves on fried chicken strips.

The next day they walked the shoreline—Jim and Sean still in hospital scrubs and flip-flops—and recovered all three boats, as well as wallets, keys and most of their gear. Best of all, they would be returning to their families. **R**

© 2021, JEFF MOAG, FROM MEN'S JOURNAL (JULY 2021)



You Tubers

What I say is that, if a fellow really likes potatoes, he must be a pretty decent sort of fellow.

A.A. MILNE, AUTHOR

Show me a person who doesn't like french fries and we'll swap lies.

JOAN LUNDEN, JOURNALIST

AS KIDS SEE IT



"It's nothing to worry about. He just seems to be experiencing a growth spurt."

If you're unable to handle rejection, then you shouldn't be in showbiz or a parent.

— SCOTT PORTEOUS,
Winnipeg

The price of gas made me cave and get my six-year-old that pony for her birthday.

— [@DEVONESAWA](#)

I told my kids they had to share a doughnut and they whipped out a ruler, protractor, scale and magnifying glass.

— [@STRUGGLEDISPLAY](#)

Parenting tip: To keep your kids quiet in the car, let them throw the crumbs from their seats out the window for the

birds. For 10 minutes my car was quiet and now it's a little cleaner.

— [@FULLOFMONSENSE](#)

No parenting book can prepare you for when your three-year-old literally sticks her finger in your nostril and says, "Hey Mom, smell this!"

— [@WORDESSE](#)

Accomplish whatever tasks you have today with the confidence of a kid who claims to have brushed their teeth.

—[@HOMEWITHPEANUT](#)

My daughter told me that my belly is squishier than a pillow, so I'll be accepting applications for a new heir.

—[@KATIEDEAL99](#)

Me: How's your pancake?

My three-year-old rubbing the pancake on his face: It's soft.

—[@NOTMYTHIRDRODEO](#)

My five-year-old daughter is confident, happy and not afraid to speak her mind. All these amazing qualities come out at once when she announces to her entire class that she has to poop.

—[@GFISHANDNUGGETS](#)

My daughter just learned about evolution and is now mourning that she didn't morph from a kitten.

—[@MOM_THO](#)

My son just said IKEA is grown-up Legos and I've never felt more connected and seen.

—[@ANAGASTEYER](#)

I'm trying to be grateful for one thing each day. Today I'm grateful that my kids are old enough to make their own dinner after they tell me they hate my cooking.

—[@SWEETMOMISSA](#)

Love when kids rename things. For example, my kids call snacks "nackies," granola bars "nolas" and homemade meals "do we have anything else to eat?"

—[@MOMMAJESSIEC](#)

Me: We're going to a surprise party today.

My six-year-old: For me?

Me: No. It's not your birthday.

My six-year-old: I know. I would be surprised.

—[@XPLODINGUNICORN](#)

My five-year-old got in the car this morning and asked if we "should roll the windows down and party" and I think I need to approach

everything with that level of energy from now on.

—[@WHINECHEEZITS](#)

If I ever want to hear about all the injustice in the world, I just ask my 12-year-old to clear the table after dinner.

—[@THREETIMEDADDY](#)

Ninety per cent of parenting is convincing your children to participate in basic life necessities. Eat. Sleep. Shower. Repeat.

—[@KIDVERSATIONS_](#)

My daughter can't find her glasses, her shoes or her backpack, but she can spot a sliver of onion in a bowl of rice from 10 feet away.

—[@SIX_PACK_MOM](#)

Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 7 or rd.ca/joke for details.

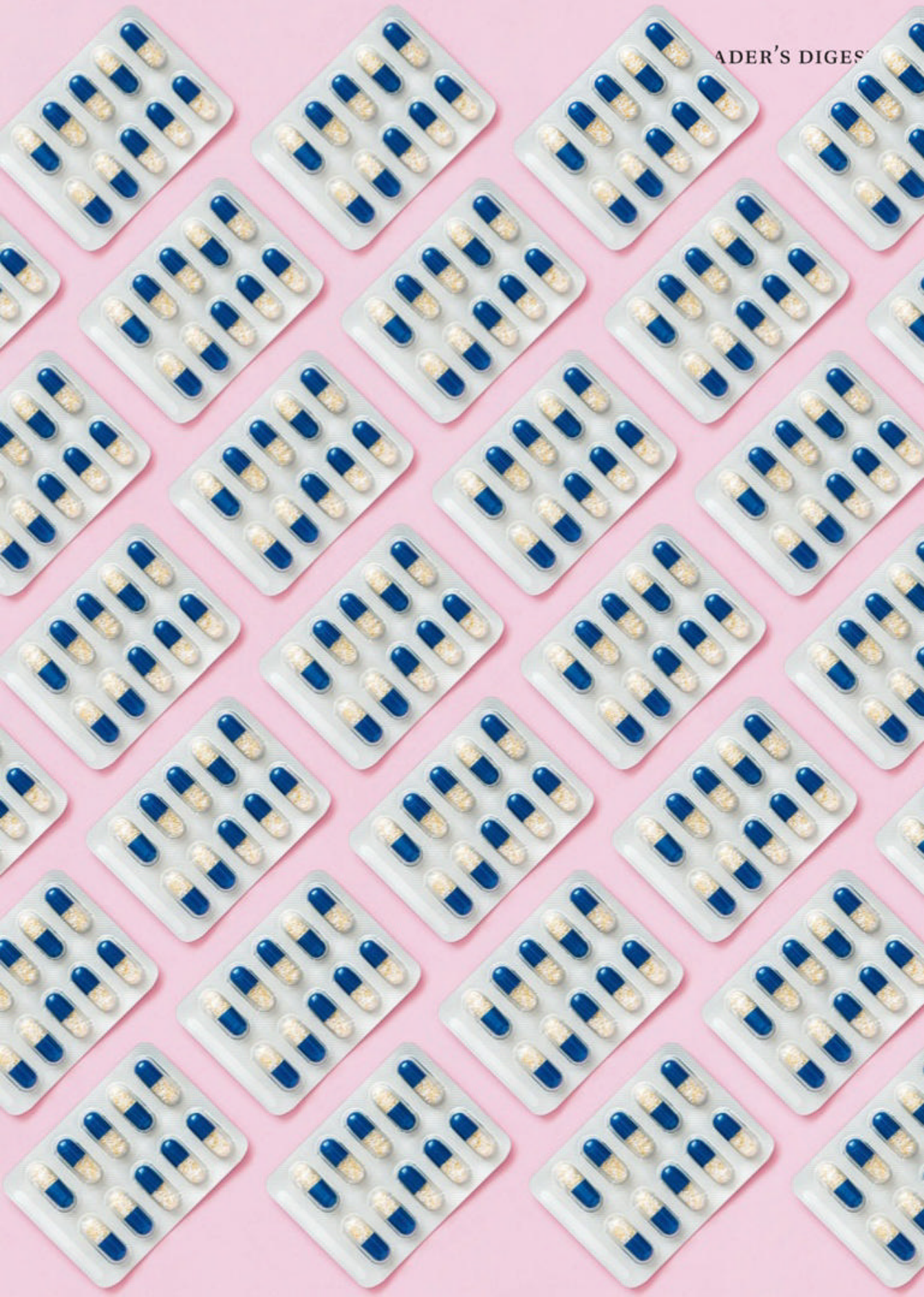


THE
PLACEBO

WHY DOCTORS ARE
PRESCRIBING **SUGAR**
PILLS INSTEAD OF
THE REAL THING

CURE

BY Lia Grainger



WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

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Brand new content

One site



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MICHAEL WHARRAD

held the envelope in his hands, certain of what the paper inside would tell him. A decade ago, the 72-year-old, a former investment banker who lived in Kent, England, had been diagnosed with Parkinson's disease. For a year, he had participated in a drug trial at London's National Hospital for Neurology and Neurosurgery. Researchers were testing whether a medication approved to treat type 2 diabetes could also treat Parkinson's symptoms. Every day, Wharrad had received a dose of either the drug or a placebo, but he never knew which.

During the trial, Wharrad thrived. His joints ached less, and he could get up from a chair more easily and take walks around the block. He also noticed that his memory seemed stronger. Friends and family commented on his obvious improvement. "My wife and I were convinced I was taking the drug," he says.

But at his end-of-trial meeting with one of the researchers—who also didn't know whether Wharrad had been on the drug or not—he was delivered a surprise. When he opened the envelope to find out what he'd been taking, he saw the word "placebo."

"I was speechless," he says. "I had been feeling so much better."

A PLACEBO CAN BE a sugar pill, a saline injection or a glass of coloured water: inert treatments that shouldn't produce a physiological response. But they often do; Wharrad's case is not unusual. In fact, placebos are increasingly proving to be more powerful than active drugs in trials—and they may just be the key to reducing our dependence on medications.

The so-called placebo effect happens when the brain convinces the body that a fake treatment is authentic, which stimulates relief. The medical community has long been aware of this phenomenon, but in the last 50 years, neurologists began examining the molecular mechanisms and pathways at play when a mock treatment creates real healing. To a large extent, it's still a mystery, but scientists have confirmed that simply perceiving that you're being treated affects the part of our brain that processes symptoms.

Since the body-brain response that controls the placebo effect is neurological, they work best for conditions controlled by the neurological system, such as pain, irritable bowel syndrome, depression and Parkinson's disease. Placebos can't change things like a viral infection; they won't lower your cholesterol, shrink a tumour or reduce a cold's duration.

When they do work, expectations play a significant role: if you think a pill can cure you, it is more likely to do so. In a *Lancet* review of placebo studies,

researchers described a case where post-surgery patients were given morphine for pain. For some, the medication was delivered secretly with a hidden pump, while others received it from a physician who explained that it would make them feel better. The patients expecting the drug and its positive effects experienced far greater pain reduction than those who were unaware they had received it.

IN SOME TRIALS, REAL MEDICATIONS NO LONGER OUTPERFORM PLACEBOS.



Placebos can also work as a result of “pharmacological conditioning”—when clinicians teach a patient how to respond to a placebo by first administering an active treatment. According to Luana Colloca, a professor at the University of Maryland’s department of anesthesiology, this can result in the strongest placebo effect. Studying this phenomenon across a range of conditions, Colloca has observed via fMRI scans and other objective measurements that placebos use the same neurological pathway of the brain as the medication did. “The placebo response is like a pharmacological memory,” she says, explaining that it’s similar to

a trauma response, where the brain reacts in a certain way to a traumatic event and then is later triggered to replicate that same response.

This specificity means that placebos for depression activate serotonin, and those replacing painkillers reduce activity in the brain centres responsible for pain while activating the opioid systems, or pleasure centres. In other words, your brain is tricked into generating a drug response.

PLACEBOS ARE SO powerful that they’re affecting the chances that a medication will be approved for use. To prove a drug works, scientists must show that it performs significantly better than a placebo in a randomized, double-blind, placebo-controlled trial (in this type of trial, neither the researchers nor the participants know who is receiving what). Over the past two decades, scientists and drug companies have noticed that placebos are helping patients so much that some drugs can no longer outperform them—not because the drugs are less effective but because the mind’s power over the body seems to be growing. In fact, a 2021 Danish meta-analysis of 180 drug trials showed that, in total, over half of the treatment effect could be attributed to a placebo.

This increase is not well understood, according to Lene Vase, a professor of neuroscience and psychology at Denmark’s Aarhus University, but it’s presenting a problem for drug companies.

"Some drugs that were approved in the past would not beat a placebo today," she says.

Currently, this phenomenon seems to be strongest in the United States. Testing results for the drug lumateperone provide a typical example. In 2019, pharmaceutical company Intra-Cellular was on the verge of a major development for the treatment of bipolar depression; it had performed well in earlier trial phases, and the company's scientists were expecting success. Yet in the American arm of the trial, patients who received the drug and those who received the placebo both experienced significant improvement. When Intra-Cellular released its findings showing the drug had failed to consistently outperform a placebo in part of its trial, its stock dropped 22 per cent—although it was later approved by the FDA due to successes in other countries.

Dr. Jeffrey Mogil, who studies pain at McGill University, published a paper in 2015 showing that the placebo effect has increased, especially in the United States. He posits that, because American trials are often more expensive and hosted in nice clinics, the patient is conditioned to believe the medication must work. Neuroscientist Alexander Tuttle, a co-author of the McGill study, hypothesizes that advertising also plays a part: Americans who view ads depicting patients helped by pharmaceuticals could also be more likely to believe the pill they take in a trial will heal them.

(The U.S. is the only country besides New Zealand that allows pharmaceutical companies to advertise prescription medication directly to consumers.)

PLACEBO RESEARCH IS now its own area of study, and experts say we should harness the strategies that generate the most powerful placebo effects in drug trials and incorporate them into clinical treatments. It may sound unlikely, but in some cases, placebos work even if you know you're taking one.

SCIENTISTS HAVE FOUND THAT PLACEBOS CAN WORK EVEN IF YOU KNOW YOU'RE TAKING THEM.



The effectiveness of "open-label placebos"—sometimes also called "pure" placebos—has been shown in numerous studies. In one published in the journal *PLoS One*, a team of researchers gave patients with irritable bowel syndrome inactive pills labelled "placebo." Those patients experienced a 60 per cent improvement in their condition, while those receiving no treatment only improved 35 per cent. "The key ingredient to successful treatment with a placebo is honesty, not tricks," asserts Dr. Ted Kaptchuk, the director of Harvard University's

Program in Placebo Studies and Therapeutic Encounter, who led the study.

Already, without telling patients, some doctors prescribe an active treatment—a vitamin or antibiotic, for example—that they know will likely not treat their ailment but may generate a placebo effect. In fact, a 2018 international review of studies from 13 countries found that up to 89 per cent of physicians reported using placebo treatments at least once a month. Doctors surveyed said they do this to treat non-specific complaints or to satisfy patients' demand that something be prescribed. The hope, then, is that open-label placebos could replace this ethically murky practice. "Use of open-label placebos would reduce the amount of medication we use for common conditions," adds Kaptchuk.

Although knowingly taking a faux treatment won't be for everyone—Wharrad, for instance, isn't convinced he would have experienced the improvements in his Parkinson's symptoms had he been aware he was taking a placebo—one 2016 American study published in *BMJ Open* found that up to 85 per cent of the 853 respondents felt it was acceptable for doctors to treat with open-label placebos in various scenarios.

In 2017, more than two dozen international placebo researchers gathered in the Netherlands to begin developing official recommendations around the use of open-label placebos, some of which were published last year. They include informing patients about placebo effects and fostering warm, trusting and empathetic patient-doctor relationships.

This potential transformation in medicine has already changed the lives of some patients who've participated in open-label placebo studies. Troy Mack, a 57-year-old Baltimore resident, had been suffering for two decades from intense pain in his face, neck and jaw from temporomandibular (TMD) joint disorder. When researchers at the University of Maryland, including Colloca, announced a study of an experimental TMD treatment, Mack was told that, based on his medical history, he could be a good placebo responder.

That prediction turned out to be correct. After just a week of knowingly taking a placebo, most of Mack's jaw pain had disappeared. His face felt more relaxed, and the joint no longer cracked when he yawned. He was finally experiencing relief. "If I could get a long-term prescription for this, I would take it," he says. **R**



Road Much Travelled

If the path before you is clear, you're probably on someone else's.

JOSEPH CAMPBELL

The Gift

My wife deserved the perfect birthday present. That's not what I bought.



BY Ian Brown
FROM *THE GLOBE AND MAIL*
PHOTOGRAPH BY VICKY LAM

IT WAS MY WIFE'S 59th birthday. Fifty-nine is not a "special" birthday, like 18 or 50 or 90, but it is one you want to take seriously. That's because it is the last year of a life anyone can, however delusionally, consider themselves not old.

It is not an age you want to be messing up on, gift-wise. Perhaps I was out of practice, thanks to the no-roaming-the-store-for-ideas shopping deprivations of COVID. I considered a new blender, because we need one, but you do not want to be giving someone a blender to "celebrate" turning 59. Someone who is turning 59 wants to believe in the future, in psychological autonomy and the possibility of the unplanned.



Shopping online, however, requires a more decisive mindset than I possess. You have to know what you want before you know what you want. I had decided on a range of presents from me and the dog and my son. The dog had chosen to give my wife a subscription to the Flower of the Month Club. The boy would proffer a super-light walking jacket from Arc'teryx, the women's version of one of my own my wife had taken to borrowing. Those gifts were inspired.

I HADN'T JUST
BOUGHT THE
WRONG GIFT. I WAS
IN THE WRONG
STORE ENTIRELY.



It was my gift that would fail. I had been casting about for a present. I surveyed a lot of jewellery, but nothing spoke to me in my price range. Jewellery is a fallback gift anyway, and fallback gifts are an admission of defeat. Surely I can figure out what my partner wants after living with her for more than three decades. So I told myself.

ONE MORNING, as time was running out, I spotted a newspaper advertisement for Gerry Weber, a zesty line of women's leisure and travel clothing, or so it seemed to me. I saw the item I

needed, the Universally Appropriate Gift: a tan linen blouse, with pink, green and white stripes. You could tuck it in or leave it out, tunic style. It wasn't cheap, but it wasn't exorbitantly expensive. It looked elegant and comfortable on the model, who looked to be in her late 30s. "She'll be able to wear it," I told myself, "to a wide range of functions."

Lesson one: if you find yourself repeating that line, you are on the wrong track, friend. You are rationalizing the gift's lack of specific appeal.

I bought the blouse anyway. It's easier to commit online: you hit the button, the deed is done. The next day, I dropped by the Gerry Weber store to pick it up. I hadn't even rung the bell when I spotted a green and white striped seersucker jacket in the window that I thought might be a better choice. But the jacket had matching pants, and the pants—this was the giveaway—had a belt of matching material. And in that moment I knew: I hadn't just bought the wrong gift; I was in the wrong store entirely. My wife is not a matching belt kind of woman. But the store was exchange only.

Disappointment loomed.

I TOOK THE linen tunic/blouse home and wrapped it in a fancy bag. The next morning, her birthday, I rose early, made my wife a cup of tea (she doesn't eat breakfast), arranged the three gifts and a vase of flowers on the breakfast table in our kitchen. She came

downstairs shortly after 8 a.m. I was nervous, but she seemed pleased by the array of gifts. She loved the flowers and the Arc'teryx jacket. The Gerry Weber package was then opened, examined closely, the tunic tried on, exclaimed over, considered. "It's almost there," my wife said. "I admire the effort."

"Perhaps you can exchange it for something else," I said too quickly. "They had a nice green pinstriped seersucker jacket. Except that it came with pants that had a...matching fabric belt."

This information stopped my wife, as I knew it would. "What kind of a store was it?" she asked.

I explained that, to my knowledge, it was a women's leisurewear store, founded in Germany. Her eyebrows lifted. I added that it seemed to sell clothes both young and older women wore, that the colours were bold but that the fabrics were expensive, comfortable, cool in hot weather.

My wife thought for a stretch. "It sounds like a kind of," she hesitated, choosing her words, "hip Talbots."

My wife had come of age in New York. She worked at *GQ* and used to drag me after work to shop sample sales of the ultra-glamorous designer Azzedine Alaïa in tiny eighth-floor storerooms packed with women, which is to say my wife knows her way around clothes.

For such a woman, a gift from Talbots bears a certain implication of her contentment with the status quo. And to

have a gift from "hip Talbots" is even worse, because it implies that she is aiming not just for comfy Talbotness, but that she is also secretly ashamed of Talbotism, and so yearns for the manufactured false haven of "hip" Talbotness, precisely the kind of slotting a contemporary woman of any age abhors, a woman of 59 possibly most of all.

I CALLED THE Gerry Weber store and said I wanted to exchange the tunic/blouse for a pair of cotton jeans my wife had approved on the website, in lime green. A few days after that, the very kind woman who runs the store called me back and said she was sold out of lime green but had two pairs in two possible sizes in mint green. I drove my wife to the store so she could try on the mint pants and release me from the agony of my misjudgment.

The store was doing only curbside business, but my wife, masked, was allowed to try the pants on. She liked the mint pants and took them instead, but I doubt they were a garment she would have chosen on her own. They were a consolation prize to her husband.

"Well?" I said, on the way back to the car. "Was it hip Talbots, after all?"

My wife paused. "I'm not even sure about the hip part," she said. My return to post-pandemic shopping will be delayed, as I take time to recover. **R**

FROM "IAN BROWN CONSIDERED HIMSELF A TALENTED GIFT GIVER – UNTIL HE HAD TO FIND A PRESENT FOR HIS WIFE'S 59TH BIRTHDAY," BY IAN BROWN, *THE GLOBE AND MAIL* (JUNE 19, 2021), THEGLOBEANDMAIL.COM



HOW CHARLOTTETOWN,
BIRTHPLACE OF
CONFEDERATION,
STRUGGLES WITH
AN UGLY HISTORY OF
WRONGS AGAINST
INDIGENOUS PEOPLES

CONFOUNDING FATHERS

BY Kate McKenna
FROM *MAISONNEUVE*

BY THE TIME THE SIR JOHN A. MACDONALD STATUE

was loaded onto a truck and driven away, it had already lived through a series of public humiliations. One night in March 2021, a Charlottetown resident poured a sticky, milky fluid that looked suspiciously like seafood chowder on his head. Before that, the statue was splashed with yellow paint. After both were cleaned up, a handprint of red paint appeared over his mouth, a symbol of solidarity with missing and murdered Indigenous women and girls.

But Charlottetown was intent on keeping him. The city spent about \$5,000 to clean him up, dust him off and put him back in his spot, right in the middle of downtown.

Macdonald was etched in bronze: sitting hunched on a bench, arm outstretched, a space held for any passerby who chose to sit next to him. He wore a suit. His top hat was placed next to him on the bench. His most

recognizable features—curly hair and an elongated nose—differentiated him from other Fathers of Confederation. His face was arranged into a thoughtful expression, but his body was arched towards any potential companions, permanently engaged in debate.

He'd been there since the city paid \$75,000 to commission the statue in 2009 as part of a million-dollar federal program to promote Charlottetown's role in the formation of Canada. Many people loved him and took pictures with him. But then, sentiment started to sour.

In 2015, the Truth and Reconciliation Commission found that Canada's residential school system—of which John A. Macdonald was an architect, armed with the explicit goal of taking “the Indian out of the child”—amounted to “cultural genocide.” Groups representing Indigenous people living on P.E.I., including the Epekwitk Assembly of Councils and the Native Council of P.E.I., called for more context to be added to the statue, acknowledging Canada's first prime minister's role in creating residential schools.

There were letter-writing campaigns to the city asking for the change. More than 2,500 people signed an online petition, which—considering the population of Charlottetown is about 40,000—is not insignificant. The city still didn't act.

Finally, in May 2021, Charlottetown's municipal council voted to keep the statue, but with modifications, per

the recommendations of the Epekwitk Assembly of Councils, which represents the Abegweit and Lennox Island First Nations.

Another figure was going to be added to the display—either an Indigenous child or Elder. A sign would be added too, to remind visitors of “the devastating role that Sir John A. Macdonald played in the Indigenous history of Canada.” At the time, Councillor Mike Duffy—who represented Brighton, the poshest neighbourhood in Charlottetown—opposed even doing that, saying most of his constituents wanted the statue to stay where it was, unchanged.

Then, later that same month, the remains of 215 children were discovered on the other side of the country, at the former Kamloops Indian Residential School. In response, a vigil was held at the Charlottetown statue. Children’s shoes were placed at the foot of the monument as dozens came to mourn. Faced with renewed and widespread public pressure, council agreed to remove the statue. John A. Macdonald was unscrewed from the ground and driven away to an undisclosed location—his arm still reaching out, but embracing no one.

COMMUNITIES ACROSS Canada have grappled with how to respond to mounting public pressure to rename landmarks or places devoted to settlers like John A.

Macdonald, who had direct roles in the attempted genocide of Indigenous Peoples. But on P.E.I., Macdonald’s legacy isn’t only visible on the occasional street sign or statue—it’s a veritable cottage industry, foundational to the Island’s identity, tourism sector and economic security. Taking down a statue is one thing; decolonizing the birthplace of Confederation is quite another.

Do you want to travel by vehicle to P.E.I.? Unless you take the ferry, you’ll need to take the Confederation Bridge. Want to go to the library? Try hitting up the Confed, as it’s known—the Confederation Centre Public Library. Excited to see *Anne of Green Gables—The Musical*? Well, that performance plays at the Confederation Centre of the Arts. The bike path spanning the Island from east to west is called the Confederation Trail.



A city worker removing paint from the Macdonald statue

Until 2020, the Confederation Centre of the Arts (which receives about a third of its annual operating budget from the federal government) paid Island teenagers to dress up as Fathers and Mothers of Confederation and do walking tours for tourists. On a summer day in Charlottetown, you were likely to encounter these folks—known as Confederation players—wearing hoop skirts and talking to each other as though it were still 1864, and playing croquet on the lawn of the George Coles building, next to Province House.

“There’s been a lot of cultural and economic and emotional attachment to the idea of Confederation,” says Edward MacDonald, a P.E.I. historian and professor at the University of Prince Edward Island. In 2017, Parliament passed a motion affirming Charlottetown as the birthplace of Confederation: the culmination of nearly 100 years of self-promotion by the city to call itself the place where Canada started. “It gives us a sense of grandeur. Prince Edward Island is the smallest, weakest, most inconsequential province in the Confederation,” says MacDonald. “There’s a kind of defensiveness, and I think there’s a desire for Prince Edward Island to have something to brag about on the national stage.”

Notably absent from the presentation and promotion of Charlottetown as the quaint, historic birthplace of Canada are the people who were here first: Mi’kmaq. The Mi’kmaq were also

excluded from the deliberations in 1864 that eventually led to the creation of Canada, despite the oral history and archaeological evidence that suggests they’ve inhabited the Island—known in Mi’kmaq as Epekwitk—for at least 10,000 years. There are about 1,400 registered Mi’kmaq living on the Island today.

CHARLOTTETOWN IS A MONUMENT TO THE FORMATION OF CANADA—AND TO CULTURAL GENOCIDE.



In the 1700s, when British colonizers arrived, the Mi’kmaq signed a series of Peace and Friendship Treaties with the Crown. At that time, the British agreed not to interfere with traditional hunting, fishing and harvesting, and Mi’kmaq agreed to peace. The Mi’kmaq never ceded their lands, though. The two groups were to run their own nations. In Epekwitk, as elsewhere in Canada, the British did not make good on their promises.

Chief Roderick “Junior” Gould of Abegweit First Nation—which comprises three reserves located northeast of Charlottetown—thought about the colonial violence inflicted on his family when he saw the Macdonald statue in Charlottetown. He, like most if not

all Mi'kmaq on Epekwitk, has a personal connection to the former residential schools in Nova Scotia and in P.E.I. Survivors recount enduring physical, emotional and sexual abuse at all three institutions. Elders have been describing the horrors of those schools for years, unheard by settlers and settler politicians.

We are awash in evidence that the Crown has long inflicted violence on Indigenous people across Canada. Yet P.E.I. still profits from and celebrates being the birthplace of Confederation. With flags flying at half-mast to honour the children who never came home, how can P.E.I. celebrate being the place where Canada was created?

PATRICIA BOURQUE SCORED her dream gig in 2014, when the City of Charlottetown hired her as a full-time photographer. It was a big year for the city, marking 150 years since the 1864 Charlottetown Conference. The year-long celebration included festivals, major concerts, sailing regattas and free family entertainment downtown all summer.

Bourque, now 51, has spent the last two decades raising her daughter and working various jobs to support her family. She had dreamed of becoming a professional photographer, so she accepted the job without hesitation. At first, she was awestruck. There were so many events with so many dignitaries. She recalls photographing relatives of Samuel Holland, the surveyor

who divided P.E.I. into parcels of land that were allocated by lottery to British settlers. Holland's work ultimately destroyed the migratory lifestyle of Mi'kmaq, who traditionally moved around the Island seasonally, hunting fish or game. "They made little speeches, and it just caught me off guard," Bourque says. "There was no acknowledgement of who was here first."

Bourque is a Survivor of the Sixties Scoop. She is a Mi'kmaw woman who was taken from her home community of Abegweit First Nation soon after her birth. She spent nearly half of her life with a non-Indigenous family, unable to connect with her identity. Now she's a member of the Lennox Island Band, also on P.E.I., and an active member of the community.

Over the following years, Bourque found herself avoiding streets with colonial statues. In tiny Charlottetown, that required serious effort. There wasn't just the Macdonald statue, but also a statue of William Henry Pope, one of the Island delegates to the conference, which was mounted in 2014 on the wharf as part of the anniversary celebrations. On Great George Street, one block northwest from the provincial legislature and three blocks northeast of the wharf, there are two other Fathers of Confederation gesticulating to each other, apparently in full debate.

And then, of course, there are the buildings. In the downtown core, there is Founders' Hall (a multi-purpose

building now used as a market), the Confederation Centre and the provincial legislature. Charlottetown is a concentrated, curated monument to the formation of Canada, a nation that, in the words of the Truth and Reconciliation Commission, led to the cultural genocide of Bourque's people.

The daily reminders came to bother Bourque, but she tried to turn off the feeling, focusing on raising her daughter and putting food on their table. "You do have to shut it off, or it will consume you," she says.

WHILE THE COUNTRY GRIEVES 5,000 DEAD, THE CITY IS AT AN UNCOMFORTABLE STANDSTILL.



Soon, her career as a visual artist flourished. Her work is centred around Mi'kmaw life: she describes her art as "driven by [her] love and passion for Mi'kmaw traditional cultural events," and her portrait work features Mi'kmaq looking proud and strong in traditional regalia. She travelled across the country, meeting other Indigenous artists in the process, an experience she describes as "eye-opening" and an "awakening."

"But during introductions, you say where you're from, and that's when the comments started," she says. She recalls

an artist she met in Newfoundland sarcastically mocking the idea of Charlottetown being the birthplace of Confederation. "You feel shame," Bourque says. "And you feel embarrassment as an Indigenous person when you're travelling. Then, to come home, you can't stop seeing it. It's just there in your face."

LAST SEPTEMBER, Mi'kmaw artist Melissa Peter-Paul stood on the sidewalk looking across the street to the empty spot where the John A. Macdonald statue used to be. She used to dodge that corner, saying the sight of the statue was too painful.

Now it's her task to reimagine the space. The city has hired her to design a crosswalk and she's planning to create a design using the "Mi'kmaw curve," which she calls an important symbol representing strength, community, balance and standing together. "Whatever Macdonald tried to do, we're still here, so that's the point of my art being here," she says.

Bourque says she's personally looking forward to seeing Peter-Paul's finished work. She wishes there were more examples of Mi'kmaw art like it downtown. "P.E.I., we're more than Anne of Green Gables. We're more than just foxes, red cliffs, mussels and oysters. I never see any representation of Mi'kmaq, of the First Peoples who've been here for over 10,000 years. And I'm tired of it."

FOR NOW, THE CITY is at an uncomfortable standstill, where signs and placards proudly proclaim it as the birthplace of Canada, while the country grieves the 5,000 (and counting) bodies of children found near former residential schools.

Charlottetown's mayor has started conversations with the province about how to move forward, but many members of the Indigenous community are in a period of mourning and healing. In a recent legislative committee meeting, the Mi'kmaq rights group L'Nuey and the Native Council of P.E.I. called for more collaborative measures, such as adding Mi'kmaw words to street signs, a greater—and faster—incorporation of Mi'kmaw history into the public school curriculum and opening a shelter for Indigenous men.

"I always say reconciliation is a marathon and not a sprint," says Senator Brian Francis, a former Chief of Abegweit First Nation. "When we talk about Charlottetown being the birthplace of Canada, it's important to acknowledge the dark history upon which this country was built. Unfortunately, much of this history has been hidden, kept

secret, despite the efforts of Indigenous people to share our stories and have our voices heard."

Still, Francis stopped short of calling for an end to celebrating Confederation. He says the first step ought to be acknowledging and accepting the harm done to Indigenous Peoples and credits the P.E.I. government for recognizing September 30 as the National Day for Truth and Reconciliation as a positive step toward that goal.

Celebrating the birthplace of Confederation is a multi-million-dollar industry built on propagating a Canadian myth that ignores the people who were here first and continue to be here, resilient in the face of cultural genocide. Upending that industry would have economic consequences and destabilize how Islanders see themselves. But decolonization is about more than symbols and storytelling and representation. It's also about taking a hard look at who benefits from those stories—and from land, resources and financial structures—and who is left behind. **R**

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Look Up

Be comforted, dear soul! There is always light behind the clouds.

LOUISA MAY ALCOTT, *LITTLE WOMEN*

The sky is an infinite movie to me.

K.D. LANG



Pyjama Day

My first fashion faux pas

BY Damhnait Monaghan

ILLUSTRATION BY EMCIE TURINECK

IMAGINE, IF YOU WILL, a freckled, buck-toothed demoiselle of the groovy 1970s. I yearned for something more than my sister's hand-me-down jeans and T-shirts.

Enter the maxi dress. At first, only a few girls at school trailed their dresses through the playground dirt, but as the trend intensified and more and more friends flounced into school with ultra-long hemlines, jealousy became my newest accessory. Alas, my parents' budget did not stretch to such frivolity. So imagine my delight when a family friend gave me a thank-you gift for entertaining her toddler after the arrival of twin baby girls. I opened the package, and there, nestled in tissue paper, was a paisley patchwork maxi dress. Le swoon.

Was it a pattern I would have chosen for myself?

It was not.

Was it odd that it came with a little elasticated granny cap?

Perhaps.

Should I have heeded those warning bells when I realized the fabric was flannelette?

Absolutely.

But desire and desperation are an intoxicating ensemble.

The next morning, I donned my new dress and went down for breakfast. My mother, perhaps tired after her night shift, made no comment. When I arrived at school, however, it was a different story.

"Are you wearing pyjamas?"

"No."

"Is that a nightgown?"

"No."

I knew the unasked question on everyone's lips:

"Are you nuts?"

Clearly.

I draped myself in denial. I would get through this nightmare (for which I was all too suitably attired). I managed to brazen my way through the morning, but when the bell rang for recess, Mrs. M., my Grade 5 teacher, beckoned me to her desk. She was not particularly fond of me; I was too chatty for her liking. I suspected she'd summoned me to ask the same questions I'd heard all morning:

"Are you wearing pyjamas?"

And,

"Is that a nightgown?"

But she did not. Instead, she looked at me intently, pushing her glasses up her nose, then leaned in closer. Slowly, she reached out a hand. Had I misjudged her? Perhaps she had taken pity on me. Perhaps she would comfort me, offering reassurance that I would

survive my fashion faux pas.

Her hand drew ever closer. I waited for the reassuring pat on my cheek. Instead, her fingers grasped my sleeve. She rubbed the material between her thumb and forefinger to identify the fabric. Then, with a satisfied look on her face, she dismissed me.

I OPENED THE PACKAGE AND INSIDE WAS A PAISLEY PATCHWORK MAXI DRESS. LE SWOON.

Meanwhile, in her head she asked, "Are you nuts?"

And in my head I answered, "Clearly."

Years later, I met up with some old elementary school classmates. One of them remarked, "Remember the time someone wore pyjamas to school? Who *was* that?"

I decided to fess up. I mean, consider how much fashion has changed since the 1970s: Pyjama Day at school is now an *actual* thing. And with the current emphasis on working from home, our attitude on what to wear where has broadened. Let's face it, one person's loungewear is another's PJs.

Clearly, 11-year-old me was just ahead of her time. And by that I obviously mean bedtime. **R**

READER'S DIGEST



Sunny keeps
Guelph, Ont. couple
Heidi Torreyter
and Mike Johnston
active and healthy.

Whether they're furry,
feathered or scaly,
the non-human members
of your family help you in
more ways than you know.

Here are the six
science-backed reasons
why your pet pal deserves
an extra treat today.

The Surprising Benefits of Pets



BY Anna-Kaisa Walker

PHOTOGRAPH BY JAIME HOGGE



1. They keep you active

If you have a dog, chances are you're walking it at least 30 minutes a day, and likely more—an activity that goes a long way towards keeping you fit.

In fact, a British study of dog owners found that, on average, walking a pup added an extra 2,700 steps to their daily total, about 20 more minutes of physical activity per day than non-dog owners get. What's more, most of that walking was done at a “moderate cadence”—enough to get your heart pumping but still carry on a conversation—the minimum intensity Health Canada recommends adults get for 2.5 hours a week.

Walking your pooch for that amount of time not only benefits your quality of life—it could prolong your life. Getting 150 minutes of moderate exercise a week reduces your risk of heart disease by up to 15 per cent, cuts your chances of developing breast, stomach, kidney and other cancers by up to 20 per cent, and helps prevent and manage diabetes.

And, as a bonus, more exercise during the day also seems to set the stage for better nights. According to a survey of 6,500 retired London civil servants, dog owners were more likely to report having an easier time falling asleep at night than non-dog owners. (Unfortunately, perhaps thanks to their nocturnal hijinks, cats seemed to have the opposite effect.)

2. They boost your immune system

According to the so-called hygiene hypothesis, identified in the late 1980s, growing up indoors in disinfected spaces later causes our bodies to over-react to harmless substances, making us more prone to allergies and asthma. Dogs and cats, with their muddy paws, copious dander and propensity for licking us, introduce more microbial diversity that habituates our immune

systems. Research shows that children who live with pets from birth have lower rates of allergies and asthma, and the more animals in the house, the greater the protection. Kids with four or more cats or dogs had half the rate of allergies as non-pet owners.

Even in adulthood, there's new evidence to suggest pets may have a notably positive effect on our guts—with



Dogs' saliva contains about 600 different types of bacteria, which they generously share with their humans, diversifying our gut flora.

links to both mental and physical health. One pair of researchers at the University of Arizona are studying whether the sharing of bacteria between dogs and their owners can alter our microbiome—the community of microorganisms that dwell inside our bodies—in a way that changes our brain chemistry, alleviating major depression. “We were intrigued by previous research that found that dogs and humans share gut bacteria just by living in the same home, and you get the same amount from your dog as you do from your spouse,” says Dieter Steklis, co-director of the Human-Animal Interaction Research Initiative.

3. They lower your risk of a fatal heart attack

Researchers at the University of Minnesota tracked 4,000 people—most of them for over a decade—and found that cat owners had a 30 per cent lower risk of dying of a heart attack.

Given you don’t need to take a cat for walks, what accounts for the lower risk? The researchers hypothesized—and most cat owners would agree—that cats’ inherently unbothered nature has a calming effect. And research has shown that, like exercise, spending time with a pet—any

pet—lowers stress, an important contributor to heart disease. In fact, students at Washington State University showed significantly lower levels of cortisol in their saliva after spending just 10 minutes petting a cat or dog. Other studies have shown that human-animal interaction lowers your blood pressure and releases the bonding hormone oxytocin, which reduces anxiety and pain and improves cardiovascular function.

4. They help you manage a chronic condition

With their clockwork expectations for feeding, walks, affection and play, animals don’t cut their owners much slack—and that can be a good thing for chronic disease sufferers of all types.

The benefits of animals in health care were first noted by Florence Nightingale in 1860, when she wrote that a pet tortoise named Jimmy provided great

comfort to wounded soldiers hospitalized during the Crimean War. In the 1960s, child psychologist Boris Levinson observed that a withdrawn, non-verbal child suddenly began communicating when Levinson’s dog, Jingles, was in the room. The field of “pet therapy” was born, and visits from trained therapy animals are now commonplace in hospitals and nursing homes.



In 2020, 58 per cent of Canadian households reported owning at least one pet—including 8.1 million cats and 7.7 million dogs.

But outside of institutional settings, pets can also help people on a more ongoing basis with the daily management of long-term health conditions. According to University of Michigan research scientist Mary Janevic, this is especially true of chronic pain sufferers looking for non-pharmacological interventions.

In 2019, Janevic led a small study of older adults with arthritis, lower back pain and other conditions, and found that pets not only helped improve mood, but compelled their owners to stick to behavioural routines that improved their pain in the long run. These included daily walks, feeding, cleaning, affection and play. “When it hurts, you don’t feel like getting up and doing anything, but it’s a use-it-or-lose-it situation,” Janevic says. “When your body becomes deconditioned, weaker muscles lead to more pain.”

In addition to all that, Janevic also points out that pets’ greatest superpower against chronic suffering is their talent for drawing all the attention and focus. “If you’re distracted from the pain, you perceive less pain, and therefore you are in less pain,” she explains.

Kelly Redmon, a Virginia-based therapist who suffers from complex regional pain syndrome, says fostering

guinea pigs for a local rescue group has helped her cope with an often excruciating condition. “When I care for my animals, I have to stay present even through a flare-up,” she says. “I can’t get caught in a spiral of wondering, ‘Will the pain last forever?’”

Sometimes, Redmon adds, her pets provide vicarious joy. “When I watch my guinea pigs run around their little playpen through all the tunnels, I can see that it makes them happy, and that makes me happy, too.”

5. They reduce inflammation

Inflammation is how your body responds to a perceived injury or infection, and normally it’s a good thing—when a cut becomes red and swollen,

for example, it’s because an army of white blood cells are swarming in to fight off harmful bacteria. But sometimes your immune system doesn’t switch off after the fight is over, and when inflammation becomes chronic, it can silently lay the groundwork for killer diseases like diabetes, heart disease and chronic obstructive pulmonary disease.

In a small preliminary trial, researchers at the University of Wisconsin–Madison assigned foster dogs



Regular domestic cats—also known as moggies—usually make affectionate, quirky companions. Purebred cats known for their cuddliness include Ragdolls, Birman and Siamese.

from a local humane society to a group of volunteers aged 50 to 80. After three months with a dog, some blood tests showed a drop of up to 30 per cent in markers of inflammation, including interleukin-6 (IL-6), which has been linked to many inflammatory diseases, including diabetes, rheumatoid arthritis, dementia, heart disease and cancer.

“Some of the subjects also reported that they felt an increase in their sense of well-being and improved social function,” says psychiatrist and study director Charles Raison. “We don’t know for sure whether there was an association between IL-6 levels and mental health, but it may work as a virtuous cycle—having a dog makes you feel better, which makes inflammation drop, and lower levels of inflammation make you happier.”

6. They improve your mental health

When Sharmeen Abeysinghe, 40, left her Toronto job as an early childhood educator in 2019, she was suffering from depression and burnout. “There were some days when I’d just forget to eat,” she says. Her doctor prescribed antidepressants, and she began to feel functional again. Then came the pandemic



Labrador retrievers are the most common service dogs—patient, friendly and highly trainable, they’re the ideal therapy and emotional support animal.

and multiple lockdowns, causing more stress. Fortunately, Abeysinghe and her husband, who have two children, also decided to adopt a nine-month-old terrier-lab mix named Suki.

“We thought having a dog would give us something to do while we’re at home, and she has just transformed our lives,” Abeysinghe says. “I feel so lifted by her joy, energy and unconditional love. I’ve even told my doctor I don’t think I need my medication anymore.”

A number of studies have shown that pet ownership is beneficial for people with depression, anxiety, PTSD, schizophrenia and other long-term mental health conditions. Pet owners themselves report that their animal pals provide unconditional emotional support, foster self-acceptance, help them form social bonds and serve as distractions from upsetting symptoms or episodes.

Your pet might even be a valuable mindfulness coach. “If I’m awake with insomnia at night, my bunny Gus will sit by me and let me stroke him,” says Hina Low, a 30-year-old banking assistant in Toronto who suffers from bipolar disorder. “It’s like a meditation exercise. I focus on his soft fur, the warmth of his body and the feeling of his breathing.” **R**

IT STARTED, AS MANY THINGS DO, with a conversation in a pub. Ian Pearson and Gavin Blair, two British animators, were riding the success of their Dire Straits music video “Money for Nothing,” which includes one of the first appearances of computer-animated characters on MTV. Over pints, the two made a decision that would ripple across animation history: they would create the world’s first fully computer-generated cartoon, *ReBoot*.

In 1993, Pearson and Blair teamed up with U.K. animator Phil Mitchell to begin work on the show. While the men initially planned to form their studio in Los Angeles, Canadian Chris Brough, who joined the group that same year as a TV producer, director and writer, suggested they look north of the border. The talent was big and so, too, were the tax incentives.

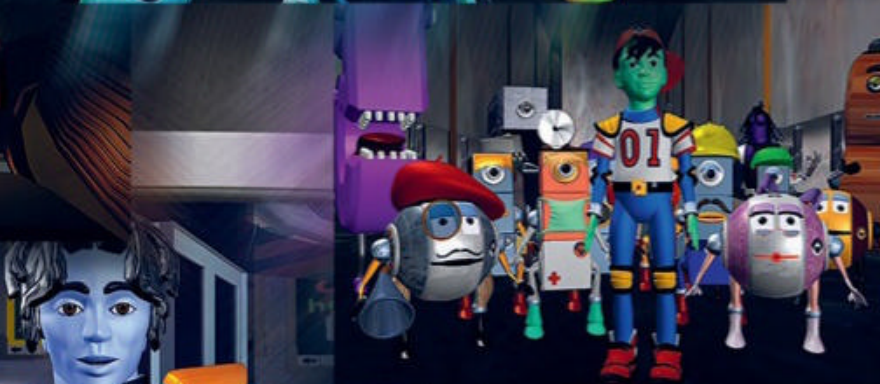
“Ian had come up to Vancouver with Chris to check it out,” Blair says. “Vancouver time, one in the morning, they phoned us back in England. We’re sitting at our desks at work and we get this phone call, going, ‘It’s beautiful! You gotta come! It’s fantastic! Oh my God, we’re doing it in Vancouver!’”

Soon after, the new company moved into an unassuming building in Kitsilano, where it still exists today, as Mainframe Studios. Over the next seven years of *ReBoot*’s run, the studio would change the face of animation.



HOW A SMALL
CANADIAN STUDIO
BEHIND A CULT-
FAVOURITE
TV SERIES
REVOLUTIONIZED
ANIMATION
TOON
TIME

BY Tim Ford FROM *THE TYEE*



IN CANADA, *REBOOT'S* first episode aired in 1994 on YTV. In the U.S., it ran on ABC. The premise of the kids' show was closely tied to its roots as a fully computer-animated work: *ReBoot* centred on a cast of characters who literally lived inside a computer. The core trio of humanoid "sprites," Bob, Dot and Enzo (and Enzo's dog, Frisket), had various adventures in the digital city of Mainframe, usually defending the city and its inhabitants against villains Megabyte and Hexadecimal, two computer viruses.

Initial stand-alone episodic fare with a more comedic bent eventually gave way to a more overarching, serialized story that wound its way from the second half of season two through to the end of the show, in 2001. This was aided in part by leaps forward in technology. The series had initially landed

on its inside-a-computer plot as a means of explaining the relatively crude graphics of the first season. Eventually, better rendering speeds meant that animators could add more detail to the characters, with things like shading and more detailed textures.

The development of the series heralded a landmark in animation. Mitchell and Blair were, in a sense, inventing how to produce a CGI cartoon. "We pushed the envelope on everything, all the time," Blair says. "The entire creative team contributed to the way that it looked, because we didn't know what it was supposed to look like," Mitchell says. "And that then became built upon what was being produced, so what was being produced became what the show had to be, so it was kind of a self-perpetuating thing."

Reception of the show was positive.

The *LA Times* wrote in 1994 that *ReBoot* ranked in the top 10 of ABC's programming for children aged two to 11. A 1995 review from the *New York Daily News* also highlighted an episode that featured guest actress Gillian Anderson as "Data Nully," self-parodying her Dana Scully character from *X-Files*. Such pop culture references were a mainstay of the series, as well. "The script is funny, and the guest appearance is a good stunt—but the *ReBoot* visuals are what will most

Phil Mitchell building Enzo's head at Mainframe's Vancouver office in 1993



(PREVIOUS SPREAD, COMPUTER) ISTOCKPHOTO.COM/COLLAGE_BEST; (LEFT) COURTESY OF PHIL MITCHELL

likely make you want to return,” the review concluded.

But during the second season, Disney acquired ABC, which cut the program from its lineup. YTV kept the show going in Canada, allowing Mainframe Entertainment to continue on and complete a third season in 1997, which subsequently aired in the U.S. on Cartoon Network. By then, Mainframe had also started producing other computer-animated shows, such as *Beast Wars: Transformers*.

Four years later, *ReBoot* reruns on the Cartoon Network grew so popular that a fourth-season revival of the show was planned. The network also announced it would rebroadcast the first three seasons. Excited by the potential for a new demographic, Irwin Toy said it would launch new action figures.

Unfortunately, according to Blair, the rebroadcast was cancelled by Cartoon Network’s parent company, Warner Bros., which led to the subsequent cancellation of the new toy line. The creators had to cut down season four from a planned 12 episodes to just two made-for-TV movies (which were later cut up into individual episodes).

Because of those issues, the series ended with a cliffhanger, with Megabyte capturing several of the show’s heroes and ready to torment the others. The final episode, “Crouching Binome, Hidden Virus,” aired on November 30, 2001.

Since then, fans have pleaded to bring the series back. In online forums,

they’ve theorized about what might have happened in the fifth season. Mainframe, operating from 2007 to 2016 as Rainmaker Entertainment, even held a contest in 2007 for a fan-created sequel comic. The winning entry, *Code of Honour*, has the heroes continuing their fight against Megabyte and new foes. Even today, the ReBoot Revival Facebook group hosts an active membership with thousands of fans.

REBOOT LEFT ITS MARK on animation in very tangible ways. Canadians who started on the show include animator Jimmy Hayward, who later worked on such Pixar films as *Toy Story* and *A Bug’s Life*. Today, Vancouver is home to over 60 studios devoted to visual effects and animation. The current iteration of Mainframe is among them, with over 650 employees. (Mitchell and Blair have since left.) The company recently expanded to Toronto.

After the show ended, Blair, who became a Canadian citizen during the run of the show, stayed on in Vancouver, where he retired. Mitchell is currently teaching character animation at Ngee Ann Polytechnic in Singapore. He hopes to inspire students to take a chance, like he, Blair and Pearson did. “I tell them: don’t be afraid. What’s the worst that can happen at your age? Just try it. You never know what’s going to happen. Find like-minded people and push.” **R**

© 2021, TIM FORD. FROM “‘REBOOT’ REINVENTED ANIMATION. ITS CREATORS STILL FEEL THE LOVE,” *THE TYEE* (NOVEMBER 30, 2021), [THE TYEE.CA](https://www.thetyee.ca)



Me, Myself & I

How to stop hogging the spotlight and let others shine

BY Karen Stiller

ILLUSTRATION BY VIVIAN ROSAS

SUSAN MACLEOD USED TO demand attention at work a little too often. At her Halifax home, she had a comfortable dynamic with her husband and their two teenage children. But at the office, she bowled over her fellow colleagues on the hospital communications team. “I would say, ‘Here’s my idea and I think it’s the best idea,’ and I got very annoyed when people didn’t agree with me,” she says.

Over time, MacLeod, now 66, experienced the Aha! and Ugh! moments familiar to those of us who realize we have some stuff to work on. First, a team-building exercise prompted a co-worker to see that he dominated conversations—MacLeod recognized the same ears-on-me tendencies in herself. She began to reflect inward and wasn’t happy with everything she saw.

Many of us, like MacLeod, can be occasionally self-centred. It doesn't mean you have narcissistic personality disorder, a rare clinical mental health condition defined in part by a deep need for attention and admiration. Nor does it mean you're a bad person: a healthy shot of narcissism empowers us to speak up and confidently claim our rightful place in the world.

Left unchecked, however, an inflated sense of self-importance, hitched to the lack of empathy that defines narcissism, can trample over the needs of others and hurt our relationships. If you do sometimes believe you are the one and only cat's meow, take heart. We can get better at not thinking we are better than everyone else.

Figure Out Your Why

Looking back, MacLeod believes she was overcompensating for an insecure childhood. She knew her parents loved her and did their best. But self-esteem wasn't generally a priority for families in the 1950s, and her artistic bent wasn't encouraged. Her parents didn't think she could draw. She eventually connected the dots between her childhood and the behaviours she wanted to change. "I realized that my personality responded with a great deal of insecurity and later ping-ponged between that and extreme self-confidence," she says.

Rod Wilson is a former clinical psychologist and Vancouver-based author of *Thank You, I'm Sorry, Tell Me More*.

"The core of narcissistic tendencies is usually about some kind of wound in your personal history where you felt completely inadequate or abandoned and not valued," he says. As an adult, that person may start to compensate, masking their true self-image.

That buffering can happen in all sorts of ways. As an example, Wilson points to a shopper who enters a store and demands preferential treatment because they see their needs as taking priority over those of others. Parents with narcissistic tendencies might revel in the accomplishments of their children because those achievements reflect well on them. Or conversely, the parent may envy the children because their success takes attention away from them. Or a spouse might make excessive requests of their partner without appreciating the impact.

Luckily, once a person can name their narcissist tendencies, they are well on their way to dealing with them in a healthy way. "Start practising things that will change you," says Wilson. "We can all do this."

Find Someone You Trust

How we communicate with others, even in day-to-day chit-chat, can be where the rubber meets the road in narcissistic tendencies. Julie Blais Comeau is a Gatineau executive coach and etiquette officer who has trained politicians, business leaders and other professionals on how to communicate with

empathy. Blais Comeau suggests seeking out a trusted role model who seems to be a well-liked, gracious person and a gifted conversationalist. Then ask that person: what could I do to make it better when we engage in conversation?

This will be challenging, says Blais Comeau. “You’re making yourself very vulnerable. But opening yourself up and asking for pointers can help.” The same technique of finding a role model in selflessness can work with marriage and parenting relationships. Who do you know who puts others first in a healthy and balanced way? (They sound exactly like someone who would give you a hand.) If you are the Gabby Garth or the Chatty Cathy of a group, Blais Comeau says practising phrases like, “Tell me more,” can help us all talk less and listen instead.

Do the Opposite of What You Did Before

When MacLeod was trying to stop herself from taking centre stage so much, she would bite her lip to remind herself to let others shine. As she practised listening to, and enjoying, the conversation around her, she reminded herself: *it seems to be fine without me*. She began to speak up again only after it became easier for her to give others room to contribute.

Self-centred behaviours, like over-talking, can be flipped on their heads with effort. It’s not easy, but once we identify a narcissistic thread in our

behaviour, trying to do the opposite can help. Instead of entering a room and immediately launching into a story of your day, try asking your friend or partner a specific question about theirs. Continue with questions and interest.

A sense of entitlement can be offset by empathy. Ask, What are others experiencing? rather than, How can others give me what I deserve? adds Wilson. If you’re the shopper who asks that your needs be met first, remind yourself that you’re not actually the centre of the universe, he says. If you’re the parent basking in the light of your child’s accomplishment, tell yourself they are their own person, and so are you. If you’re the spouse making selfish demands, debrief with your partner regularly and ask them how you can meet *their* needs, as well.

MacLeod found that meditation classes and therapy helped her find a healthier balance between her regard for self and others. She also began sketching her mother and friends in the nursing home where her mother lived. The resulting graphic memoir, *Dying for Attention*, details helping her mom navigate long-term care, an experience that called on the empathic powers she’d practised over the years. “It also helps to have a sense of humour. We need to learn not to take ourselves so seriously,” says MacLeod, who is grateful she acted on her desire to change. “I saw that I had an opportunity to grow and I took it.” **R**



From top: the author's family cottage, his grandfather and grandmother, a childhood photo, the beautiful view

My Not So Lazy Summer

I REMEMBER THE EXACT MOMENT when I decided that I would never go back to my family's cottage ever again. It was August 2000. I was 16 and sick of our annual trips from Toronto to the dusty, drafty old place in Quebec's Laurentian Mountains.

My grandfather was also getting to me. In my mind, he ran the place like a boot camp, setting out a strict daily regimen for me, my brother and our cousins. Between 6:00 and 7:00 a.m., we had to be out of bed and in the frigid lake for our pre-breakfast swims. Then, after choking back flavourless bowls of porridge, we played tennis, swam some more and did chores.

In the afternoons, as the adults had tea or cocktails, we were expected to sit silently and listen to their tedious chit-chat. We didn't have cable TV.

How I
learned to
love our
family
cottage—
chores
and all

BY Matthew Hague
FROM *COTTAGE LIFE*

We had to be in bed by 10:00 p.m. That might not sound rough, but to my 16-year-old self, it was torture.

Right before going up that year, I had seen a documentary about ritzy Palm Beach, Florida. It confirmed my suspicions that there were better places to spend a vacation. I was so dazzled that, one morning, post polar-bear dip, I cheekily announced to my grandfather that someday soon I would visit Palm Beach (with what money, I can't say). I wanted to know how it felt to swim in warm water. I didn't mean it as a direct, outright rejection of the cottage, but he took it as such. He scolded me for being rude. I'd betrayed a deep and offensive ingratitude for the beauty all around me.

I took his words as a challenge. Instead of coming back to the cottage, I promised myself I would explore the world, be my own person. The next summer was the first time in my life that I didn't make the trek.

MY GREAT-GRANDMOTHER and her sister bought the cottage property in 1947 as a country escape from their home in Montreal. My great-grandfather had recently returned from the war minus a hand, and they wanted a place to relax and recover. The cottage was a turn-of-the-century house with a wraparound verandah, sash windows and a giant stone hearth.

My grandfather was a teenager when he started going up there. He was naturally self-disciplined, and I imagine him

loving the early morning ice swims, a routine started by his father. I can also imagine him as the kind of teen who sincerely enjoyed eating porridge and doing chores. I don't think he ever missed a single summer until he became too frail to travel, in his mid-80s.

INSTEAD OF COMING BACK TO THE COTTAGE, I VOWED TO GO ANYWHERE ELSE IN THE WORLD.

During all of that time, very little changed at the cottage. As recently as the early 1990s, I can remember drawing our drinking water from an old wooden well in the forest behind the house. I had to attach a plastic pail to a metal chain and hand crank it into the ground. For a long time, the most up-to-date thing about the property was the small cedar bunkhouse that my grandfather built in the 1960s. Like the main house, it wasn't winterized. But unlike the main house, it had post-war furniture and modern, if miniature, appliances. Tucked into the trees, it had a big window that framed a stunning view of the lake.

While my grandfather was always authoritarian, my grandmother radiated warmth. And the little cedar cabin was where she made a point of spoiling her

grandkids. When my grandfather was out doing chores, she served Cap'n Crunch and Froot Loops—oatmeal be damned. Instead of asking us to rake the driveway, she'd read us books and lead us in crafts. As a signal that it was a good time to come over, she would hang a red towel over the cabin's railing. My grandfather knew, of course, and didn't approve. But my grandmother did it anyway. She was subversive in the name of sweetness, and I loved her for that.

WHEN I WAS 25, I cycled from Toronto to Montreal as a fundraiser for the Toronto People with AIDS Foundation. When I arrived, in early August, the city felt roasting hot and I had booked an unairconditioned hostel room for myself and my boyfriend, who is also named Matthew. I suggested we escape the humidity by spending a few days at my family cottage, where I hadn't been since I was a teenager. He had no idea what cottage I was talking about—even though we had been together for five years.

Driving up, I realized how many things in that seemingly immutable place had changed. The big old house had been given to an uncle, who had torn it down and built something new. Although the little cabin was still there and was where my grandparents were staying, they were much older and slower moving, so my grandfather's once-strict routine had relaxed. He even invited my opinion about politics over

tea and cocktails. My grandmother simply smiled and said how nice it was that I had come.

I decided I would buy the little cabin—and keep going back forever and ever—in 2017. I was 33 and had been coming every summer for a few years. Matthew and I were out canoeing and my grandfather's words about me not appreciating the lake's beauty were bouncing around my brain. I had scarcely seen anywhere as pretty as the Laurentians in peak summer, with the region's birch-covered mountainsides gently rolling up and down between the crystal clear waters of its many, many lakes. Later that year, when my uncle wanted to sell the four acres with the bunkhouse on it, I made an offer.

Now that I own it, I know first-hand how much work a cottage requires, including raking the driveway, lest the car be swallowed by a pothole. It occurs to me that my grandfather's routine, far from silly and rigid, was probably very smart. It got things done. While 6:30 a.m. swims are out, I do happily get up early when I'm there, because mornings, when the lake is perfectly calm and shrouded in a pretty mist, are the best time to swim. And I now eat porridge every day for breakfast, having long outgrown a bowl of Froot Loops. Though I sometimes put maple syrup on my oats, just to keep things real. **R**

© 2019, MATTHEW HAGUE. FROM "WHY I HATED THE COTTAGE AS A TEENAGER," *COTTAGE LIFE* (SEPTEMBER 11, 2019), COTTAGELIFE.COM





EDITORS' CHOICE

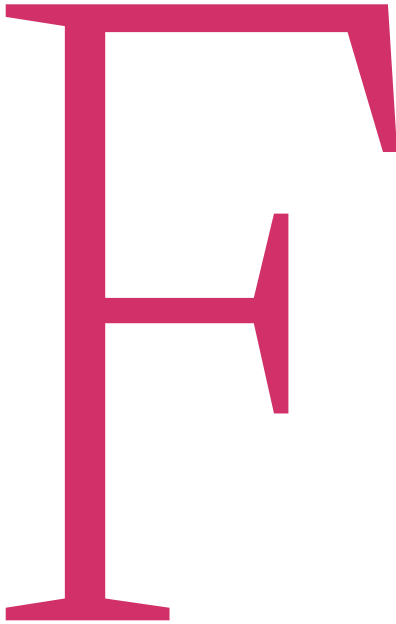
THE PLEASURE

How doctors
and scientists are
cracking the code
of women's desire

BY Sarah Barmak FROM *THE WALRUS*

ILLUSTRATIONS BY HANNA BARCZYK

GAP



FOR MOST OF HER LIFE, Diana Firican, a 35-year-old Vancouver life coach, never heard the other women in her family mention enjoying sex or feeling desire. She accepted this as normal: in her religiously conservative family, they frowned upon most pleasures. But as she approached her 30s, Firican realized she was missing something. She wasn't having the same sexual experiences as her friends. The more she listened and read, the more she saw she had left her sexual self unexplored. She wanted to experience and enjoy her body to the fullest, so she began to look for ways to develop that neglected side of herself and bring it, as she says, "to light."

Firican is one of many North American Generation X members and older millennials who came of age in the 1990s and early 2000s, a time of ecstasy, Lil' Kim, *Sex and the City* and the rise of sex-positive feminism. There was a sense that sex was something women enjoyed, not simply endured or navigated. Now those same women are in or approaching menopause, which, for many, includes the loss of the sexual desire and arousal they have always taken for granted.

Diminishing sexual desire (an interest in sex) and arousal (the physical changes that happen when we are turned on) are difficult to understand and diagnose, since there is no single cause and sexuality is connected to so many other parts of our lives. Diminished desire and arousal can be attributed to the physiological changes of menopause, to stress, to a lack of sleep, to the side effects of prescription drugs, and to many other factors.

This can make it difficult for doctors to even know how to begin isolating why a woman may be experiencing frustrating changes in her desire. Doctors are often not deeply educated about the subject, and many do not take the loss of libido seriously. Solutions for women are, correspondingly, difficult to come by. The few treatments that do exist are confusing, costly, ineffective and, in some cases, potentially harmful. Many GPs advise women to seek out sex therapy, which is difficult

to access, may or may not be appropriate for their particular situation, and is not a well-regulated field of practice.

Low desire or arousal, that is, lower than someone wants it to be, is the most prevalent sexual complaint among women. As many as 40 per cent of women experience low desire, and up to 10 per cent are distressed enough for it to be a diagnosable condition, called female sexual interest/arousal disorder (FSIAD). The problem isn't isolated to any particular demographic—it also affects queer women

as stress. Meanwhile, in the Netherlands, a small research company called Emotional Brain says two of its drugs in development could usher in a new “personalized approach” to low libido. The hope is that we are on the cusp of a greater understanding of how women are entitled to their desire. To truly support women and their sexualities throughout their lives, we need to learn more, to research more creatively, and to develop a full range of treatments to address desire in all its complexities.

AS MANY AS 40 PER CENT OF WOMEN EXPERIENCE LOW DESIRE—AND THE PROBLEM ISN'T ISOLATED TO ANY ONE DEMOGRAPHIC.



and trans and non-binary people—and it becomes more common after menopause. The effect on quality of life can be profound. One study of 1,100 women found the toll of lack of desire comparable to that of such chronic conditions as diabetes, asthma and hypertension. They were also more likely to experience depression.

Thankfully, change hovers on the horizon. Mindfulness-based therapies developed at the University of British Columbia (UBC) have had the most clinically significant results, in part because of their ability to ease not just low desire but many of its causes, such

UNTIL THE MID-20TH century, physicians generally believed that women naturally had less desire for sex. At that time, the human sexual-response cycle developed by the American sex researchers William Masters and Virginia Johnson asserted that the way men's and women's bodies responded to arousal was similar. In their linear model, desire arose spontaneously, triggering sexual activity and physical arousal, then a plateau, then a single orgasm. As traditionally understood by medical science, desire led to sexual activity, which in turn produced increasing arousal.

We now know that map isn't quite right—it may capture what the experience is like for some women some of the time, but it isn't the whole story. For decades, however, it sent researchers astray, and that confusion shaped theories of what an approach to low desire required. It should go without saying that if you're designing treatments to rev up women's sex drives, it helps to understand how those sex drives work. Yet the map remained unchanged for decades until 2001, when UBC psychiatrist Rosemary Basson published a paper that shared what

argues that women pressuring themselves to feel spontaneously “in the mood”—to feel sexual hunger first—without enough time or stimuli to help them get there, produces anxiety that, ironically, quashes desire. While the responsive model has been characterized as saying women have sex “in response” to their partners' advances, Basson has said that's a misunderstanding—and many men have responsive desire, too.

Women's arousal, too, may work differently than has long been believed. From a physiological standpoint,

WOMEN PRESSURING THEMSELVES TO SPONTANEOUSLY FEEL “IN THE MOOD” CAN, IRONICALLY, QUASH THEIR DESIRE.

she saw in her patients: although a small group of women felt desire spontaneously, it was more common for women to feel physically aroused and even begin sexual touching first, and then feel desire. The traditional sequence was reversed.

Basson's paper described a slower, nonlinear, responsive model of female desire: women often begin by noticing sexual talk, touching or something suggestive or attractive around them, which helps them get aroused and then generates desire, which then makes them decide to continue. She

arousal is a blood-flow event: increased blood flow to the pelvis readies our bodies for sex. Less blood flow equals less arousal. Simple, right? Yet even this basic description has become dotted with asterisks by newer research. Canadian sex researcher Meredith Chivers's surprising studies at Queen's University have shown that a rush of blood to the pelvis is sometimes just...blood flow. That is, it isn't necessarily correlated with desire.

When it comes to subjective sexual experience—why desire, arousal and release feel the way they do—there is



even more we don't know. Most of sex, and 100 per cent of the enjoyment of sex, takes place in the brain, an overwhelmingly complex organ and one that is notoriously difficult to study. Researchers have begun to explore the importance of the neurotransmitters serotonin, norepinephrine and dopamine in the sexual response cycle, but measuring these in the human brain and creating a precise model of what they're up to during sex is a major challenge, says Lori Brotto, UBC's Canada research chair in women's sexual health.

at night. Lack of sleep is a significant indirect desire killer that is often missed by doctors, says Jen Gunter, an OB/GYN and author of the 2021 book *The Menopause Manifesto: Own Your Health with Facts and Feminism*. Since GPs are typically women's first point of contact in their quest for help, it's important they be better educated about these basics.

It's also important to ask a patient what she means by low desire, says Gunter. It's normal to have ebbs and flows in desire over a relationship

“THIS IDEA THAT YOU’RE GOING TO HAVE EXACTLY THE SAME LIBIDO THROUGHOUT YOUR WHOLE LIFE IS DESTRUCTIVE.”

The situation becomes even more complicated during the menopause transition, when multiple changes can impact sexuality. The body's production of estrogen and other sex hormones wanes, but the effect of this on desire isn't direct. Lower estrogen levels can reduce the flow of blood to the pelvis, causing the genitourinary syndrome of menopause, which means less lubrication and tissue changes in the vulva that can cause dryness, irritation, pain and diminished sensation. All of that can shut down desire for sex.

Lowered estrogen also produces hot flashes, waking women multiple times

spanning decades. “This idea that you're going to have exactly the same libido throughout your whole lifespan is a very destructive message,” she says, alongside the images we see on TV of lust, of couples embracing at exactly the same time, desire perfectly choreographed.

GIVEN THAT THERE is no single biological cause of low desire, and given how partial our understanding of sexuality still is, it should be no surprise that attempts to find a one-size-fits-all cure have failed. Many of the available drugs were discovered by accident. Viagra

was supposed to be an angina drug. Flibanserin (marketed under the name Addyi), the only pill on the market for female low desire, was intended as an antidepressant. “The pharmaceutical companies have tripped over these things,” says Stephen Holzapfel, who founded the Sexual Medicine Counseling Unit at Women’s College Hospital.

These drugs have all faced criticism. Flibanserin, which received U.S. approval in 2015 after a media campaign by its maker, Sprout Pharmaceuticals (Health Canada approved it in

Viagra has also made it seem as though quick and effective treatment for sexual dysfunction is the norm, and women are, as always, the unlucky exception. That’s not true. Patient data have long shown drug companies’ well-kept secret: Viagra has a high dropout rate. Almost half of men taking phosphodiesterase-5 inhibitors like Viagra, Levitra and Cialis quietly stop refilling their prescriptions after one year, according to a comprehensive review of multiple studies published in 2016 in the journal *Andrology*. Reasons

IT SHOULD COME AS NO SURPRISE THAT ATTEMPTS TO FIND A ONE-SIZE-FITS-ALL CURE HAVE FAILED.



2018), must be taken daily, patients must curtail alcohol intake to use it, and it produces, at most, only one more satisfying sexual event per month over placebo—in exchange for a risk of such unsexy side effects as dizziness and nausea. Bremelanotide, approved by the U.S. Food and Drug Administration in 2019 for the treatment of low desire in premenopausal women, must be injected into the leg at least 45 minutes before sex—not sexy either—and side effects may include nausea, headaches and vomiting. In testing, some subjects preferred a placebo.

cited included lack of efficacy, side effects and “marital problems”—in other words, sexual complexities that a pill couldn’t fix.

The notion that men always have strong sex drives despite emotional, psychological or relationship factors and only require a boost to their hydraulics just isn’t true, says Sarah Hunter Murray, a Winnipeg therapist and the author of the 2019 book *Not Always in the Mood: The New Science of Men, Sex and Relationships*. Viagra is not a desire drug at all, adds Holzapfel. It’s an arousal drug: it boosts blood flow to the pelvis. That’s it. Sometimes,

that sensation of blood flowing can spur feelings of desire. But in many cases, an erection by itself doesn't address the deeper desire issues that many men find it hard to talk about.

LORI BROTTO DOES research with the urgency of someone trying to make up for lost time. Women's concerns have long been excluded from medicine in general. Up until the year 2000, women weren't even included routinely in clinical trials for heart or diabetes drugs, she says. Sexuality has also been sidelined.

Brotto's research focuses on how a woman's overall state of mind might affect her ability to experience arousal. She has developed a mindfulness-based sex therapy that she hopes will give women a more holistic approach to their sexualities and, by being something they can do on their own, expand access to care.

Firican, the Vancouver life coach, is one of the women with whom Brotto has worked: she participated in eight weeks of mindfulness-based therapy as part of a five-year randomized

STUDYING WOMEN'S SEXUALITY HAS NEVER BEEN A PRIORITY IN WESTERN MEDICINE BECAUSE OF BIAS AND DISCOMFORT.



Studying sexuality, particularly in women, has never been a priority in Western medicine, owing to deep-seated biases and some doctors' discomfort. While there is an organization, the Board of Examiners in Sex Therapy and Counselling in Ontario (BESTCO), that certifies Ontario sex therapists, membership is voluntary. A list of sex therapists certified by BESTCO shows only 53 for the entire province, most clustered in and around Toronto. That's one for approximately every 281,000 people. (By contrast, according to the Canadian Medical Association, there are 835 OB/GYNs in the province.)

controlled study designed to test whether a mindfulness-based approach would be more effective than existing approaches to sex therapy. One group received sex education along with traditional group therapy; Firican's group learned mindfulness-based techniques as well as sex ed. The sex ed, which included learning about responsive desire, helped; Firican loved knowing she could start having sex for nonsexual reasons, or "start from zero desire." The study became the first step in Firican's two-year process—which also included exploring meditation and reading fiction—to

discover her sexual self. “Now sex is something I take part in with awareness and pleasure,” she says.

Mindfulness, by helping focus attention first on the breath, then on the whole body, and then on genital sensations, resulted in sexual feelings intensifying as distracting thoughts fell away. The key is not just noticing but fully accepting each sensation exactly as it is, a mindfulness skill called “equanimity.” As women notice more pleasant sensations, desire to have sex increases because there is

difficulties. As a sex researcher, she has been working on a treatment that may have huge market potential. “I think the mistake [pharmaceutical companies] make is that they want to develop something for all women,” she says. “That’s not possible.”

From 2018 until 2021, Van Rooij was chief medical officer of Emotional Brain, a research firm she first joined in 2008. It has developed two separate desire drugs—with the working names Lybrido and Lybridos—tailored to what its researchers believe are two

MINDFULNESS CAN HELP BY FIRST FOCUSING ATTENTION ON THE BREATH, THEN ON THE WHOLE BODY.



more incentive to do so. The mindfulness group also saw greater reductions in distress and rumination and more relationship satisfaction. This held for up to a year after the therapy ended. Brotto has written a book on how people who can’t access in-person therapy can do it at home, *The Better Sex Through Mindfulness Workbook: A Guide to Cultivating Desire*, and it will be available October 2022.

IF WOMEN EVER do get a libido pill, Kim van Rooij may have something to do with it. In her job as a GP in Amsterdam, she often sees patients with sexual

subtypes of sexual brain chemistry. Although phase-two trials were promising and the drugs were initially expected to come to market in 2016, the company had difficulty attracting funding for costly, much larger phase-three trials that would involve thousands of subjects in multiple countries. Emotional Brain’s research was bought at the close of 2021 by biotech firm Freya Pharma Solutions, which has plans to develop the products further.

Taking Lybrido or Lybridos would go like this: patients struggling with low desire would get a blood test. It would reveal whether they have a genetic

predisposition to be sensitive to some of the neurotransmitters and hormones that play key roles in regulating pleasure, desire and sexual satisfaction—oxytocin, androgens and serotonin, respectively. Based on the results, they would get a prescription for either Lybrido or Lybridos, on the theory that each drug will be more effective if it's targeted to the right kind of brain chemistry. (Lybridos is a placeholder name that will be changed to prevent confusion, says Van Rooij.) Both drugs are taken on demand, like Viagra, and

Rooij. "They never flirt. If they see a very attractive person, they don't think about sex."

For roughly the other half, however, taking Lybrido would be an extreme turnoff. Researchers were testing Lybrido on a pilot group when they noticed some women responding worse to the new drug than to the placebo. Their screening interviews revealed histories of sexual abuse. In a separate study of women without histories of sexual trauma, researchers scanned women's brains to see how

ULTIMATELY, THE IDEAL TREATMENT WOULDN'T BE JUST ONE PILL OR ONE TECHNIQUE, BUT A SUITE OF OPTIONS.

take effect within a few hours. Both have a coating containing a tiny quantity of testosterone to induce a heightened sensitivity to sexual feelings and suggestions.

If the pill is Lybrido, what's beneath the coating is the drug sildenafil citrate (that is, the medication marketed as Viagra), which would send blood flow to the pelvis at the same time. The interplay of these drugs would heighten desire for about half of patients with FSIAD—those with less sexual sensitivity. "The first group of women don't have as much sensitivity to oxytocin or androgens," says Van

they responded to the medication and found that for some, testosterone activated the prefrontal cortex, which is involved in inhibition. They hypothesized that a subtype of people with FSIAD were sensitive enough to testosterone but also had strong inhibitory reactions to sexual stimuli—an overactive serotonin system, which is involved in telling the brain you've had enough of something and to stop.

"It's not only sexual abuse but people who had a very strict [upbringing], with parents who never told them about sex, or there was always a taboo," Van Rooij says. This group would be

prescribed Lybridos, which has the same testosterone coating but with a very small dose of the anti-anxiety medication buspirone underneath. Less serotonin during the testosterone's active window would take the foot off the brain's "brakes," according to the dual-control model of desire upon which Lybridos is based. It's the theory that much of human behaviour depends on balancing excitatory and inhibitory patterns in the brain.

The idea of a pill that could soften the body's learned resistance to sex invites obvious reasons to be uncomfortable. Would women be pressured into taking it by partners? Would they pressure themselves into taking it? Lybridos works only if taken under the tongue—it wouldn't work if dropped in someone's drink, so it couldn't be used as a date-rape drug, says Van Rooij. Nor does it have mind-altering effects: taking the medication would, if it worked, increase desire for something that a woman wanted—it wouldn't make her amenable to something she

didn't. However, it would still be important to have frank conversations about the potential for partner pressure if these drugs came to market.

Ultimately, says Brotto, the ideal remedy for distress about desire will not be just one pill or one mindfulness technique for all, because these struggles don't manifest in the same way for everyone. The ideal course of treatment would involve choosing from a suite of options personalized to the individual. And even then, bigger-picture cultural change would still be needed. Larger conversations about the normalcy of desire changing as we age or as relationships mature are necessary to ensure we don't pathologize sexuality's natural evolution over the course of a lifetime—mellowing, perhaps, but with the potential to become even more satisfying. Once we're clearer about that, we can home in on what low desire really means for an individual, and what they truly want. **R**

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Pen Power

One child, one teacher, one pen and one book can change the world.

MALALA YOUSAFZAI

A pen is to me as a beak is to a hen.

J.R.R. TOLKIEN

If there's a book that you want to read, but it hasn't been written yet, then you must write it.

TONI MORRISON

READER'S DIGEST
TV CLUB

*For fun out of the sun,
six of this summer's best
streaming debuts*

BY Courtney Shea

THRILLING THRILLERS

THE LINCOLN LAWYER

The 2011 Matthew McConaughey movie based on the mid-aughts mystery novels by Michael Connelly is now a TV series about a guy who practises law from the back of his (you guessed it) Lincoln. It's created by the *Big Little Lies* scribe David E. Kelley, who has perfected the art of portraying rich people angst. Canada's *Scream* queen Neve Campbell costars.

Netflix, May 13



THE TERMINAL LIST

Experience a summer blockbuster from the comfort of your couch with this action extravaganza starring Chris Pratt (easily the buffest Chris) as an ex-Navy SEAL whose platoon gets ambushed—yet the bad guys maybe aren't who we think. It's your classic suspense thriller written by bestselling author and actual ex-Navy SEAL Jack Carr. Taylor Kitsch (of *Friday Night Lights* fame) adds some welcome Canadian bacon.

Prime Video, July 1

(THE LINCOLN LAWYER) COURTESY OF NETFLIX; (THE TERMINAL LIST) COURTESY OF AMAZON PRIME

FAR-OUT FANTASIES

THE TIME TRAVELER'S WIFE

Clare and Henry are a typical loving couple with some atypical issues. Sometimes he leaves his socks on the floor...sometimes he disappears into an unpredictable portal of time travel. A 2009 movie adaptation let some fans down, but this TV series—adapted by *Sherlock* and *Doctor Who* producer Steven Moffat and starring *Game of Thrones*'s Rose Leslie—looks promising. (Read: devastatingly romantic.) *Crave, May 15*

HOUSE OF THE DRAGON

Summer is here, but winter *is* coming—finally!—with this long-awaited *Game of Thrones* prequel based on George R.R. Martin's 2018 novel *Fire & Blood*. Set two centuries before the original series, the story tracks the early days of House Targaryen—a.k.a. Daenerys's clan, the one with the flying fire breathers. *Crave, August 21*



(HOUSE OF THE DRAGON) COURTESY OF CRAVE; (SKYMED) COURTESY OF CBC



MAJOR MELODRAMA

SKYMED

This new series about the nurses and pilots who work in air ambulances is like *Grey's Anatomy* at 25,000 feet and set in remote northern Canada (so maybe that should be 7,500 metres). Creator Julie Puckrin based it on the real-life romance between her brother and sister-in-law. Come for the harrowing medical rescues, stay for the inter-character intrigue. *CBC Gem, July 10*

FAMILY FRIENDLY

MS. MARVEL

The first ever Muslim superhero in the Marvel Universe will be played by Iman Vellani, who hails from Markham, Ontario. This is also the first onscreen credit for the teen Pakistani-Canadian newcomer, who nailed her open-casting-call audition over Zoom. The series follows Kamala Khan, a teenager who worships superheroes until one day...well...no spoilers, but the future is in her hands. *Disney+, June 8*



BRAINTEASERS



Cookie Cutter

Difficult Everything in this neighbourhood is logical in its near monotony. What should be painted on the blank mailbox?

Under Construction

Medium Unscramble each set of letters into a word and find that word's clue in the pairs on the right. The other clue in the pair has an answer that can be spelled using all of the letters in that same word, and repeating them as necessary. The length of the longer answer is given with the letters. The pairs aren't in the same order as the sets of letters.

AEHLS (8)	Shallow valleys / They're celebrated yearly
CEINOV (13)	Pet accessory / Beach find
AEINRSV (13)	Beginner / Create an obstacle for

COOKIE CUTTER AND UNDER CONSTRUCTION BY DARREN RIGBY.

Pic-a-Pix: Secret Door

Easy Reveal a hidden picture by shading in groups of horizontally or vertically adjacent cells. The numbers represent how many shaded cells are in each of the corresponding row's or column's groups. (For example, a "3" next to a row represents three horizontally adjacent shaded cells in that row.) There must be at least one empty cell between each group. The numbers read in the same horizontal or vertical order as the groups they represent. There's only one possible picture; can you shade it in?

		2	3								
		1	4	4	4	5	6	7	8	9	10
		10									
		9									
		8									
		7									
		6									
		5									
	2	4									
	2	3									
	2	2									
	2	1									

Tear Through It

Medium In this addition alphametic, each digit has been replaced with the same letter everywhere it appears. Can you reconstruct the addition?

$$\begin{array}{r}
 \text{RIP} \\
 + \text{RICE} \\
 \hline
 \text{PAPER}
 \end{array}$$

Dads and Grads

Easy A joint Father's Day and graduation party is being thrown for Michael, Ken, James, Alberto, Elias and Stephanie. Three of them are newly minted high school graduates; the other three are their dads. Based on the following clues, can you figure out who the graduates are and who each of their dads is?

- Stephanie went to the senior prom with Michael's son.
- Elias and James played together on the school's baseball team. One of them is Alberto's son.
- Michael and Elias are not related.



For answers, turn to PAGE 111

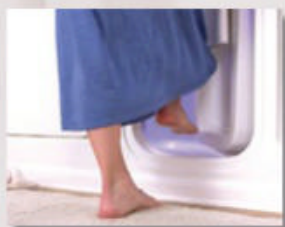


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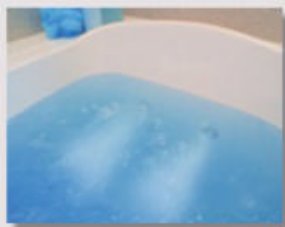
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WORD POWER

Every summer, many Canadians take up temporary residence in the great outdoors. Camp out virtually with this quiz.

BY Rob Lutes

1. ramada—A: shelter with a roof and open sides. **B:** campsite with full amenities. **C:** inflatable mattress.

2. tinder—A: rainwater. **B:** dry, flammable material used for lighting a fire. **C:** straw used as bedding.

3. boondocking—A: travelling by raft. **B:** parking a recreational vehicle in a remote area. **C:** foraging.

4. magnetic north—A: direction in which a compass needle points. **B:** appeal of winter camping. **C:** Arctic camping region.

5. billy—A: canteen. **B:** knife. **C:** cooking pot.

6. potable—A: suitable for drinking. **B:** lightweight. **C:** edible.

7. altimeter—A: GPS. **B:** instrument that measures elevation using barometric pressure. **C:** tool for determining flatness of ground.

8. bivouac—A: temporary encampment under little or no shelter. **B:** large cave. **C:** dish baked over open fire.

9. lean-to—A: simple shelter with a roof sloping in one direction. **B:** campfire. **C:** technique used to sleep against a tree.

10. leave no trace— principle of: **A:** not informing others where

you are camping. **B:** leaving nature unchanged by one's presence. **C:** camping without gear.

11. glamping—A: camping with celebrities. **B:** outdoor camping with the comforts of home. **C:** camping in famous locations.

12. blaze—A: group camping trip. **B:** portable stove. **C:** trail marker, such as a painted symbol on a tree.

13. mummy bag— sleeping bag that is: **A:** tapered at the feet and enclosed around the head. **B:** wider to accommodate a parent and a child. **C:** made from rings of fabric.

14. haversack—A: pullover with pockets for hiking. **B:** animal-proof food-storage device. **C:** bag carried at side with shoulder strap.

15. bushwhack—A: clear a path while hiking. **B:** cut firewood. **C:** create a disturbance to scare wildlife.

WORD POWER ANSWERS

1. ramada—A: shelter with a roof and open sides; as, Pina waited out the downpour under the *ramada*.

2. tinder—B: dry, flammable material used for lighting a fire; as, Niamh gathered dry grass for *tinder*.

3. boondocking—B: parking a recreational vehicle in a remote area; as, Kenneth and Kiva avoided the campground fees by *boondocking*.

4. magnetic north—A: direction in which a compass needle points; as, Clement knew the compass indicated *magnetic north*, not the north pole.

5. billy—C: cooking pot; as, Carlos poured soup into the *billy* and suspended it over the coals.

6. potable—A: suitable for drinking; as, Shauna hoped the remote cabin had running *potable* water.

7. altimeter—B: instrument that measures elevation using barometric pressure; as, Lenny's *altimeter* specified that he was 3,500 metres above sea level.

8. bivouac—A: temporary encampment under little or no shelter; as, Manny used a trench in the snow as his *bivouac*.

9. lean-to—A: simple shelter with a roof sloping in one direction; as, Aunt Lynn built a *lean-to* to keep the fire logs dry.

10. leave no trace—B: principle of leaving nature unchanged by one's presence: as, A believer in *leave no trace*, Derek was careful to always stay on established hiking trails.

11. glamping—B: outdoor camping with the comforts of home; as, When Bonnie pulled out her curling iron, Gail realized they were *glamping*.

12. blaze—C: trail marker, such as a painted symbol on a tree; as, Stella

was relieved to see a *blaze* on a nearby trunk.

13. mummy bag—A: sleeping bag that is tapered at the feet and enclosed around the head; as, Brendan loved the cocooning effect of his *mummy bag*.

14. haversack—C: bag carried at side with shoulder strap; as, Ayisha tossed sandwiches in her *haversack* before hitting the trail.

15. bushwhack—A: clear a path while hiking; as, Fran used a machete to *bushwhack* up the mountainside.

CROSSWORD ANSWERS

FROM PAGE 112

	P	A	S	T	A			G	P	S	
W	E	L	C	O	M	E		Y	A	K	
H	A	L	I	F	A	X		M	R	I	
O	K	S		I	Z	O	M	B	I	E	
				O	N	O		A	A	A	S
	M	C	D	O	N	O	U	G	H		
S	O	L	O		W	M	D				
P	O	U	R	T	O	I		P	G	A	
E	L	M		I	M	G	R	E	A	T	
C	A	P		S	A	O	I	R	S	E	
S	H	Y			N	D	P	M	P		

BRAINTEASERS ANSWERS

FROM PAGE 106

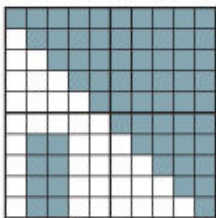
Cookie Cutter

55, in green paint. Given that everything on the houses themselves is colour-matched, it should be clear that some vandal has rearranged the mail-boxes. Once they're put back, the mailbox displays the number of panels on the door times the total number of window panes.

Under Construction

Ravines / anniversaries;
seashell / leash; novice /
inconvenience

Pic-a-Pix: Secret Door



Tear Through It

$$\begin{array}{r} 921 \\ +9268 \\ \hline 10189 \end{array}$$

Dads and Grads

Alberto is Elias's dad, Ken is Stephanie's dad, and Michael is James's dad.



BY Jeff Widderich

				6				
1	8				4			9
9	7			1	3			8
2			6				8	
		1				2		
	3				1			6
4			1	7			2	3
7			8				6	1
				4				

To Solve This Puzzle

Put a number from 1 to 9 in each empty square so that:

- ◆ every horizontal row and vertical column contains all nine numbers (1-9) without repeating any of them;
- ◆ each of the outlined 3 x 3 boxes has all nine numbers, none repeated.

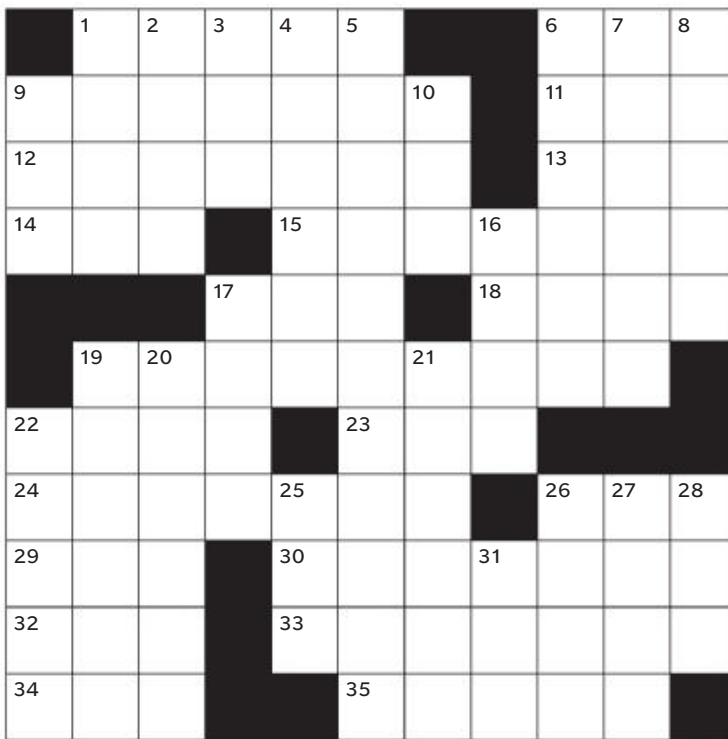
SOLUTION

7	6	5	2	4	3	8	1	9
1	9	4	6	5	8	3	7	2
3	2	8	9	7	1	6	4	5
9	7	6	1	8	2	4	3	5
5	3	2	7	1	4	9	6	8
4	8	1	5	3	9	7	6	2
8	4	9	6	3	1	5	7	2
6	5	3	4	7	2	1	8	9
2	1	2	8	9	6	5	4	3



A Little Bit Alexa

BY Derek Bowman



ACROSS

- 1 *Ristorante* order
- 6 Location finder, briefly
- 9 Greet warmly
- 11 Large, hairy beast
- 12 Riding for 19-Across
- 13 Common hosp. scan
- 14 Gives a thumbs-up to
- 15 CW show about a brain-eating medical examiner

- 17 "Yes, I'm a Witch" singer
- 18 High-quality steaks
- 19 Alexa, from Nova Scotia
- 22 Go it alone
- 23 Iraq War issue, for short
- 24 "Voici un cadeau"
- 26 Tiger Woods's org.
- 29 Hardwood source
- 30 Positive reply when asked, "How's it going?"
- 32 Ballplayer's hat

- 33 *Lady Bird* star Ronan
- 34 Like a wallflower
- 35 19-Across, politically, from 1997 to 2008

DOWN

- 1 Climber's goal
- 2 "___ well that ends well"
- 3 Discovery Channel subj.
- 4 B.C. tourist destination
- 5 Alexa, in many homes?
- 6 Duffel seen at workouts
- 7 *Persona non grata*
- 8 Cloud-filled expanses
- 9 Gumshoe's question
- 10 Prefix with skeleton
- 16 *A View of Sandy Cove* folk artist ___ Lewis
- 17 Scent, in the States
- 19 Slangy money
- 20 Stuck together in clusters
- 21 "Holy moly!"
- 22 Contractor's details
- 25 "___ but a scratch"
- 26 It'll curl your hair
- 27 Shocked reaction
- 28 Had some dinner
- 31 Pants problem

For answers, turn to PAGE 110

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