

In the NEWS

China's  
ELECTRIC CAR

industry may soon face the harsh reality of having to compete with hydrogen fuelled vehicles. Last month, China pushed through 83 legislative amendments to promote hydrogen fuel-cell technology.

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Former  
SOUTH KOREAN SPIES

reveal to The Epoch Times that they gave up any chance for a normal life for their top secret missions in the 70s. Life after serving their country brought many unexpected challenges.

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Will  
ASSANGE

be offered a plea deal to reveal the source of the DNC emails? As the publisher of the emails, nobody knows the true source of those emails better than he.

OPINION | A8



After a  
MASSIVE FIRE

tore through the roof of the 900-year-old Notre Dame cathedral in central Paris, French billionaires have pledged to help rebuild the cherished monument.

WORLD | A3

Beijing's  
PERSECUTION

of ethnic Uyghurs continues to escalate. This time, local authorities are forcing households to form "anti-terror" units armed with beating sticks to police for and attack "terrorists" at will.

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A former  
OBAMA WHITE HOUSE

counsel, Gregory Craig, has revealed the identity of the man who funded the Ukraine report that is now at the centre of federal charges against him.

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Former JCU geophysicist Peter Ridd.

HIGHER EDUCATION

Sacking of Scientist by QLD  
Uni Unlawful, Judge Rules

Peter Ridd Says His Concerns About Scientific Rigor  
Became Case About Academic Freedom

MELANIE SUN

A professor of physics has won a lawsuit against an Australian university after he was sacked from his job for criticising his colleagues' research about the impacts of climate change on the Great Barrier Reef. Judge Salvatore Vasta ruled in the federal court on April 16 that James Cook University (JCU) in north Queensland had acted unlawfully against Dr. Peter Ridd. Vasta agreed with Ridd that he had been unfairly dismissed from his job at JCU and that the university had not fully respected Ridd's academic freedom, according to court documents. Ridd told the ABC that he was "very happy" with the outcome of the case. He called for JCU's governing body to ask Vice Chancellor Sandra Harding to account for the legal loss. "The case started about my comments about the quality of some of the Great Barrier Reef science ... and it sort of ended up in an academic freedom case," he said. "I'm not saying that all the science is wrong—I'm just saying because there isn't enough checking, testing, and replicating of that science it's difficult to know what is right and wrong."

In a statement to the federal court, Ridd's legal team said that the university had "taken disciplinary action against the applicant because he has a different scientific view to JCU or its stakeholders." The university issued Ridd its first formal censure for "misconduct" starting in April 2016 when it found that he had emailed a news.com.au journalist. In the emails, Ridd said that he thought that some photographs released by the Great Barrier Reef Marine Park Authority showing a decline in reef health was "misleading," as his own research and observations by tourist operations have shown. The photographs are "a dramatic example of how scientific organisations are quite happy to spin a story for their own purposes," Ridd said. He said the authority and the ARC Centre of Excellence for Coral Reef Studies, both of which have offices based at JCU, "should check their facts before they spin their story ... my guess is that they will both wiggle and squirm because they actually know that these pictures are likely to be telling a misleading story." Continued on A2



Bleached corals.

I'm not saying that all the science is wrong—I'm just saying because there isn't enough checking, testing, and replicating of that science it's difficult to know what is right and wrong.

CHINA INFLUENCE

As Venezuela Falters, China Tries to Preserve  
Financial and Political Control

JOSHUA PHILIPP

News Analysis  
The Chinese Communist Party (CCP) is criticising the United States for its stance on the legitimacy of Nicolás Maduro's regime in Venezuela, and for calling out the CCP for

helping destabilise Venezuela. This was in response to U.S. Secretary of State Mike Pompeo's speech in Chile on April 12, in which he said: "China and others are being hypocritical in calling for 'non-intervention' in Venezuela's affairs. Their own financial interventions have helped

EDILZON GAMEZ/GETTY IMAGES



A woman shouts to a line of police officers during a protest against the regime of Nicolás Maduro in Caracas, Venezuela, on March 9, 2019.

destroy the country." CCP foreign affairs spokesperson Lu Kang responded to Pompeo's speech, stating: "The words and deeds are despicable. But lies are lies, even if you say it a thousand times, they are still lies." Yet, as the CCP likely knows, Pompeo's words were not lies. And this is likely a key reason why the CCP, despite all its criticism of the United States for considering intervention in Venezuela, has itself been intervening. Venezuela had fallen into one of the CCP's debt traps, and the lies China was feeding Venezuela to prop up the Maduro regime—when the South American nation would have otherwise been forced to reexamine its policies—made the inevitable fall all the more painful. "I would like to emphasise how both Russia and China, in the pursuit of their commercial and strategic interests in Venezuela, have provided capital, goods, services, and political backing that has indirectly enabled the populist regime to ignore and ultimately destroy the mechanisms of democratic accountability," said Evan Ellis, a senior associate at the Center for Strategic and In- Continued on A7

MEDIA

Emotion Over Logic:  
The Legacy Media Tool  
for Narrative Control

JOSHUA PHILIPP

Commentary  
Soviet scientist Ivan Pavlov found that it's possible to condition dogs to have unconscious reflexes to programmed stimuli. In his best-known experiment, he conditioned a dog to salivate at the sound of a bell. What's less known about his experiments, however, is they were used by the Soviet Union and by later socialist regimes to train their followers to react to stimuli—brainwashing societies in the same way that a person trains an animal. In October 1919, Pavlov was visited by the then-rising Soviet leader Vladimir Lenin. According to the memoir "The White Nights" by Dr. Boris Sokoloff, Lenin believed that "by conditioning his reflexes, man can be standardized, can be made to think and act according to the pattern required." Lenin declared that in place of individualism, "I want the masses of Russia to follow a Communistic pattern of thinking and reacting," according to Sokoloff. The practical use of Pavlov's findings for socialist tyrants is in causing people to associate rewards or punishments Continued on A10

SAMIRA BOUAOU/THE EPOCH TIMES



Brett Kavanaugh testifies before the Senate Judiciary Committee during the first day of his confirmation hearing in Washington on Sept. 4, 2018.

WIKILEAKS

Assange Had Reason  
to Believe Leaks  
Would Damage US,  
Prosecutors Say

WikiLeaks founder Julian Assange and former U.S. Army intelligence analyst Chelsea Manning had reason to believe that leaking U.S. military reports "would cause injury" to the country, federal prosecutors alleged in a newly unsealed court filing on April 15. In the affidavit submitted to federal court in Alexandria, Virginia, prosecutors said U.S. military reports from the wars in Afghanistan and Iraq included information about the "identity and significance of local supporters of U.S. and allied forces in Afghanistan." When U.S. forces raided the compound in Pakistan where Osama bin Laden was hiding out, for example, they found a letter that showed the al-Qaeda leader was interested in copies of Pentagon documents published Continued on A6

CHARLOTTE CUTHBERTSON/THE EPOCH TIMES 5



Attorney General nominee William Barr during his confirmation hearing in front of the Senate Judiciary Committee on Capitol Hill on Jan. 15, 2019

US POLITICS

US Attorney General  
to Release Mueller  
Report on April 18

IVAN PENTCHOUKOV

Attorney General William Barr plans to release the long-awaited final report by special counsel Robert Mueller on April 18, according to the Justice Department. Mueller investigated allegations of collusion between the Trump campaign and Russia to interfere in the 2016 election. The special counsel concluded there is no evidence of collusion. Department of Justice spokeswoman Kerri Kupec said the report will be released to Congress and the public on the Continued on A6





Former JCU geophysicist Peter Ridd and his legal team.

# Sacking of Scientist by QLD Uni Unlawful, Judge Rules

CONTINUED FROM A1

The university said Ridd had breached the code of conduct by “going to the media in your professional capacity in a way that was not collegial and did not respect the rights of others or uphold professional standards.”

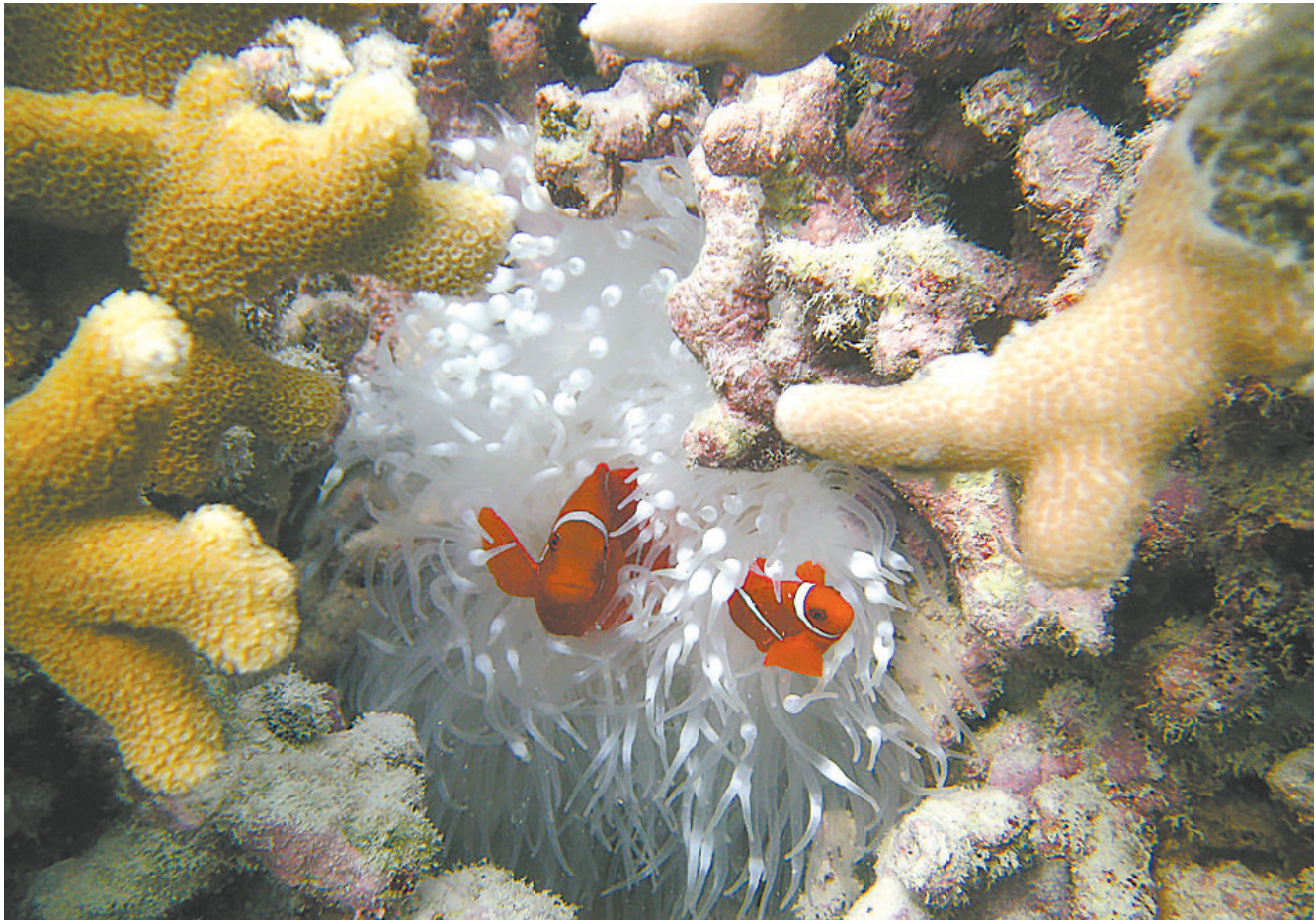
In November 2017, JCU said that Ridd was guilty of “serious misconduct” and failing to act in a collegial manner just months after Ridd published an essay in an Institute of Public Affairs book Climate Change: The Facts 2017 and made statements about his writings on national television.

Ridd claimed on Sky TV that Australians could “no longer trust” the findings of the nation’s key marine science organisations regarding the impact of coral bleaching on the Great Barrier Reef. “This bad science is affecting every major industry in North Queensland ... they must be brought to account, and that essentially is what I’m trying to do, and I don’t care what the consequences to me personally are,” Ridd said at the time.

Ridd had also raised concerns that people would “laugh” at what the peer review process involved, saying that it’s usually a few scientists reading the paper like a subeditor rather than a group of researchers rigorously retesting the science.

Ridd was eventually sacked in May

It’s usually a few scientists reading the paper like a subeditor rather than a group of researchers rigorously retesting the science.



Clown fish at Lizard Island during the 2016 coral bleaching event on the Great Barrier Reef.



Aircraft shadow over bleached coral in the northern Great Barrier Reef in March 2016.

2018, a few months after he announced he was challenging the university’s findings against him in court. Ridd and his supporters managed to raise \$260,000 in just five days through a crowdfunding campaign, which helped make sure his unfair dismissal case could go to court.

**JCU Response**

In an initial response to Ridd’s lawsuit, JCU released a statement in May saying that Ridd’s academic freedoms had “never been at issue,” and that it was Ridd’s repeated breaching of the university’s code of conduct despite multiple warnings that was the problem.

“The university has not objected to Professor Ridd’s right to comment on quality assurance. However, the university has objected to the manner in which he has done this,” Gordon said in a statement.

“He has sensationalised his comments to attract attention, has criticised and denigrated published work, and has demonstrated a lack of respect for his colleagues and institutions in doing so,” the university said in a statement.

After the judge ruled in Ridd’s favour, JCU Provost Professor Chris Cocklin said in a statement that the university disagreed with the ruling.

“We maintain we have not taken issue with Dr. Ridd’s, nor any other employee’s, rights to academic freedom,” the statement said.

It also said that the university was now “considering its options.”

“[We] are also troubled by the fact that he fails to refer to any legal precedent or case law in Australia to support his inter-

pretation of our enterprise agreement, or academic freedom in Australian employment law.”

Andrew Bonnell, vice-president of the National Tertiary Education Union (NTEU), told the ABC it was clear that the university had breached its commitment to academic freedom.

“Even if someone is saying something unpopular, if you have a scientist or other academic speaking—especially on the matter related to their expertise—then they have a right to represent unpopular opinions, even if some people find it annoying,” he said.

A penalty hearing for JCU looks to be set for June 9.

“

This bad science is affecting every major industry in North Queensland ... they must be brought to account, and that essentially is what I’m trying to do, and I don’t care what the consequences to me personally are.

PETER RIDD



Dead staghorn coral killed by bleaching on the northern Great Barrier Reef in November 2016.



# The Forgotten Spies of South Korea

SEUNGMOCK OH

SEOUL, South Korea—It was the fall of 1969. Having planted four Claymore mines on a road about a mile and a quarter north of the inter-Korean border, Kim Sung Kil, from South Korea, was waiting in ambush for North Korean soldiers escorting a two-star general from the Soviet Union.

At about 5 a.m., the sun had risen, and 24 North Korean soldiers were making their way alongside three cars, one of which was transporting the general. Kim pushed a button to detonate the mines.

Bang!

“Everyone tumbled,” Kim, 69, told The Epoch Times, recalling the mission.

Kim ran back toward the South as the North Korean soldiers opened fire on him.

It was October, but it was already cold in the mountainous area around the inter-Korean border. After making it safely back to South Korean territory, Kim warned himself by a fire.

Suddenly, he noticed his shoes were sticky. He looked down and saw blood. He had been shot three or four times, he said, but hadn’t been aware of his wounds and the pain until that moment.

He was carried to a nearby military hospital for treatment; the hospital created no record of his admittance.

In South Korea, there are about 13,000 former spies such as Kim. Yet, even after their discharge from the army, their existence was denied by the government for decades. Despite the severe mental and physical after-effects of their experiences as special agents, the former soldiers that The Epoch Times spoke to said they are still willing to fight for their country.

**Brutal Training Regime**

Kim had neither a military service number nor any formal status in the army. His unit was disguised as a private business, a sign over the premises displayed the business name “Hyundai Ranch.” Kim addressed the head of his unit as the president of the company, instead of by his military rank; the unit’s second-in-command was known as the executive director. Kim’s status was as an employee, under the false name Kim Won-kook.

In preparation for his missions to the North, Kim went through closed-door training, where he learned persuasion and kidnapping skills, killing techniques, North Korean dialects, how to use soundless weapons, unlock doors, and other skills.

There was also bravery training, which repeatedly terrified the trainee spies, Kim recalled.

“On rainy nights, [the trainers] awakened trainee spies and ordered them to dig up a skeleton at the cemetery,” Kim said. As the men were digging up the skeleton on a pitch-black night, their metallic tools clashed with stones, creating a sudden flash of light. The startled spies immediately passed out, Kim said.

Baek Nam-Seok, 53, is another former



South Korean spies train in this undated photo.

REPUBLIC OF KOREA SPECIAL MISSION’S EXPLOITS ASSOCIATION

spy who took part in missions to the North, serving from 1984 to 1987. He said many trainees even died during the training; The Epoch Times couldn’t confirm that claim.

On winter nights, the trainee spies often were suddenly commanded to gather in the yard in just their underwear, Baek said. The commanders sprayed water on the freezing men. Then, they were beaten with sycamore tree branches or baseball bats. Such assaults left the surviving spies with long-term injuries, he said.

“My knees, waist, and shoulders are all not intact,” Baek added. “Some spies ran away because the training was too hard.”

**Erased Spies**

After five years in the army, Kim was discharged in 1972, at the age of 23. Only 14 of his peers survived out of 63. Upon returning to his home in Yeosu, a city in northwest South Korea, he found that it was rumored that he had died, since he’d been banned from contact with people outside of the military.

The South Korean government officially denied the existence of spies to the North, which would have violated the inter-Korean armistice, so Kim’s military record indicated that he had fought in the Vietnam War. When discharged, Kim signed a non-disclosure agreement concerning his spying experience. He said the South Korean intelligence agency would have punished him if he had told anyone about his experiences.

Kim recalled that when he decided to be

“All the spies became insane. No one is living properly.”

**KIM SUNG KIL**  
Former South Korean spy

a spy, the conscription officer told him that he would receive a large financial reward. However, Kim only received “an empty bankbook.”

“[The government] didn’t give the promised money,” he said.

Instead, the Defense Security Command (DSC) continually checked up on how Kim and other discharged spies were living.

“Whenever I was employed, the DSC officers weekly visited the employer and asked if I am [doing] OK,” Kim said.

Kim could not retain a job, he said, because the DSC inspections irritated his employers. So, Kim went to work at a china factory run by his mother’s family.

**After Effects of Spying**

Many of the former spies committed suicide after being discharged from the army, Kim said.

“They could not adapt to society,” he explained.

Kim found having a normal social life was difficult, due to his damaged mental health.

He also found that many of his peers became mentally ill because of the trauma they were exposed to while serving as spies.

“All the spies became insane,” he said. “No one is living properly.”

The most common after-effect was post-traumatic stress disorder.

Kim also feels that symptoms of ailments or injuries that had remained undetected while he was young, began to manifest as he’s grown older. Such ailments are likely

due to the physical demands of army life, Kim and Baek both say.

**Government Recognition**

The former spies took to the streets of Seoul in violent protests in 2002, in response to alleged neglect by the South Korean government.

“We exploded gas cylinders [during the protest],” Kim said.

After the protests, the government enacted a compensation law, which provided a payment that the former spies say is significantly smaller than the huge sum originally promised by the conscriptors.

“I am now 72 [69 following the Western solar calendar] and receive just about \$800 [per month],” Kim said. “This is nonsense.”

A Ministry of Defense spokesman said the department is aware of the claims by the former spies that the payments they have received are significantly less than what they were promised. However, he said, there is no proof of such claims about compensation.

The former spies say they are still ready to help save the country if they’re needed.

“I don’t regret [the service], because it was for the country,” Kim said.

Kim supports the denuclearization of the North, but is doubtful about the possibility.

“Even though Trump wants do that, would China and Russia let it happen?” he said.

“South Korea also wants it. It will be great [if the North denuclearizes].” It would bring prosperity to both Koreas, Kim said.

# French Billionaires Pledge Over \$300 Million to Rebuild Notre Dame

SIMON VEAZEY

Two French billionaires have pledged a combined \$337 million to help rebuild the iconic Notre Dame cathedral after it was ravaged by a fire that gutted the roof and brought down the spire.

France’s richest man, business magnate Bernard Arnault, promised 200 million euros (\$225 million) to rebuild the eight-century-old Gothic cathedral on the morning of April 16. A day before, billionaire François-Henri Pinault, who is married to actress Salma Hayek, pledged 100 million euros (\$112 million).

More than 400 firefighters were needed to tame the fire that gutted the iconic cathedral on April 15.

The day after the incident, on April 16, the morning light in Paris revealed that the main bell towers and outer walls had been saved by firefighters who had fought into the early hours to bring the blaze under control and rescue the religious relics and artworks. Evacuated artwork that survived the blaze will be transferred to the Louvre Museum, a French culture ministry representative said.

**‘Rebuild it Together’**

“The worst has been avoided,” French President Emmanuel Macron told reporters shortly before midnight, when the fire had mostly been tamed.

France will launch a campaign to rebuild the cathedral, Macron said.

“We will rebuild it together. It will undoubtedly be part of French destiny and our project for the years to come,” a visibly moved Macron said.

The call for funding was quickly answered by the two French billionaires, and others who offered help and donations for the restoration of the historic building.

“In the wake of this national tragedy,



CHRISTOPHE PETIT TESSON/AFP/GETTY IMAGES

Debris inside the Notre Dame cathedral in Paris on April 16, 2019, a day after the fire that devastated the building.

The main bell towers and outer walls were saved by firefighters.



GEOFFROY VAN DER HASSELT/AFP/GETTY IMAGES

The steeple collapses as smoke and flames engulf the Notre-Dame Cathedral in Paris on April 15, 2019.

REUTERS/PHILIPPE WOJAZER



Sparks fill the air as Paris Fire Brigade members spray water to extinguish flames as the Notre-Dame Cathedral burns in Paris on April 15, 2019.

the Arnault family and the LVMH Group pledge their support for Notre Dame,” said a statement by Arnault’s LVMH Group.

“They will donate a total of 200 million euros to the fund for reconstruction of this architectural work, which is an integral part of the history of France.”

The flames ripped through the building in the early evening of April 15 and climbed the spire—which collapsed to the gasps and cries of tearful onlookers—before destroying the roof.

Tourists who might normally have been gazing up in wonder at the cathedral’s stunning ceilings and works of art joined distraught Parisians who had gathered behind police cordons to watch on the Ile de la Cité, an island in the River Seine that marks the very center of Paris.

Thousands of onlookers lined bridges over the Seine and along its embankments, held at a distance by a police cordon. Some sang liturgical music in harmonies late into the night as they stood vigil, while others recited prayers.

Notre Dame is the most famous of the Gothic cathedrals of the Middle Ages, known for its many gargoyles and its iconic flying buttresses.

The fire quickly drew the attention of world leaders.

“So horrible to watch the massive fire at Notre Dame Cathedral in Paris,” wrote U.S. President Donald Trump in a tweet, later adding, “God bless the people of France.”

Reuters contributed to this report.



# China’s Electric Vehicle Industry Hit Hard by Policy Shift as Beijing Turns Toward Hydrogen Fuel

OLIVIA LI

China’s electric vehicle (EV) industry has been booming for nearly a decade, with generous subsidies from the Chinese government and state-sponsored marketing efforts. However, the research and development (R&D) subsidies are now shifting to vehicles with hydrogen fuel cells, a new technology that, according to industry, is cleaner and more efficient than lithium battery-run cars. Current EV automakers in China will have to face the cruel reality: The EV industry will soon suffer financial losses with the disappearance of state support.

### Chinese Regime Shifting Subsidies

On March 26, China’s Ministry of Finance, Ministry of Science and Technology, and other agencies jointly announced changes to the subsidy program for lithium battery-powered electric cars, slashing subsidies by 67 percent. Electric cars with driving ranges of 400 kilometers and above will be cut by half, to 25,000 yuan (US\$3,700) per vehicle, from 50,000 yuan. And to qualify for any subsidy, electric cars need to have a range of at least 250 kilometers, compared with 150 kilometers previously. In addition, subsidies for EV vehicles will be phased out completely after 2020.

### The Trigger: Li’s Trip to Japan

Chinese Premier Li Keqiang’s visit to Japan in 2018 fundamentally changed his thinking about electric vehicles. Li visited Toyota Motor Corp.’s factory for manufacturing EV auto parts in Hokkaido on May 11, 2018, and saw a hydrogen fuel-cell vehicle called “MIRAI.” He learned that the MIRAI, which takes only three to four minutes to fuel, has a 650 kilometer driving range. According to several Chinese media reports, upon Li’s return to China, several ministries and commissions in China quickly assembled a team to develop hydrogen fuel-cell technology, the first signal that China’s policymakers would make the fuel cells a major R&D project. A lithium battery has several drawbacks when compared with a hydrogen fuel cell, which uses hydrogen gas as power.

Lithium batteries contain heavy metals such as nickel, cobalt, and manganese, and the mining process to extract such metals can cause pollution to nearby water sources. Meanwhile, processing of copper, lithium, and other metals create toxic waste that, if not treated and recycled properly, can cause serious environmental problems. On March 15, China’s cabinet-like State Council publicized 83 amendments to its annual Government Work Report delivered before its rubber-stamp legislature. Among them was a provision to promote the construction of infrastructure related to electric and hydrogen fuel-cell technology. At the time, there were no additional policy details, but it was the first time that hydrogen fuel was included in the report. Eleven days later, the Chinese government announced the new EV subsidy policies. On April 11, the state-run, English-language newspaper China Daily reported that the central authorities’ development plan for hydrogen fuel technology set targets of getting 5,000 hydrogen energy vehicles on the road by 2020, 50,000 by 2025, and 1 million by 2030.

### Subsidy Reductions

China’s EV automakers are already losing money. For example, Chinese automaker BYD is a star brand in the domestic market. BYD started new energy vehicle (NEV) R&D 10 years ago. According to Chinese news portal Sohu, citing information from BYD’s financial reports, in the past five years, the company has received a total of 6.93 billion yuan (US\$1.03 billion) in electric vehicle subsidies from the Chinese regime. But the industry’s profitability was already falling. In BYD’s 2018 annual report released on March 27, the company’s net profit attributable to shareholders was 2.78 billion yuan, down 31.6 percent from the previous year. BYD explained that decline was mainly due to the reduction in subsidies and increases in R&D costs. In early March, NIO (known as Shanghai Weilai Automobile in Chinese), which specializes in making electric autonomous vehicles and became publicly listed only half a year ago, reported revenue of 4.951 billion yuan (US\$738 million) in 2018 while net



TOSHIFUMI KITAMURA/AFP/GETTY IMAGES

An employee assembles a four-door ‘Mirai’ sedan at the Motomachi factory in Toyota city of Aichi prefecture, Japan, on Feb. 24, 2015. The Mirai is powered by hydrogen and emits nothing but water vapour.

Eleven days later, the Chinese government announced the new EV subsidy policies.

losses were 9.639 billion yuan (US\$1.44 billion). In addition, NIO also announced that it would cancel plans to build a new plant in Shanghai. According to an October 2018 Morgan Stanley research report, NIO has been losing money year after year. The net loss in 2018 was 9.639 billion (US\$1.44 billion), almost double the figure from 2017. Total losses from 2016 to 2018 amounted to 17.233 billion yuan (US\$2.57 billion). The Chinese regime’s phasing out of EV subsidies could be devastating to the industry. **Rise and Fall of China’s EV Industry** The Paris agreement adopted in 2015 led many countries to push in the direction of NEVs, with the Chinese regime taking it as an opportunity to “surpass competitors by overtaking them at the curve,” hoping that

NEVs would help China transform from a follower to a leader in the auto industry. In the Chinese regime’s 10-year economic blueprint “Made in China 2025,” released in 2015, NEVs were among the 10 high-tech sectors that Beijing targeted for aggressive development, so the country could emerge as a global tech manufacturing powerhouse. At the same time, the Chinese regime provided multiple incentives—subsidies to EV manufacturers; mandatory requirements for government agencies to purchase certain percentage of EVs; subsidies to auto consumers to buy EVs; and increased access to EV-only carpool lanes among them—all of which quickly propelled the growth of EV industry. China is now the global leader in making and buying electric cars. Morgan Stanley had estimated that by 2020, China is expected to account for 59 percent of worldwide EV sales.

# SARS Whistleblower Is Under House Arrest, Denied Medical Treatment

OLIVIA LI

The retired Chinese surgeon who risked his life to expose China’s SARS coverup 16 years ago is under house arrest again after writing a letter to Chinese leader Xi Jinping in early March to demand redress for the regime’s crackdown on the 1989 Tiananmen Square student democracy movement. This year marks the 30th anniversary of the Tiananmen Square massacre, when Chinese troops opened fire on student protesters who gathered in Beijing to call for government reforms. The sensitive timing has led authorities to amp up its suppression of dissidents. Hong Kong-based Apple Daily reported on April 9 that Jiang Yanyong, a retired military surgeon who formerly worked at the military hospital known as the 301 Hospital, is suffering from neurological deterioration and in need of medical treatment. However, he has been placed under house arrest after publicising his letter to Xi, written during Beijing’s “Two Sessions” annual meeting. Jiang, 87, had made an appointment with four medical experts at the 301 Hospital on the morning of April 8, according to a tweet on April 9 by Beijing-based independent journalist Gao Yu. However, when Jiang and his wife walked to the front door of the complex, security guards intercepted him and prevented him from going out. Apple Daily learned that Jiang was furious about what had happened, telling a friend that, “I am no longer a member of this rotten army which knowingly violates the constitution. Why is that I cannot even go to my own hospital to see the doctors?” Jiang is a former president of the 301 General Hospital. He was forced to retire in 1993, after voicing his disapproval of the Chinese regime’s suppression of the Tiananmen democracy protests in 1989. He became famous among the overseas Chinese community in 2003, after he publicised the severity of the severe acute respiratory syndrome, or SARS, epidemic. However, his role is little known inside China. When the SARS illness began spreading in China in late 2002 and early 2003, Chinese media were ordered by authorities to stop reporting on the epidemic. On April 3, 2003, China’s Minister of Health Zhang Wenkang held a special press conference to announce that Beijing only had 12 cases of SARS, and that the disease “has been brought under effective control.” He encouraged foreigners to attend business meetings and expos in Beijing and the southern province of Guangdong. The following day, Jiang emailed an 800-



LIU HEUNG SHING/AP PHOTO

A rickshaw driver peddles wounded people to a nearby hospital in Beijing after they were attacked by Chinese soldiers in Tiananmen Square on June 4, 1989.

word letter to state broadcaster Chinese Central Television and the Hong Kong-based Phoenix TV to report information that he collected from hospitals in Beijing. Although neither replied or published his letter, the information was leaked to foreign media outlets. A journalist from Time magazine contacted Jiang on April 8 and published his letter that day. “I simply couldn’t believe what I was seeing,” Jiang wrote in his e-mail to Chinese media. “All the doctors and nurses who saw yesterday’s news were furious.” Jiang said he learned from medical staff in two of Beijing’s hospitals that there were at least seven deaths and 106 cases of the disease. After the letter was made known around the world, Beijing’s mayor and the Minister of Health were sacked on April 21. Chinese authorities quickly played the role of “SARS hero,” actively identifying and quarantining SARS patients, while keeping Jiang out of the spotlight. In February 2004, Jiang decided to take advantage of his position to call attention to the Chinese regime’s abuses. He wrote an open letter to the Chinese Communist Party’s top leadership, pressing them to admit that the Party leadership had made a mistake in its 1989 crackdown of Tiananmen protesters. Jiang later revealed in 2009 that he had been kidnapped for his open letter and held for seven weeks at an army guest house, where he was forced to undergo brainwashing sessions. Due to pressure from the international community, Jiang was eventually released, but remained under house arrest for several years.



Dr. Jiang Yanyong, SARS whistleblower

OLIVIA LI

An official document from authorities in a neighborhood of Urumqi, the capital of Xinjiang, has revealed more details about the extent of their suppression of Uyghurs. The document, first leaked onto the Chinese internet, explains a program for residents to form “10-household anti-terrorist units.” Each member is equipped with a large wooden stick, whistle, and one-button alarm. In case a riot breaks out, members are required to press the alarm—which can be mounted on the wall or carried anywhere—immediately, which notifies the authorities. Then, they blow their whistle to inform other members, and grab their sticks to attack any so-called “terrorists” they encounter. The notice gives tips on how to strike effectively, noting that members can even beat the “terrorists” to death, without having to bear any legal consequences. “Proceed with confidence,” the notice reads. “Oftentimes it is the braver one who wins the fight.” Xinjiang, home to many Muslim minorities including Uyghurs and Kazakhs, has been subject to heavy surveillance since July 2009, when riots in Urumqi turned deadly. Since then, the Chinese regime has labeled Uyghurs a terror threat, justifying the severe suppression of the population as anti-terror measures, including banning students from speaking Uyghur in schools, burning religious books, and throwing Uyghurs into concentration camps. According to reports on China Peace, an online media run by the Chinese Communist Party’s Political and Legal Affairs Committee (PLAC), the “10-household” program has existed since at least August 2014, deployed in different parts of Xinjiang. The PLAC oversees China’s entire security apparatus. In an April 11 interview with Radio Free Asia, a Kazakh resident in Ili Prefecture in northern Xinjiang said that local authorities often conduct alarm exercises. Those who are late three times, or fail to memorize the contents of a brochure containing the same information as the leaked notice mentioned above on 10 occasions, will be sent to concentration camps, he said. He learned that in the local counties of Yining and Altay, and the neighboring county of Emin, barbershops have had to suspend operations during the drills because there is only one barber working at

The notice gives tips on how to strike effectively, noting that members can even beat the “terrorists” to death, without having to bear any legal consequences.

the shop. Others have had to run out while in the middle of cutting a customer’s hair. Dilxat Raxit, spokesperson for the World Uyghur Congress, an international group representing exiled Uyghurs, told the Chinese-language Epoch Times on April 12 that the “10-household” program is a mechanism for Uyghurs to inform on each other, because if there is an “extremist” in one household, the other nine households will be implicated and sent to concentration camps. “Therefore, to protect oneself and one’s family, these 10 households monitor and report on one another,” he said. “The person reporting on others will be rewarded, while the others are severely punished, leading to segregation of neighbors, as well as fear and panic among local people.” Raxit also pointed out that some Chinese high-technology companies are assisting the Chinese regime in its surveillance of Uyghurs. For instance, Radio Free Asia found that the Shenzhen Security Group explained on its website that its one-key alarm product is used for the 10-household program. Raxit called on the international community to impose sanctions on Beijing, and to punish tech firms that assist the Chinese regime in carrying out their persecution of Uyghurs.



REUTERS/THOMAS PETER

Police patrol in front of the Id Kah Mosque in the old city of Kashgar, Xinjiang Uyghur Autonomous Region, China.



# China Opens Credit Floodgates in March

FAN YU

*News Analysis*

China has opened the credit spigot. Credit growth in March exceeded all estimates after a slowdown in February, according to official central bank data on April 12.

Total social financing (TSF), a broad measure of credit within the Chinese economy, grew by a net 2.86 trillion yuan (\$426 billion) in March compared to the previous month, after a relatively modest increase of 703 billion yuan in February. TSF includes financing that is outside of traditional banking loans, such as loans issued by trust companies, initial public offerings, and bond offerings.

While Beijing has pulled out all the stops to ensure that economic growth is stable in the short-term—first-quarter GDP (gross domestic product) figures will arrive next week—it’s exacerbating longer-term leverage issues.

March’s credit growth was broad-based, with financial institutions underwriting 1.69 trillion yuan (\$252 billion) of new loans in March. Bank loans and M2 money supply—a measure of cash in circulation—also grew during the month. This credit growth and an uptick in the manufacturing purchasing managers’ index for March are signs that recent policy easing is bearing some fruit.

Since last year, Beijing authorities and the People’s Bank of China have taken a series of measures to combat economic slowdown triggered by the 2017 deleveraging campaign and a debilitating trade war with the United States.

The easing measures included five cuts to banks’ reserve requirement ratios, allowance of perpetual bond issuances, and infrastructure spending.

In its dramatic shift to amplify infrastructure spending, Beijing has lifted debt quotas on local governments. Local authorities issued debt at a record pace during the first three months of the year. Most of the debt was “special purpose,” for the financing of infrastructure projects such as subways and bridges.

**Timing Is Critical**

This round of stimulus measures—and the resulting credit growth—seems different. Unlike previous periods, this series of policy easing isn’t attempting to invigorate growth, but to combat an ongoing growth slowdown.

March’s credit growth will be seen as extremely helpful. Beijing is set to release its GDP growth rate for the first quarter next week. All eyes are fixated on the first-quarter GDP metric, which will determine the course of action for the rest of the year.



STR/AFP/GETTY IMAGES

Workers at a construction site of the Tangshan-Hohhot railway in Ulanqab, Inner Mongolia, on March 19, 2019. China has drastically increased infrastructure spending in 2019.

While Beijing has pulled out all the stops to ensure economic growth are stable in the short-term, it’s exacerbating longer-term leverage issues.

At a macro level, 2019 is an especially fraught year economically and politically. The Chinese Communist Party (CCP) leader Xi Jinping kicked off the year in January with a meeting to address “extraordinary risks” facing the economy and by extension, China’s political, ideological, and social stability—a focal point for the CCP as it heads into the 70th anniversary of the founding of the People’s Republic of China later this year.

**Trading Future for Present**

But China’s longer-term issues will likely worsen going forward. Beijing has essentially traded longer-term economic health for near-term stability.

The International Monetary Fund (IMF) recently warned that China will face a

“sharp slowdown” in the future if it continues to loosen monetary policy or engage in massive infrastructure spending to shore up growth, according to IMF’s semi-annual Global Financial Stability report.

“Further monetary and credit support may exacerbate the existing financial vulnerabilities, as faster credit growth will make it harder for smaller banks to clean up their balance sheets,” said Tobias Adrian, director of the IMF’s monetary and capital markets department, during an April 10 press conference.

Beijing has essentially abandoned its recent efforts to deleverage the economy, and instead is doubling down on infrastructure and real estate, two already overleveraged sectors.

Regulators have also delayed reforms

over China’s sprawling asset management industry and instead are creating more potentially bad debts. China’s National Audit Office recently found that some banks in central Henan Province registered 40 percent of their loan books as bad debt at the end of 2018, according to an April 8 Financial Times report.

In addition, while recent tax cut measures are temporarily boosting consumption, they come at the expense of putting pressure on local and regional budgets.

It’s important to remember that the United States and European economies are still on solid footing. So if China uses up all of its ammunition to stabilize economic growth during 2019, what will it do when the global economy really falters and demand slows?

# China-Based Company Accused of Environmental Degradation at Quarry in Kenya

DOMINIC KIRUI

MAI MAHIU, Kenya—When Peter Muchiri bought his five-acre piece of land in 1969 in Kanairobi village in the settlement of Mai Mahiu, Kenya, it was completely forested with a cool climate and frequent rains.

Muchiri built a permanent house on his plot, but says it is no longer conducive for him to live in it with his family, who have opted instead to live in Banana Hill in the neighboring Kiambu County.

The reason is because of the constant dust, noise, and vibrations caused by China Wu Yi, a Chinese state-owned construction company that is quarrying nearby. The rocks are to be used for ballast in the major expansion of the Waiyaki Way highway from Nairobi.

Muchiri says that in addition to the company having dug up most parts of the village, leaving open holes in the ground that pose a danger to children and livestock, it is also using excessive explosives that cause ground vibrations, which have destroyed houses and other infrastructure, as well as created a lot of dust.

“We have witnessed a deterioration of the [environment], thanks to mining companies that have set up base to mine ballast here,” the 84-year-old father of eight and former military scientist told The Epoch Times.

“My plot has literally been surrounded by these companies that have created the dusty and noisy atmosphere in the village. The explosives they use have destroyed our property,” Muchiri said, pointing at cracks in the walls of his house.

Two mining companies surround Muchiri’s land, one owned by a local whom the residents refer to as Mwangi and the other by China Wu Yi, with several other sites spreading throughout the village.

“Mwangi buys land and mines from there, but the Chinese will lease land and have massive machinery, meaning that they are able to mine a large piece of land within a short time,” Muchiri said.

**Ceasing Operations**

In early March, after complaints from



DOMINIC KIRUI FOR THE EPOCH TIMES

Peter Muchiri looks into an active quarry at Kanairobi village in Nakuru County, Kenya, on March 28, 2019.

residents, the National Environmental Management Authority (NEMA) suspended the extraction of ballast from the quarries in the area, causing concerns that the expansion of the Waiyaki Way would stall due to a shortage of materials.

This was the second attempt by NEMA to close down the quarrying after the Nakuru County government announced a suspension in late February.

County Director of Environment Mureithi Kiogora told journalists on Feb. 27, after visiting the quarries and affected homes, that there was evidence the residents’ complaints were valid, according to local newspaper The Standard.

“It’s true that the blasts from these quarries have affected many homes and we have suspended for one week any operations

“Our leaders no longer care about the wellbeing of the people, only what gain they get from the kickbacks the company gives them

ANTHONY KAMAU  
A FARMER AND RESIDENT OF  
KANAIROBI VILLAGE

until we get the way forward,” he said.

Kiogora accused the two companies involved in quarrying of disregarding the law, thus putting the lives of residents in “great danger.”

The chairman of the environmental committee of Nakuru County Assembly, Gathariki Kamanu, told reporters that there was no public consultation before the quarries were opened. He added that authorities would be making sure environmental regulations were adhered to before operations at the quarries recommenced.

He said they did not want to take chances after the Solai dam in the same county collapsed in May last year, claiming 48 lives.

But on visiting the quarry on March 28, operations were ongoing at China Wu Yi’s site, with dust clouds evident on the drive

down the Kamandura escarpment toward Mai Mahiu.

“My cry to the government is to stop completely the mining taking place in our village. It is no longer safe for kids here since there are open mines that could pose a danger to them. Life is also disturbed, since sometimes I am told to get out of my house in the morning when they want to start using the explosives to blast the rocks,” Muchiri said.

The efforts of Muchiri and other residents to seek compensation from the Chinese company have so far been futile.

“On several occasions, I have tried to confront them to compensate me for the loss I have incurred but to no avail,” he said.

Residents have also accused local leadership of being bribed by China Wu Yi officials to stay quiet while the quarrying takes place.

“Our leaders no longer care about the wellbeing of the people, only what gain they get from the kickbacks the company gives them,” alleges Anthony Kamau, a farmer and resident of Kanairobi village.

China Wu Yi didn’t respond to repeated requests for comment.

**Chinese Influence**

In 2016, the Kenya National Highways Authority awarded the tender to expand a 25-kilometer (15.5-mile) section of the Waiyaki Way highway to China Wu Yi, which is an international arm of the Fujian Construction Engineering Group Company.

According to a July 13, 2016, press release, the project was to be funded by the World Bank and the government of Kenya under the National Urban Transport Improvement Project and was scheduled to be completed in 36 months.

Chinese companies have previously been accused of breaking the law and getting away with it during their operations in Africa. However, to complicate matters, Beijing is exerting influence over Kenya and other African countries through loans for major projects, making it difficult for leaders to question the Chinese operations within their countries.



# Fed Policy Hindered Economic Growth, Trump Says

IVAN PENTCHOUKOV

President Donald Trump said on April 14 that the U.S. economy would have grown at a greater rate if it weren't for the policies of the Federal Reserve, which repeatedly raised rates last year while selling off assets.

"If the Fed had done its job properly, which it has not, the Stock Market would have been up 5000 to 10,000 additional points, and GDP would have been well over 4% instead of 3%...with almost no inflation," Trump wrote on Twitter.

"Quantitative tightening was a killer, should have done the exact opposite!" the president added, referring to the Fed's bond selloff last year.

Trump frequently criticized the central bank last year as it continued to raise interest rates. The president's pressure hasn't let up. On April 5, he again called on the central bank to lower interest rates.

The Fed raised interest rates four times in 2018, but also has put that process on hold, leaving the target policy rate at a range of between 2.25 and 2.5 percent. During the eight years of the administration of President Barack Obama, the central bank held interest rates at historic lows, raising them slightly just before Trump won the 2016 election.

The Federal Reserve also regularly sold about \$50 billion in bonds on a monthly basis last year, pulling liquidity from the market. The rate increases and the asset selloff contributed to a stock market downturn at the end of 2018. The Dow Jones Industrial Average dropped more than 20 percent from October through



President Donald Trump at the White House on April 12, 2019.

“Trump said returning to the gold standard “would be wonderful,” but hard to do.

December.

That loss was almost completely erased as the Fed shifted gears, and the Dow is now just about 1.5 percent below the record it set on Oct. 3.

Congress established the Federal Reserve to prevent boom and bust cycles, but the central bank's policies have consistently resulted in the crashes and recessions it was established to prevent.

Trump has the power to reshape the Fed by appointing members to its sev-

en-member board. To date, three Trump nominees have been confirmed to the board: Jerome Powell, the chairman, Richard Clarida, the vice chairman, and Randal Quarles, the vice chairman for supervision.

Two seats on the board remain vacant. Trump said he intends to nominate Stephen Moore and Herman Cain for the two vacancies, but hasn't yet sent a formal nomination to the Senate.

Unlike the president's prior nominees,

Moore and Cain have openly criticized the central bank. Like Trump, both Moore and Cain believe that returning to the gold standard would be better for the U.S. economy than the current fractional reserve system under the Federal Reserve.

Before announcing his presidential bid in 2015, Trump said returning to the gold standard “would be wonderful,” but hard to do. Under a gold-standard banking system, the value of the dollar is pegged to gold held by the government.

“We used to have a very very solid country because it was based on the gold standard,” Trump told WMUR on March 27, 2015. “We don't have that anymore.”

Cain wrote an editorial for The Wall Street Journal in 2012 calling for the return to the gold standard. Cain argued that while the gold standard system has its flaws, historical data shows that American economic growth was stronger, unemployment rates were lower, and recessions were less frequent and severe than under the Federal Reserve.

“I realize the Washington establishment goes ballistic at this suggestion,” Cain wrote. “Gold is kryptonite to big-spending politicians. It is to the moochers and looters in government what sunlight and garlic are to vampires.”

Moore isn't as fervent of a supporter for the gold standard and favors pegging the dollar to a basket of commodities. He nonetheless told The New York Times in 2015 that the gold standard would be “a lot better than what we have now.”

President Richard Nixon abandoned the gold standard in 1971.

Reuters contributed to this report.

## Clinton Foundation Donor Funded Ukraine Report

IVAN PENTCHOUKOV

On April 15, former Obama White House counsel Greg Craig revealed the identity of the previously unknown man who funded the Ukraine report which is now at the center of federal charges against Craig.

In a video statement, Craig said that Victor Pinchuk “helped fund” the 2012 report. Pinchuk is a Ukrainian businessman and a major donor to the Clinton Foundation.

“It was Doug Schoen who brought this project to me, and he told me he was acting on behalf of Mr. Victor Pinchuk, who is a pro-Western Ukrainian businessman, who helped fund the project,” Craig said.

In an indictment filed earlier in April, federal prosecutors alleged that Craig lied about aspects of his work on the Ukraine report, including the nature and extent of his communications with the media, in order to avoid registering as a foreign lobbyist as required under the Foreign Agents Registration Act.

“I never discussed the findings of our report with any U.S. officials. I certainly did not lobby any U.S. officials on behalf of Ukraine.

GREG CRAIG  
ATTORNEY



Ukrainian businessman Victor Pinchuk in Paris on March 27, 2013.

Craig adamantly denied the allegations, explaining that he worked with other attorneys to determine whether he was required to register and concluded that he was not.

“I never discussed the findings of our report with any U.S. officials. I certainly did not lobby any U.S. officials on behalf of Ukraine,” Craig said. “I did not help Ukraine promote its spin when it released our report.”

Hillary Clinton was the Secretary of State when Craig began work on the Ukraine report in 2012. Craig has had a long-running close and personal relationship with Bill and Hillary Clinton and held a senior position in the Clinton White House before becoming Obama's counsel.

The Victor Pinchuk Foundation donated \$10 million to \$25 million to the Clinton Foundation sometime before 2013, making him the top foreign contributor to the

foundation. When The Wall Street Journal asked the Pinchuk Foundation if Pinchuk was lobbying the State Department, Pinchuk's foundation said, “This cannot be seen as anything but a good thing.”

The link between Pinchuk, Craig, and Clinton may mean that the Justice Department already has examined or may eventually scrutinize communications between Craig and the Clintons. While Craig said he didn't lobby U.S. officials on behalf of Ukraine, he didn't state whether or not he had lobbied on behalf of Pinchuk, a private businessman who didn't hold a post in the Ukrainian government at the time he funded the report. Craig also didn't mention whether he lobbied a spouse of a U.S. official, namely Bill Clinton.

Schoen, the man who brought the project to Craig, was registered as a lobbyist for Pinchuk throughout Clinton's tenure at the head of the State Department. It was after being introduced to the Clintons by Schoen in 2006 that Pinchuk began donating to the Clinton Foundation. Schoen told The Wall Street Journal that the donations were not part of his lobbying efforts.

Schoen arranged about a dozen meetings between Pinchuk and State Department officials between September 2011 and November 2012, according to The New York Times. The meetings occurred as Pinchuk was donating to the Clinton Foundation and funding Craig's Ukraine report.

## Assange, Manning Had Reason to Believe Leaks Would Damage US, Prosecutors Say

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on WikiLeaks, the prosecutors said.

According to prosecutors, leaked reports on the Afghan war included information on militants' improvised explosive device designs and attacks, including details of U.S. and coalition countermeasures against such home-made explosive devices and their limitations.

### Indictment

The prosecution's affidavit is dated Dec. 21, 2017, but was made public on April 15. It follows the unsealing last week of a U.S. indictment charging Assange with conspiring with Manning to gain access to a government computer as part of one of the largest compromises of classified information in U.S. history.

Manning provided Assange with nearly 750,000 classified or sensitive military and diplomatic documents, which Assange then published on WikiLeaks, the online disclosure platform he founded in 2006.

Barry Pollack, a lawyer for Assange in Washington, said: “Encouraging sources to provide information, and using methods to protect their identity, are common practices by all journalists. There is no new information in the affidavit that was unavailable to the Department of Justice when it decided in the Obama administration that pursuing criminal charges against Mr.



Former U.S. military intelligence analyst Chelsea Manning in London on Oct. 1, 2018.

Assange would be contrary to the First Amendment.”

**Arrest**

British police arrested Assange at Washington's request after Ecuador revoked his seven-year asylum on April 11. He was carried out of the Ecuadorean Embassy in London and is being held in prison while he faces extradition to the United States.

The U.S. indictment, originally issued in secret by an Alexandria, Virginia-based grand jury in March 2018, said Assange in March 2010 engaged in a conspiracy to help Manning crack a password for a classified U.S. government network. The indictment didn't allege Assange succeeded in cracking the password.

In the unsealed affidavit, prosecutors said Manning also had access to other U.S. government databases,

including one relating to the U.S. military prison at Guantanamo Bay, Cuba, and a State Department database containing military cables.

Manning was sentenced in 2013 to 35 years in military prison for leaking classified data, but had 28 years of his sentence commuted by President Barack Obama.

Manning was then arrested in March and remains in custody for refusing to testify to a grand jury investigating WikiLeaks.

Assange is expected to appear via video link for his next court appearance on May 2. The charge against him carries the maximum sentence of five years.

*Epoch Times reporters Petr Svab and Janita Kan contributed to this report.*  
*From Reuters*

## US Attorney General to Release Mueller Report on April 18

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morning of April 18. Barr previously said the report is nearly 400 pages long.

Since releasing a top-line summary of the report on March 24, Barr has been working with Mueller to black out portions to protect grand jury testimony, ongoing investigations, sources and methods, and damaging information about people who were not ultimately charged with a crime. The different categories of redactions will be color-coded in the final report, Barr told lawmakers.

Throughout the entire duration of Mueller's investigation, Trump denounced the probe as a hoax. The president again slammed the investigation moments before the Justice Department revealed the release date for the final report.

“The Mueller Report, which was written by 18 Angry Democrats who also happen to be Trump Haters (and Clinton Supporters), should have focused on the people who SPIED on my 2016 Campaign, and others who fabricated the whole Russia Hoax,” Trump wrote.

“That is, never forget, the crime ... since there was no Collusion, why was there an Investigation in the first place! Answer - Dirty Cops, Dems and Crooked Hillary!”

Moments after the department announced its plans for releasing the report, the president went to Twitter to make another attack on Mueller's team and deride the “Russia Hoax.” The Mueller investigation has cast a cloud over the administration; Trump has often called it a politically motivated “witch hunt.”

Mueller ended his 22-month inquiry on March 22, handing Barr a confidential copy

of the report. Two days later, Barr summarized Mueller's conclusions in a four-page letter. Mueller didn't make a determination on the obstruction charges against the president. Barr and Deputy Attorney General Rod Rosenstein examined the evidence presented and determined that it's insufficient to bring a case to trial.

Trump called Barr's letter a complete exoneration.

Barr has been under pressure from Democrats to release the full report, without redactions. Barr, a Trump appointee, has pledged to be as transparent as possible.

Since Barr released his letter, Trump has set his sights on the FBI and accused the Obama Justice Department of spying on his campaign. The attorney general told lawmakers he believed that spying on Trump's campaign did occur, and that he plans to investigate whether it was legally justified.

“I think spying did occur,” Barr said. “But the question is whether it was adequately predicated.”

The connection between the Mueller investigation and the allegations of spying is the FBI's counterintelligence investigation of the Trump campaign, which predated the Mueller probe. The bureau started the investigation as early as July 2016 and handed it over to the special counsel in May 2017.

The FBI investigators obtained a spy warrant to monitor former Trump-campaign associate Carter Page. The core of the evidence the bureau used consisted of information from a dossier compiled by a foreign spy and paid for by the Clinton campaign and the Democratic National Committee.



JOYCE BOGHOSIAN/WHITE HOUSE

# Taxes Down 25 Percent Nationwide Due to Trump’s Cuts

IVAN PENTCHOUKOV

Americans paid 25 percent less in taxes on average in 2018, even though the impact isn’t reflected in the refund totals, according to data from tax preparation firm H&R Block.

According to H&R Block, Americans on average saw their tax refunds go up by just 1.4 percent, causing confusion among many who viewed the refund total as their bottom line and expected to see a major boost following the passage of the Tax Cuts and Jobs Act.

The tax cuts indeed resulted in a 25 percent tax decrease, but average Americans saw the benefit in form of larger paychecks every month as a result of new tax withholding tables from the Internal Revenue Service (IRS), which were also introduced as a result of the tax cuts.

“Tax reform represented the largest change to the tax code in 30 years, and on top of that, the IRS changed withholding tables in February 2018, automatically adjusting take-home pay,” said Kathy Pickering, vice president of regulatory affairs at H&R Block.

The tax liability for an average American went down \$1,200 in 2018 while average refunds went up just \$43, meaning that an average of about \$1,157 went to paychecks during the course of a year. Since the tax cuts kicked in March 2018, Americans on average received \$50 more in a biweekly check.

“It’s reasonable to assume that a tax cut would mean your refund will increase, but that’s not necessarily the case,” Pickering said. “The IRS updated how employers calculate how much tax to withhold from paychecks, which means you could have been getting all your tax cut—and then some—in your paychecks.”

On April 15, the tax filing deadline for most Americans, Treasury Secretary Ste-

“It is the biggest tax cut and reform in American history. And at the heart of our plan is tremendous relief for working families and for small businesses.

PRESIDENT DONALD TRUMP



President Donald Trump meets with students and union members at the International Union of Operating Engineers International Training and Education Center in Crosby, Texas, on April 10, 2019.

ven Mnuchin penned an editorial praising the impact of the Tax Cuts and Jobs Act. President Donald Trump promised to cut taxes while on the campaign trail and spearheaded the passage of the tax bill in 2017.

“Lower tax rates, higher standard deductions, and larger child tax credits have benefited most Americans,” Mnuchin wrote.

The Treasury secretary pointed to data from the nonpartisan Tax Policy Center, which found that 80 percent of all Americans saw their taxes decline in 2018, meaning that 140 million Americans saved money on federal taxes due to Trump’s tax cuts.

The tax cuts affected individuals and businesses alike. As a result, in addition to paying less in taxes, average Americans saw their wages go up as a result of the economic stimulus from the lower taxes. Nominal wages went up 3.3 percent, or 1.3 percent

when adjusted for inflation.

Based on the Treasury’s analysis of wage growth, a typical family making \$75,000 in 2017 made \$77,500 in 2018. While the earnings increased, the same family still paid \$1,947 less in taxes.

“Depending upon the state they live in, that means this typical American family could be earning as much as \$4,000 more in after-tax income at the end of 2018 than they had in 2017,” Mnuchin said.

While Republicans want to further reduce taxes, Democrats are keen on rolling back Trump’s reforms. The leading Democratic candidates for president in 2020 have all embraced the socialist Medicare for All and Green New Deal policies. The combined cost of the two policies is estimated to be as much as \$125 trillion over 10 years, more than twice the total projected government spending in the next 10 years.

“It is the biggest tax cut and reform in American history. And at the heart of our plan is a tremendous relief for working families and for small businesses,” said Trump.

The Tax Cuts and Jobs Act doubled the standard deduction and eliminated the Obamacare individual mandate. According to the White House, a single parent making \$41,000 a year would see a tax cut of more than \$1,300, a 70 percent reduction on his or her tax burden.

Trump traveled to Minnesota on April 15 to discuss tax reforms and the economy at a roundtable with supporters.

Fueled in part by the tax cuts, the American economy has surged since Trump took office. The unemployment rate has remained at or below 4 percent for the past 13 months. The number of job openings has been higher than the number of job seekers for the past year.



CRISTIAN HERNANDEZ/AFP/GETTY IMAGES

Supporters of Venezuelan opposition leader Juan Guaidó during a march in Caracas, Venezuela, on Feb. 23, 2019.

# As Venezuela Falters, China Tries to Preserve Financial and Political Control

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ternational Studies, during a 2017 hearing of the House Subcommittee on Western Hemisphere Affairs.

Ellis said that Russian and Chinese financial support for Venezuela “have exacerbated the current crisis by prolonging the life of the Venezuelan regime beyond the natural limits created by its poor management and anti-democratic practices.”

China and Russia didn’t keep Venezuela afloat for the sake of Maduro, either. According to Ellis, both countries did this as a way to gain control over key parts of Venezuela’s infrastructure.

Despite the CCP’s response to U.S. criticism of Chinese actions in Venezuela—and calls for a change of power to interim President Juan Guaidó—the Trump administration isn’t backing down.

On April 15, the State Department released a fact sheet which details Maduro’s unconstitutional acts, corruption, and human rights violations.

It includes details on how Maduro rigged the 2018 Venezuelan presidential elections, as well as his acts of money laundering and his sometimes violent suppression of critics and protesters.

It also includes a March 19 quote from Pompeo: “Maduro usurped power; he’s not the duly elected president. Juan Guaido is the person that the Venezuelan people chose. America and now 54 other nations simply have ratified that, have said, ‘Yep, we recognise that’s what Venezuelans want.’”

What’s key to understanding the CCP’s interests in Venezuela is that this incident is not about Maduro. Rather, it’s about the CCP maintaining financial control over Venezuela—and maintaining the influence of the “China model” in Latin America.

The deal that the CCP brings to the table

with its “China model,” when dealing with regimes like that of Maduro, is that these regimes can do whatever they want and the CCP will not hold them accountable. The CCP will continue trading with them, despite U.S. sanctions; the CCP will not criticise them for human rights abuses; it also will not question underhanded means of seizing power.

If the United States can hold Maduro accountable, however, it will demonstrate that the U.S. model of international relations still holds in the world, regardless of what the CCP has been selling.

This is likely the key reason why Russian and Chinese troops have been photographed in Venezuela as both countries try to prop up the corpse of Venezuelan socialism.

The CCP is criticising the United States for talk of intervening in Venezuela, at a time when the CCP is itself heavily intervening in Venezuelan affairs. As usual, the CCP’s statements are just surface talking points meant to sway public opinion.

Yet it’s important to understand the CCP’s concepts of military operations, as the regime typically doesn’t use conventional military force. Adopted into its military strategy is the “Three Warfares” doctrine, which consists of psychological warfare, legal warfare, and media warfare.

The CCP likely knows it can’t win the fight over Venezuela through diplomacy, and is hoping instead to win through information. The CCP also likely knows that legacy news outlets will support it on any issue, as long as that issue opposes Trump.

In Venezuela, the CCP is trying to keep the United States at arm’s length using its Three Warfares concept. Its goal in this game of fluff is likely to stop the United States from stronger forms of intervention—which will allow the CCP to continue its established plan to dominate Venezuela.

“China and others are being hypocritical in calling for ‘non-intervention’ in Venezuela’s affairs. Their own financial interventions have helped destroy the country.

MIKE POMPEO  
SECRETARY OF STATE

# More Than 100 Economists Back Trump’s Fed Pick

IVAN PENTCHOUKOV

A group of 105 economists, analysts, and prominent conservatives endorsed President Donald Trump’s nomination of Stephen Moore for the board for the Federal Reserve on April 15.

The 12-page letter is signed by the likes of Steve Forbes, the editor-in-chief of Forbes magazine, Bill Ford, the former president and CEO of the Atlanta Federal Reserve, and Dale Osborne, the emeritus professor of economics and finance at the University of Texas at Dallas.

“We, the undersigned, support Steve Moore’s nomination to the Board of Governors of the Federal Reserve,” the letter stated.

Trump announced his intention to nominate Moore in a Twitter message on March 22. The president has not yet officially submitted the nomination to the Senate.

“Thank you [Trump] for the opportunity to serve & for your zealous commitment to freeing the American economic engine from government overreach & oppressive taxation!” Moore responded at the time.

Moore has faced intense criticism from liberals over his advocacy for Trump’s economic agenda. Moore authored a book with economist Arthur Laffer lauding Trump’s plan to revive the United States’ economy. Laffer was among the 105 signatories in the letter of support.

Two seats are vacant on the board of the Federal Reserve. Trump said he intends to nominate Herman Cain, a businessman, to fill the second seat. Unlike the three other members who Trump appointed to the board, Cain and Moore are vocal critics of the Federal Reserve’s fiat currency and fractional reserve banking system.

“There’s no bigger swamp in Washington than the Federal Reserve Board,” Moore told The Hill in February. “It’s filled with

hundreds of economists who are worthless, who have the wrong model in their mind. They should all be fired and they should be replaced by good economists.”

Cain also is reportedly facing an uphill battle if Trump goes through with the nomination. Four Republican senators said they oppose Cain’s nomination, setting up for a potentially razor-thin confirmation vote.

The Senate must confirm any nominees, and Republicans control the chamber with 53 seats. If the four Republicans don’t change their minds, Cain would need the support of one Democrats to reach the 50 votes needed for confirmation.

White House economic adviser Larry Kudlow told reporters on April 16 that the president is standing by his nominees.

“We support (Stephen Moore). We support Herman Cain. We’ll just let things play out in the vetting,” Kudlow said.

Kudlow said the White House is vetting additional candidates as Cain and Moore go through the process.

Similar to Trump, both Cain and Moore view the return to a gold standard as a better course for the U.S. monetary system under the Federal Reserve. Moore ultimately favors pegging the value of the dollar to a basket of commodities but has said that the gold standard is still better than the current fiat currency model.

Under the gold standard, the central bank backs the value of each dollar with gold held in the reserves. President Richard Nixon abandoned the gold standard in 1971.

Congress tasked the Federal Reserve with keeping inflation at a healthy level and preventing economic bubbles. Over the course of its existence, the central bank has instead contributed to the booms and busts it was created to prevent.

Reuters contributed to this report.

EPOCH TIMES



Author Stephen Moore (L) at the “Trumponomics” book launch in New York on Oct. 29, 2018.





WikiLeaks founder Julian Assange in a police van after he was arrested by British police outside the Ecuadorian Embassy in London on April 11, 2019.

REUTERS/HENRY NICHOLLS

OPINION

# Will Assange Be Offered Plea Deal for Revealing Source of DNC Emails?

BRIAN CATES



WikiLeaks founder Julian Assange had been holed up in the Ecuadorian Embassy in London since 2012, until his asylum was revoked on April 11 and he was arrested by UK police. Concurrently, the U.S. Department of Justice unsealed an indictment against him and requested his immediate extradition to the United States.

That indictment makes for some illuminating reading. It seems that, instead of just being a passive recipient of classified information from concerned whistleblowers, Assange was actively working to aid a source in trying to break into the Department of Defense's Secret Internet Protocol Network.

That source was none other than the infamous Bradley Manning (now Chelsea Manning), the former U.S. military intelligence analyst who stole almost four complete databases of documents and transmitted them to WikiLeaks in 2010. WikiLeaks then subsequently published most of that classified information.

Just last month, Manning refused to cooperate with a federal grand jury investigating the assistance that Assange provided to him in attempting to hack into the Secret Internet Protocol Network and was subsequently jailed. Before leaving office, one of President Barack Obama's final acts was to commute Manning's 35-year prison sentence for the theft of classified documents. Manning had served just seven years of that sentence.

Attempting to aid a source in hacking into a government intelligence network means this isn't a case of a government employee bringing Assange specific documents that highlight abuse or corruption within a federal agency so he could publish it. This was Assange allegedly trying to help someone break into a classified network.

It is—despite what you may be hearing from some people—against the law for a publisher to engage in criminal activity to help a source steal classified information, which is exactly what Assange is alleged to have done here.

There are strict laws about what happens to government employees who expose classified documents to people who don't have security clearances or display the documents outside of controlled environments.

For example, you only have to look at the case of how then-CIA Director Gen. David Petraeus was tried and convicted several years ago for showing classified documents to a woman with whom he was having an extramarital affair—she had a security clear-

ance, mind you—at his home and not inside of a secure facility. I previously wrote about that case and compared it with what former FBI Director James Comey did in taking classified documents with him after he was fired in May 2017.

So, with that in mind, you can more easily imagine how much more serious a crime it is if you happen to get caught attempting to aid someone in hacking into a classified military intelligence network, so you can steal documents from that network and publish them.

**Trump Unleashed**

The timing of this sudden movement in the Assange case after seven years of almost complete stasis isn't a coincidence. As I wrote in a recent column, "Now You Will See Trump Fully Unleashed," I expect President Donald Trump will begin making moves that he's been delaying, while waiting for the right time.

The Department of Justice's (DOJ) indictment of Assange was filed and sealed more than a year ago, on March 6, 2018. Interestingly enough, the Trump DOJ made this decision to likely make a deal with Ecuador and unseal Assange's indictment:

1. Shortly after the Mueller special counsel's office released its final report;
2. Immediately after Attorney General William Barr testified to U.S. Congress that he believes the Trump presidential campaign was spied on by U.S. intelligence and law enforcement agencies during the 2016 election.

All the federal law enforcement and intelligence agency officials who spied on Trump's campaign knew there was never any evidence of collusion between the Russian government and Trump's campaign—whether it was collusion on stolen Democratic National Committee emails or anything else.

Mueller has confirmed this by ending his probe without charging a single person with any such activity. The publicly known evidence at this stage points to the fact that the people who launched the FBI's "Crossfire Hurricane" counterintelligence investigation knew all along they were engaged in a massive fraud.

Now, I believe all of this is going to be demonstrated to the public as evidence is rolled out in a way that the Democrats and DNC Media can't stop, deny, or spin.

What's the biggest foundational belief of the entire Trump-Russia election collusion hoax? What idea do those who are still pushing that hoax see as foundational to their position?

All the federal law enforcement and intelligence agency officials who spied on Trump's campaign knew there was never any evidence of collusion between the Russian government and Trump's campaign.



It's that Russian hackers stole DNC emails and that the Russian government made overtures to the Trump presidential campaign about the emails before they were published by WikiLeaks.

Those who still buy into this hoax firmly believe that Putin's government and Trump's campaign coordinated in the theft and the publication of the DNC emails.

Stop and think about what it would do to the strongly held delusion that Trump and Putin worked together on this email theft, if it was suddenly proven—through documentary evidence and testimony by the person who published the stolen emails—that no Russians whatsoever were involved in getting the emails to WikiLeaks? That instead of Russian hackers, Russian agents, or Trump associates, the emails were obtained in a different way, such as through a leak from within the DNC itself?

If that were proven, the entire "Collusion Delusion" hoax that gripped the country for more than two years would collapse at last like the rickety house of cards it has always been.

**Assange Is the Key**

Even the most desperate, hand-waving narrative magicians in our Congress and in our news media would be hard-pressed to maintain the illusion for their increasingly skeptical audience if that were to happen.

Well, gird your loins, because I believe that's what is about to happen. Assange is the key. As the publisher of the DNC emails, nobody knows the true source of those emails better than he.

I'm already seeing fun media commentary that it's going to take "years" to extradite Assange to the United States. As if this wasn't already set up among the various parties involved before the events of April 11. Trump and Secretary of State Mike Pompeo have massive leverage over the UK government, for reasons that are going to continue to become clear over the next several months.

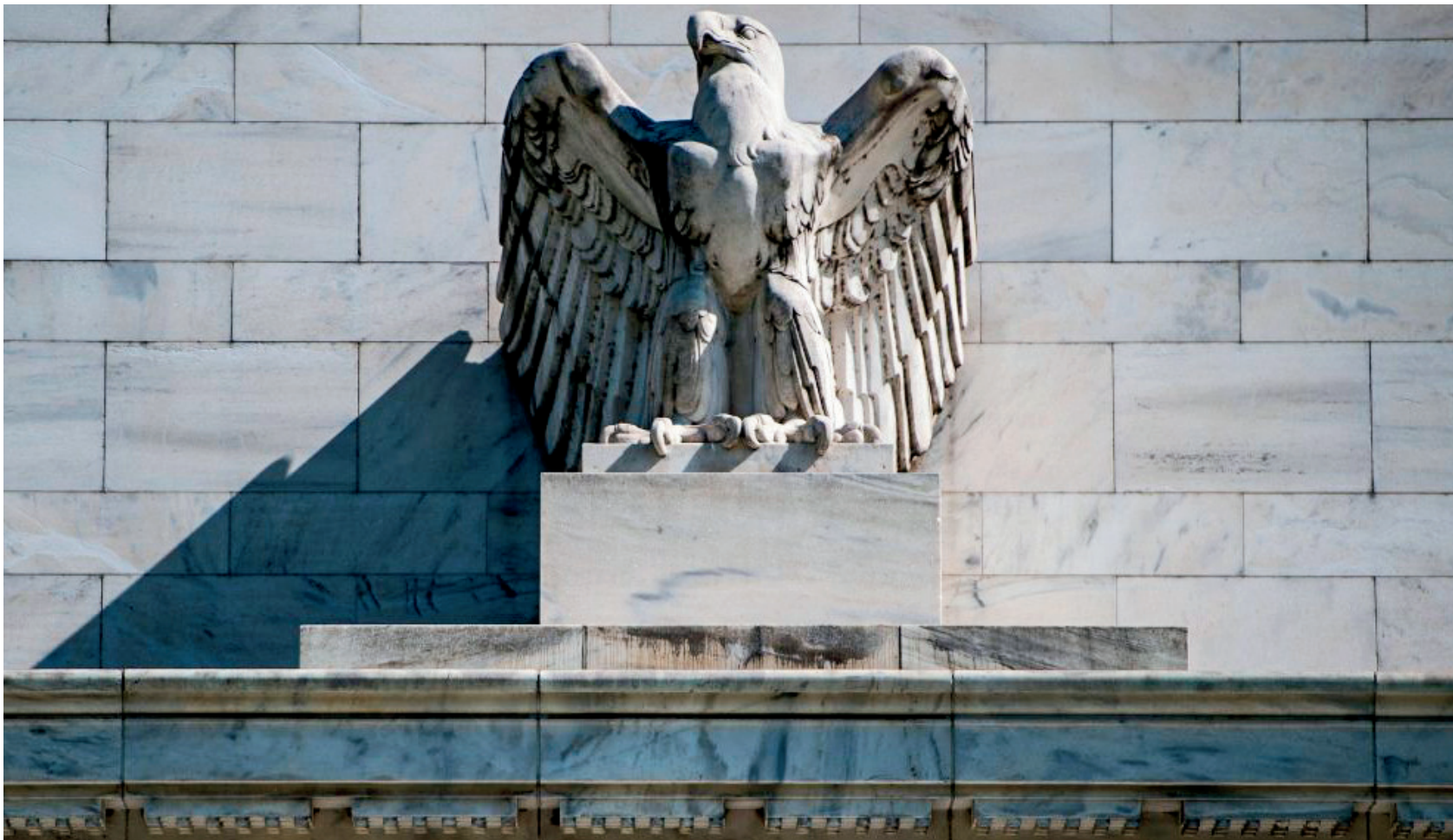
Once he has been remanded to the custody of Barr's Justice Department, I believe Assange will be offered a plea deal of a most lenient sentence, in exchange for his testimony and documentary evidence regarding the actual source of the DNC emails.

If Assange is smart, he'll take the deal.

*Brian Cates is a writer based in South Texas and author of "Nobody Asked For My Opinion ... But Here It Is Anyway!"*

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*





The eagle sculpture on the Federal Reserve building in Washington on May 2, 2018.

OPINION

# Trump Is Right to Question Fed Policies

Stephen Moore, Herman Cain are the right people to fill Federal Reserve board vacancies

THOMAS DEL BECCARO



Through his recent appointments, President Donald Trump has begun a much-needed conversation at and about the Federal Reserve. Fundamentally, the president is asking: Does the current Fed truly believe growth causes inflation? Recently, I made the case that

Trump’s desire to fill a Federal Reserve Board seat was a potential glasnost moment for the Fed Board. Stephen Moore’s appointment would invite an open discussion on monetary policy. Who can possibly be against open discussions and diversity of opinion? We also have learned that Trump wants to fill the other Fed Board vacancy with Herman Cain—a former presidential candidate who supported

tax reform in his 2012 run and very successful businessman who was the CEO of Godfather’s Pizza for ten years. Those nominations serve notice that Trump agrees with Stephen Moore that the Fed is a threat to economic growth. They also note that Trump wants a change of policy direction at the Fed. The heart of the issue is the Fed’s governance by the Phillip’s Curve. It is an outdated notion that an “overheated” economy leads to inflation. Put another way, according to author Brian Domitrovic, economist and chair of the history department of Sam Houston State University, “If inflation goes up, unemployment must go down and if unemployment goes up, then inflation must go down.” The Phillips Curve, and therefore the current Fed Board, stands in contradiction to basic economics and the history of capitalism. Consider these words by historians Will and Ariel Durant:

“The capitalist, of course, has fulfilled a creative function in history: he has gathered the savings of the people into productive capital by the promise of dividends or interest; he has financed the mechanization of industry and agriculture, and the rationalization of distribution; and the result has been such a flow of goods from producer to consumer as history has never seen before.”

What is the effect on prices of the production of more goods and services? In our own time, we have seen the result.

Consider the consumer electronics industry. From radios in the 1920s to televisions to computers and now cell phones, the industry has exploded to more than \$3 trillion worldwide and \$1.7 trillion in the United States. That latter number is no small amount. It represents more than 11 percent of the U.S. economy, and the size of the U.S. consumer electronics market is expected to grow more than 6 percent in the coming year.

According to the Fed’s view of the economy, economic growth above 3 percent leads to increases in the Consumer Price Index. Perhaps they would prefer the growth in the consumer electronics market to be no more than 3 percent. Or perhaps they like growth in that sector of the economy but want less growth elsewhere.

Wouldn’t that amount to central planning by the Fed? What we do know is that consumer electronic prices fall as a matter of course. TVs once priced beyond our reach, in just over a decade, have dropped from more than \$30 per square inch to less than \$2—while quality and clarity have risen. We should not be surprised by that result. Falling prices are the norm in capitalist systems thanks to investment pushing down the prices of most everything. It is consistent with one of the most basic notions of economics, i.e. supply and demand—an increase in supply exerts a downward pressure on prices. Indeed, a recent study showed that airfare from California to Hawaii has dropped 17 percent since Southwest began flying to Hawaii.

**The Phillips Curve, and therefore, the current Fed Board, stands in contradiction to basic economics and the history of capitalism.**

Let’s continue. Computer prices fell more than 90 percent from 1998 to 2009 alone. The computer revolution is important because it has led to increased productivity that, on its own, exerts downward pressure on prices.

Returning to current Fed policy, Brian Domitrovic said, “By my count, there have been seven Nobel prizes awarded for economists that have disproven the Phillips’ curve.”

All of the above raises the question: Why does the Fed continue to allow the discredited Phillips Curve to govern its actions? That Fed officials believe prosperity has a downside, and believe this without much push-back, is all the evidence we need that Cain and Moore would be nice additions to an entity that is less effective precisely because there’s so very little dissent.

*Thomas Del Beccaro is the author of “The Divided Era” and is a former chairman of the California Republican Party.*

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*

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Herman Cain in Milwaukee on Aug. 6, 2016.



DREW ANGERER/GETTY IMAGES

# Emotion Over Logic: The Legacy Media Tool for Narrative Control

CONTINUED FROM A1

with different triggers. These leaders can then manipulate the triggers by tying them to political agendas. The basic idea is simple: cause people to no longer think rationally, and to, instead, react subconsciously to key issues with set emotions.

**Emotional Memory**

This type of agitated emotional memory is now at the heart of propaganda tactics frequently used by legacy news outlets. This includes their full array of “fake news,” methods of “new journalism” to lead people through simulated experiences, and “agitation propaganda” to agitate the public to support certain political agendas.

There are many examples of this—from fake hate crimes such as those from actor Jussie Smollett or against high school student Nick Sandmann, to false accusations like those against Supreme Court Justice Brett Kavanaugh.

To frame emotions behind the “family separation” argument that dominated coverage of illegal immigration for a time, legacy news outlets used an image of a crying 2-year-old girl whose mother was bringing her to the United States to illegally immigrate. Time magazine even ran the image on its cover, with an altered image to show her crying and looking at President Donald Trump.

The narrative around the image was false though. It turned out the mother and daughter were never separated at any point, and the mother had kidnapped the girl from her father.

A second tool used to frame emotions on the “family separation” argument was the images of “kids in cages.” The photos of Latin American children in cages went viral, yet these turned out to be from a protest against immigration law.

The main narrative was that “Trump is separating families.” Yet this was also framed falsely. The “family separation policy” was from the Obama administration. And Trump said on April 9 that he won’t renew the Obama policy.

What’s important to remember, however, is that in conditioning people to react to political stimuli, facts don’t matter. What matters is the emotional memory.

These issues are merely tools to agitate people’s emotions. The sly manipulators of the fake news media tie these emotional reactions to symbols of political policy. Thus, the kids in cages become symbols of immigration policy, and the MAGA hats worn by Sandmann and his fellow students become symbols of “white nationalism.”

**Symbols of Meaning**

Perception isn’t just shaped by logic and information. It’s also shaped by experience and stories that create more deeply rooted feelings. Unconsciously, people interpret reality as a series of symbols that trigger these various emotions, memories, and notions.

In the “cycle of meaning,” which is applied to studies of symbology, it’s believed that people don’t interpret reality directly, but instead through a series of symbols onto which they have attached meaning. It’s also held that a “shaman” can intervene in shaping these perceptions.

A person may see their mother, for example, and experience feelings of love from his or her childhood. The same applies to objects as symbols—if a person were to see a crucifix, for example, and not know the story of Jesus, it would merely be seen as two overlapping lines. Yet a person familiar with the story



Just as Pavlov’s dog was taught to associate the reward of food with the sound of a bell, the sad victims of political conditioning are brainwashed through the subversion of their interpretations of symbols.



Protestors rally against then Supreme Court nominee Judge Brett Kavanaugh in Washington, D.C. on Oct. 4, 2018.

would interpret it as a symbol of salvation.

These same concepts apply to our perceptions of history and patriotism, family and relations, as well as how we interpret politics and social issues.

And there are many groups that look to subvert these perceptions. The purpose of psychological warfare is to alter the way people interpret reality. The key word there is “interpret.” It doesn’t necessarily need to alter the information itself—just the way the information is perceived.

**Psychological Warfare**

This method of manipulation is used very openly in military strategies for psychological warfare. Methods of psychological warfare can be found in the Chinese regime’s “Three Warfares” doctrine, in advertising and political messaging taught by Edward Bernays, and in “new journalism” tactics from the 1960s used by legacy news outlets.

We can break psychological warfare down into three main tools: disinforma-

tion, misinformation, and propaganda.

Disinformation can take several forms. It can include the creation of a “Potemkin village” or the use of staged events, the creation of false evidence, or the creation of false conclusions based on otherwise true information.

Misinformation is the outright reporting of false information. This can be used strategically to sow chaos and confusion. It can be used, for example, to derail researchers who may otherwise be on the right track. The idea is to make people question what’s real and what isn’t—and to begin doubting true information that may be otherwise difficult to believe.

Propaganda, meanwhile, doesn’t necessarily need to be true or false. Its purpose is to elicit an emotional response.

With today’s socialist movements, and in coverage by legacy news outlets, we can see all these elements at play. Their collective result is that many people are unable to think rationally, and, instead, react to surface issues along set partisan lines.

Many legacy news outlets start first with their “issue.” The reporters use the scientific method by creating a “thesis” of how the news story relates to their issue. Then they interview people with leading questions, cherry-pick data, or sometimes just make things up to frame a story to fit their manufactured narrative.

Just as Pavlov’s dog was taught to associate the reward of food with the sound of a bell, the sad victims of political conditioning are brainwashed through the subversion of their interpretations of symbols. They are conditioned to associate their agitated emotions with targeted political issues.

JOHN MOORE/GETTY IMAGES



A 2-year-old Honduran asylum seeker cries as her mother is searched and detained near the U.S.-Mexico border on June 12, 2018 in McAllen, Texas.

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We report respectfully, compassionately, and rigorously.

We stand against the destruction wrought by communism, including the harm done to cultures around the world.

We are inspired in this by our own experience. The Epoch Times was founded in 2000 to bring honest and uncensored news to people oppressed by the lies and violence in communist China.

We still believe journalism is a noble vocation, but only when it genuinely seeks to serve its communities and help them to flourish. In all that we do, we will hold ourselves to the highest standards of integrity. This is our promise to you.

CONTACT US

**Australian Epoch Times Ltd.**  
49A Treacy St,  
Hurstville NSW 2220  
02 8988 5600

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SPECIAL SERIES

# How the Specter of Communism Is Ruling Our World

## Communism’s European Beginnings

The Epoch Times here serializes a translation from the Chinese of a new book, “How the Specter of Communism Is Ruling Our World,” by the editorial team of the “Nine Commentaries on the Communist Party.”

Chapter Two (Cont.)

### 2. Marxism’s Historical Context

In order to spread Marxism, the evil specter laid down various intellectual and social foundations. We will examine these two components that serve as the context for the rise of Marxism.

Scholars believe that Marx’s theory was deeply influenced by Hegel and Ludwig Feuerbach. Feuerbach was an early denier of God’s existence. He believed that religion was no more than an understanding of the “infinity of perception”—that is to say, that people invented God by imagining their own abilities writ large.

Feuerbach’s theory sheds some light on how communism emerged and spread. Advances in science, mechanization, material goods, medicine, and leisure created the impression that happiness is a function of material wealth. Therefore, any dissatisfaction must arise from social limitations. It seemed that with material advancement and social change, people would have the means to build a utopia without any need for God.

This vision is the principal means by which people are lured, then initiated, into the cult of communism.

Feuerbach was not the first to reject Christianity and God. Friedrich Strauss questioned the authenticity of the Bible and the divinity of Jesus in his 1835 book “Life of Jesus.” We may trace such atheist ideas back to the Enlightenment in the 17th and 18th centuries or, if need be, to the time of the ancient Greeks. But that is not the purpose of this book.

Although Marx’s “The Communist Manifesto” was written over a decade prior to the publication of Charles Darwin’s “On the Origin of Species,” the theory of evolution provided Marx with ostensibly scientific grounding. If all species naturally arose as a result of “natural selection,” and human beings are merely the most advanced of organisms, then there is no room for God. That the theory of evolution is full of loopholes and flaws is well-documented, but a discussion of that subject lies beyond the scope of this book.

In December 1860, Marx wrote about Darwin’s theory to his associate Friedrich Engels, praising “On the Origin of Species” as “the book that contains the natural-history foundation for your viewpoint [historical materialism].”

In a letter to the socialist philosopher Ferdinand Lassalle in January 1862, Marx said, “Darwin’s book is very important and serves me as a natural-scientific basis for the class struggle in history.”

The theory of evolution in the field of natural science and the materialism in the field of philosophy provided Marxism with two powerful tools for misleading and recruiting followers.

Society underwent profound changes in Marx’s lifetime. In 1769, Watt’s improved steam engines ushered in the first

Industrial Revolution, replacing small artisan communities with mass production. Technical advancement in agriculture freed up surplus labor to move to cities and toil in factories. Free trade created innovation in sales and marketing.

Industrialization invariably fosters the rise of cities and the flow of people, information, and ideas. In cities, people are not as connected to each other in comparison to rural life.

In a city, even an outcast can write books. Following his exile from Germany, Marx moved to France, Belgium, and then England, where he settled down in the Dickensian environment of the London slums.

**It seemed that with material advancement and social change, people would have the means to build a utopia without any need for God. This vision is the principal means by which people are lured, then initiated, into the cult of communism.**

The second Industrial Revolution began in Marx’s later years, bringing electrification, the internal combustion engine, and chemical manufacturing. The invention of the telegraph and the telephone revolutionized communications.

Each change threw society into upheaval as people scrambled to adapt to the new reality amid technological shifts. Many could not keep up, leading to the polarization of haves and have-nots, economic crises, and the like.

This upheaval created ripe conditions for spreading Marx’s view of social norms and traditions as oppressive relics to be destroyed. At the same time, as technology made it possible to transform nature on a large scale, humanity’s arrogance grew.

Rather than viewing Marxism as the result of social upheaval and the attendant intellectual trend, these factors should be understood in light of the devil’s plans to destabilize humanity and spread Marxism among mankind.

### 3. The French Revolution

The impact of the 1789 French Revolution was massive and far-reaching. It destroyed the monarchy, overturned the traditional social order, and began a system of mob rule.

Engels said: “A revolution is certainly the most authoritarian thing there is; it is the act whereby one part of the population imposes its will upon the other part by means of rifles, bayonets, and cannon—authoritarian means, if such there be at all; and if the victorious party does not want to have fought in vain, it must maintain this rule by means of the terror which its arms inspire in the reactionists.”

The Jacobin Club that took power after the French Revolution knew this well. After sending French King Louis XVI to the guillotine, Jacobin leader Maximilien Robespierre’s Reign of Terror executed another 70,000 people, most of whom were completely innocent. Later generations wrote on Robespierre’s epitaph:

Who’er thou art who passest, pray  
Don’t grieve that I am dead;  
For had I been alive this day,  
Thoud’st been here in my stead!

The three policies of political terror, economic terror, and religious terror, practiced by the Jacobin Club in the French Revolution, appeared as a prelude to the tyranny of the Communist Party.

In a precursor to the political killings under Lenin and Josef Stalin, the French revolutionaries instituted the Revolutionary Tribunal and set up guillotines in Paris and other places. Revolutionary committees decided whether a prisoner was guilty, while special agents of the National Convention held authority over the military and administrative subdivisions. The sans-culottes, or proletariat, held status as the most revolutionary class.

According to the Law of 22 Prairial, enacted on June 10, 1794, pretrial and defense counsel were banned, and all convictions were required to result in the death penalty. In lieu of evidence, rumors, inference, and personal judgment were all valid for the purpose of obtaining a verdict. The law’s promulgation greatly expanded the Reign of Terror, with an estimated 300,000 to 500,000 people jailed as suspects.

**The theory of evolution in the field of natural science and materialism in the field of philosophy provided Marxism with two powerful tools for misleading and recruiting followers.**

Likewise, the economic terror of the Jacobins seemed to preface the “war communism” that would be implemented in Russia by Lenin. A law passed on July 26, 1793, made hoarding an offense punishable by death.

One of the greatest adversaries of the French revolutionaries was the Catholic faith. During the Reign of Terror, Robespierre, painter Jacques-Louis David, and their supporters established a form of atheism based on Enlightenment trends, called the Cult of Reason, to replace Catholicism.

On October 5, 1793, the National Convention abolished the Christian calendar and instituted the Republican Calendar. On November 10, the Notre-Dame de Paris was rechristened the Temple of

Reason, and an actress portrayed a Goddess of Reason as an object of worship for the masses. The Cult of Reason was quickly enforced throughout Paris. Within a week, only three Christian churches remained operating.

Religious terror filled Paris. Priests were arrested en masse, and some were executed.

The French Revolution not only provided a model for the Soviet regime established by Lenin. It is also closely connected to the development of Marxism.

Francois-Noël Babeuf, a utopian socialist who lived through the French Revolution and was executed in 1797 for his involvement in the Conspiracy of the Equals, advocated the abolition of private property. Marx considered Babeuf to be the first revolutionary communist. France was heavily influenced by socialist ideologies in the 19th century. The League of Outlaws, which took Babeuf as its spiritual founder, developed rapidly in Paris. German tailor Wilhelm Weitling joined the Outlaws in 1835. Under his leadership, the secret society renamed itself the League of the Just.

In a meeting held in June 1847, the League of the Just merged with the Communist Correspondence Committee led by Marx and Engels to form the Communist League led by those two men. In February 1848, Marx and Engels published the foundational work of the international communist movement, “The Communist Manifesto.”

The French Revolution was just the beginning of a long period of social turmoil throughout Europe as revolutions and insurrections took place one after another from the end of Napoleonic rule, affecting Spain, Greece, Portugal, Germany, various parts of Italy, Belgium, and Poland. By 1848, revolution and war spread throughout Europe, providing an optimal environment for the spread of communism.

In 1864, Marx and others established the International Workingmen’s Association, also known as the First International, placing Marx as the spiritual leader of the communist workers’ movement.

As effective leader of the First International, Marx worked to create a core group of strictly disciplined revolutionaries who would rally the workers to insurrection. At the same time, he found a need to banish those who disagreed with him from the organization. Mikhail Bakunin, the first major Russian Marxist, gathered many recruits for the communist movement, but Marx accused him of being a Czarist agent and expelled him from the First International.

In 1871, the French branch of the First International launched the first communist revolution—the Paris Commune.

See next week’s edition for the next installment.



# What Are the Real Goals of Communism?

JOSHUA PHILIPP



*Commentary*  
“Communism abolishes eternal truths, it abolishes all religion, and all morality.”

“The bourgeois family will vanish as a matter of course when its complement vanishes, and both will vanish with the vanishing of capital.”

Both of the above quotes are from “The Communist Manifesto,” and both illustrate the true goals of communism.

When most people think of communism, they often understand it as an economic system for the sharing of wealth. Yet communism is anything but that.

What communism pushed for was an initial seizure of all private property, and all means of production. These would not go “to the people,” as socialist tyrants often claim, but instead to an all-powerful state and a massive bureaucracy.

This initial system of state control over all elements of society was socialism, or what Lenin referred to as “state capitalism.”

Yet, socialism was never meant to last. When Marx and Engels framed the idea, in a time when there were not yet any socialist or communist systems in the world, they envisioned socialism as a system of totalitarian dictatorship that would naturally fail and collapse, then lead to the stage they called “communism.”

So what is communism?

Communism is a state of moral, spiritual, cultural, and social desolation. It’s an envisioned society where everything has been annihilated.

During the conceptual stages of communism, even predating Marx and Engels, communism was based in the concepts of naturism, which was a Satanic Gnostic theory that man is from nature, and so anything that man does is of nature. Thus, they also believed that any restraints on man’s desires or whims were therefore evil.

It was a system that saw evil as good, and good as evil. And it’s for this reason that communists and socialist tyrants have repeatedly throughout history attacked, imprisoned, or killed anyone who believed



AP PHOTO

This 1966 photo shows young Red Guards holding signs of Marx and Chairman Mao Zedong.

**In 1967, Mao Zedong framed the concept of political correctness, under the concept that anyone who supported his acts of genocide and tyranny was politically correct.**

in traditional moral values. Under the Chinese Communist Party, for example, traditional moral values were labeled under the “four olds,” and anyone who held onto traditional beliefs could be killed.

Communists, in order to realize their envisioned social state, understand that humankind will not willfully abandon belief in heaven, belief in families, and belief in their cultures and values. So in order to create communist societies, they understand that society must first undergo a state of totalitarian tyranny that forcefully wipes out these values from a society.

That state of totalitarian tyranny is socialism.

At the same time, Marx and Engels believed in social evolution, and they be-

lieved that conflict was the tool to drive society more quickly towards the final synthesis of communism. Part of this was based in the Hegelian dialectical theory that “conflict leads forward,” which Marx incorporated into his own concept of “dialectical materialism.”

It’s because of this theory, and under the communist goals of destroying tradition and belief, that socialist tyrants seek to label select members of society as “class enemies” to be attacked.

These labels change under each socialist system, from Lenin’s attacks on wealthy farmers, to Hitler’s attacks on the Jews, to Mao’s attacks on landlords, and to today’s socialist attacks on white males.

Under socialism, there’s always one

group that society is intentionally driven to struggle against—and this is how communists drive forward their agendas.

In addition, these tyrants establish labels to attack anyone who questions these policies. In 1967, Mao Zedong framed the concept of political correctness, under the concept that anyone who supported his acts of genocide and tyranny was politically correct, and anyone who opposed it was not politically correct—and could be labeled, attacked, or killed.

Over the last century, communism has killed more than 100 million people. Desolation is the goal of communism, socialism is the tyrannical system of government it takes to achieve its goals, and struggle and hatred are its tools.

# Persecution and Hope: Christians in the Middle East Today

RONALD J. RYCHLAK



*Commentary*  
With the terrorist group ISIS having lost its caliphate, Western Christians may believe that things are back to normal for their co-religionists in the Middle East. Unfortunately, that is far from the case.

The Vatican’s prefect for the Congregation for Eastern Churches recently sent a letter to bishops around the world as part of an Easter appeal. In it, he explained, “greater cooperation and a generous commitment by Christians all over the world to their brothers and sisters of the Holy Land and the Middle East is needed.”

In addition to routine annual needs, this year, his congregation is helping Iraqi and Syrian Christians who are returning to their homelands after having been driven away, as well as those who are still living as refugees and facing daily persecution for their faith.

The organization Open Doors USA prepares an annual World Watch List (WWL), based on comprehensive research in 150 countries where Christians are persecuted for their faith. The 2019 reporting period (covering Oct. 31, 2017, to Nov. 1, 2018) shows that in the list’s top 50 nations, 245 million Christians experience high levels of persecution.

For reasons of faith, 4,136 Christians were killed in those 50 WWL countries last year. That is roughly 11 each day.

In those countries, 2,625 Christians were detained without trial, arrested, sentenced, and imprisoned, while 1,266 churches or Christian buildings were attacked—that’s about 105 each month.

Eleven countries are identified as “extreme” in their level of persecution of Christians; five years ago, there was only one (North Korea).

This means that last year, Christians were persecuted more than ever before in the modern era, an increase of about 14 percent from the year earlier. That represents 30 million more people abused for their faith.

One of the most upsetting trends noted by Open Doors USA concerns the cruel persecution of women. According to the report, “in many places, they experience a ‘double persecution’—one for being a Christian and one for being a woman. Even in the most restricted circumstances, gender-specific persecution is a key means of destroying the minority Christian community.”

This is particularly true in Islamic nations, where “at least six women every



MOHAMED EL-SHAHED/AFP/GETTY IMAGES

A Coptic Christian woman mourns victims killed in an attack in Egypt’s southern Minya province, on Nov. 3, 2018.

“**At least six women every day are raped, sexually harassed or forced into marriage to a Muslim man under the threat of death for their Christian faith.**

day are raped, sexually harassed or forced into marriage to a Muslim man under the threat of death for their Christian faith.”

In North Korea, where the highest level of persecution has been identified, communism and post-communism oppression are listed as the primary drivers of persecution. For several decades, the nation has idolized the Kim family. Christians are viewed as hostile to that vision, and, for that reason, they need to be eliminated.

Islam, however, is the main reason for the persecution of Christians in seven of the top 10 WWL countries; 34 of the top 50 have majority Muslim populations. In those nations, millions of Christians are treated as second-class citizens, discriminated against, and even subjected to physical violence. Specific issues vary from one nation to another, but the worst persecution takes place in those nations that rule according to Sharia.

After North Korea (and in a virtual tie with it), Afghanistan is the most dangerous country in which to be a Christian. As an Islamic state by constitution, Afghanistan doesn’t tolerate any faith other than Islam. Conversion from Islam is a betrayal not just of faith, but of family, tribe, and country. The common result is a death sentence. Some converts, however, are considered insane (why else would they convert?). They end up in a psychiatric

hospital and their property is confiscated or destroyed. With about half of Afghanistan’s 34 provinces ruled or contested by the Taliban, most Afghan Christians are forced into hiding.

Somalia, which ranks third on the WWL, has Sharia law enshrined in the nation’s constitution, and persecution of Christians is particularly violent.

No. 4 on the list, Libya, fell into anarchy after the ouster of dictator Muammar Gaddafi. That left a void that was filled by Islamic militant groups. The persecution of Christians is severe, and they are subjected to violent and degrading treatment.

Pakistan, at No. 5, has strict blasphemy laws that carry the death penalty. Christians live in daily fear over that.

### Reasons for Hope

Earlier this year, Pope Francis took a trip to the United Arab Emirates (UAE), becoming the first pontiff to visit an Arab Gulf state. The UAE ranked 45th on the WWL. However, the UAE used the occasion of the papal visit to declare 2019 “the Year of Tolerance,” announce a Festival of Tolerance, establish a new cabinet post for a minister of tolerance, and open a state internet portal on tolerance. Christians have reason for optimism.

Egypt ranks 16th on the WWL, but President Abdel Fattah al-Sisi, at great

personal risk, is trying to protect the nation’s Coptic Christians. Copts make up about 10 percent of the Egyptian population. Before al-Sisi, jihadists groups regularly attacked Christians and their churches. Since becoming president in 2014, however, al-Sisi has taken measures such as changing school textbooks to remove content glorifying hatred and violence and limiting such teachings elsewhere. He was the first Egyptian president to attend a Christmas Mass, and he gave a speech at the Coptic Orthodox Christmas service in 2015, in which he called for unity and wished Christians a merry Christmas.

In Jordan, No. 31 on the list, King Abdullah allows Christians to worship freely. He also protects the right of Jordan’s Christians to build and operate churches, teach the Scriptures, run tours of important Christian holy sites, and operate a seminary. Because of his support, a national park was established on the site where tradition says John the Baptist baptized Jesus. Thirteen different Christian denominations have built churches in the park. Most of them regularly conduct baptisms in the Jordan River.

Even Saudi Arabia has taken significant strides toward religious tolerance. The country has reformed its religious police, responsible for enforcing Sharia law in public and private settings. It also introduced new programs to end extremism.

So, Christians are slowly returning to communities in which their ancestors have worshipped since the first century after Christ. Many of their church buildings are gone, and many threats remain. The return of these Christians to their homeland is based on their determination to live out their beliefs, lives, and traditions in the locations where they feel a deep connection to their roots.

Hopefully, they will be able to work toward reconciliation with their Muslim neighbors. Until that time, they continue to need prayers and support from those who are free to practice their religion.

*Ronald J. Rychlak is the Jamie L. Whitten chair in law and government at the University of Mississippi. He is the author of several books, including “Hitler, the War, and the Pope,” “Disinformation” (co-authored with Ion Mihai Pacepa), and “The Persecution and Genocide of Christians in the Middle East” (co-edited with Jane Adolphe).*

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*



Live It or Read It?

Some stories you would want to live, others not. Thankfully, great authors allow us to grapple with evil from a safe distance; and we may all be better for it.

See B4



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See B8

APRIL 18-24, 2019

# LIFE

THE EPOCH TIMES

PUBLIC DOMAIN



# ‘THE WATER MARGIN,’ *China’s Outlaw Novel*

JOSH STENBERG

“The Water Margin,” also known in English as “Outlaws of the Marsh” or “All Men Are Brothers,” is one of the most powerful narratives to emerge from China. The book, conventionally attributed to an otherwise obscure Yuan Dynasty figure called Shi Nai’an, takes the form of a skein of connected tales surrounding various heroic figures who—persecuted, exploited, wronged, or trapped by venal officials—eventually band together in the fortress of Liangshan (Mount Liang), in the present-

The influence of “The Water Margin” spread to Japan. Here is Yang Lin, a hero from “The Water Margin,” depicted by Japanese artist Utagawa Kuniyoshi in his series of woodblock-print illustrations. U.S. Library of Congress’s Prints and Photographs division.

day province of Shandong.

Its influence has gone far beyond the usual genres of fiction, film, art, and theater. The stories provide, even today, a point of reference for codes of honor, social and economic networks, secret societies, and political movements.

Generations of China’s governments have sought to represent themselves as guardians of an often explicitly neo-Confucian order characterized by a fixed and morally grounded political and social order constructed of hierarchical relationships. But “The Water Margin” represents

another, equally real and representative, Chinese worldview. In this world, local injustice is the rule, and defense against cruel local authority is a matter of vengeance, stratagem, and violence.

From this universe, itself a highly mediated depiction of the rapidly decaying Northern Song Dynasty in the 12th century, derive fictional worlds of errantry, struggle, and righteousness that have gone through endless narrative and cinematic iterations.

Continued on B2



LITERATURE

# ‘THE WATER MARGIN,’

## China’s Outlaw Novel

Continued from B1

Of these descendants, the most familiar today are the fictional worlds of Hong Kong writer Jin Yong, which remain the closest thing to a reading list for adolescents in the Chinese world, and the kung fu genre that has been the global calling card of Sinophone film since at least Bruce Lee.

Rebels With a Cause

With printed versions dating back to the 14th century, “The Water Margin” largely follows the adventures of strongmen, innkeepers, footpads, peasants, vagabonds, fishermen, hunters, petty officials, and local gentry. Surrounding these protagonists are the thousands of nameless followers and victims who are knocked off or maimed (just as they might be casually dispatched in Homer) in the novel’s thousand-odd pages.

Women, when they (not so very often) appear, are hard-nosed mistresses, pugnacious sisters, hapless wives, strategizing helpmeets, or murderous innkeepers (one of whom has hit on Mrs. Lovett’s idea of baking humans into pies a full 800 hundred years before her). This also sets it apart from the mainstream of imperial fiction, which is substantially preoccupied with the passions and travails of high-born, talented women and their ambitious scholar swains, not to mention emperors and generals.

It is only a novel after a fashion: The text of “The Water Margin” is substantially the record of stories that had already been circulating at the time it was committed to the page. Shi Nai’an’s authorship is little more than a conventional attribution, and the text is far from stable, existing in various versions beginning from the 14th century, 200 years after the events it depicts. It reached its usual present

form in the 17th century.

In the Ming (14th–17th century) and Qing (17th–20th century) dynasties, the bandits of “The Water Margin” continued to influence all manner of groups operating far from the seat of power, despite periodic attempts to ban the book.

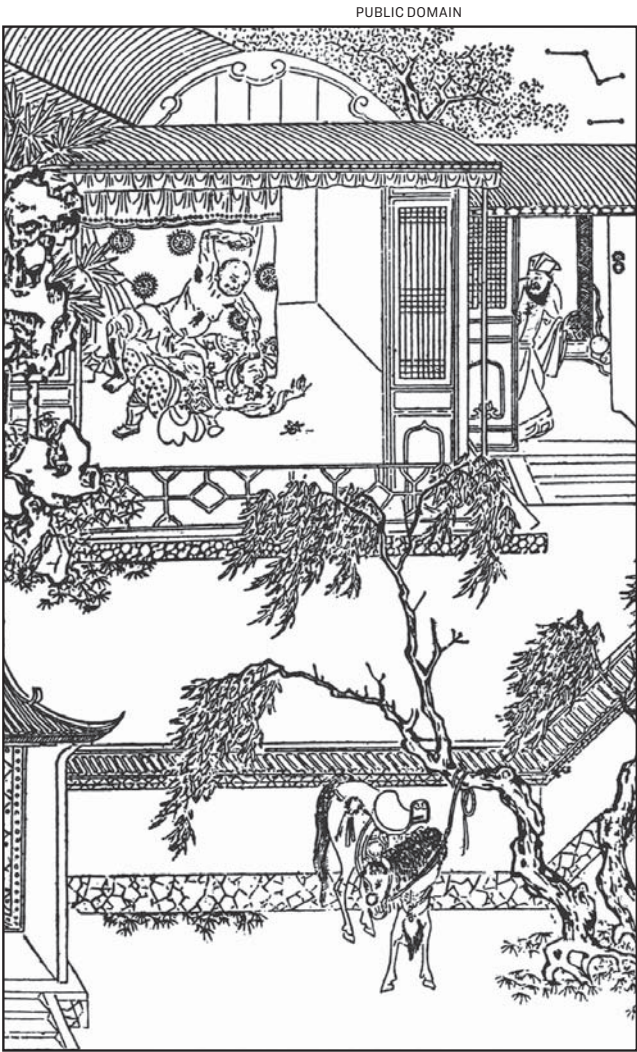
The fact that the villains of the novel are local officials, while the bandits remain at least notionally loyal to the imperial court, has proven an enduring inspiration. Many are the brands of rebellion that have found it practical to be on the other side of the law while retaining a claim to the values of brotherhood, honor, loyalty, and patriotism.

Enduring Legacy

The plot’s political relevance has never gone away. Having been adopted in the 1930s by reformers as a healthily anti-feudal narrative, it was later deployed in a major 1975 communist regime campaign, in which the leader of the Liangshan bandits in the book, Song Jiang, was criticized for accepting the emperor’s offer of amnesty. Had he not given the game away? And was he therefore not guilty of coexistence with forces inimical to the masses, just as party members, late in the Maoist era, would be guilty of capitulationism if their fervor flagged?

This move, widely interpreted as an effort to head off the fall of the Gang of Four, shows how centrally the characters have been retained even in modern and contemporary Chinese consciousness.

It’s commonplace to lament human transience and contrast it with the immutability of nature. But those going in search of the dense marshlands of Shandong—where in the novel crafty fishermen might cause unwary inconvenient minor officials to disappear—will be disappointed. The entire



An illustration from a 15th-century woodcut edition of “The Water Margin.”



Detail of a Chinese 19th-century print with eight of the 108 bandit leaders in “The Water Margin.”

geography of the novel has been altered beyond recognition by river engineering and irrigation.

This of course does not prevent local governments continuing to put up buildings tagged to certain events in the novel, hoping at the same time that the message of righteous rebellion

against local authority is never taken too literally. The formidable, impregnable, fortified mountain, Liangshan, rises just short of 220 yards in reality.

The place of “The Water Margin” has moved almost entirely into the imaginary, and it is the situations, the events, the stratagems, and above all

the characters—furious and righteous, looking to set the world right—that have left their mark on posterity.

Josh Stenberg is a lecturer in Chinese studies at the University of Sydney in Australia. This article was first published on The Conversation.



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Feeling hungry? Drink up. Staying hydrated can help your body shed pounds and keep you from eating as much.

# Biggest Mistake Dieters Make? Not Enough Water

Experts say drinking water can relieve hunger pangs and help you lose weight along with a healthy diet

KIMBERLY HOLLAND

Diets come in all shapes and sizes. Some are complicated. Some are very simple. A diet dependent on your blood type might seem overly complex compared to a diet that just requires you to cut out almost all carbs. On the other hand, an ultra-low-carb diet might seem incredibly convoluted compared to the grapefruit diet. That diet calls on you to eat grapefruit

Thirst is easily interpreted as hunger.

almost exclusively for a few days or weeks. However, all of these diets, regardless of their intricacies, are doomed to fail if you aren't drinking enough water. That's according to Dr. Thomas Chi, a urologist at the University of California–San Francisco. Chi told Business Insider that the biggest mistake any dieter can make is focusing so much on their new eating plan that they neglect their water intake. "People who are on extreme diets, they tend to have higher levels of salt and less hydration," Chi said. These high salt levels may be particularly problematic for meat-rich diets. A lack of water, combined with an increased intake of meat, can lead to complications like kidney stones, Chi says. Your body, however, has a natural way to tell you that you need hydration: thirst. "Thirst is our natural bodily alert that we are running low on fluid," Dr. Niket Sonpal, a New York City internist and gastroenterologist, told Healthline. "You should respond as soon as you can." Chi's point—that dehydration puts people at risk of sabotaging their healthy eating plans—is valid, according to research. People who don't drink enough water can quickly become dehydrated. Thirst is easily interpreted as hunger. That pang can lead you to eat a snack when really all you need is a sip of water. "Successful weight loss consists of a plan of action that accesses where you are, accesses where you want to be, and how you are going to get there," Sonpal says. Should water be a part of that plan of action, with just as much emphasis as the foods you eat? "Yes, it is an important part, not just of weight loss, but also of general good health," Sonpal says.

**How Water Helps** Water alone will not be your weight-loss savior, just as any other element of a healthy lifestyle is not solely responsible for weight loss. This includes exercise or healthy foods. A diet is dependent on a handful of key factors working together. "On its own, drinking large amounts of water will not be enough to bring about substantial weight loss," Sonpal says. "But it does help when included into a regimen of nutrition that accounts for a healthy distribution of macronutrients and a diverse consumption of food groups." That means water, along with that healthy new diet, just might help you achieve your goals. Ignoring the importance of water could sabotage your diet. "Water intake is thought to aid weight loss by increasing fat metabolism and decreasing feeding," Dr. Chirag Shah, a board-certified emergency medicine physician and an assistant professor in emergency medicine at Rutgers University, told Healthline. A 2016 study of more than 18,000 middle-aged and older adults found that individuals who drank more water were consistently more satisfied (i.e. not hungry). As a result, they ate fewer calories on a daily basis. That same study found that people who were steady water drinkers consumed less cholesterol, fat, and salt as part of their daily diet compared to people who were dehydrated or didn't drink enough water. "Weight loss isn't going to occur just because you drink water," Devin Alexander, celebrity chef and author of "You Can Have It!" told Healthline. "If you drink enough water and your meals are [composed] of fried chicken, mac and cheese, and ribs, you're never going to lose weight." "That being said, drinking enough water is a key

component to success," Alexander added. "It's very easy to mistake thirst for hunger. I know when I'm not drinking enough, I definitely want to eat more. Also, water legitimately fills you up. So if you drink a lot of water between meals, you'll likely feel fuller faster." A 2010 study found that people who drink water immediately before a meal actually have greater weight-loss success than people who do not drink water. That, the authors suggested, may be because the water has a filling effect and helps people eat less. Water is also a "freebie" for dieters. In other words, it adds no additional calories, sugar, carbs, or fat to the daily totals, unlike many other drinks including sport or energy drinks. "[Water] helps substitute other drinks that could be adding unnecessary amounts of sugar and sodium into your diet," Sonpal says.

**How to Put More Water in Your Diet** You don't have to wait for thirst to tell you it's time to drink. Staying hydrated can have many health benefits, from your skin to your brain. It's smart to sip—and often.

**Pack Water** "I carry water everywhere I go," Alexander says. "I think it's in everyone's best interest to find a water bottle you love and attach it to your hip. You'd be surprised how much more likely you are to avoid eating when your body isn't in need of calories."

**Opt for Water Alternatives** "To anyone who 'hates' water, try opting for a fruity decaf iced tea for some of your 'water' drinking," Alexander says. "But it's better to drink an herbal iced tea that you love even if you have to spike it with a bit of zero-calorie natural sweetener over not getting enough liquid at all."

**Set an Alarm** If you can't remember to drink water, your phone can—or at least it can remind you. "One strategy that I've told patients to help them remember to drink a glass of water at various times during the day is to set an alarm on one's mobile device to go off in one to two hours," Shah says. "When the alarm rings, it is time to drink a glass of water." Repeat the process every day until drinking water becomes a habit.

**Hydrate With Food** "Remember there are other fluids that keep you hydrated," Sonpal says. "There is also water in food, namely vegetables and fruit."

**Sip, and Wait** If you feel a pang that suggests you're hungry, try a glass of water first. Then wait 15 minutes. If you're still hungry, you're probably actually hungry. If the water satisfied you, your body was just telling you it needed a sip. Drink some more. Your body will appreciate it.

**The Bottom Line** Drinking enough water is as important to achieving your weight-loss goals as a healthy eating strategy. Water takes a few minutes to actually hydrate your body when you drink, but water quenches your thirst almost immediately. Sip before you snack to keep your calorie counts down and you'll be one step closer to your weight-loss goals.

Kimberly Holland is a freelance journalist and editor. This article was originally published on Healthline.

# Prescriptions for Healthy Food Might Save Lives—and Money

Researchers say model predicts billions of dollars in savings and millions of heart attacks and strokes prevented

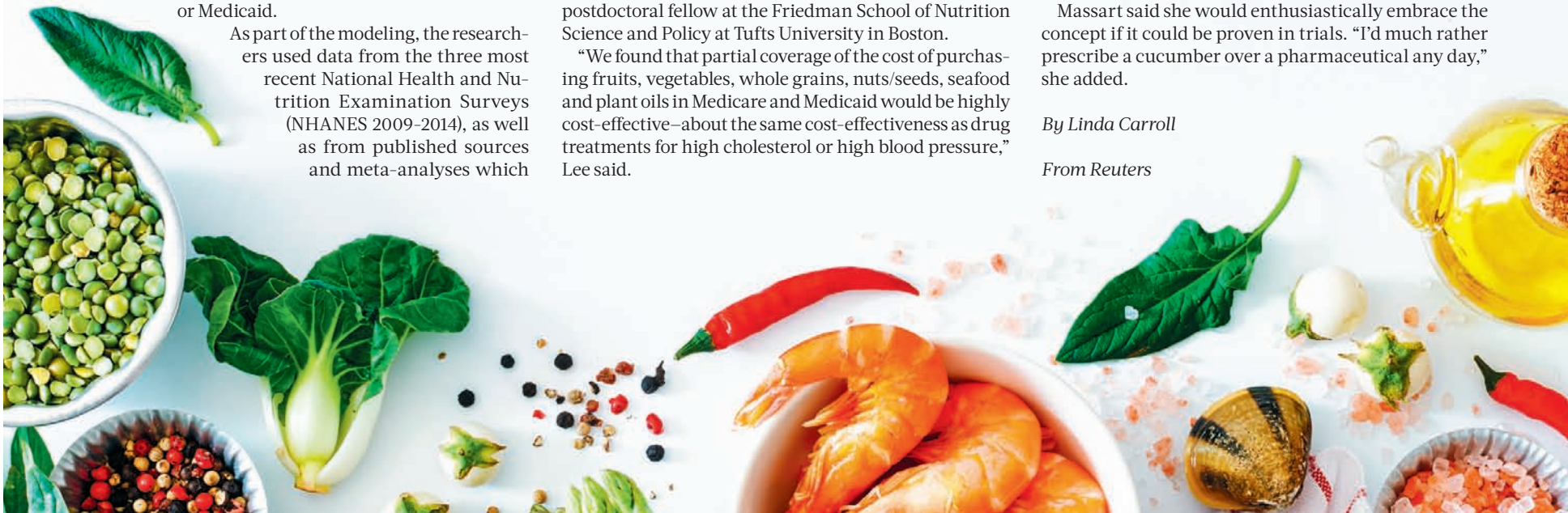
LINDA CARROLL

Prescriptions for healthy food written for Medicare and Medicaid beneficiaries might lower the risk of costly chronic illnesses, such as diabetes and cardiovascular disease, and at the same time lower the costs of care, a new study suggests. The prescriptions would even come with a 30 percent discount on foods, including fruits and vegetables. Using computer models, researchers calculated that healthy food prescriptions could prevent as many as 3.28 million cardiovascular events, such as heart attacks and strokes, and save as much as \$100.2 billion in health care costs, according to the study published in PLoS Medicine. People included in the simulations were between 35 and 80 years old and were enrolled in Medicare and/or Medicaid. As part of the modeling, the researchers used data from the three most recent National Health and Nutrition Examination Surveys (NHANES 2009-2014), as well as from published sources and meta-analyses which

included demographic information, dietary intakes, policy effects, diet-disease effects, policy costs, and health care costs. Several assumptions were made in the modeling, including an estimate of the impact of a 30 percent discount on patient shopping habits. When the researchers ran their model with a prescription for fruits and vegetables, they estimated that 1.93 million cardiovascular events would be prevented and \$39.7 billion would be saved. When they ran it with the broader prescription for healthy foods, they estimated that 3.28 million cardiovascular events and 120,000 diabetes cases would be avoided and \$100.2 billion would be saved. "Our findings support the implementation and evaluation of healthy food prescriptions ... to improve the diet and health of Americans," said researcher Yujin Lee, a postdoctoral fellow at the Friedman School of Nutrition Science and Policy at Tufts University in Boston. "We found that partial coverage of the cost of purchasing fruits, vegetables, whole grains, nuts/seeds, seafood and plant oils in Medicare and Medicaid would be highly cost-effective—about the same cost-effectiveness as drug treatments for high cholesterol or high blood pressure," Lee said.

Dr. Mylynda Massart welcomed the new findings. "It's exciting that we are finally having a conversation about this because it needs to happen," said Massart, director of the Primary Care Precision Medicine Clinic at the University of Pittsburgh Medical Center. "It would be so great to see money invested in an intervention that could make a difference in the quality of life and in reducing disease burden and potentially cost less." While the study findings are based on a model rather than an actual trial, "it may convince people to put money into research studies on actual people in real communities," Massart said. "This is part of the whole concept of precision medicine. People are born with a genetic predisposition for diseases that interacts with environmental exposure. Often the risk factors are modifiable." Massart said she would enthusiastically embrace the concept if it could be proven in trials. "I'd much rather prescribe a cucumber over a pharmaceutical any day," she added.

By Linda Carroll  
From Reuters



ANNA SHKURATOVA/SHUTTERSTOCK



LITERATURE

# Great Books I Wouldn't Want to Be In

(And Some I Would!)

SUSANNAH PEARCE

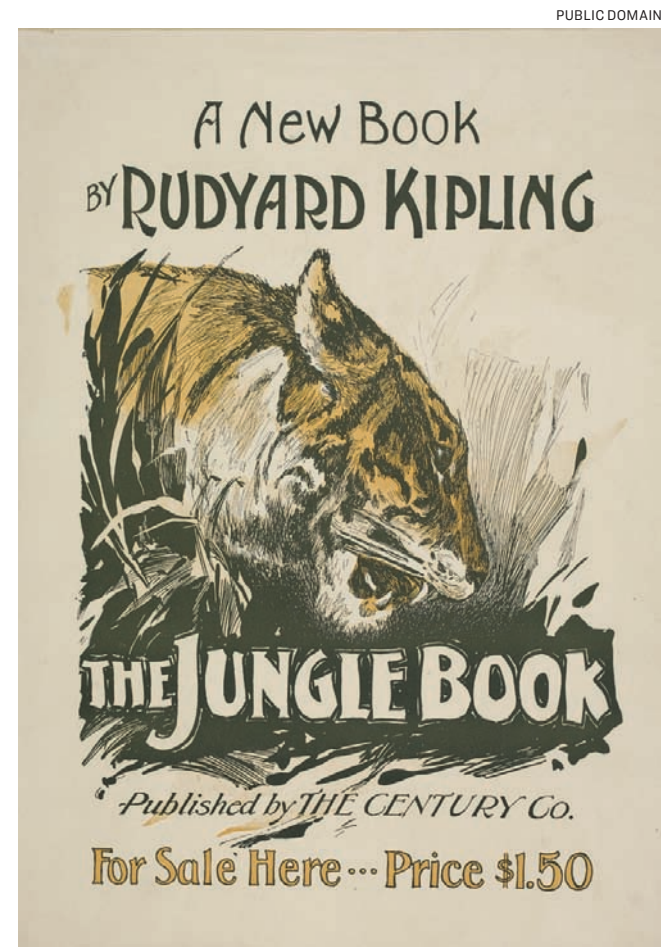
If there's something book lovers like almost as much as reading books, it's talking about books. About the plot details. About the characters. About the meaning. We feel for and with the characters. We immerse ourselves in the details. We virtually put ourselves into the stories. Just for fun, I thought I would imagine what it would be like to be a character in the works of a selection by well-known authors. I imagined myself being an inhabitant in the world and story the author created, not always the protagonist, and not necessarily as myself. It turns out, I would not like to be in many of them as much as I enjoyed reading them. What follows is my rating of each. The authors are listed chronologically by the dates of their birth.

Continued on B5

"Reading Woman" (portrait of artist's wife), after 1866, by Ivan Kramskoy.



PUBLIC DOMAIN



PUBLIC DOMAIN

**Rudyard Kipling** (1865–1936, English)

👍 **I have the courage for this.** I'd have to be raised by wolves to not want to be in his books. Oh, wait. I'd probably enjoy it even more if I were raised by wolves, like Mowgli in "The Jungle Book"! Excitement, rites of passage, and becoming a grown-up are the advantages Kipling's characters enjoy in his jungle and sea adventures.

▲ Kipling offered loads of adventures. Poster for "The Jungle Book," circa 1900. The New York Public Library, The Miriam and Ira D. Wallach Division of Art, Prints and Photographs, American Book Posters.

**Geoffrey Chaucer** (circa 1343–1400, English)

👍 **Count me in!** Basically, in "The Canterbury Tales," I get to go on a long pilgrimage on foot, to the shrine of Thomas à Becket, with a passel of mix-and-match mates, telling and listening to entertaining tales along the way. Accommodation in inns is assured, and the whole thing is entirely voluntary. What's not to like?

**William Shakespeare** (1564–1616, English)

👍👎 **To be, or not to be in his works?** I'll go with his comedies, but pass on his tragedies. Who would wholly opt out of the chance to speak the brilliant dialogue penned by The Bard, maneuvering in and out of hilarious plans within plans? The beauty of it is, anyone with a penchant for the stage can be in them! Shakespeare wrote plays!

**Jane Austen** (1775–1817, English)

👍 **My good opinion of the prospect has been easily gained.** On the liability side, I would almost certainly be a poor young woman with little prospect of a good marriage. But on the asset side, by Austen's reckoning, "poor" means that I can afford only one servant. Balls and walks in the English countryside are guaranteed. Best of all, my witty personality will result in my becoming the wife of a man in possession of a good fortune (and handsome, in the bargain).

**Charlotte, Emily, and Anne Brontë** (1816–1855, 1818–1848, 1820–1849, English)

👎 **I would always rather be happy than be in their books.** These gals can write! But they can write me out of their novels. Gothic romance and melodrama is not for everyone. The damp English weather may not have been conducive to good health and cheerfulness for these young ladies, but it did wonders for their creative imagination. As a potential character in their books, I opt for less of the moors.

**Fyodor Dostoyevsky and Leo Tolstoy** (1821–1881, 1828–1910, Russian)

👎👎 **Nyet.** For space considerations, I'm lumping together these two Russian literary geniuses. Remembering the names and nicknames of hundreds of people and the faces they go with is not my forte. And I like to be happy. While I might learn great moral lessons, if I had to be in one of their books, I just might throw myself in front of a train.

**Jules Verne** (1828–1905, French)

👍 **I'm sure to go far in his books.** Adventure on the cutting edge of future Steampunk technology with plenty of financial resources—and a servant—actually appeals to me. It would be like a science field trip to plunge the depths in Captain Nemo's Nautilus, or explore the depths of the Earth. Or a speed vacation, circumnavigating the globe in 80 days. I'd go a long way for inclusion in Verne's novels. Perhaps even 20,000 leagues.

**Mark Twain** (1835–1910, American)

👍 **Any friend of Twain's is a friend of mine.** Not unlike the celebrated frog of Calaveras County, I'd jump at the chance to be in any of Mark Twain's books. (Though, I'd better be sure no one filled me with a handful of shot first.) Fun, adventure, and more than a

handful of sharp American wit fill his pages.

**Oscar Wilde** (1854–1900, English)

👍 **I would earnestly enjoy being in some of his works.** Delightfully convoluted first-world problems, those lovely late Victorian fashions, and happy endings! Sounds like an ideal marriage to me! But please, I'd rather not be in "The Picture of Dorian Gray."

**Kenneth Graham** (1859–1932, English)

👍 **Believe me, there would be nothing half so much worth doing as messing about in this book!** Although "Wind in the Willows" is a talking-animal book, it ought to be in every well-read adult's library. Friendship is the main thing here. There is plenty of lolling about in boats, picnicking, and visiting neighbors. The main turmoil comes from Mr. Toad's wild streak, which necessitates continual rescue by his faithful friends. Graham's idyllic English countryside is one I would inhabit with enthusiasm!

**Jack London** (1876–1916, American)

👎 **I don't hear the call of his books.** I admit, the foremost reason I do not wish to be in London's books stems from my aversion to being cold. I could not bear to be cast in a scene in which the temperature is 50 degrees below zero. And you just can't trust this author to let your hands work well enough to strike a match to start a fire. I'm not going there.

**P.G. Wodehouse** (1881–1975, English)

👍 **What ho! I'll go!** I would generally get to hobnob with the upper classes of the unrealistically idyllic 1930s England. His characters are endearing, and the hilarious predicaments he creates are thoroughly G-Rated. Yet, his stories are peppered with references enjoyed by the well-read and highly educated. I would let Wodehouse write me into anything!

**Literature allows us to gain a breadth of experience that our own circumstances would not permit.**



PUBLIC DOMAIN

**Homer** (circa 750–650 B.C., Greek)

👎 **Just kill me first.** There are many unpleasant ways to die in "The Iliad" or "The Odyssey." I would consider myself lucky if I were killed off in the Trojan War in "The Iliad" rather than head home victorious, say no to drugs, resist the temptation of the siren song, avoid becoming a Cyclops snack, skirt a whirlpool while at the same time not being swallowed by the six-headed Scylla, to ultimately be drowned in a sea storm as punishment for eating a steak. Call me weak.

▲ There are just too many hideous ways to die in Homer's works. "Odysseus and Polyphemus," 1896, by Arnold Böcklin.

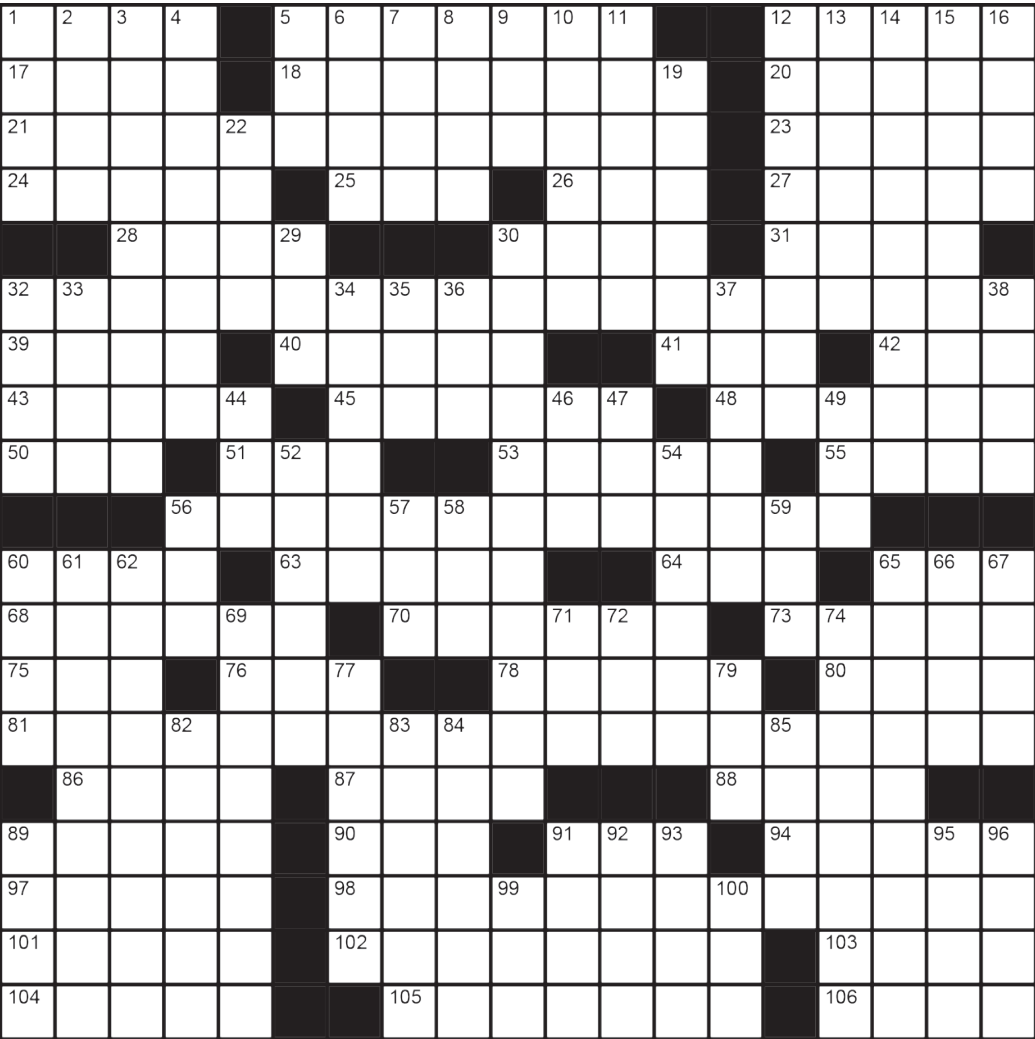






CROSSWORD

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



- Across**
- 1. “Gilligan’s Island” tree
  - 5. A little slower than moderato
  - 12. Vigilant
  - 17. Hip bones
  - 18. Detail meant to be tied up
  - 20. Fizzle, with “out”
  - 21. Lust
  - 23. Mortgage seeker’s concern
  - 24. The turf in “surf and turf”
  - 25. Island ring
  - 26. Hightailed it
  - 27. Media attraction
  - 28. Bailiwick
  - 30. Highway hauler
  - 31. Transmitted
  - 32. 14.7 psi at sea level
  - 39. Legal claim
  - 40. Dog- \_\_\_\_
  - 41. Furniture wood
  - 42. Make public
  - 43. Robin Williams voiced one in “Aladdin”
  - 45. Undo
  - 48. Self-conscious laugh
  - 50. “If the \_\_\_\_ is concealed, it succeeds”: Ovid
  - 51. Stat for Clemens
  - 53. Forerunners of English Liberals.
  - 55. Dame Myra

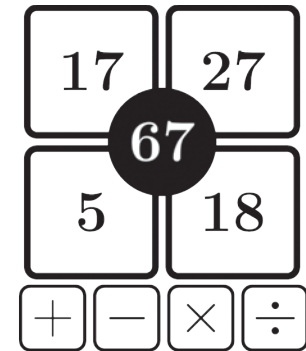
- 56. Brotherhood founded by William Holman Hunt
- 60. Mixture
- 63. Bird also known as a flycatcher
- 64. Roadhouse
- 65. Any boat
- 68. Cabbage in Cabo
- 70. “You \_\_\_\_ bother!”
- 73. Silent
- 75. Mistaken
- 76. Stubborn one
- 78. Hanger-on
- 80. Turkish money
- 81. Infer
- 86. Poke holes in
- 87. Caboose
- 88. Encounter
- 89. Effect’s beginning
- 90. Be off base
- 91. File sharing app
- 94. Liqueur flavorer
- 97. “Halt, salt!”
- 98. Magnificently
- 101. Adjust, as one’s cravat
- 102. More underhanded
- 103. Stickum
- 104. Stuck
- 105. Goo
- 106. All \_\_\_\_

- 44. “Always” to a poet
- 46. “Now I see!”
- 47. Get prone
- 49. Everyday article
- 52. Sleep
- 54. Hang up
- 56. “MS. Found in a Bottle” writer
- 57. Grass part
- 58. Capital of Peru?
- 59. “Babylon 5” channel
- 60. Sensory input
- 61. Candy with a hole in the middle
- 62. Inspire with foolish love
- 65. Trace
- 66. Take on
- 67. Itinerary info
- 69. Formed a joint, in carpentry
- 71. Lair
- 72. Take-home
- 74. Undocumented immigrant’s status
- 77. Emphasize
- 79. Hesitation sound
- 82. African “rock mouse”
- 83. Common contraction
- 84. Bread maker
- 85. Like Jack Sprat’s diet
- 89. Links rental
- 91. Bangladesh’s currency
- 92. Ear-related
- 93. Kampuchean currency
- 95. Putdown
- 96. Places for patches
- 99. Freelancer’s enc.
- 100. Vein contents

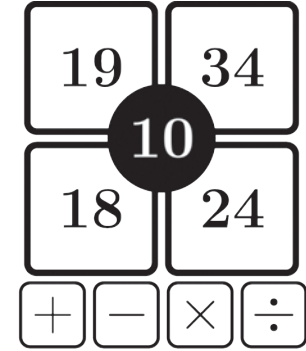
4NUMBERS

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

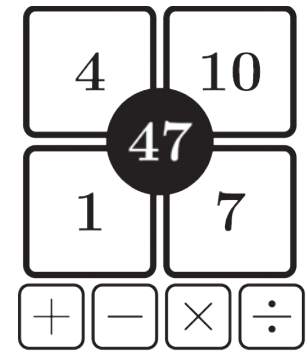
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28



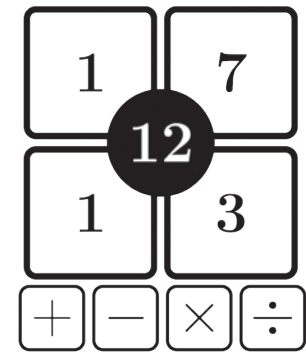
Hard 1 - 1 Solution



Easy 2 - 2 Solutions



Easy 1 - 1 Solution



Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

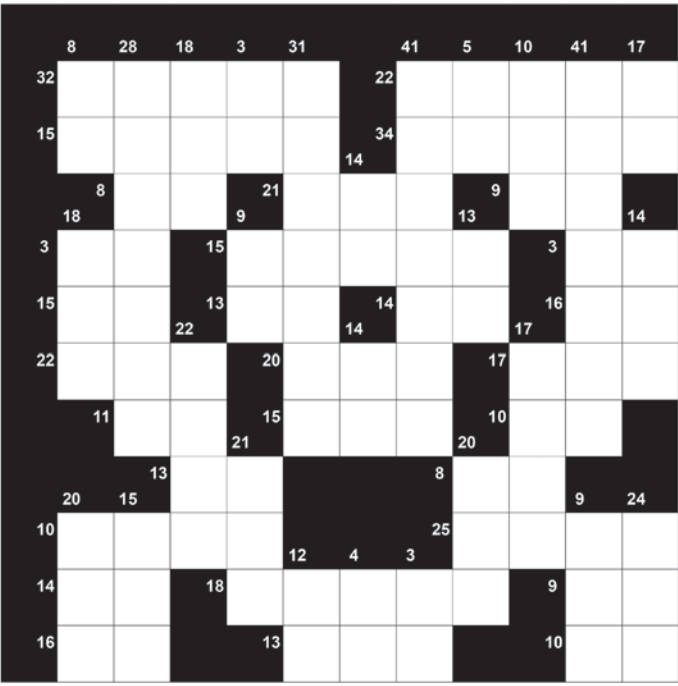
- |           |           |              |
|-----------|-----------|--------------|
| AWARE     | NEEDN’T   | TITTER       |
| CAUSE     | PETER     | TREACLE      |
| EARED     | PEWEE     | TREED        |
| EARNER    | RATES     | WEAVES       |
| EATS IN   | REENTRIES | WHIGS        |
| ENCAMP    | REPEAL    | ALIENAGE     |
| EVENT     | RETIE     | ANDANTE      |
| GENIE     | SNEAKIER  | ATTENUATE    |
| GLITCH    | STEAK     | AVAST        |
| HARARE    | STRESS    | CONCUISCENCE |
| INFATUATE | TACIT     | DASSIE       |
| LEECH     | TENREC    | DINERO       |

KAKURO

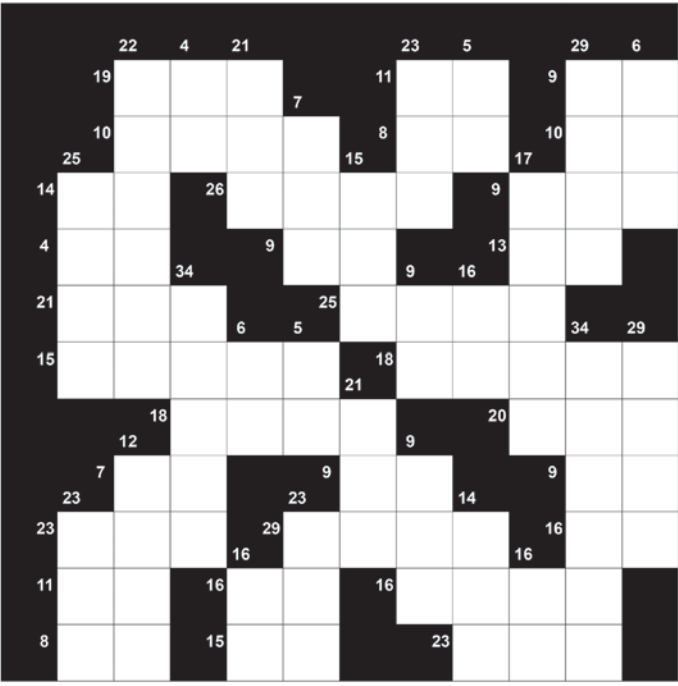
CONSTRUCTED BY EPOCH TIMES STAFF

Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle is complete.

Large: Hard



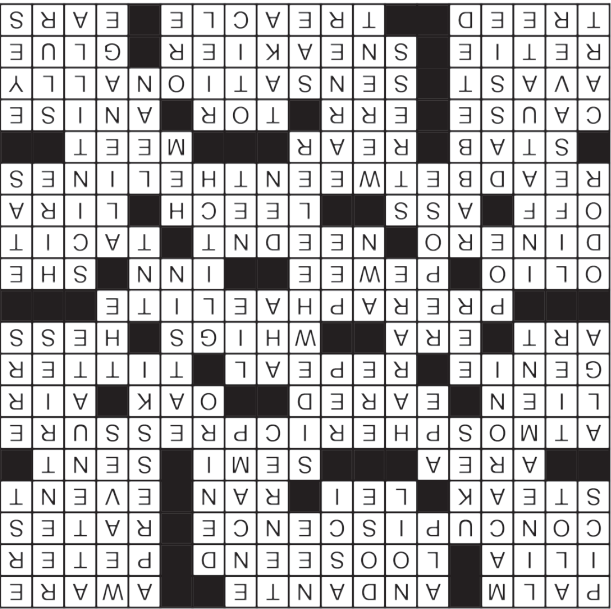
Large: Easy



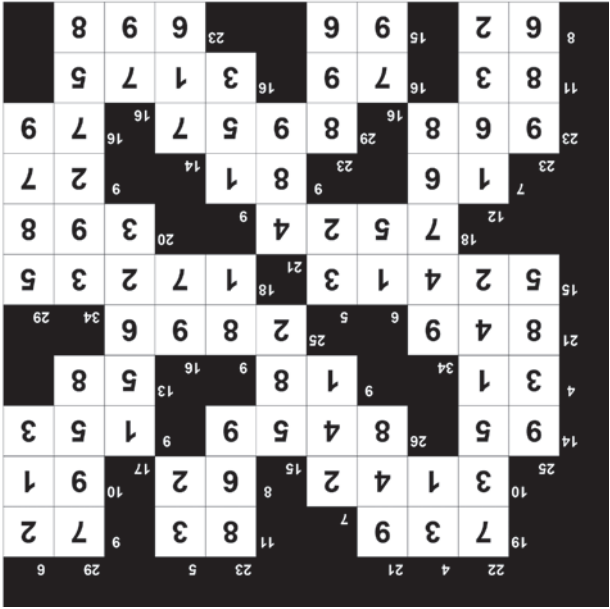
WORK SPACE

SOLUTIONS

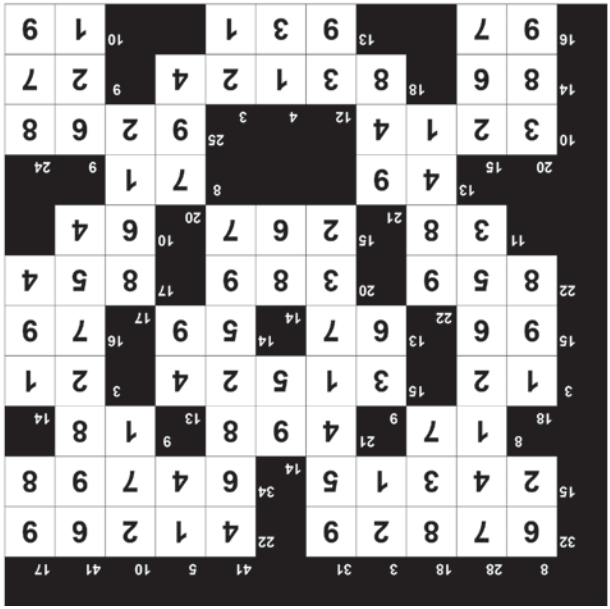
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**  
5 + 1 + 17 + 5 = 27 + 18 + 12 = 27
- HARD 2**  
(34 - 24) × (19 - 18) = 10 × 1 = 10
- EASY 1**  
10 × 10 = 100
- EASY 2**  
7 + 1 + 1 + 1 = 10



CONSTRUCTED  
BY KANNAN SANKARAN

**Hard**

Fill in the boxes using numbers between 1 and 9 so that each column, each row, and each 3x3 square contain all nine numbers only once.

## Easy

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

CONSTRUCTED  
BY EPOCH TIMES STAFF

## Easy

**Hard**

	32	16	17	9		23	6
14					11	12	
41							
14				11			
10			23				
10		12				31	34
28							
	11	9			16		
21		19					
28							
4			30				

**SOLUTION BELOW**



Presented By



**FREE THE CHILDREN**  
*children helping children through education*

## A complex black and white maze with a central square labeled "START". The maze is composed of numerous interconnected paths and dead ends, forming a dense, intricate pattern. The "START" label is positioned in the center of the maze, within a clear square area. The maze is bounded by a thick black line on the left and right sides, and a thick black line at the top and bottom. The overall design is a high-contrast, geometric pattern suitable for a logic puzzle or a game level.

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

$\begin{array}{ccccccc} & E & E & A & E & O & O & S & O & I & I & E \\ B & I & O & P & O & W & X & X & N & V & C & I & M & Q & I & B & I & O \\ A & & & S & G & P & O & & & & & & & & & & & \\ W & G & Q & N & V & G & R & Z & Q & X & J & O & P & V & G & P & O & E & W & S & Y & G & P \end{array}$

**WORK SPACE**

CONSTRUCTED  
BY EPOCH TIMES STAFF

64*	5+		5	24*			6-
	14+			15+		4	
	2*		3-	3/	21+		17+
25*	8						
		48*	11+		42*		
1-	1-		3+	20*		7-	11+
		7					
4-		24*		7-		3-	

## WORK SPACE

1. Each row and each column must contain the numbers 1 through 6 without repeating.
2. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
3. Freebies: Fill in single-box cages with the number in the top-left corner.

96×			2÷	3	13+
	3÷				
15×	4−	48×			1
		4	2÷		12+
1	10+		9+		
5+			5−		

## SUPERSUDOKU

## SUDOKU: EASY

## KENKEN

## EASY KAKURO

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

## HARD KAKURO

8	6	9	7		3	1		4
6	1	5	4	30	7	2		28
9	8		4	11	9	8		21
7	9		8		1		11	19
4	7	1	6	2	3	5		28
					1	9		10
			9	3		8		14
		2	8		6			41
3	9		1		8	2	3	14
6		23		9	17	16		32

## WORK SPACE

Contact the Puzzle Master @: **Feedback@EpochTimes.com**



# Chasing the Soul of Crete

The ancient Minoan palace of Galatas was hidden for centuries

PHIL BUTLER

**G**ALATAS, Greece—I glanced sideways at Markos, watching the golden glow of the flames reflected in the shimmering of his teary eyes. As we both sat staring blankly into the stone hearth of his taverna, for all I knew he might have been daydreaming about a past life, or reshaping a childhood memory. My mind was wandering as well, back to the dawn of human history and the ancient Minoan festival of Amaja, once celebrated in these hills.

Here on Crete, daily life is a kind of ethereal journey through time. Chance meetings often reveal human beings that seem too perfect for this world.

“There is a kind of flame in Crete—let us call it ‘soul’—something more powerful than either life or death,” wrote the Cretan author Nikos Kazantzakis. “There is pride, obstinacy, valor, and together with these something else inexpressible and imponderable, something which makes you rejoice that you are a human being, and at the same time tremble.”

I had lost myself somewhere beyond the olive tree wood burning in that fireplace when the sound of my new friend Markos Ladomenos turning a log snapped me back to the present. Sitting in a ladder back chair in the small dining room of the Ladomenos family taverna, warming myself from the late winter chill, I reflected.

**‘There, on the mountain, Dad, God is showing us the way,’ our little boy said, gesturing out his window.**

I thought to myself of the transformative power of burning embers in a hearth. Transfixed, I pondered how mesmerizing the power of the flames can be. And in Crete, I imagined how this power is amplified by the endless procession of ancient tradition—feast upon feast, and celebration to celebration over countless centuries. All this came rushing in, as the culture and something inextricably eternal spoke to me from the flames. That feeling prompted this story of the land of the ancient Minoans.

What I will reveal for you is not just about “place,” or destination. The story you are reading is a reflection on the Cretans themselves, the emissaries of their unbelievably rich heritage. On the island, which the ancient Egyptians called Keftiu, colorful shadows of that brilliant Bronze Age still exist. Legend and reality live together here, in the real people Markos Ladomenos and his family typify.

**A Wild Goose Chase**

Markos is the owner of a small taverna called Το μινυρέλο του Λαδομηνού, which in the Cretan dialectic means “The Little Olive Tree of Ladomenos.” It was at this quaint little eatery that my wife Mihaela (aka Mig, like the Russian jet), our little 10-year-old boy Paul, and I met Markos’s family, and shared another memorable Crete adventure. As so often happens here, fate worked her unseen hands to maneuver us to the bright treasures of this island.

Markos grew up in Galatas, the nearly deserted village outside of Crete’s capital of Heraklion. The hamlet sits on an amazing hilltop overlooking one of the most beautiful valleys anywhere. This area, once the heartland of the Minoan civilization, was also the site of a Minoan palace and settlement, lost until only as recently as the mid-1990s, when the famous archaeologist Dr. Giorgos Rethemiotaki began excavations.

Ancient Galatas was the destination my family and I went searching for back in February. A couple of failed attempts had taken us on a kind of “Minoan mysteries” wild goose chase into the Cretan countryside south of Heraklion. But exploration of this island is never a waste of time. So, we

accepted our fate and logged another half a dozen majestic landmarks while driving around clueless of where we were.

Down to famous Peza, off the main highway and down the old road in the valley beneath Galatiani Kefala, we scoured the pristine countryside for two days before wising up and consulting our smartphone navigator. We explored the hillsides above tiny Choumeria, where we made friends with a small herd of sheep and a wonderful local farmer capturing water from a spring spewing forth from the rocky hillside. The three of us even made it up as far as Arkalochori, the town where archeologists found the famous Arkalochori Axe, a second millennium BC Minoan bronze votive double axe, among hundreds of offerings to a long forgotten warrior goddess.

Not having found our lost Minoan city, and feeling thwarted at every turn, we slinked back to Heraklion twice. But as we passed through Choumeria on our second trip back to the capital, a “sign” pointed the way.

“There, on the mountain, Dad, God is showing us the way,” our little boy said, gesturing out his window. Sure enough, there was the brightest sunbeam I’ve ever seen; it painted the butte overhead like a verse from a holy book.

Armed with new bearings from the heavens—and from Google Earth—our little expedition continued the following week. Only this time, fate would play out a little differently, with divine guidance playing the biggest role.

**As If Planned**

Driving the correct way for once, I soon pulled off the ridge road in between Arkalochori and Galatas Paul that we had seen illuminated on our previous trip. Up ahead, just a single kilometer up an escarpment, lay the lost palace of Galatas, hidden for centuries. The strategic overlook is one of those deceiving places. From below, one cannot imagine the incomparable view from where the palace once stood.

Though we were eager to proceed, hunger and weariness from the cold now gripped us. So, unaware the cosmos was still moving us forward, we returned to the road and headed into the village.

Our fervent prayers for finding any open taverna were quickly answered. Up ahead, a little shingle hanging out over the narrow village street read, in Greek, Το μινυρέλο του Λαδομηνού. “The Little Olive Tree of Ladomenos.”

We dismounted the Ford Ka. Stumbling in from the damp, grapevine-shielded patio, the three of us stationed ourselves in front of the corner fireplace. Two tables of locals looked on with inquisitive eyes, as a man who was clearly a farmer gestured at me with a full glass of the spirit raki, or tsikoudia, as it is known on Crete.

“Yammas,” the farmer toasted me, across the small dining room. Then, as if on cue, Popi Ladomenos, Markos’s daughter, walked in and brightened the room with the kind of smile only Cretans possess. The chemistry professor-slash-taverna manager handed us our menus and offered us wine.

As the saying goes, one thing led to another, and Cretan hospitality shone brightly, as it always seems to do all over this island. The taste of those dishes, prepared by Popi’s talented husband Grigoris, and Markos’s homemade wines that we later took home still linger as I write this.

Grigoris’s authentic Cretan fare was a welcome discovery, but the story only begins and ends with gastronomic highlights. What inspires the Cretans to create such culinary masterpieces is the island’s tradition and heritage, its soul, which is what every visitor to Crete should endeavor to seek out. You’ll understand in a moment, I hope.

“Phil, my father says he’ll drive you up to the ruins in his four-wheel drive, if you want,” Popi said as she leaned over the

View from the south toward the central courtyard of the Minoan palace, which was lost for centuries.



An aerial view of the Minoan palace at Galatas.



Markos Ladomenos shares his childhood memories of this ancient place.



PHIL BUTLER

group. The three of must have looked funny sitting there with our mouths open. Popi went on to tell us of her father’s special knowledge of the region, and how he’d grown up in the mountain village. Markos’s little hamlet is one of those places where tradition is carried forth slowly and gently, just like the amazing pork dish the taverna is famous for. How could we refuse such kindness? Fate had stepped in once more.

We agreed to come back the following Wednesday, when Grigoris had the day off, in order to explore with him and Markos. This made me reflect on something my closest Cretan brother, Minas Liapakis, once said to me: “You are Cretan, Phil. You love our island as we do.”

**Is This Eden?**

We arrived in Galatas at about 10 a.m., to find Grigoris and Markos standing by the village elder’s late-

model Toyota 4x4. The five of us wedged ourselves in for the ride up the mountain, buzzing with a collective sense of anticipation.

Then, before I knew it, there it was: The lost palace of Galatas, the archeological site so few have seen in modern times. We hurriedly filed out of the pickup to explore, and even Markos seemed excited to be up there once more. He took on his role as tour guide with characteristic Cretan exuberance, as did Grigoris, who acted as our translator for the whole day. The site was surrounded by a rusty chain-link fence, which prevented us from walking the stones of the grand courtyard, so we walked the perimeter slowly, snapping photographs and discussing each facet of the magnificent palace.

The details of this experience are deep and lengthy for me, too meaningful personally, and best left as a footnote here. I will tell you that Markos shared with me a treasure you cannot even imagine. And that my little boy’s sense of magnetism and of some eternal presence throughout the hills, mountains, and seaside of this place was strong. The view is something easier to share in pictures, and the solitude



PHIL BUTLER



Legend and reality  
live together here.

PETER MAERK/SHUTTERSTOCK



PHIL BUTLER



PHIL BUTLER



◀ Chef Grigoris Koudounas prepares the coals to cook an amazing feast.

of that lone wild pear tree in the center of the foundations of the ruins, I hope it transports you.

An hour or two looking out over central Crete from this Minoan enclave left all five of us in a kind of glow. We drove back toward Galatas Village, stopping at Agios Ioannis Church on its outskirts, so that Markos could tell us about the monks who once lived there, and about him watering animals at the sacred springs as a child. Venturing onward, we went to explore the old part of the village, where Markos had grown up. Fabulous Venetian and Ottoman architecture, described from intricate memories by our guide, now lay in almost complete ruin, overlooking a place some might justifiably call Eden.

Another hour of this life spent, we climbed back aboard the truck and headed down the mountain. When Markos stopped at a goat path, which appeared to hang perilously over our Cretan valley paradise, we all sat wondering what natural treasure he would show us. Then, fossils from an ancient sea, uncovered by eons of winter rains, were revealed in the cliffside.

“Get out, Phil, Markos says to take one as a memento,” Grigoris translated. Who even

talks about Crete in the early Pleistocene era? Geologists? Paleontologists? Or are Cretan mechanical engineers turned tavern owners the only ones knowledgeable in this field of science? Thinking on the enormity of it all as I write this, I wonder if Crete was the Garden of Eden of the Bible?

For our final stop, we visited one of Crete’s most famous monasteries. Just up the road from a farmer’s goat path, the monastery of Agia Marina welcomes more than 100,000 pilgrims who travel to the sacred site from all over the world for the feast-day of Saint Marina, on July 17. After a short communion with Sister Marina, the lonely nun who is now the sole caretaker, we ascended the cliffs headed back to The Little Olive Tree of Ladomenos.

**The Mirage of Time**

Markos’s wife Giota was waiting for us with a fire in the hearth, and raki sat on the table to help warm us. Grigoris beckoned us to join him in the tavern’s kitchen. “What can I prepare for you?” the gifted young chef asked.

About halfway through several courses of Cretan cheeses, and smoked and grilled meats accompanied by hand-chosen wild

▲ The fireplace at The Little Olive Tree of Ladomenos.

▼ The Little Olive Tree of Ladomenos is known for its succulent, wood-fired traditional oven pork dish.



greens, or horta, from the fields of Crete, I looked across at the fire casting shadow and light on the face of Markos. The kaleidoscope effect illuminated the aura of my comrade of waning years.

Staring at Markos poised before the fire, I could see the glow of his shining youth. I could see a young boy tending sheep beneath the shimmering alabaster of limestone palace walls, a reincarnated Markos observing the glistening and epic Minoan society that once thrived here.

That fragment of time, filled with all the warmth that perfect food, fun, adventure, and friendship entails, is an instant I shall always remember.

My fire vision was clear. Was it real? All I can tell you is we spent the rest of the evening talking (or not) about treasure hunters and ancient signal fires, and sharing our dreams for the future of Crete.

That day at forgotten Galatas, revolutions were hatched and family traditions upheld. We rehashed the ancient tales of King Minos, of mighty Zeus’s birth high up at Lassithi, of Odysseus being marooned here, and of my little boy learning to be a chef, helping Grigoris in the kitchen. At the end of the day, this was the only payment he would accept, for another perfect day on the island the ancient Egyptians called Keftiu.

*Phil Butler is a publisher, editor, author, and analyst who is a widely cited expert on subjects from digital and social media to travel technology. He’s covered the spectrum of writing assignments for The Epoch Times, The Huffington Post, Travel Daily News, HospitalityNet, and many others worldwide.*





JAMES SUTTON/UNSPLASH

Proceed with great caution when visiting international cities known for their street food.

THE CONSUMMATE TRAVELER

# How to Prevent Common Travel Ailments

MICHELE GONCALVES

Staying healthy while traveling, especially in remote international locations, should always be a top priority. I am sure we have all had the dreaded experience of getting sick while on vacation, and spending days in bed while others are out having fun. Although catching a virus is usually out of our control, there are several common travel ailments that may be completely avoidable. With the summer travel season fast approaching, I thought it would be a good idea to review some key tips on this subject.

Tan Responsibly

Years ago I traveled with a friend who would insist on spending the first day of our tropical vacation on the beach all day without an umbrella or sun protection. Needless to say, they would get extremely ill with a horrible sunburn, fever, and nausea that lasted for days. The important point here is that this recipe for disaster was completely preventable. If at all possible, a month prior to your trip you should begin to expose your skin to the sun for 10 minutes a day in order to build up your natural base tan and tolerance. Otherwise, keep your direct sun exposure to short bursts while on the beach, or plan your main activities in the early morning or late afternoon when the sun is not as strong.

Keep your direct sun exposure to short bursts while on the beach.

Don't Change Your Medication

It is never a good idea to try a new medication or different dose of a medication just prior to or during a trip. After all, your body may have an adverse reaction to it that you may not expect. I had this happen on a business trip with a colleague of mine. During our voyage home, she became delirious and fell ill at the airport security checkpoint. Although I was there and able to take care of her, had she been alone it could have been a very different outcome. Days later we learned that she had a reaction to a new dose of the medication she was on.

Go Easy on Street Food

Although this advice can apply to everyone, it is especially true for those who are aware that they have a sensitive stomach. Always proceed with great caution when visiting international cities known for their street food. No matter how exotic and delicious some food may look, remember that there can be local cooking methods, spices, and bacteria that may not agree with you and could take you down for several days. If you find yourself with an upset stomach or traveler's diarrhea, take along a supply of activated charcoal tablets to settle the stomach.

As always, I wish you all the happiest of travels!

# Brazil Waives Visas for Visitors From US, Canada, Australia, Japan

BRASILIA—The Brazilian government on March 18 waived visa requirements for visitors from the United States, Canada, Australia, and Japan, a measure to boost tourism that was first temporarily adopted before the Rio Olympics in 2016. The exemption published in the government's official gazette coincides with President Jair Bolsonaro's visit to Washington this week. The U.S. government is not planning to reciprocate with a visa exemption for Brazilians, according to officials with knowledge of the matter.

By Anthony Boadle

From Reuters



SHUTTERSTOCK

REUTERS/BRUNO KELLY/FILEPHOTO



Tourists view the Sugarloaf Mountain in Rio de Janeiro on June 21, 2018.

CHINESE HOME COOKING

# A Comforting Stew From Northeast China

This is what I call the ultimate comfort food.

CICI LI



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Stewed pork belly with glass noodles is the essence of Northeastern Chinese cuisine. It is one of the region's four most popular stews. Due to the vast area and large population of Northeastern China, every family has its own recipe, based on individual tastes and preferences. The recipe I am sharing with you is one that has been passed down for many generations in my family. I have been eating it since as early as I can remember. It's something I grew up with, and it's part of who I am. It also has become my 2-year-old daughter's favorite. She doesn't usually eat meat, but when it comes to this stew, she just can't get enough. "Rou rou mian mian!"—"Meat and noodles!"—she demands, pointing emphatically at the dish. According to the legend, the origin of stewed pork belly

with glass noodles is tied to the nomadic hunting life of the Manchu people of Manchuria and their Jurchen ancestors. They enjoyed eating big pieces of meat and made glass noodles out of potatoes. To endure the cold, they stewed the meat and the noodles together, and the dish gradually became a local signature. Today, Manchus form China's fourth-largest ethnic minority, with many of them living in the Northeast. To make their classic dish, pieces of pork belly are caramelized in a sugar syrup and stewed until so soft that they melt in your mouth. The noodles, added to the soup and cooked until al dente, soak up its rich flavors. This is what I call the ultimate comfort food. CICI Li is the producer and presenter of "CiCi's Food Paradise" on NTD Television. Join her in discovering the world of Asian home cooking at CICI.Li.tv

## STEWEED PORK BELLY WITH GLASS NOODLES

**PREP & COOKING TIME**

Prep Time: 15 minutes  
Cook Time: 1 hour, 45 minutes

**SERVES 2**

**5 ounces glass noodles (also known as Chinese vermicelli)**

**1 pound pork belly**

**6 slices ginger**

**2 scallions, white parts only, cut into 1/2-inch pieces**

**1 cinnamon stick**

**3 pieces star anise**

**2 bay leaves**

**8 cups water**

**Cilantro, for garnish**

**FOR THE SAUCE**

**1 tablespoon yellow rice wine (huangjiu) (available in any Chinese supermarket)**

**4 tablespoons light soy sauce**

**1 tablespoon dark soy sauce**

**Pinch of salt**

**1/2 teaspoon Sichuan peppercorn powder**

**1/2 teaspoon white pepper**

**FOR THE SUGAR SYRUP**

**4 tablespoons water**

**1 tablespoon yellow rock sugar**

**1 tablespoon vegetable oil**

Soak the glass noodles in water until soft, about 30 minutes. Use a tweezer to pluck out any hairs on the surface of the pork belly skin.

Dice it into roughly 1-inch cubes. Bring a pot of water to a boil, and add the pork belly and 3 slices of ginger. Cook on high heat until the water comes back to a boil. Take out the pork belly and set aside. Make the sauce: Mix together the ingredients for the sauce until combined. Set aside. Make the sugar syrup: In a large pan, add 4 tablespoons of water and the rock sugar. Cook on low heat until they melt into a syrup. Then add the vegetable oil and continue to cook on low heat until it turns light brown. This method gives the pork belly a beautiful, bright red color. Add the pork belly to the pan and cook on medium-high heat until the pieces begin to brown. Add the remaining 3 slices of ginger, white parts of the scallions, cinnamon stick, star anise, and bay leaves. Cook until the pork belly turns golden brown. Pour in the sauce and continue to cook until aromatic. Pour in about 4 cups of water. When it comes to a boil, reduce the heat to medium-low and cook for 1 hour and 30 minutes. Add 2 cups of water to the pot. Turn the heat to high and bring back to a boil. Add the noodles and cook for 5 minutes; they will absorb most of the sauce. Serve, garnished with cilantro, if using.

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“Spring Outing of the Tang Court,” 8th century, by Emperor Xuanzong era artist Zhang Xuan.

## An Ancient Chinese Story

# Forfeiting the Chance to Become Immortal

The story of Prime Minister Li Linfu of the Tang Dynasty

### ANONYMOUS

Li Linfu was a prime minister during the Tang Dynasty. As a child, he lived in the eastern capital of Louyang and loved to play all day long. Because he was always occupied with playing, he didn’t learn how to read until he was 20 years old.

Linfu’s hobbies included hunting, playing polo, and raising eagles and dogs. His favorite sport was playing polo on a donkey. When he became tired, he would dismount the donkey and lie on the ground to rest. One day, an ugly Taoist sitting nearby said to Li Linfu, “How is playing polo on a donkey fun? Is it a worthwhile interest?”

Linfu glared at the Taoist and retorted, “Mind your own business!” The Taoist then left.

The next day, the Taoist came again and repeated the same words. Linfu, being a bright young man, realized the Taoist was not an ordinary person. He quickly stood up and bowed to the Taoist.

“Although you are good at polo, sooner or later you will fall off the donkey. It will be too late for regret when you are hurt!” warned the Taoist.

Linfu promised that he would be careful in the future and no longer play polo on a donkey. The Taoist smiled and told him, “I will wait for you here in three days at 3 a.m.”

Linfu agreed to the appointment. By the time Linfu got there on the agreed date, the Taoist was already waiting. The Taoist asked, “Why are you late?” Linfu quickly apologized, and then the Taoist asked to meet again in another three days at 3 a.m. For the second appointment, Linfu got there by midnight and waited a long time for the Taoist to arrive.

The Taoist was happy to talk to Linfu. “I’ve been in the human world for 500 years already. You are the only one the heavenly fairies have on a name list, so someday you can fly to Heaven and become an immortal. But if you don’t want to become an immortal, you can serve as a prime minister of the Tang Dynasty for 20 years. Think about it. I am going back today. I will meet you here again at 3 a.m. in three days.”

Back home, Linfu thought, “I was born into a royal family. I have been bold and chivalrous since my youth. It would be wonderful to serve as prime minister for 20 years.” When Li Linfu met the Taoist again, he confessed that he wanted to be a prime minister, not an immortal.

The Taoist pitied him and scolded, “I really did not think you were so vulgar! I have visited 500 talented people, and you are the only one with the ability to become immortal. You’ve really disappointed me. I pity you.”

Linfu felt immense regret upon hearing this. He wanted to change his mind, but the Taoist told him that it was too late. The Gods in Heaven already knew his first choice. Before leaving, the Taoist warned

him, “You can be prime minister for 20 years, during which you will have total power over other people’s lives. You cannot harm people through conspiracies. Try to save more people and kill as few as possible in order to accumulate virtue for your next life. By doing so, you will be able to fly to Heaven and become an immortal in another 300 years. Now, your good fortune is imminent. You may go to the capital and take an official post.” A tearful Li Linfu said goodbye as the Taoist left.

Li Linfu’s lineage went back to Li Yuan, the first emperor of the Tang Dynasty. He was the great-grandson of Li Yuan’s cousin, Li Shuliang. Li Linfu’s uncle also worked as an official in the Tang court. When Linfu went to visit his uncle at the capital, the uncle was surprised and asked why he was there. Li Linfu told him, “I was wrong before when I only wanted to play and didn’t like to read. I have come to you and am determined to change. If I make mistakes again, I am willing to be whipped by you, uncle.” Linfu’s uncle found this odd but didn’t ask any more questions. He had Linfu read and then organize tableware after each banquet. Linfu always washed the tableware thoroughly and put everything in order and in the right place.

Linfu’s uncle sometimes asked him to work outside during the bad winter weather. Linfu never refused, and despite having to trudge through deep snow, he completed his assignments well. The uncle grew more and more fond of him and often praised his nephew among other officials. With his uncle’s help, Li Linfu received a position as an adviser. After 10 years, he was appointed prime minister.

Linfu was skilled at using his authority and also had a good understanding of what the Emperor wanted, so he eventually won the Emperor’s favor. He later held total power during a period of the Tang Dynasty, and nearly every minister and citizen feared him.

As the saying goes, “Just as brine creates bean curd, all things may be subdued by something with more power.” An Lushan, the army commander of three provinces, did not fear Emperor Xuanzong, yet he trembled with fear whenever he saw Li Linfu. He asked one of the Taoists he knew, “I’m not afraid when I see the Emperor. So how come I panic whenever I see Li Linfu?”

“You have 500 devils with copper heads and iron foreheads who act as celestial guards protecting you,” the Taoist replied. “How can you be afraid of Li Linfu? Invite him to visit so I can see what happens when you two are together.”

Thus, An Lushan held a banquet at his home and invited Linfu as a guest. The Taoist hid behind a curtain to watch them. After Linfu left, the Taoist told An Lushan, “Strange. When Linfu came, a boy in blue walked in front of him with a censer. The 500 devils following you were

frightened and escaped upon seeing the boy. I am not sure why. Perhaps Linfu was an immortal temporarily demoted to our mortal world.”

Several years later, Li Linfu began to expel dissidents in order to strengthen his power and position. Many people were sent to prison, and many innocent people were killed. He had completely forgotten the Taoist’s advice at this point.

Whoever wanted to meet Linfu had to dismount his horse far away and walk to his house. At noon one day, a person unrestrainedly knocked on Linfu’s door. Surprised, the guard opened the door and saw a thin Taoist saying he wanted to see the Prime Minister. The guard loudly berated him and tried to drive him away, and then flogged him and took him to the authorities. The Taoist walked away with a smile.

The next day, the Taoist went to Linfu’s residence again. This time, the guard reported the situation to Linfu. Linfu claimed he didn’t remember ever knowing a Taoist, but nevertheless asked the Taoist to come in. When Li Linfu saw the Taoist, he suddenly remembered the advice from 20 years before. He was overcome with fear and shame, and suddenly felt at a loss. It dawned on him that the Taoist told him he would be the prime minister for 20 years, and it has been exactly 20 years now, yet he never followed the Taoist’s advice. Linfu was so scared that he felt ill. He bowed to the Taoist who, in return, asked, “How have you been? You did not heed my advice. Instead of doing things with compassion, you killed many innocent people. All your crimes have been recorded in Heaven. Are you really not afraid of being punished by Heaven?” At a loss for words, Linfu just kept kowtowing.

Linfu sent the servants away and invited the Taoist to sleep on another bed in the same room. The Taoist only drank a bit of tea and asked for nothing else. At midnight, Linfu asked him, “You once said that I had the predestined relationship to become an immortal. Does that chance still exist?”

“Due to your misconduct these past years, you lost the chance to become an immortal in 300 years,” answered the Taoist. “The time has been postponed to 600 years. In 600 years, you may become an immortal.”

“I’m almost at the end of my life, and I’ve committed so many crimes. What is my future like?” asked Li Linfu.

“Follow me to Heaven if you want to find out,” said the Taoist. Linfu quickly knelt and pleaded with the Taoist to take him to Heaven.

The Taoist told Linfu to clear his mind and make himself as still and tranquil as a dead tree before the Taoist would take him away. After a while, Linfu said he no longer had any thoughts. The Taoist got out of bed and told him, “Let’s go!”

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Continued from **B11**

Linfu's body automatically followed the Taoist. Once they approached the gate of the capital city, Chang'an, the gate opened for them. Linfu became too tired to continue after walking for about three miles, so the Taoist allowed him to rest. They sat on the side of the road.

A bit later, the Taoist gave Linfu a bamboo pole and told him, "Ride on this. It will automatically stop once we reach our destination. But your eyes must be closed!" Once Linfu began riding on the bamboo pole, he immediately felt his body flying upward. He could hear the sounds of the sea and wind. An hour later, the movement suddenly stopped. They landed in front of the huge gate of a city. Several hundred soldiers stood outside the gate, and they warmly welcomed the Taoist and bowed to Linfu.

Past the gate, more soldiers lined both sides of the road. The Taoist and Linfu went up some stairs and entered a richly decorated large hall that contained luxurious beds. Linfu was suddenly sleepy and wanted to nap there, but the Taoist quickly stopped him, saying, "If you sleep here, you won't be able to re-

turn to the human world. This will mean your death."

"If I can come here after I die, I will be satisfied enough," replied Linfu. The Taoist smiled and said, "This place is not as perfect as you imagine. You can still get sick, get into trouble just the same, and suffer here." He handed Linfu the bamboo pole and they left that place.

Li Linfu returned home to find his body sitting on a bed with both eyes shut. The Taoist called, "Prime Minister Li! Prime Minister Li!" Linfu went back into his body and opened his eyes. He tearfully thanked the Taoist.

The Taoist bid farewell the next day. Li tried to give him gifts of gold and silk, but he refused. He waved his hand and said, "Do your best and I'll see you in 600 years." Then he disappeared.

In the 11th year of Tianbao (the last period of Emperor Xuanzong's reign), Li Linfu died. He was said to have been involved in the rebellion that followed, so all his family property was confiscated and his children were exiled.

*Translated by Dora Li into English, this story is reprinted with permission from the book "Treasured Tales of China," Vol. 1, available on Amazon.*



Taoist Immortal, 10th century. High-leaded bronze. Gift of Abby Aldrich Rockefeller, 1942. The Metropolitan Museum of Art.



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