



How To: **BOIL A FROG** "CAPITOL-ISM"

This project seeks to map the invisible effects of capitalism in Ottawa, focusing on the contrasts between wealth and poverty in downtown Ottawa—the capital city of Canada. We took photos of Parliament Hill and corporate offices, as well as the homeless individuals camping just outside. This sharp juxtaposition highlights the inequalities that are much too often overlooked in the heart of the city—two realities that coexist but are separated by a system that benefits the few and disregards the many.

The "boiling frog" metaphor, draws a parallel between the slow, unnoticed suffering of the frog and how capitalism gradually wears us down. The system conditions us to accept increasing exploitation, burnout, and inequality as normal—until it's too late to escape. By the time we realize the harm, we're already submerged, trapped in a cycle that benefits the few while draining the many.

This Trace highlights the creeping effect of capitalism through a collection of news headlines showing the 'rising temperature' of the situation. Headlines feature the increasing homeless population, the growing housing crisis, and the government's continued push for a money-driven agenda. By using the boiling frog metaphor, we show how capitalism is gradually submerging society in inequality, and by the time we realize the harm, breaking free from this cycle seems impossible.

