

Laughter is the best medicine and the inspiration behind Comic Vision – a night of standup comedy in five cities across Canada, held in support of the Foundation Fighting Blindness. At the age of five, Ann Morrison's son Gavin was diagnosed with a degenerative eye disease that would eventually leave him blind. Thinking laughter was the best way to raise funds, this mom of three founded Comic Vision, which has already generated more than \$2.7 million. For more info, visit comicvision.ca.



NONTOXIC CLEAN

This year, give your spring cleaning an eco-friendly boost with double-strength cleaning vinegar. Distilled to make the vinegar even more powerful, it's an easy, nontoxic way to clean everything from the kitchen to the bathroom.

Vinegar can do more than clean your home. Visit canadianliving.com/april to learn 44 things you can do with vinegar.

A LIFELONG JOURNEY

What does it mean to be a good mother? How do you know if you are providing your child with the best possible quality of life? *The Four Walls of My Freedom* (McArthur, 2010) by Donna Thomson is an honest, intelligent account of raising a son born with cerebral palsy, describing a journey through motherhood where regular road maps don't apply. Loaded with info and insight, this book will resonate with those in a similar situation. — Erin Poetschke



BLOG OF THE MONTH

Embrace the Chaos (embracethechaos.ca) chronicles blogger Emma Waverman's adventures as she learns to enjoy the chaos of family life. This sage Toronto mother of three shares her hilarious views each weekday on topics as diverse as disciplining other people's children, sharing breast milk, and the great divide between what parents want for their kids and what kids want for themselves. Check it out – you'll want to embrace this blog yourself.