

In the NEWS



CLIMATE WARS

are set to sway many voters in the upcoming election, so why does the right continue to be in denial? One explanation is that they must be crazy, or could there more to the story?

OPINION | A8

The OPTIMIST

and the pessimist can learn from each other, writes Professor Paul Adams. In an age of extremes, it's good to take a step back to remove the blinders that keep us from truly flourishing.

OPINION | A12

All the HIGH

and mid-level staff at this Chinese city's environmental protection bureau were recently sacked for corruption. Their schemes to embezzle funds are quite creative.

CHINA | A4

As China GROWS

its dominance in 5G mobile frequencies that are set to become the global standard, a US government report says the country should accelerate development so it doesn't become susceptible to Chinese security risks.

CHINA | A5

Author of THE CHINA CRISIS

James Gorrie breaks down why the Chinese regime is unlikely to forgo its 'Made in China' 2025 plan despite its public assurances that it would.

CHINA | A5

While PARISIANS

in safety yellow remain protesting in the streets over burdensome taxes, wealthy billionaires have stepped in to restore Notre Dame. So why go to all the effort and expense to restore it?

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MONEY SHARMA/AFP/GETTY IMAGES

Indian Muslims hold placards outside the Sacred Heart Cathedral as they pay tribute to the victims of the Sri Lankan terror attacks, in New Delhi on April 23, 2019.

TERROR ATTACK

Sri Lanka's Muslim Leaders Say Extremist Behind Attacks Called for Killing of Non-Muslims

One suicide bomber said to have studied at Australian University

TOM OZIMEK & ZACHARY STIEBER

The leader of a radical Islamic group who Sri Lankan authorities said was behind the Easter Sunday suicide bombings began posting videos online three years ago calling for all non-Muslims to be eliminated, according to local Muslim leaders.

National Thowfeek Jamaath (NTJ) was named by Sri Lankan officials as behind the bombings that left 359 people dead and 500-plus others injured.

The Islamic group was headed by Zahran Hashim, who was also known as Mohammed Zahran. According to Muslim leaders in Sri Lanka, he became known to them about three years ago.

"It was basically a hate campaign against all non-Muslims," said Hilmy Ahamed, vice president of the Muslim Council of Sri Lanka. "Basically, he was saying non-Muslims have to be eliminated."

Ahamed and N.M. Ameen, president of the council, said they alerted authorities to Hashim

at the time, but they don't believe any action was taken.

Intelligence officials in the country said late Easter Sunday that they had received multiple intelligence reports about a planned attack on churches by NTJ.

One report from Indian intelligence officers came just two hours before the first attack in addition to similar messages on April 4 and April 20.

Anne Speckhard, the director of the International Center for the Study of Violent Extremism, said that a Sri Lankan intelligence official approached her at a conference in February and described a violent, homegrown jihadi group that "would just disappear" when the government tried to crack down on them.

"The intel person kind of came up to me and said, 'You know, we're kind of worried about this new group and there's some activity going. What do you think?'" Speckhard said. "It just Continued on A3

SAUL LOEB/AFP/GETTY IMAGES



Federal Bureau of Investigation Director Robert Mueller laughs during a farewell ceremony in his honor at the Department of Justice on Aug. 1, 2013.

MUELLER REPORT

Papadopoulos Disputes Key Claim in Mueller Report

PETR SVAB

News Analysis

Former Trump campaign adviser George Papadopoulos disputed a key claim in the final report by special counsel Robert Mueller about the origin of the FBI probe into Trump-Russia connections in 2016.

The report claims Papadopoulos talked to a certain foreign official four days earlier than he says he did—a seemingly small discrepancy that has significant implications and appears to be an effort to boost the credibility of the official story, which has been buckling under the weight of contradicting evidence.

As the official story goes, Papadopoulos was invited to meet Alexander Downer, Australia's ambassador to the UK, in an upscale London bar in May 2016.

"During a night of heavy drinking," as The New York Times put it in a December 2017 story based on information leaked by "four current and former American and foreign officials," Papadopoulos "opened up" to Downer "about his contacts with the Russians."

"Papadopoulos had suggested to a representative of that foreign government that the Trump Campaign had received indications from the Russian Continued on A2

COMMENTARY

How Notre Dame Endured the Ravages of Socialism, and How Its History Endured

JOSHUA PHILLIP

Commentary

The world watched together on April 15, as the Notre Dame cathedral burned. It all happened very slowly, starting with a spark that seemed easy to extinguish, yet grew until the blaze engulfed the whole roof, until its spire fell.

While the damage wasn't as devastating as it could have been, and people came together to finance its repairs, that moment when a symbol of Western civilization burned before the world's eyes is something that many won't soon forget.

Notre Dame is the heart of Paris. A series of temples and churches was built on its site starting in the 4th century, during the Roman Empire. The cathedral, in its current form, was completed in 1260 after more than 100 years of construction.

It's a relic of history—a place that has witnessed the development of Western civilization as we know it.

And Notre Dame also is a place that has endured all the fury of the new movements that have looked to wipe out history, reli-

It's a place that has witnessed the development of Western civilization as we know it.

gion, and traditional culture, including the French Revolution, various socialist uprisings, and the Paris Commune of 1871, when communism first took power.

The War on Faith

A shift took place in Europe during the French Revolution that began in 1789. People, believing in the new age of "enlightenment," believed that they could throw out all the things of the old world and that, in the reason of the modern age, men could form something better.

That movement of "reason" launched the Reign of Terror, which saw the guillotine as a new and reasonable way to end the lives of between 18,000 and 40,000 people, after the king and queen were beheaded.

A frenzy took over the hearts of men, driving a desire to not just abandon the past, but to destroy it in spirit and in form. The leaders of the French Revolution set up their new "Cult of Reason," deemed the first state religion of atheism.

Continued on A10

UKRAINE

Real Life as President Starts for Comedian Zelensky Who Played One on TV

CHRIS COLLISON

KIEV, Ukraine—On television, Volodymyr Zelensky plays a school teacher who is catapulted from obscurity to the Ukrainian presidency after his tirade against government corruption goes viral online.

In a case of life imitating art, the comedian who stars as the fictional head of state has upended Ukraine's political establishment by ousting the country's president in a landslide victory.

Zelensky triumphed in the election despite having no real-world government experience—a reflection of widespread dissatisfaction with Ukraine's political class. In the capital, Zelensky supporters said they were eager for change.

Continued on A3

ENVIRONMENT

Burmese Locals Stage Protest Against Chinese-Backed Dam Project

FRANK FANG

In Burma (also known as Myanmar), thousands of locals turned out for a protest against the construction of a Chinese-backed dam, just days before the country's top leader is set to visit Beijing.

More than 8,000 residents of Waingmaw, a town in northern Burma's Kachin State that borders China's Yunnan Province, took to the streets to demand that construction of the Myitsone dam be put on hold, according to an April 22 report by Radio Free Asia (RFA).

Continued on A4

ZAU RING HPRA/AFP/GETTY IMAGES



People from Kachin State take part in a protest against the Myitsone dam project in Waingmaw, Kachin State, Burma, on April 22, 2019.



**CONTINUED FROM A1**

Papadopoulos denies a recollection of telling Downer the Mifsud story, but said if he ever did, it was on May 10, 2016. “I just looked through my records,” he said. “Yes, the Alexander downer [sic] meeting was on the 10th.



George Papadopoulos at Fox News in New York on March 26, 2019.

If the meeting took place on May 10, Papadopoulos could have, for all Downer knew, just been repeating what he heard on Fox News the night before. How could that be the reason for opening a counter-intelligence investigation into a presidential campaign—one of the most sensitive operations in FBI's history?

“Nothing he said in that conversation

Papadopoulos could have, for all Downer knew, just been repeating what he heard on Fox News the night before. How could that be the reason for opening a counterintelligence probe into a presidential campaign—one of the most sensitive operations in FBI's history?

"That information leaked; that led to what they consider to be 'legal spying' that began, that they've acknowledged that they'd started doing, at the end of July."

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*World Falun Dafa Day*  
*2019*

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# Real Life as President Starts for Comedian Zelensky Who Played One on TV

CONTINUED FROM A1

“I voted for the future, not the past,” said Gleb Litvin, a salesman in Kiev. “To me, this election means the possibility that things will get better and that there will be economic and social change in the country, and, most importantly, that we might see an end to the war,” he said, referring to the conflict with Russia.

For many of his supporters, Zelensky, 41, represents a new political generation. But he has been criticized as a political novice with a platform that has been notably short on policy details. Throughout the campaign, Zelensky largely avoided news interviews, opting instead to post videos on social media and appear on the television channel that airs his series.

Some of his opponents have worried that Zelensky’s inexperience and more conciliatory tone toward Russia could leave him open to manipulation by the Kremlin and might derail Ukraine’s path of European integration. Russian media has given Zelensky less negative coverage, and he has been seen as the preferred candidate in Moscow, which has tried to undermine the current government’s agenda since 2014, when mass protests ousted Russia-friendly President Viktor Yanukovich.

However, Valerii Pekar, a lecturer at Kyiv–Mohyla Business School, said hopes in Moscow that Ukraine’s pro-Western stance could come to an end are overblown and that Ukraine is unlikely to change course.

“They [Russia] are celebrating the end of the so-called ‘anti-Russian regime,’ which is not what it is at all,” Pekar said. “Ukraine is anti-war, anti-occupation, and anti-annexation. It is for international rule of law and peace, not for bad relations with Russia. My feeling is that relations with the United States and the European Union will be preserved because it is the clear will of the absolute

With no real-world government experience, Zelensky’s rise to the presidency reflects widespread dissatisfaction with Ukraine’s political class.



Ukrainian comedian and presidential candidate Volodymyr Zelensky arrives at his campaign headquarters during the second round of Ukraine’s presidential election in Kyiv on April 21, 2019.

majority of the people. The people who stand for Euro-Atlantic integration are the most active groups and they are ready to go the streets to protect their choice.”

Since 2014, the two countries have been locked in a de facto war in Ukraine’s southeast, where more than 13,000 people have been killed and more than 2 million have left their homes.

Zelensky has said he is open to negotiating with Vladimir Putin, but he has also said that he intends to continue European integration efforts.

The April 21 runoff election capped several unpredictable and contentious months of campaigning. Zelensky and incumbent President Petro Poroshenko moved forward after the first round on March 31, which saw a record 39 candidates on the ballot. The two politicians soon launched into bitter attacks and political stunts, which saw the candidates take drug tests, and culminated in a debate in the country’s largest soccer

stadium on April 19 that attracted thousands of raucous supporters and became an international media spectacle that looked as much like a rock concert as a presidential debate.

Poroshenko conceded on April 21 as exit polls showed Zelensky winning an overwhelming majority of votes, but the outgoing president promised to remain in politics, likely foreshadowing a role in fall parliamentary elections.

After five years in office, Poroshenko leaves behind a complicated legacy. He has won praise for moving the country away from Moscow’s orbit, rebuilding Ukraine’s military, and stabilizing a shaky economy, but he has also been criticized for a slow pace of domestic reforms and for failing to aggressively tackle endemic corruption.

Zelensky has said that his first moves after taking office will be to secure the release of Ukrainian servicemen imprisoned in Russia and in the country’s east,

and to tackle corruption. He has been vague on specifics, although on April 21, he announced his intention to replace the country’s top prosecutor, who has been heavily criticized at home and abroad for his failure to pursue high-level criminal cases and to address corruption in the justice system.

Zelensky’s ties to Ihor Kolomoisky, a powerful businessman who is active in politics and owns the television channel that airs the president-elect’s show, has also cast a shadow over his promise to be an independent-minded leader.

Lyudmila Mikhailovna, a pensioner in Kiev, said she doesn’t think Zelensky is qualified to be president but she expects that Ukrainians will carry on.

“I don’t have a good opinion of him,” she said. “He hasn’t even announced his team. He seems like he doesn’t know what he is doing. But we have survived other presidents, and we will survive this one.”

# Russia Competes With China for Arms Sales to Pakistan

FRANK FANG

For years, Beijing has been the biggest arms supplier to Islamabad, with defense purchases as a key element of their close ties. Now, Russia is looking to make inroads into the Pakistani weapons market.

Russian news agency RIA Novosti reported on April 15 that Pakistan has expressed interest in making a huge purchase of Russian military hardware, citing comments from Konstantin Makienko, deputy director of the Moscow-based defense think tank Center for Analysis of Strategies and Technologies.

The total invoice could top \$9 billion, according to Makienko, who added that Pakistan would likely purchase Russian heavy and medium fighter jets, medium and short-range air defense systems, combat helicopters, tanks, and warships.

Makienko named two types of Russian military hardware that would likely be on Islamabad’s shopping list: the new Russian fighter jet MiG-35 and the heavy transport helicopter Mi-26T2.

Pakistani authorities haven’t confirmed this planned purchase, nor have Pakistani media reported on it thus far.

But Makienko noted that given the low-competitive nature of the military market in Pakistan, which is dominated by China, Russia would likely receive extremely favorable terms on the purchase contracts.

He added that Pakistan has not made requests such as technology transfer or localization of production as terms for any purchases.

China supplied weapons worth over \$6.4 billion to Pakistan from 2008 to 2018, making it Pakistan’s biggest supplier, according to data from the independent arms research institute SIPRI (Stockholm International Peace Research Institute), followed by the United States with \$2.5 billion, and Italy with \$471 million worth of weapons.

Currently, Chinese-made jets make up the bulk of Pakistan’s fleet of fighter jets: the Chengdu J-7, and JF-17 Thunder. The former was modeled after the Russian jet MiG-21, while the latter was developed jointly by the Pakistani state-owned aerospace company Pakistan Aeronautical Complex (PAC) and China’s state-owned Chengdu Aircraft Corp.



Pakistani fighter jets perform during the Pakistan Day parade in Islamabad on March 23, 2019.

In 2016, one of the biggest arms deals between China and Pakistan was signed, with the sale of eight Chinese diesel-electric attack submarines manufactured by state-run China Shipbuilding Trading Corporation, to be delivered to the Pakistan Navy by 2028, according to Pakistan’s English-language newspaper The Express Tribune.

Aside from arms sales, there have been other recent signs that Russia and Pakistan plan to enhance their military ties.

On March 24, Russia’s Federal News Agency (FAN) reported comments by Pakistani Major General Asif Ghafoor about expanding defense cooperation between Moscow and Islamabad. Ghafoor said that there could be more military contracts between the two countries, as Pakistan had just received its orders of Russian attack helicopters Mi-35, a purchase made in 2015.

A week later, on March 30, unnamed senior officials at Pakistan’s foreign ministry told local English-language daily newspaper The Nation that Islamabad and Moscow had agreed to exchange high-level visits more frequently, with defense being the main component of growing ties between the two countries.

Russia and China are competing for customers for their military equipment worldwide. Russian news agency TASS, in an editorial published on March 29, noted that China was a market competitor in the sale of submarines, citing the case of Thailand’s navy choosing to buy submarines from China over shipbuilders in Russia, South Korea, and Germany.

Thailand’s English-language daily The Nation, reported in March 2017 that Thai Prime Minister Prayut Chan-o-cha confirmed the purchase of three submarines from China—but that the country only paid for two, since the third one would be a “free gift.”

In September 2018, South China Morning Post reported that Thailand dropped the number of submarines purchased to one, after local politicians opposed the deal for its high financial burden.

TASS stated that China’s state-run China Shipbuilding Industry Corp. (CSIC) recently announced that at least eight countries were interested in buying its submarines, including Algeria, Cuba, and Venezuela—news that “is unlikely to be joyful for Russian shipbuilders.”

Russia and China are competing for customers for their military equipment worldwide.

# Sri Lanka’s Muslim Leaders Say Extremist Behind Attacks Called for Killing of Non-Muslims

CONTINUED FROM A1

kind of blows my mind that’s who it was.”

While NTJ was blamed for the attack, Sri Lankan officials said it was a “small organization” that had “an international network” for support. Investigators said the bombings were apparently in retaliation for the March 15 shootings of 50 people at two mosques in New Zealand.

“This is not the work of an ordinary group, nor can it be pulled off by criminal gangs,” Jayanath Colombage, a former Sri Lankan navy commander who had handled Colombo’s security for a period during the civil war, told Nikkei.

“There was a lot of expertise involved to assemble the bombs, transport them to the targets, and select the time of the attacks.”

Phill Hynes, the lead terrorism expert at ISS Risk, a Hong Kong-based security consultancy, said that the attacks were focused on killing as many people as possible.

“With this scale of attacks, I don’t think this was only carried out by locals. There is most likely involvement of foreign groups or people, including people moving in and out of India or Pakistan,” said anti-terrorism expert Alto Labetubun told Reuters.

On April 23, Ruwan Wijewardene, Sri Lanka’s Minister of Defence, said that another local jihadi group, Jammiyathul Millathu Ibrahim, was also believed to be involved.

Later the same day, ISIS claimed responsibility for the bombings through its Amaq propaganda agency. Rohan Gunaratna, a Singapore-based security expert, said that NJT was the ISIS branch in Sri Lanka.

U.S. intelligence sources said earlier that the attacks carried some of the hallmarks of ISIS extremists, although Reuters reported the sources were cautious about declaring who was behind the attacks because there were no initial claims of responsibility.

According to One India, the Sri Lankan parliament was told as early as 2016 that 32 Muslims from elite families had joined ISIS, with some travelling to Syria.

ISIS seeks to impose Shariah law and an interpretation of the Quran and Muslim teachings held parts of Syria, Iraq, and other countries in recent years until they were beaten back the U.S. and its allies.

The group has inspired or carried out terror attacks around the world, including a mass shooting in Paris in November 2015, which left 137 dead, including seven terrorists, and an attack with a vehicle in New York City in October 2017 that left eight people dead.

Some 60 people are being questioned about the attacks, including a Syrian, officials said on April 24.

While video footage of one bomber entering a church outside Colombo was released by

security officials, staff at a hotel in the capital said another bomber stood in the buffet line before setting off a blast.

One bomber was identified as Isan Setiawan, named by some outlets as Insan Seelawan, owner of a copper factory.

According to local news outlet Leaders Online, Zahran Hashim was the second bomber at the Shangri-la Hotel. Despite the slightly different spelling of his last name, the outlet said he and other colleagues started the NTJ group due to their extreme views, breaking away from established groups such as Sri Lanka Tawhid Jamath and Indian Tawhid Jamath.

According to a police report from 2016, Hasim and his followers held a meeting outside another mosque, bringing swords and clubs that they used in a clash with people in the area. Police wanted to apprehend him, but he fled the area and was believed to have left the country, possibly relocating to the Maldives.

No one knew where he was until he showed back up to set off one of the bombs, according to the outlet.

Wijewardene confirmed on April 24 that two Muslim brothers Ilham Ahmed Ibrahim, 31, and Imsath Ahmed Ibrahim, 33, carried out two of the hotel blasts, with one targeting the Shangri-La and the other going to the Cinnamon Grand Colombo.

Both were members of NTJ, one official said, and one is understood to have completed post-graduate studies in Australia.

“We believe one of the suicide bombers studied in the UK and later on did his post-graduate in Australia before coming back to settle in Sri Lanka,” Wijewardene said.

“What we can say is some of the suspected bombers, most of them are well-educated and come from maybe middle or upper middle class so are financially independent and their families are quite stable.”

The brothers are thought to be the sons of a wealthy spice merchant.

A spokesperson for Australia’s Department of Home Affairs said the government could “confirm that one of the alleged suicide bombers involved in the attacks in Sri Lanka has previously held a visa for Australia,” SMH reported.

A total of nine bombers have since been identified by the authorities.

Most of the dead and wounded were Sri Lankans, although government officials said 38 foreigners were killed. That included an Australian mother and her 10-year-old daughter who were at one of the churches when it was attacked, and a couple living in Perth who were staying at the Cinnamon Grand Hotel.

The Associated Press and Reuters contributed to this report.



# Burmese Locals Stage Protest Against Chinese-Backed Dam Project

CONTINUED FROM A1

“We have been protesting like this for eight or nine years now,” said local resident Lu Yar in an interview with RFA. “I wonder if the government can really continue to ignore this kind of opposition.”

Dam Project

Burma's former military junta inked the \$3.6 billion deal for the hydropower project located on the Irrawaddy River in 2009, according to Reuters, with Burma's military-linked Asia World Co. and China's state-owned utility company China Power Investment Corp. tasked with its construction.

Work on the dam was suspended in September 2011 by then-Burmese president Thein Sein after public protests. At the time, Aung San Suu Kyi, before she became the leader of the current quasi-civilian government in Burma, was one of the voices of opposition. Suu Kyi once said the dam would threaten the flow of the Irrawaddy River, and force the relocation of more than 10,000 people from 63 nearby villages, according to Reuters.

But after Suu Kyi became head of the ruling National League for Democracy party and the effective prime minister of the country, Beijing began to exact pressure to resume the dam's construction.

In June 2016, a delegation headed by China's ambassador to Burma traveled to Kachin to lobby for restarting the dam project, according to news magazine Frontier Myanmar.

Most recently, in November 2018, the magazine reported that the Chinese regime wanted the project to be packaged as part of its One Belt, One Road (OBOR) initiative, and conveyed the message that other OBOR projects in Burma wouldn't proceed unless the dam is restarted.

Beijing rolled out OBOR in 2013 with the objective of increasing geopolitical influence, by building up trade routes linking China, Southeast Asia, Africa, Europe, and Latin America.

Frontier Myanmar reported that Beijing hasn't publicly linked the dam project to OBOR, “acknowledgement, perhaps, that the project remains deeply unpopular and could potentially tarnish the image” of the initiative.

While Suu Kyi has remained silent on whether the project will resume, she did say in March that it's important for her government to uphold investment projects approved by the junta, or investors might view her government as unreliable.

But locals are still against it. In February, another large-scale protest took place in Mitkyina, the capital of Kachin, and 10,000 people participated, including local residents, activists, political party leaders, and members of civil society groups, according to another RFA article.

Duwa Gumgrawng Awng Hkam, leader of the Kachin Democratic Party, told RFA in February that he considered Beijing's push to have the Burmese government restore the project “an act of bullying.”

At the most recent protest, local resident Daung Kun called the project “a time bomb that could someday kill and wipe out people in Kachin state without a shot being fired.”

It remains to be seen if Suu Kyi will make a formal decision in the coming days, when she is scheduled to travel to Beijing for the second Belt and Road Forum held from April 25 to 27.

One Belt, One Road

Beijing considers the Myitsone dam a key element to its other OBOR projects in Burma, according to a January analysis article published by online news site The Irrawaddy.

China wants the electricity generated from the dam to power its OBOR projects in Burma, including three economic cooperation zones located in the border areas of Kachin and the nearby state of Shan, as well as an industrial park in Namjim, a village in Kachin.

Another reason for the push to build the dam is that Beijing may be intentionally creating a distraction from other investments in Burma. The Irrawaddy reported that locals have claimed that their lands were confiscated to make room for projects related to the China-Myanmar Economic Corridor (CMEC), but Chinese-Burmese operators have not paid them sufficient compensation. Similar complaints have dogged the Shwe oil and gas pipeline project connecting Burma's western state of Rakhine with Yunnan, while fishermen also say they have lost their livelihoods as a result of the construction.

Beijing and Burma signed a memorandum



People from Kachin State in Burma take part in a protest against the Myitsone dam project, on April 22, 2019.

“We have been protesting like this for eight or nine years now.”

LU YAR  
LOCAL RESIDENT

of understanding for CMEC in September 2018 as part of OBOR. It includes plans for a railway and highway that will connect Yunnan's capital of Kunming to the Burmese cities of Muse and Mandalay, which are, in turn, linked to Burma's port of Kyaukpkyu facing the Indian Ocean.

According to Burma's English-language newspaper The Myanmar Times, the CMEC project also includes the development of Kyaukpkyu port. China's state-owned CITIC Group has a land lease on the port for 50 years, with a potential for extension for another 25 years.

China's official OBOR website states that the Shwe pipeline, Kyaukpkyu port, and CMEC are all designed to reduce China's dependence on traveling the Strait of Ma-

lacca to transport energy imports from the Middle East.

Local media have since criticized China's OBOR investments in Burma as a “debt trap,” akin to instances in Sri Lanka and the Maldives when land was leased to Chinese entities at high debt rates.

The New York-based Human Rights Watch used the Myitsone dam project as an example of Beijing's lack of transparency and human rights in its OBOR ambitions in an article published on April 21. Human Rights Watch pointed out that critics have said the project would cause “large-scale displacement, loss of livelihoods, wide-scale environmental damage, and destruction of cultural heritage sites significant to the ethnic Kachin people.”

## Chinese Authorities Sack an Entire Environmental Protection Bureau for Corruption Misdeeds

OLIVIA LI

Local authorities in Suining City, Sichuan Province recently punished ten cadres at the city's Environmental Protection Bureau for graft and corruption, collecting from them 6.32 million yuan (US\$945,000) which they embezzled.

According to an April 17 report from state-run Chinese media The Cover, the local anti-corruption watchdog of Suining City received numerous reports from local companies since the end of 2012, accusing cadres at the city's Environmental Protection Bureau of corruption. The watchdog commission thus initiated an investigation in December 2017, and found out that all the high- and mid-level cadres in the bureau were involved in corruption.

Since Chinese leader Xi Jinping came to power in 2012, he has launched a sweeping anti-corruption campaign to rid the Chinese Communist Party (CCP) of misbehaving officials, who were often also members of a political opposition that challenged Xi's authority. The Central Commission for Discipline Inspection, the Party's internal watchdog, has investigated and purged thousands upon thousands of officials, from the lowest level to the most powerful in the Party's senior leadership.

According to The Cover report, these cadres only picked the plum jobs, and ignored duties they considered to be profitless to themselves. When assessing whether local companies complied with environmental protection regulations, they accepted bribes from company officials in exchange for giving them favorable inspection results. They would then merely go through the motions when performing the environmental inspection.

The officials also forced companies to hire the contractors they designated for them—as they would receive kickbacks. If there is a need for construction, expansion, renovation, or an IT upgrade, the officials would benefit from such arrangements. When purchasing equipment or starting a construction project, the officials only choose contractors who would be willing to give them significant rebates, which they would pocket.

Altogether, 32 cadres and employees at the bureau were found to be involved in corruption. Among them, 15 people will be subjected to further legal investigation, six are to be prosecuted, and five have been expelled from the CCP.

Huang Hao, director of the research institute within the Suining Environmental Protection Bureau, started his own compa-



Police stand behind two defendants during a hearing at a Court in Beijing.

ny for making environmental assessments. He transferred clients from the bureau to his company, making a profit of 660,000 yuan (US\$98,681). He also colluded with other bureau employees to falsify staffing documents; after he gave an inflated number for manpower on a 5-year environmental protection project proposed by the city government, he was able to pocket 70,000 yuan (US\$10,466) from the project funding.

Zhang Kai, director of the CCP committee in charge of the Monitoring Center within the bureau since 2009, colluded with others to fabricate their testimony and forged evidence many times during the investigation.

During his tenure from 2009 to 2017, Zhang ordered his subordinates to generate fake invoices and embezzled 850,000 yuan (US\$127,089) from the monitoring center.

Wang Jie, office director at the Monitoring Center, accepted bribes in the form of money and gifts totaling 600,000 yuan (US\$89,710). He also fudged the accounting in order to get reimbursement money for expenditures that were never made.

Chief engineer Fu Xiaobin, a member of the bureau's Party committee, was in charge of making many environmental assessments. During his tenure between 2012 and 2018, Fu had collected bribes amounting to 315,000 yuan (US\$47,100) from businesses to pass inspections.

These companies presented him with New Year gifts almost every year, with a total monetary value of roughly 208,000 yuan (US\$31,100).

These three cadres and the chief engineer were all expelled from the CCP and dismissed from their posts. They will be prosecuted shortly.

“The officials also forced companies to hire the contractors they designated for them—as they would receive kickbacks.”

NICOLE HAO

Internet censors are clamping down on content posted onto WeChat, a popular Chinese social-media platform, that may be considered inappropriate by the Chinese regime—by spreading a threatening message meant to deter netizens.

A text message sent to a WeChat chatroom for teachers at a middle school in Beijing recently shocked many netizens. A screenshot of the message circulated quickly. It read: “Anybody who posts on topics that are against the interests of the nation, the [Communist] Party, and society on WeChat will be punished severely in this campaign to sweep out evil.”

The message came with a warning: “Anybody who violates this rule and posts illegal information will face a sentence of one to eight years imprisonment.”

The message has placed netizens on edge. A Beijing resident, who identified himself only with the surname Ma, told New York-based broadcaster NTD on April 17: “I have been seeing this kind of notification [on WeChat] frequently. The [Communist government] has never stopped its monitoring on WeChat. The monitoring is always strict, and [online police] have shut down users' accounts or chatrooms frequently.”

WeChat was developed by Tencent, a privately held Chinese tech giant. But its compliance with the Chinese regime's requests to censor user content has been well-documented.

“[The government asks us] not to tell the truth, but to say something favorable [about the Chinese regime],” commented a netizen with the moniker Xuehua Piaopiao on Tianya BBS, a popular online forum.

The threat of a heavy sentence has been spreading online since at least 2017, but Chinese authorities have never formally announced such regulations—nor have Chinese media reported on it.

But netizens have indeed been detained after posting “sensitive content” on WeChat.

Ni Huaping, a 40-year-old resident from Sanya City in the southern island province of Hainan, was detained in August 2018 after posting this message on WeChat on July 19, 2018: “I haven't watched CCTV [state broadcaster] news for many years. How about Xi Pig-head?,” referring to Chinese leader Xi Jinping. “Pig-head” is a commonly used insult in Chinese, usually referring to a chubby, dim-witted person.

Ni was detained for 10 days and fined 500 yuan (\$75) on Aug. 21, 2018, on the charge of “insulting others.”

As early as 2016, netizens were ensnared for their speech on WeChat.

Liu Yanli, 42, worked at a local branch of China Construction Bank in Jingmen City, Hubei Province. In September 2016, she was taken from her home by local police and detained for eight months. The police said her crime was posting or reposting content on WeChat related to Chinese Communist Party (CCP) leaders such as Mao Zedong, Zhou Enlai, and Xi Jinping.

Just over two years later, in November 2018, Chinese authorities again detained Liu, for posting comments on WeChat in support of military veterans, who had staged nationwide protests to demand better health care and pensions.

The Jingmen police charged Liu with “picking quarrels and provoking trouble,” after Liu refused to accept the charges.

On Jan. 31 this year, the Dongbao District Court in Jingmen City held the first hearing on Liu's case. The court said Liu had written 29 online posts to attack CCP leaders.

Liu, who also hired a lawyer, defended herself in court, saying that China's constitution guarantees freedom of speech to Chinese citizens. Liu wasn't granted bail and remains in custody at the Jingmen Detention Center.

Dozens of other similar cases have occurred in recent years. In September 2017, the state-run media Xinhua quoted a Beijing lawyer, Shi Fumao, who warned of the consequences of posting online messages that the Chinese regime disapproves of: “Everybody [in China] should take a lesson from these cases, and must pay attention to your words and behaviors. Otherwise, you may violate the law or have committed a crime.”



A tourist plays his cellphone at Chengdu Giant Panda Breeding Research Base in Chengdu, Sichuan Province on April 3, 2018.



# China’s ‘Made in China 2025’ Continues Apace

JAMES GORRIE

**Commentary**  
Despite what Chinese leader Xi Jinping may say publicly to the world about dialing down his aggressive “Made in China 2025” plan, the program continues to go full steam ahead.  
The aim of the program is for China to become the dominant manufacturing nation in the world in 10 key high technology verticals, such as pharmaceuticals, artificial intelligence, and robotics, among others.  
The goals of the plan are not only to put China at the top of the technology research and manufacturing food chain, but in doing so, destroy Western competitors. But the key technology to all the “Made in China 2025” verticals is advanced semiconductor microchip design and manufacturing, of which the United States still holds most of the technological advantage. In a nutshell, the Made in China 2025 program is a process designed to transfer intellectual property (IP), manufacturing techniques, and research to China from the West.

**China’s Big Boast Backfires**  
Not surprisingly, China’s Made in China 2025 program played a big role in framing President Donald Trump’s perspective and helped shape his trade policies. Trump campaigned for and won the U.S. presidency on a promise to pushback against China’s unfair trade advantages and its rampant technological and IP theft against American companies. In fact, Trump’s tariffs target the very same technological verticals in the Made in China 2025 plan.

In response to Trump’s trade policies, which not only include tariffs but other punitive actions, China has shifted its soybean purchases to Brazil and moved the manufacture of some consumer products to plants in other countries, such as Mexico, Vietnam, and Serbia. Other foreign manufacturers are also leaving China. This could certainly pose problems to China in the long term.  
To counter the perceptions its own claims about the Made in China 2025 caused, China has launched an aggressive public relations campaign. Xi has very publicly promised that China would allow Western companies greater access to the Chinese market as well as make efforts to protect the intellectual property of foreign firms operating in China, especially that of American companies. He also has promised to cut tariffs on U.S. cars to 10 percent from 40 percent and to once more buy American soybeans.  
But will China really open up its market to U.S. competition? Will it stop its practice of IP and technology theft? Will Trump be able to fundamentally shift China’s Made in 2025 plans in a similar way that the United States was able to counter Japan’s adversarial trade in the 1980s?  
The answer to all these questions is, “No.” There are some very good reasons why.

**Built on Theft**  
At its core, the Chinese economy is founded on graft, theft, and horrific violence. From 1949 to 1979, China’s economy was based on the state stealing the meager fruits from the labor of the



Chinese leader Xi Jinping (L), Chinese Premier Li Keqiang (R), and Li Zhanshu, head of China’s rubber-stamp legislature, at the Great Hall of the People in Beijing on March 5, 2019.

In every respect that matters, the Made in China 2025 plan is effectively a declaration of war against Western economies.

Chinese people—and killing tens of millions of them in the process. Once China invited Western companies to make their goods there, China’s economy continued to steal from its own, but expanded its scope of theft to stealing capital, technology, IP, even whole manufacturing plants from Western companies.  
This is one of the main reasons, by the way, that the Chinese legal system is so weak, corrupt and unaccountable. Such a legal system is necessary for widespread theft and graft to occur and thrive. These are the essential aspects of the Chinese economy and its trade and monetary policies, and they’ve resulted in the China “economic miracle” the top 20% of China’s people enjoy today. China has gone from a dirt-poor, communist hellhole into a major global economic power in less than 40 years—why on earth should they change the very policies that got them there, even if they could?  
They can’t and they won’t.  
**Japan Model Versus China Model**  
From an economic policy and structural perspective, there are some striking similarities between Japan and China. For instance, China has taken a page out of Japanese adversarial trade policies book from the 1980s. In those years, Japan aggressively undercut U.S. car and electronics companies in cost and met or beat them in quality. In doing so, Japanese adversarial trade policies were instrumental in eliminating thousands of automotive and electronic

manufacturing jobs across the country, contributing to the Rust Belt that still exists today.  
Both Japan up through the ‘80s and China since then have relied on skewed trade relationships with the United States that include high tariffs and closed markets against U.S. goods to grow their economies. And, both countries have a comparative disadvantage in natural resources. Both economies are more state-driven than the U.S. market economy, although China much more so than Japan.  
But there are critical differences between Japan and China as well, which make applying the same pressures that worked with Japan less likely to work with China. One big difference is that China is not dependent upon America for its security. On the contrary, it is a geopolitical, economic and military adversary of the United States. The security dimension was a very important factor in Japan’s decision to acquiesce to U.S. trade policies. China isn’t bound by such concerns.  
Furthermore, China relies less on exports to the U.S. alone to drive its economy, enjoying deep trade relations with the European Union and other economies throughout Asia. Also, China controls its currency to a much greater degree than Japan did and does, shielding it somewhat from market forces.  
But not all of China’s factors are in its favor. Unlike Japan’s homogeneity, China is an empire over large populations with vastly different cultures,

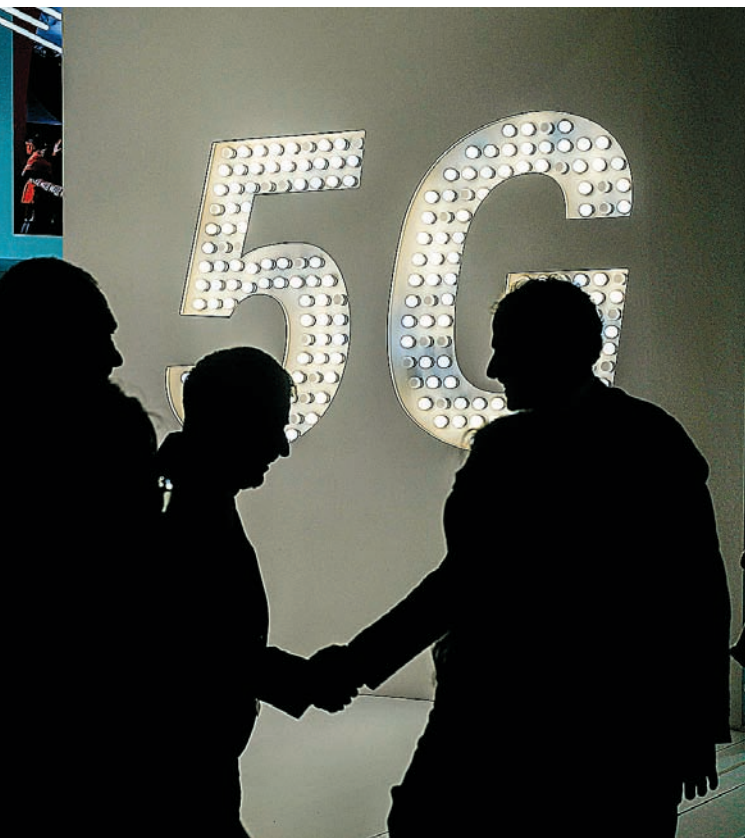
value systems, histories, characteristics, and aspirations. The continual suppression of hundreds of millions of people is expensive, as well as a politically dangerous undertaking. Even its own population is bristling at the yoke of subjugation by the Chinese Communist Party.  
Coincidentally, like the Japanese, China’s population is aging, foreshadowing a growing demand for social services while its debt-to-GDP has exploded to a 2.5:1 ratio. Japan’s debt-to-GDP ratio was about 0.50:1 in 1992, at the beginning of its two-decade recession and has hovered around a 2:1 ratio since 2012. Thus, China will face its own debt crisis at some point. China’s drive to achieve supremacy while it has the chance to do so is fueled by all these factors and more.  
Should it be successful, China will drive many tech firms out of business by undercutting U.S., European and Japanese manufacturers. This would result in chronic underemployment and potentially an insurmountable technological advantage that would fuel their global expansion at the expense of U.S. power and influence. In every respect that matters, the Made in China 2025 plan is effectively a declaration of war against Western economies, especially the United States.  
In other words, it’s an act of war without the firing of weapons—at least, not yet.  
*James Gorrie is a writer based in Texas. He is the author of “The China Crisis.”*

## Pentagon Report Warns of China’s Dominance in 5G Spectrum

FRANK FANG

Banning Chinese 5G equipment in the U.S. market would not be enough to thwart potential security threats, a recent federal government report warned. Instead, U.S. authorities must address China’s growing dominance in particular mobile frequencies that are set to become the global standard.  
The Defense Innovation Board, a federal advisory committee to the U.S. Secretary of Defense, published a report in early April analyzing the global 5G ecosystem.  
5G is the next generation of mobile networks that will offer internet connectivity at a speed that is approximately 20 times faster than 4G. The fast connection is set to revolutionize many industries, including transportation, health care, and manufacturing.  
The report assessed how 5G would impact the U.S. military, explaining that it would allow the Pentagon to combine its “current fragmented networks into a single network to promote improved situational awareness and decision-making.” In other words, 5G can improve work speed and efficiency, while enabling new technologies involving weapon deployment.  
Meanwhile, U.S. 5G development was insufficient in one particular regard.

Most countries have taken either of two approaches to roll out 5G. One focuses on adopting frequencies in the spectrum below 6 GHz (low to mid-band spectrum, also known as “sub-6”), while the other focuses on frequencies between 24 and 100 GHz (high-band spectrum or “mmWave”).  
Each approach has its own advantage. A mmWave network can offer a higher maximum internet connection speed than sub-6, but has the drawback of having a smaller coverage area. In other words, if a mobile carrier adopts a mmWave network, it would need to build more base stations to achieve the same coverage and performance as a sub-6 network.  
U.S. mobile carriers are currently focused on 5G development in the mmWave spectrum, with some looking into sub-6 spectrum options to a lesser extent, according to the report. The reason is that the U.S. government owns a chunk of the sub-6 frequencies—particularly in the 3 and 4 GHz range—for military purposes, such as satellite communications and radars.  
This makes it “difficult for carriers to purchase dedicated spectrum licenses at Federal Communications Commission auctions or even to share that part of the



Visitors shake hands next to a 5G hotspot sign at the Mobile World Congress in Barcelona, Spain, on Feb. 27, 2019.

spectrum.”  
Meanwhile, other countries have been pursuing 5G development in the sub-6 spectrum, owing to advantages such as less complex infrastructure, larger coverage area, and the possibility of modifying existing 4G systems to accommodate for 5G. They also don’t face the kind of restrictions as in the United States due to military usage.  
“As sub-6 becomes the global standard,

it is likely that China, the current leader in that space, will lead the charge. This would create security risks for DoD [Department of Defense] operations overseas that rely on networks with Chinese components in the supply chain,” the report warned.  
China has been promoting usage of its sub-6 spectrum through the One Belt, One Road (OBOR) initiative, whereby Beijing invests in infrastructure projects across southeast Asia, Europe, Africa, and Latin America for the purpose of gaining geopolitical influence.  
The Chinese regime achieves this through laying down fiber optic cables for OBOR countries it partners with, granting access to certain 5G companies that would use its infrastructure—which will subsequently “shape the entire 5G product market going forward,” the report said.  
Thus, any company that wants to sell their 5G products in China, or other networks with “Chinese sponsorship,” would have to build the network according to Chinese specifications or partner with Chinese companies. “This increases the risk of product backdoors and vulnerabilities throughout the supply chain,” the report warned.  
To ensure that the United States does not lag behind in sub-6 development and allow Chinese standards to take the lead—and hence pose security risks—the report called on Pentagon and the FCC to “flip their prioritization from mmWave to sub-6 GHz spectrum for 5G.”  
The report also suggested that the Pentagon encourage other government agencies to incentivize the industry to “adopt a common 5G network for sub-6 deployment,” such as with tax incentives and low-interest loans.



# Join in Restoring Virtue and Values to Society

## For Our Children and Grandchildren’s Sake...

At The Epoch Times, we’re building a media supported by readers instead of corporate advertisers, ensuring it’s free from outside influences—forever. Please help to strengthen this vision.

### A REAL DANGER Our Civilisation Faces Serious Treats at This Moment in History

1. Our nation is in trouble. According to a 2018 survey, 58 percent of young Australian voters say they would prefer to live in a socialist society.\*
2. If this trend continues, within the next decade, Australia could become a socialist country.
3. 85% of newspaper sales in Australia are controlled by two corporations. They’re not out to tell you the truth about what’s happening; they only tell you the picture of the world that they represent.
4. For decades, ideas stemming from communist ideology like socialism and cultural marxism have been moving Australia away from the preservation of rights enshrined in the Magna Carta.
5. These ideas create social turmoil, division, frustration, hatred, and violence; they break down the morality at the foundations of society. These same ideas now have found their way into the government, schools, and other key institutions across the nation.

\* POLICY PAPER ON MILLENIAL ATTITUDES TOWARD SOCIALISM CONDUCTED BY THE CULTURE, PROSPERITY CIVIL SOCIETY and THE CENTRE FOR INDEPENDENT STUDIES.



### THE BEST DEFENSE The Epoch Times Stands Firmly Against this Subversion

1. The Epoch Times has the wisdom to expose the evil nature of communism and its infiltration into our media, schools, government, churches, and society.
2. The Epoch Times has the courage to expose fake news, to safeguard the values this country was founded on, and to report important stories not covered by other news outlets.
3. Built on the values of Truth and Tradition, and based on the virtue of compassion, The Epoch Times promotes long-established universal values that represent the best of humankind.



**“After being lobbied and seduced by those puppets, politicians, journalists and leaders of all sorts of organisations across the country believe they are responding to the wishes of ‘Chinese-Australians’. They are in fact dancing to the tune of the Chinese Communist Party.”**

Clive Hamilton, Author of ‘Silent Invasion: China’s Influence in Australia’

### THE CHALLENGES We’ve Been Fighting a Long Battle

Since our founding in 2000, the Chinese Communist Party, with its multibillion-dollar lobbying and overseas propaganda budget, has tried relentlessly to stop The Epoch Times. It’s not easy to stand up to the world’s biggest dictatorship, with the world’s largest propaganda and fake news operations, but we have done it.

### These Are Some of the Many Challenges We Face:

1. The Chinese Communist Party has threatened and intimidated our advertisers and ad agencies.
2. The Chinese regime makes it clear to companies with business ties with China that working with us will cost them business.
3. The Chinese regime has had its agents steal our newspapers and distribution boxes, vandalise our offices, and spread misinformation about us abroad. Inside China, the regime has jailed and tortured our journalists.

### Violence We Faced



In 2006, Dr. Peter Li, chief technical officer of The Epoch Times, was beaten, tied up, blindfolded with duct tape, and robbed of two laptop computers by three Asian men who burst into his suburban Atlanta home, wielding a gun and a knife.



### This Did Not Stop Us

**You can help make the global communist community’s efforts meaningless—and help us to expand! To achieve this, we need your help!**

### The Epoch Times Contributes to Society

1. Truthful reporting on the issues that matter, including the Trump administration’s achievements in the United States and around the world.
2. Leading the reporting on the Chinese communist threat over the last 18 years (since 2000).
3. Exposing communist thought in our government, schools, universities, popular culture, and media.
4. Reporting on the persecution of Falun Gong, including the state-sponsored forced organ harvesting in China—one of the most underreported atrocities of our time.
5. Spreading the truth through Freegate secure anti-censorship software.
6. Providing an acclaimed Mind & Body section that that offers insights from traditional wisdom and holistic wellness.

### Rigorously Exposing Communism

The Epoch Times actively works to investigate and expose communist ideology, its history, theory, and true intentions. Our latest series, **“How the Spectre of Communism is Ruling Our World,”** exposes the nature of communism and the harm it has brought and continues to inflict on the world.

Since the book “Nine Commentaries on the Communist Party” was published by The Epoch Times in December 2004, 320 million Chinese people have renounced the Chinese Communist Party and its associated organisations.

The Epoch Times reports issues and events side-stepped by other media, but which are vital to exposing the harm communism poses to humanity. These include the persecution of Tibetans, underground Christians, practitioners of Falun Gong, Uyghurs, and other groups in China.



**Our infographics** have had a big impact on society, allowing people to understand the intricate connections between seemingly unrelated events, revealing what mainstream media is not telling you.

### Our Investigations

We have championed a new method of investigative journalism, bringing together the best of both traditional journalism and quality design to tell stories that expose corruption and subversion. Our work has included investigations about:

1. Illegal Spying on President Trump (February 9, 2018)
2. China’s Military Expansion Into Space (March 23, 2018)
3. The Secret Propaganda War on Our Minds (April 6, 2018)
4. Hillary Clinton and the Uranium One Deal (February 16, 2018)
5. Spygate: The True Story of Collusion (October 12, 2018)
6. Clinton Foundation ‘Pay to Play’ Model Under Investigation (December 5, 2018)

### IMPACT OF THE EPOCH TIMES Conscience Over Profit: Organ Killings in China—The Sixty Million Dollar Decision

Entrepreneur Jeffrey Van Middlebrook turned down \$60 million in R&D funding from China after finding out the Chinese regime harvests organs from practitioners of Falun Gong.



**“Once I started reading these articles in your newspaper I decided I could not do business with China.”**

Jeffrey Van Middlebrook, entrepreneur







# Climate Change Confusion:

WILLIAM GAIRDNER



The climate wars are an international disgrace. For a half-century, the public has suffered a bombardment of disputed facts about “anthropogenic global warming” (AGW) as well as so much undignified smearing of the work and reputations of skeptics by alarmists, and vice versa, that it’s hard for anyone concerned about our beautiful planet to know what to think.

So I decided to look into the situation for myself.

I started by examining a temperature graph of a drill-core taken through deep sediments that make up the seafloor. And what did I see? Right before my eyes, were continuous, and sometimes extreme, climate fluctuations, from hot to cold and back again, non-stop, for two million years. Two million years! That was a shock. And it got me asking a lot of questions.

**Is Earth Warming or Cooling?**

The weak consensus—also disputed—seems to be that we’ve had both warming and cooling recently, and if we can be confident in climate measurements (which, as I shall suggest below, there is plenty of reason to doubt) we may, on balance, have warmed a little—less than 1 degree Celsius—during the last 100 years. Should we be alarmed by this, or impressed by the extraordinary stability of climate on a planet this size?

Half of that warming occurred between 1910 and 1940, prior to any serious fossil fuel emissions, and no climate model can explain the reason(s) for that. Then there was a cooling from 1950 to 1970 during the post-war industrial boom, just when (if the theory is correct) there ought to have been lots of AGW. After that, a report was issued by the U.S. National Academy of Sciences warning that “we may be approaching the end of a major interglacial cycle, with the approach of a full-blown 10,000-year ice age a real possibility,” according to the March 1, 1975, issue of Science News. Then, we (maybe) had an unexplained no-change “hiatus” from about 1998 to 2013, even though CO2 levels rose.

By now, like so many watching and wondering about all this, I’m feeling a little jerked around. And here’s another reason: Prominent alarmist scientists of the Intergovernmental Panel on Climate Change (IPCC, a U.N.-sponsored agency) have been warning us for three decades that we are experiencing catastrophic global warming, with attendant sea-level rise, floods, fires, and hurricanes.

But there’s energetic disagreement from a large group of prominent scientists, which can be seen in their report of 2016, “Why Scientists Disagree About Global Warming,” published by the Nongovernmental International Panel on Climate Change (NIPCC).

Their argument is that any modern warming is natural and in line with historical variability; that increases in CO2 have followed increases in temperature, not the reverse; that solar effects may be equal to or greater than effects of CO2; and that a warming even of 2 degrees Celsius or more wouldn’t be harmful.

**What Is the Future of the Planet?**

No one knows the future. Climate scientists in the NIPCC report, above, tell us that “over recent geological time, Earth’s temperature has fluctuated naturally between about 4 Celsius and minus 6 Celsius with respect to twentieth-century temperature.” But we do know the past: The last 2 million years saw a pendulum-like oscillation between cold glacial periods of some 90,000 years each, with warm interglacial periods—we are nearing the end of one now—each lasting about 15,000 years.

For all that time, our planet was 90 percent cold, with brief stretches of warmth. A reasonable person might think we could use a little warming.

**What Are Greenhouse Gases?**

This term is used to create the impression that humans are massively fouling the atmosphere with carbon dioxide (CO2) from the burning of fossil fuels that create a “greenhouse” on Earth, which traps heat that would otherwise escape into the upper atmosphere (which, confusingly, satellite reports tell us has been cooling recently).

But I was surprised to learn that Earth’s greenhouse layer (without which we would sizzle to a cinder by day, and freeze solid by night), is quite natural, and is almost entirely created by natural water vapor and clouds. Of all atmospheric gases, CO2 makes up only 0.04 percent, and anthropogenic CO2 makes up only 3.4 percent of that figure: which is to say, 3.4 percent of 0.04 percent—a minuscule percentage.

When measured directly, the quantity of natural CO2 on Earth is expressed in parts per million (ppm) of all atmospheric gases, and it has also fluctuated a lot. About the time of the Industrial Revolution, prior to any AGW, there were about 280 ppm, and it has climbed very slowly since then to about 410 ppm today, which is causing a lot of alarm.

But is that warranted? The lowest number found in the geological record is about 180 ppm, and during the Cambrian period—550 million years ago—there were natural highs of more than 4,000 ppm, and higher. More confusing, however, is that here have been many long periods when temperature and the quantity of atmospheric CO2 were unrelated (or “uncoupled”), and sometimes inversely

CO2 is in fact a rich nutrient for all plant life on Earth, and without it, this would be a dead planet.



The Earth’s greenhouse layer is almost entirely created by natural water vapour and clouds.

related. Many argue that Earth is presently carbon-starved.

**How Is Climate Measured?**

The vast oceans, deserts, ice sheets, and mountain ranges of the Earth are reservoirs of heat and cold 196,900,000 square miles in extent. Despite best efforts to get good data—mainly from American, English, and Japanese sources, altogether monitoring thousands of sites—large parts of the Arctic, Antarctic, Brazil, Africa, Siberia, and the Earth’s deserts are “data gaps.” One example will do: In 2017, the World Bank reported that more than half of Africa’s land-based stations, and 71 percent of its upper-air weather stations “do not report accurate data.”

And the Northern Hemisphere—especially the United States—is far more extensively sampled than the Southern. So what do climatologists do? In a very nonscientific move, they average the temperature of the two hemispheres. It’s a bit like saying that if the lower floor of your home is 18 C, and the upper floor is 21 C, your home has an average temperature of 24 C, when, in fact, none of it does.

A rather serious concern is that many decades ago, climatologists placed their thermometers outside urban areas. But most of those have been overtaken by urban “heat islands” that drive temperatures up unnaturally. So observations are “adjusted” to arrive at what scientists believe the temperature might have been without heat islands. But how could anyone be certain of something that wasn’t measured?

As for NASA’s reporting on climate? One insider (search for “NASA’s inconvenient ruse”) has reported thousands of pairs of “dummy” temperature records. And a German scientist has exposed more fiddling with the climate record.

One of the first-ever studies of an entire century of temperature readings reported that after adjustments for reading errors, omissions, and gaps, only 18.4 percent of Earth’s surface had actually been covered by what was published as a “global” sampling.

**Are Climate Models Accurate?**

Climate predictions are developed via powerful computer programs called general circulation models (GCMs) that combine all sorts of inputs from land, air, oceans, and satellites. We know that a probability model can handle two variables like cloud change and wind change quite accurately. But when more are introduced, such as water vapor, solar radiation, absorption, and reflectivity from ice and cloud cover, well, the heart sinks at the probability of miscalculation and wobbly prediction.

Accordingly, all climate models have built-in “parameters”—adjustments for so-called “feedback” mechanisms, “forcings,” and “flux tunings,” to name just a few. What will happen if we double the estimate of CO2? And so forth. But no one really knows, or could know. So at least one IPCC modeler has called such efforts “computer-aided story-telling.” Others refer to it all as “synthetic data.”

As Earth’s climate has never stopped fluctuating warm and cold, however, a reasonable question might be: Why do all climate forecasting models “run hot” instead of cold, or somewhere in between? At this point, any curious citizen would begin to suspect scientific bias and political motives.

**What Is the Effect of Solar Brightness, Cosmic Radiation, and Orbital Wiggles?**

Many skeptical scientists are convinced that the activity of the sun (along with other cosmic events) rather than the burning of fossil fuels, is the cause of the present warming, because the sun follows (on average) an 11-year cycle during which its brightness rises and falls according to changes in solar magnetism. Earth’s surface temperature tracks those changes very closely.

The next dimming phase is supposed to occur around 2020. So, as if on cue, NASA sent out a warning in October 2018 that we are entering what could be a long global-cooling period due to this natural fluctuation in solar brightness.

In addition to that cycle, every two centuries or so the sun’s brightness level drops



significantly during what is called a “Maunder Minimum.” The first ever noticed (by a fellow named Maunder) was from 1650 to 1710, during which Europe and North America went into a deep freeze, alpine glaciers extended over valley farmland, sea ice crept south from the Arctic, and Londoners played hockey on the River Thames.

Another observation that seems to support the solar thesis is that Mars, the only other planet to reveal its climate secrets, is right now coming out of an ice age without any AGW influences.

There are also the effects of planetary wiggles to consider. Our climate is affected by the changing shape of Earth’s orbit around the sun from circular to elliptical over a 100,000-year period, by the wobble of its axis, and by the variance in equatorial and orbital planes. Taken all together, these complex motions of our planet correlate highly with ice ages on Earth.

**Will There Be Global Flooding If Ice Melts at the Poles?**

Spoiler alert: Thanks to Archimedes, we know that anything floating in water such as the entire Arctic ice cap, displaces its own weight. So if the entire ice cap were to melt tomorrow, it would not raise sea level one bit. Only ice sitting on land that ends up in the ocean by calving from glaciers or by melting and running into the ocean will do that.

The average annual temperature in the high Arctic is about minus 34 C, and the coldest months range from minus 35 C to minus 50 C. It’s a little hard for most people to fathom why a rise of less than 1 C averaged over the entire



FLOCKLINE/PIXABAY



# What Are We to Think?



Students gather to demand the Australian government take action on climate change at Martin Place on Nov. 30, 2018 in Sydney, Australia.

planet would change very much up there.

My own anecdotal evidence: Sixty-one years ago, in the summer of 1957, I worked as a cabin boy on a 10,000-ton tramp steamer delivering supplies to a couple of dozen permanent Cold War military and meteorology staff stationed at Resolute Bay in the high Arctic, about 1,000 miles from the North Pole. We arrived in open water on Aug. 18 and worked about two weeks in cool weather. In September 2018, the manager of a Canadian Arctic shipping company reported that a cargo ship was delayed unloading at Resolute because “the thickness and concentration of ice is worse than we have ever seen since we started servicing the communities [in 2008].” Climate change, indeed.

Antarctica, on the other hand, where the ice cap sits on land, is the highest and coldest continent on Earth. It's more than 5.4 million square miles in extent with an average altitude more than 8,000 feet, has 2,660 mountains (one over 16,000 feet), and is covered with ice averaging more than 6,000 feet in thickness.

As for those massive ice sheets extending over water? The glaciological record shows there have been many retreats of the West Antarctic ice sheet that left it more than 100,000 square miles smaller than it is today. And we also know that the Eastern ice sheet has been cooling for the past half century.

And really, a concerned citizen might want to know, how could a slight warming of Earth (if that is true) change much on such a massive continent where the average annual temperature is minus 50 C, and where, in 2013, the coldest temperature ever recorded on Earth was minus 93 C?

## A Causal Connection Between Carbon Dioxide and Temperature Change?

What raises many serious questions about CO<sub>2</sub> and global warming is the shock of learning that there have been centuries-long periods when Earth was warmer than today, such as the Minoan, Roman, and Medieval “non-greenhouse” warmings, in the complete absence of any anthropogenic CO<sub>2</sub>.

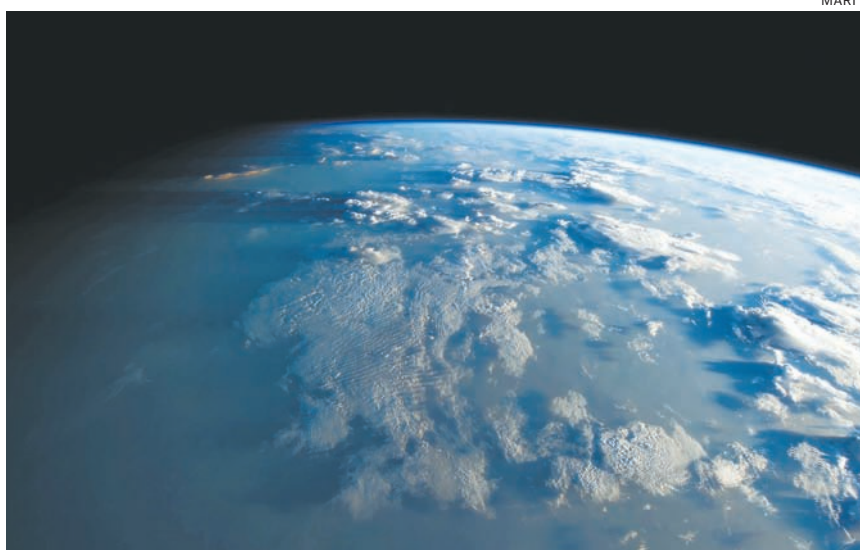
Although we know the amount of CO<sub>2</sub> has been increasing since the Industrial Revolution, there is argument about cause and effect. Alarmists claim rising CO<sub>2</sub> (for which they blame industrialization) causes warming, while skeptics argue that historically, rises in CO<sub>2</sub> have followed, rather than preceded rises in global temperature, sometimes by hundreds of years.

To underscore this point, the NIPCC stated that “temperature and CO<sub>2</sub> are uncoupled through lengthy portions of the historical and geological records; therefore CO<sub>2</sub> cannot be the primary forcing agent for most temperature changes.”

## How Do Plants Respond to CO<sub>2</sub> Enrichment?

Although CO<sub>2</sub> has a bad name, it is in fact a rich nutrient for all plant life on Earth, and without it this would be a dead planet.

Controlled experiments in which plants such as orange trees and wheat are force-fed CO<sub>2</sub>



Footage from the International Space Station.

Mars, the only other planet to reveal its climate secrets, is right now coming out of an ice age without any anthropogenic global warming influences.

at high levels of enrichment as much as triple their rates of growth. NASA satellite views show that our currently rising level of CO<sub>2</sub> is causing a greening of the globe. There are arguments that by boosting crop yields, more CO<sub>2</sub> would be a boon to the poor worldwide.

## How Much CO<sub>2</sub> Is Too Much?

In historical terms, concentrations of CO<sub>2</sub> have varied widely over geological time, with peaks 15 or 20 times higher than at present, and troughs just under half of today's level. In other words, current levels of this life-enhancing gas are very low. That's why prominent scientists, such as Princeton's Dr. William Happer, head of President Donald Trump's recently formed Presidential Committee on Climate Security, argue that Earth is presently carbon-starved.

Amounts of carbon are measured in gigatons of carbon (Gt C), one gigaton being a billion metric tons. The annual production of carbon from fossil fuel emissions is estimated to be roughly 9.8 Gt C. Is that a lot? To understand its significance, we have to ask how much natural carbon there is on Earth today, where it is, and how much of it moves from place to place.

The Earth's atmosphere holds around 750 Gt C; the surface of oceans about 1,000 Gt C; the intermediate and deep oceans about 38,000 Gt C; and the Earth's natural vegetation cover and other surface matter about 2,200 Gt C. There is another 300 Gt C that moves around between oceans, air, vegetation, marine life, and ocean surfaces and depths, and so all known and estimated amounts are well over 40,000 Gt C.

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

## IS THERE AN AGENDA?

It seems increasingly apparent that the science of climate has all but wholly mutated into the politics of climate. Accordingly, we are getting more and more scare-statements warning that AGW is going to bring the world to an end within 12 years. Below is a sampling of those fears and calls to revolution, of which the “Green New Deal” is just the most recent. This article (and the questions it raises) is offered as an antidote to those fears.

- **“Climatology has become a political party with totalitarian tendencies ... [it is] becoming an increasingly dubious science, serving a political project ... the policy cart is leading the scientific horse.”**
- *Dr. Judith Curry, formerly of Georgia Institute of Technology, 2019*
- **“We may get to the point where the only way of saving the world will be for industrialized civilization to collapse. Isn't it our responsibility to bring this about?”**
- *Maurice Strong, who organized the first U.N. Earth Climate Summit (1992) in Rio de Janeiro, Brazil*
- **“... one has to free oneself from the illusion that international climate policy is environmental policy. Instead, climate change policy is about how we redistribute de facto the world's wealth ...”**
- *IPCC official Ottmar Edenhofer, November 2010*
- **“This is probably the most difficult task we have ever given ourselves: to intentionally transform the economic development model for the first time in human history.”**
- *Christiana Figueres, executive secretary of the U.N.'s Framework Convention on Climate Change, 2019*
- **“This is really about providing justice for communities ... So, really the heart of the Green New Deal is about social justice.”**
- *Rep. Alexandria Ocasio-Cortez (D-N.Y.), February 2019*



# The Value of an Icon

DAVID RICHARDSON

Commentary

The loss of a cultural symbol like Notre Dame de Paris raises mixed emotions for most of us.

Some were fascinated by a massive building engulfed in flame. It was more like a special effect from a Hollywood action movie or a major factory fire on the evening news. The building ablaze had no more than entertainment value for them.

For others, it's a tragedy that 200 years of construction effort and centuries of history was lost in moments. Some were distressed at the ruin of an enduring national symbol. For a few, it was sheer horror to see the center of the Christian community in Paris fall in ashes.

If we feel a sense of loss at the destruction of "Our Lady of Paris," it must be because it has value. After all, we aren't dismayed if we lose a gum wrapper. I don't hear anyone talking about why we should value Notre Dame. We assume it's valuable, but why?

For sure, it's one of the most visited tourist attractions in Europe. Notre Dame is an impressive architectural achievement. It's a piece of history. It's a work of art.

President Emmanuel Macron passionately declared, "Notre Dame is our history, our literature, part of our psyche, the place of all our great events, our epidemics, our wars, our liberations, the epicenter of our lives ... So I solemnly say tonight: We will rebuild it together."

What piques my curiosity is why? Why go through the effort and expense to restore it?

What is its True Value?

Notre Dame is a jumble of value contradictions. For all its iconic significance to France, Notre Dame is manifestly a cathedral. It's the seat of the archbishop of Paris. Yet the building and land are not owned by the church. They have belonged to the French government since 1905, and the Roman Catholic Church is the perpetual user of the building for religious purposes.

So the restoration is the government's responsibility. Isn't that odd, given the billions of euros it will cost to rebuild it? There have been 22 straight weeks of yellow vest protests in Paris because of budgetary mismanagement and burdensome taxation in France. The French government doesn't have billions of spare euros lying around. With a cash-strapped government, many wealthy Europeans and companies have already pledged hundreds of millions in donations to help restore the cathedral. Obviously, for them, Notre Dame is valuable enough to restore, but what is it that they value about it?

If it's merely a cultural symbol, would it not be simpler and cheaper to leave it as it is—a monument of French history? There are hundreds of castles, dolmens, abbeys, and ancient temples left in ruins throughout Europe. Notre Dame must have more value than these to justify the restoration effort and expense. If it's primarily an architectural and artistic prize, wouldn't a nice museum be better? The rescued relics and artworks could be displayed there, and the statuary and remaining stonework would endure for centuries with no further effort. This would be an



ERIC FEFERBERG/AFP/GETTY IMAGES

A firefighter pours water from the tower north of Notre-Dame de Paris Cathedral in the aftermath of a fire that devastated the cathedral in Paris on April 17, 2019.

easier and more cost-effective solution if this is Notre Dame's primary value.

Setting these cultural, historic, and artistic considerations aside, maybe Notre Dame's real value is precisely because it is a cathedral. Yet, in a demonstrably secular and post-Christian France, preserving a religious building seems a non sequitur. Barely half of French citizens believe in anything spiritual, and only 5 percent attend mass. After the French Revolution, Notre Dame was desecrated and rededicated as a temple in the atheistic Cult of Reason. Notre Dame could be restored to that stage of its history. Wouldn't that be more fitting given the spiritual state of France? Yet the renovated cathedral will likely resemble the cathedral of April 14, 2019. The value of a cathedral must be more than cultural, historical, or artistic.

Medieval Christians built cathedrals throughout Europe for a variety of reasons. These imposing edifices were a declaration of the majesty and power of God and the Church. They were statements of ego, pride, and devotion to God as cities competed to see who could build the biggest and tallest cathedral. They also were the center of church government for the cities and regions that made up the Holy Roman Empire.

More importantly, though, the architecture and art in a cathedral communicates a message—a distinctly Christian message. Romanesque and Gothic cathedrals enclose massive vertical spaces. They naturally instill awe in the visitor and draw the eyes upward in worship. The adornment of cathedrals gives parishioners a glimpse of heaven. Beyond the mythical creatures that embellish most cathedrals, the statues, symbols, and artwork conveyed biblical stories that are not considered myths.

The art in Notre Dame expresses stories from a book

Why go through the effort and expense to restore it? There have been 22 straight weeks of yellow vest protests in Paris because of budgetary mismanagement and burdensome taxation in France. The French government doesn't have billions of spare euros lying around.

that the largely illiterate people of the day were unable to read. Yet, from careful preaching and skilled artistry, medieval Christians learned of the all-powerful, all-loving Creator God who became a man. This man lived a perfect life, died on a cross for the sins of humanity, and rose from the dead. People who accepted his priceless sacrifice could be forgiven and live forever with their creator. One relic in the cathedral is believed to be the actual crown of thorns worn on the cross by Jesus Christ.

This is why Notre Dame must be rebuilt. Beyond its cultural symbolism, its historical significance, or its architectural and artistic importance, Notre Dame is a proclamation of the greatest story ever told that really happened and is really true.

Perhaps this disaster for the French people will be their 9/11 moment. In the aftermath of the destruction of the World Trade Center, many Americans turned back to Christ. I am trusting that this will be the French response. Perhaps this is their wake-up call to the vapid, soulless effect of secular and progressive ideologies.

Which has blessed France more: the teachings of Voltaire, Marx, or Christ? I daresay the latter if the French have the courage to embrace it.

David Richardson is the founder, president, and CEO of the Assumptions Institute, which harnesses the power of assumptions to help people and organizations find God and engage with him in their public lives.

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

# How Paris and Notre Dame Endured the Ravages of Socialism

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CONTINUED FROM A1



Notre Dame was among their targets for destruction. They took 28 stone statues of the Kings of Judah from the cathedral and beheaded them. They dressed farm animals in the clothes of priests and placed prostitutes at the heads of churches to represent the "Goddess of Reason." The cathedral itself was turned from a place of worship to a place of debauchery.

When Napoleon Bonaparte brought an end to the French Revolution, and banned the atheist Cult of Reason, he brought life to the cathedral again with his coronation in 1804. Yet Notre Dame would witness more terrible things still.

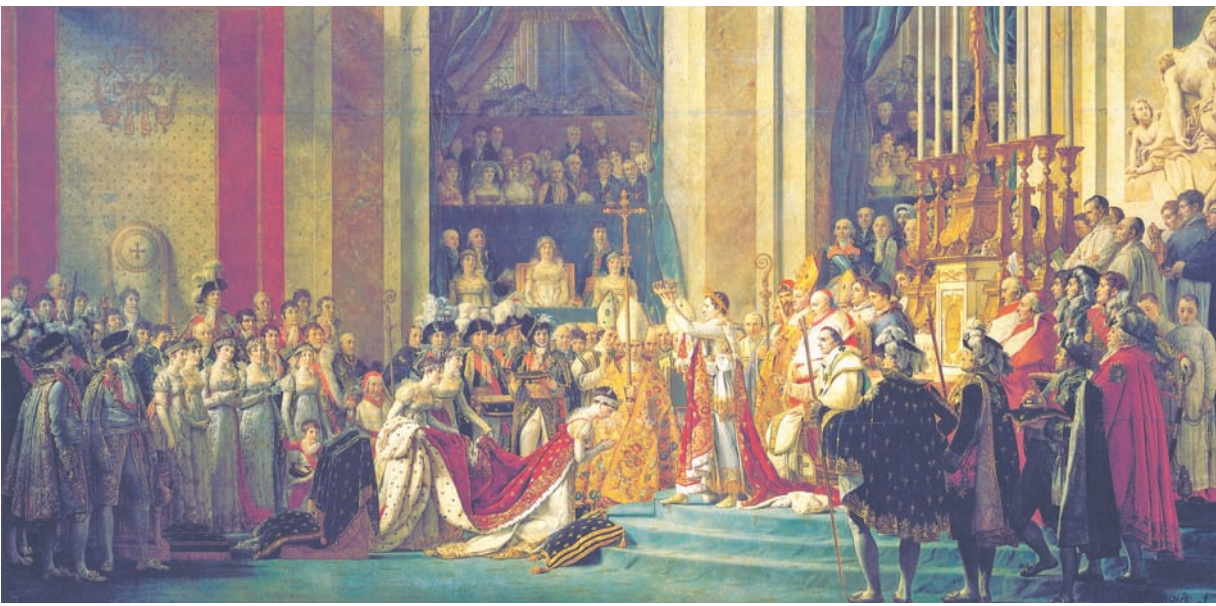
A Specter in Europe

The new age of the "Cult of Reason" soon gave rise to the new ideologies of socialism and communism—terms that were, until Vladimir Lenin's Bolshevik Revolution in 1917, used mostly interchangeably.

The idea of destroying tradition in the name of socialist revolution was carried out by François-Noël "Gracchus" Babeuf, whom Karl Marx called the first revolutionary communist. This outlook was brought into the new ideas of "communism" by Filippo Buonarroti in 1828, which would lead to the League of Outlaws in 1834, which became the League of the Just in 1847. This would later merge with the German Worker's Club, from which Marx would send his terror onto the world.

France, at the time, was still reeling from the aftermath of the French Revolution when, as Marx put it, the "specter" of communism had begun "haunting Europe."

The French socialists had launched additional uprisings in 1789, 1830, and 1848 before Napoleon III launched his own movement with a coup d'état in December 1851, which sought to



end the chaos that had enveloped France and seeped through Europe. His law included a ban of organizations such as the Cult of Reason, and restrictions on bodies the socialists were using, including unions and news outlets.

Yet, in 1863, Napoleon III lightened these restrictions, and according to "The Terrible Year: The Paris Commune, 1871" by Alistair Horne, French unions sent their representatives to join the first meeting of the Communist International in 1863, which was being promoted by Marx.

This was followed by Marx's Second International in 1867, along with his publication of "Das Kapital," and the staging of a new revolt in Paris by Marx's followers.

Terror in France

When Napoleon III again lightened restrictions, the socialists took full advantage. Their newspapers began pushing a new slogan that "moderation is death," according to Horne, "and passions seemed to be mounting towards an explosion comparable to that of 1848."

And explode these passions did, with the creation of the Paris Commune of 1871. Spurred by Marx's ideas that united the socialist factions across Europe,

Photo of the painting 'The Consecration of the Emperor Napoleon and the Coronation of Empress Joséphine on Dec. 2, 1804'

groups including the Jacobins and the Blanquists took control of Paris, and launched a new terror that would in just over two months—between March 18 and May 28—kill innocents, desecrate temples, and destroy a large portion of the art and architecture that Paris was known for.

Regarding their persecutions of priests and their destruction of temples, the Commune leaders issued a notice at the church of St. Pierre that stated, "Priests are thieves, and churches are haunts where the masses have been morally assassinated," according to "The Proletarian Revolt" by G.B. Benham.

What again began as a movement to replace traditions and belief with modernism and atheism, quickly led to the Commune leaders acting out the same terrors they claimed to oppose. And as it became obvious that their hold on power was coming to a rapid end, they acted against Paris with brazen acts of terror.

When Paris Burned

Amid their talk of confiscating all private property in true socialist fashion, they censored all rival newspapers and began arresting anyone suspected of opposing their aims. Then, they moved to destroy what they saw

as symbols of the old world.

The destruction started with the tearing down of the 840-foot Vendôme Column. Benham notes the Commune's proclamation, which called the column "a monument of barbarism, a symbol of brute force and false glory."

Yet the destruction would not end there. On May 23, as government forces moved in to stop them, the Commune leaders would set fire to as much of Paris as they could reach.

Dozens of historic buildings were destroyed by them, with fires spreading along the Rue Saint-Florentin, Rue de Rivoli, Rue de Bac, and Rue de Lille, and burning the famed Tuileries Palace. When they gutted the Tuileries Palace, according to "The Paris Commune 1871" by Robert Tombs, a Commune leader named Bergeret declared: "The last vestiges of royalty have just disappeared. I wish that the same will happen to all the monuments of Paris."

The Palais de Justice, the Prefecture de Police, the theaters of Châtelet and Porte-Saint-Martin would soon join the Tuileries in ruins. The Church of Saint-Eustache would be damaged, but would survive.

Their destruction also included the torching of the Richelieu li-

brary of the Louvre; the Louvre itself would have been lost were it not for the government soldiers who saved it. Among other buildings that would have been lost, but were saved by people who extinguished the flames, were the Palais-Royal and Notre Dame.

Remembering the Past

The Commune leaders then destroyed their own headquarters on May 24 with the torching of the historic Hotel de Ville, before their reign of terror was finally brought to a brutal end by incoming forces.

Yet the terror and goals of the movement they began were far from over.

Marx used the Paris Commune of 1871 to further spread communism, and inspired by the Commune's destruction, he laid a curse on France in his 1871 pamphlet "The Civil War in France," saying there could be "neither peace nor truce" between the new factions in France, and "the battle must break out again and again in ever-growing dimensions."

Communism's desire to destroy history would continue under all its systems that would follow—including under the Soviet Union and the Chinese Communist Party. It's a system, as Marx envisioned, to not only destroy belief, culture, and traditions, but even the memory of such things.

And now, Notre Dame has burned again, in an age when socialism has again enchanted many young people, and when calls are again being heard for the destruction of statues and monuments, using much of the same language as in the 19th century.

Yes, we watched as the flames slowly engulfed the roof of Notre Dame. But we also witnessed how people, moved by this disaster, joined—as mourners for a piece of their heritage that was nearly lost—to sing hymns.

And while Notre Dame again burned, its most important relics, left unharmed by the flames in its past, also survived the flames of today.



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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.

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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.)

### 4. Communism Debuts in Paris

The Paris Commune was established following France's defeat in the Franco–Prussian War of 1870. Though French Emperor Napoléon III had surrendered, the Prussian armies lay siege to Paris before withdrawing. The humiliation of surrender, combined with longstanding unrest among the French workers, led to a general uprising in Paris, and the newly established French Third Republic withdrew to Versailles, leaving a power vacuum in the capital.

In March 1871, the Paris Commune began with the rebellion of armed mobs and bandits from the lowest rungs of society, led by socialists, communists, anarchists, and other activists. The movement was affiliated with and heavily influenced by the First International. It aimed at using the proletariat as the agents of revolution to destroy traditional culture and transform the political and economic structure of society.

**The Paris Commune aimed at using the proletariat as the agents of revolution to destroy traditional culture and transform the political and economic structure of society.**

What followed was killing and destruction on a massive scale as the rebels laid waste to the exquisite relics, monuments, and art of Paris. One worker asked rhetorically, “What good does it do me for there to be monuments, operas, café-concerts where I have never set foot because I don't have the money?”

A witness to the destruction said, “It is bitter, relentless, and cruel; and is, no doubt, a sad legacy of the bloody Revolution of 1789.”

Another described the Commune as “a revolution of blood and violence” and “the most criminal [act] the world has ever seen.” Its participants were “madmen, drunk with wine and blood,” and its leaders “ruthless desperados ... the refuse of France.”

The struggle between tradition and anti-tradition had begun in the French Revolution and continued to play out eight decades later. The honorary chairman of the Paris Commune said: “Two principles share France: that of legitimacy and that of popular sovereignty. ... The principle of popular sovereignty rallies all men of the future, the masses who, tired of being exploited, seek to smash the framework that suffocates them.”

The extremism of the Commune originated in part from the hate-filled ideas of Henri de Saint-Simon, a utopian socialist who considered the welfare of a country proportionate to its number of workers. He advocated the death of the rich, whom he believed to be parasites.

In “The Civil War in France,” Karl Marx described the Commune as a communist state: “The direct antithesis to the empire was the Commune. The cry of ‘social republic,’ with which the February Revolution was ushered in by the Paris proletariat, did but express a vague aspiration after a republic that was not only to supersede the monarchical form of class rule, but class rule itself. The Commune was the positive form of that republic.” Additionally, he wrote, “The Commune intended to abolish that class property which makes the labor of the many the wealth of the few.”

The Paris Commune pioneered the characteristics of communist revolution. The Vendôme Column commemorating Napoléon was destroyed. Churches were looted, clergy slaughtered, and religious teachings banned from schools. The rebels dressed the statues of saints in modern clothing and affixed smoking pipes to their mouths.

Women participated in the savagery with enthusiasm that sometimes surpassed that of their male counterparts. A Chinese called Zhang Deyi, who was in Paris at the time, described the situation: “The rebellious not only included male thugs; women also joined in the rampage. ... They took up lodging in high buildings and feasted on delicacies. But their pleasure was short-lived, as they were unaware of the danger coming to them. On the verge of defeat, they looted and burned buildings. Priceless treasures were reduced to ashes. Hundreds of female rebels were arrested and admitted that it was mainly the women who led the arson.”

The violent frenzy that accompanied the fall of the Paris Commune is unsurprising. On May 23, 1871, before the last line of defense had fallen, the Commune authorities ordered the burning of the Luxembourg Palace (the seat of the French Senate), the Tuileries Palace, and the Louvre. The Paris Opera House, the Paris City Hall, the Ministry of the Interior, the Ministry of Justice, the Palais Royal, and the luxury restaurants and high-class apartment buildings on both sides of the Champs-Élysées were also to be destroyed rather than allowed to fall into the hands of the government.

At 7 p.m., Commune members, carrying tar, asphalt, and turpentine, started fires at multiple locations across Paris. The magnificent Tuileries Palace was lost to the flames. Fortunately, the arsonists’ attempts to torch the nearby Louvre were foiled by the arrival of Adolphe Thiers’s troops, who extinguished the conflagration.

**The struggle between tradition and anti-tradition began with the French Revolution and continued to play out eight decades later.**

Marx quickly readjusted his theory in the wake of the Paris Commune. The only modification he made to “The Communist Manifesto” was the assertion that the working class should break down and destroy the state mechanism, not simply take it over.

### 5. First Europe, Then the World

Marx’s updated manifesto made communism even more destructive in nature and widespread in influence. On July 14, 1889, six years after Marx’s death, 13 years after the dissolution of the First International, and 100 years after the French Revolution, the International Workers Congress was revived. Marxists rallied again in what historians refer to as the Second International.

Guided by communism and voicing slogans like “liberate humanity” and “abolish social classes,” the European workers’ movement established itself rapidly. Vladimir Lenin said, “The services rendered by Marx and Engels to the working class may be expressed in a few

words thus: They taught the working class to know itself and be conscious of itself, and they substituted science for dreams.”

The devil used lies and indoctrination to infect popular movements with communist ideology. More and more people accepted its ideology. By 1914, there were close to 30 global and local socialist organizations, and countless more trade unions and cooperatives. At the outbreak of World War I, there were more than 10 million union members and more than 7 million cooperative members.

**Just as World War I assisted the rise of the Russian communists, World War II prompted the communist movement to proliferate across Eurasia and swallow up China.**

In “How to Change the World: Reflections on Marx and Marxism,” historian Eric Hobsbawm wrote, “In these European countries, virtually all social thought, whether or not politically motivated like the socialist movement or labour movement, are visibly influenced by Marx.”

At the same time, communism began to spread to Russia and the East via Europe. From 1886 to 1890, Lenin studied “Das Kapital,” prior to which he had begun translating “The Communist Manifesto” into Russian. Lenin was imprisoned and later exiled. At the start of World War I, he was living in Western Europe.

World War I led to the triumph of communism in Russia. At the time of the 1917 revolution that toppled Czar Nicholas II, Lenin was in Switzerland. Half a year later, he was back in Russia and seized power in the October Revolution.

Russia was a nation with ancient traditions, a vast population, and abundant natural resources. The establishment of the Soviet regime on the territory of the world’s largest country was a huge boon for the world communist movement.

Just as World War I assisted the rise of the Russian communists, World War II prompted the communist movement to proliferate across Eurasia and swallow up China.

Josef Stalin said, “This war is not as in the past; whoever occupies a territory also imposes on it his own social system.” After World War II, the Soviet Union became a superpower armed with nuclear weapons, and it manipulated world affairs to promote communism throughout the world.

Winston Churchill said: “A shadow has fallen upon the scenes so lately lighted by the Allied victory. Nobody knows what Soviet Russia and its communist international organization intends to do in the immediate future, or what are the limits, if any, to their expansive and proselytising tendencies.”

During the Cold War, the free world engaged in a fierce confrontation with the communist camp that spread across four continents. Like a Taoist Taiji symbol, one half was “cold” communism and the other “hot” communism. The nations of the free world, democratic in form, slowly turned socialist in essence.

*This concludes Chapter Two.*

*See next week's edition for the next installment.*



# Nothingburger Mueller Report Came at a Cost Too Great for America

JASON D. MEISTER



*Commentary*  
Can you believe we waited two years for this 400-page nothingburger? We finally have special counsel Robert Mueller’s long-anticipated report, and all it contains is a bunch of information we already knew.

Paul Manafort was a tax cheat. Did you not know that?

Mueller, who was supposed to be dedicated to investigating the alleged Trump–Russia conspiracy, indicted Paul Manafort, whom President Donald Trump fired, for run-of-the-mill tax evasion that took place years before the election.

Trump was upset about the lies being told about him. He fired FBI Director James Comey, who, after breaking virtually every procedural norm in the Hillary Clinton email investigation, was following the advice of clearly biased deep state bureaucrats to pursue Russiagate. He thought that the interrogation and prosecution of Lt. Gen. Michael Flynn were unnecessarily harsh and aggressive, and he told Comey as much.

Did you not know that either? Of course you did. We all did.

Beyond the fact that most of this already had been reported in the press, much of it, including the president’s justified complaints about this “witch hunt,” is no more than the natural reaction anyone might have if they were being hounded by the FBI, Congress, and the press over allegations of a crime that never took place.

So here we are—yet again—contemplating the latest “bombshell.”

We’ll be told that “this changes everything,” even though it just confirms what Attorney General William Barr already stated; that Barr was “premature” in his conclusions, even though he pored over the report for weeks in consultation with Mueller himself; and that we need to see “the whole report,” including redacted grand jury material, even though Barr is not allowed to disclose such details.

I’d like to believe that this will be the last such “bombshell” non-story, but if we’ve learned anything over the past two years, it’s that real evidence has never been a necessary component of the Russiagate hoax.

Democrats such as Rep. Adam Schiff (D-Calif.), who repeatedly misled the American people about having seen evidence of collusion over the course of both Mueller’s investigation and the separate probe conducted



Deputy Attorney General Rod Rosenstein (R) listens while Attorney General William Barr speaks during a press conference about the release of the Mueller Report at the Department of Justice in Washington on April 18, 2019.

Was shaking the faith of millions of Americans in the very legitimacy of our democracy by trying to overturn a legitimate election result worth the boost a few politicians got in the polls?

by his own House Intelligence Committee, have too much invested in this to back down now. Like a teenager caught smoking by his parents, his lies are compounded by more lies.

Attorney General Barr’s summary of the Mueller report did not stop them from insisting that collusion must have taken place, and I doubt the full report will convince them, either.

Moments after Barr concluded his press conference explaining the report’s findings, CNN commentator Keith Boykin took to Twitter to declare it “a total waste of time,” saying, “William Barr is a lackey for Donald Trump. He should resign in disgrace.”

Many liberals are also upset that Barr made the determination not to charge Trump with obstruction of justice, but the very fact that Mueller declined to make a prosecutorial decision on that issue proves that he did not find the evidence to back up the charge. Moreover, Barr made it clear that the president was entirely cooperative

with the investigation behind the scenes, declining to assert executive privilege and encouraging witnesses to be honest and forthcoming.

Liberal conspiracy theories notwithstanding, the questions of collusion, obstruction, and conspiracy are settled. Trump and his campaign have been exonerated.

The remaining questions of political bias at the FBI and Justice Department, an improperly cozy relationship between the intelligence community and Democratic opposition researchers, and career staffers and legacy political appointees deliberately undermining the executive will be the subject of investigations to come, as Barr already has told Congress.

While Barr gets to the bottom of those concerns, the question that Americans should be asking themselves is, “Was this worth it?”

Was putting the entire country on an emotional rollercoaster for more than two years worth this empty, inconsequential report? Were the Pulitzer Prizes prematurely

awarded to The New York Times and The Washington Post worth devoting news cycle after news cycle to a non-story?

Was shaking the faith of millions of Americans in the very legitimacy of our democracy by trying to overturn a legitimate election result worth the boost a few politicians got in the polls?

Now that Mueller’s report is out, it’s quite clear that it wasn’t worth the price. We’ve spent the past two and a half years obsessing over a half-baked conspiracy theory manufactured by frustrated partisans, and we have nothing to show for it other than the anger and distrust this witch hunt has left in its wake.

*Jason D. Meister is an advisory board member for the 2020 Trump campaign.*

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

## Optimism and Its Costs

PAUL ADAMS



*Commentary*  
Here is one version of a well-known ancient Chinese wisdom story:

There is a Taoist story of an old farmer who had worked his crops for many years. One day, his horse ran away. Upon hearing the news, his neighbors came to visit. “Such bad luck,” they said sympathetically.

“Maybe,” the farmer replied. The next morning, the horse returned, bringing with it three other wild horses. “How wonderful,” the neighbors exclaimed. “Maybe,” replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune. “Maybe,” answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son’s leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. “Maybe,” said the farmer.

On one reading, this story is a parable about blessings in disguise, misfortunes that, in the end, turn out for the best. It is a warrant for optimism, a mental attitude that expects the best outcomes, at least in the long run. Negative events have temporary causes, positive ones more permanent, long-term ones. Bad stuff happens, but in this view, the arc of history bends toward justice, or equality.

True or not, there’s much to be said psychologically for this optimistic vision. Research by Martin Seligman and other leaders of the “positive psychology” movement suggests there is a self-fulfilling quality both to optimism and pessimism.

A disposition to expect the best outcomes seems to make us happier. It predicts better relationships, higher social status, resilience in the face of adversity, and behavior that promotes health. Pessimism, on the other hand, may express itself in individuals as depression, anxiety, and feelings of helplessness. Culturally, as some see as evident today in the West, it may manifest itself as



nihilism, cynicism, defeatism, and loathing of one’s own cultural heritage.

Furthermore, optimism can be learned, according to Seligman. For those with a low base level of optimism, being conditioned to be more optimistic makes people better able to handle adversity, and less likely to be depressed. They learn to dispute their negative beliefs and interpretations, and aim to habitually notice positive things in their lives and build feelings of gratitude. A simple method is to count one’s blessings, noting at the end of each day three specific positive things that happened and why. As little as one week of doing this can produce measurable improvement in someone’s happiness level. In learning new habits, we are building virtues and strengths necessary for human flourishing.

But optimism has its downside, as well. Most obviously, our tendency to look at what could go wrong was necessary—and not only for the survival of our distant ancestors surrounded by natural hazards, deadly predators, and hostile clans and tribes. It’s essential today to soldiers in the field, generals, planners, CEOs, policymakers, and

▲ A farmer and his horse.

It’s a reminder, in the old East European saying, that all things human, given enough time, go bad.

even—despite the tendency to overprotect and coddle the young—to parents.

We learn from our mistakes and by removing those blinders that keep us, in our unconstrained optimism, “from seeing, seeking, using, or sharing highly relevant, easily accessible, and readily perceivable information during the decision-making process,” according to Harvard Business Review.

Optimism, as Sir Roger Scruton shows in his book on “The Uses of Pessimism: And the Dangers of False Hope,” can take the form in politics, architecture (as in the work of Le Corbusier), and other fields of a utopian, even totalitarian, disregard of the wisdom, experience, and desires of ordinary people over countless generations. Instead, a revolutionary elite, often under the leadership of an all-powerful dictator, substitutes its own reason, will, and power to remake society from scratch and impose its own ideas on the ignorant, “unwoke” masses.

When things go wrong, as they inevitably do, blame has to fall on scapegoats—kulaks, bankers, bourgeois counter-revolutionaries, toxic males, Christians, or traitors from

within. It’s never the fault of those who sought to replace history, culture, and tradition with the wisdom of a small revolutionary vanguard. At most, it was the fault of those who distorted and corrupted the original vision.

The ancient story of the farmer and his horse, as we saw, seems to be a case for optimism in the face of adversity. Punctuate it differently, however, and it tells of how good fortune is followed by bad. Begin with a piece of good luck succeeded by a reversal of fortune, and we have a story of the fickleness of fate. It’s a reminder, in the old East European saying, that all things human, given enough time, go bad.

The story contains both elements. It’s not a case for optimism or pessimism, but shows us the need for the virtue of equanimity or composure in the face of good fortune or bad. It reminds us that, as parents, social workers, generals, or political leaders, we don’t have as much knowledge or control of events as we might think. We need humility to recognize the limits of our understanding and control of our own lives and, even more, the lives of others. Things may work out well “in the end,” but the end, in this life, never comes. As the ancient Greek historian Herodotus, put it, “Call no man happy until he is dead.”

Optimists, it’s said, proclaim that we live in the best of all possible worlds. And pessimists fear this is true. In place of either extreme view, we need a principled realism that grows out of and builds the virtues and strengths that keep us not only from despair and helplessness, but also from arrogance, pride, and overconfidence in our moral superiority, foresight, and wisdom.

*Paul Adams is a professor emeritus of social work at the University of Hawai‘i and was a professor and associate dean of academic affairs at Case Western Reserve University. He is the co-author of “Social Justice Isn’t What You Think It Is” and has written extensively on social welfare policy and professional and virtue ethics.*

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



A City of Colours

Cathedrals, gardens, palaces, and Andalusian sunshine; Seville is a prized Spanish gem packed with 2,200 years of history.

See B4



Flavour Boost, Energy Suck

Feeling sluggish? Here's a common food preservative that could be the culprit, and is likely a significant part of your diet

See B8

APRIL 25-MAY 1, 2019

LIFE

THE EPOCH TIMES



After the Trojan War, it took Odysseus 10 years to get home. Each of the adventures on his journey required that he master an aspect of his own character. A detail from “Odysseus und Polyphemus,” 1896, Arnold Böcklin.

ODYSSEUS AND THE ENNEAGRAM

Finding the True Self  
Odysseus’s Journey *Part 1*

An ancient personality tool, the enneagram

JAMES SALE

*In this multipart series, “Finding the True Self,” we will discuss nine types of personalities and their flaws, and show how Odysseus, through his adventures, overcame them to find his way back home.*

The “Odyssey” is the most famous homecoming story in Western literature and mythology. It is justly famous because it is a work that one can truly say is divinely inspired: In its opening few lines, Homer invokes the Muse, whom he calls the “daughter of Zeus,” the king of the gods, as the inspiration for the poem.

There is so much in the “Odyssey” to provoke the imagination and to touch the heart. For example, this isn’t just a story about a man finding his way home to his wife and son, but the journey of mankind in search of our own souls. In other words, this is not just some physical adventure, but a deeply psychic, symbolic, and spiritual one too.

Indeed, it is quite early on in the tale when Polyphemus, the Cyclops, calls on his father, the Sea God, Poseidon, to avenge his blind-

ness, and Poseidon hears his son. Thus, it is that the very depths of the sea, symbolizing our raging emotions and deep subconscious, are pitted against Odysseus. He must contend with them if he is ever to get home and become himself; for home is where we are our selves. Only at home can we relax.

What Is the Enneagram?

What is surprising, perhaps, is the discovery that the “Odyssey” is not just a story but also a heuristic, personality tool! The Enneagram (from the Greek, meaning nine points) is, among other things, a personality-typing device or symbol.

It came to recent prominence in California in the 1950s. There is some dispute among experts as to the exact origins of the Enneagram, but according to Judith Searle in her book “The Literary Enneagram,” the Enneagram was known as early as 2500 B.C. in Babylon or the Middle East, and that its symbol was familiar to the Greek mathematician and philosopher Pythagoras (circa 582–507 B.C.).

Continued on B2



ODYSSEUS AND THE ENNEAGRAM

# Finding the True Self

## Odysseus’s Journey *Part 1*

Continued from B1

So this easily means that Homer could have been familiar with the Enneagram and incorporated it into his masterwork.

To take a more contemporary tool, the Myers-Briggs might be considered a rival of the Enneagram. But the Enneagram seems sourced with wisdom from a much deeper level in the human psyche. And once it surfaced in California, there was an explosion of books and literature on the topic, and Enneagram studies became mainstream and popular around the world.

What, then, is the Enneagram? At the risk of oversimplifying, the Enneagram is a personality tool that classifies all people into one of nine types. Although there are only nine, there is massive complexity within and across the types.

Before considering how this works in the “Odyssey,” let’s consider what these types are that each one of us corresponds to.

**The Nine Types of People**

Each of us is one number that has a specific self-image and positive motivation, and each has one “deadly” sin that tends to be his or her Achilles’ heel, and which must be overcome to reach one’s full potential.

It is important to understand that one can only be one number, and this doesn’t change over one’s lifetime. However, that said, the numbers are fluid as the Enneagram symbol suggests. Adjacent numbers (called “wings”) may impact one’s primary number, and there are other ways in which numbers interact with each other.

If we go around in order from One to Nine and describe each’s essential characteristics, it may be possible to identify what one’s Enneagram number is. Usually, most people identify with two or three numbers, and then it’s a question of getting feedback to narrow the options down. I like the oral tradition of ascertaining where one is by careful sifting of the qualities of each number.

**Starting Clockwise, With Ones**

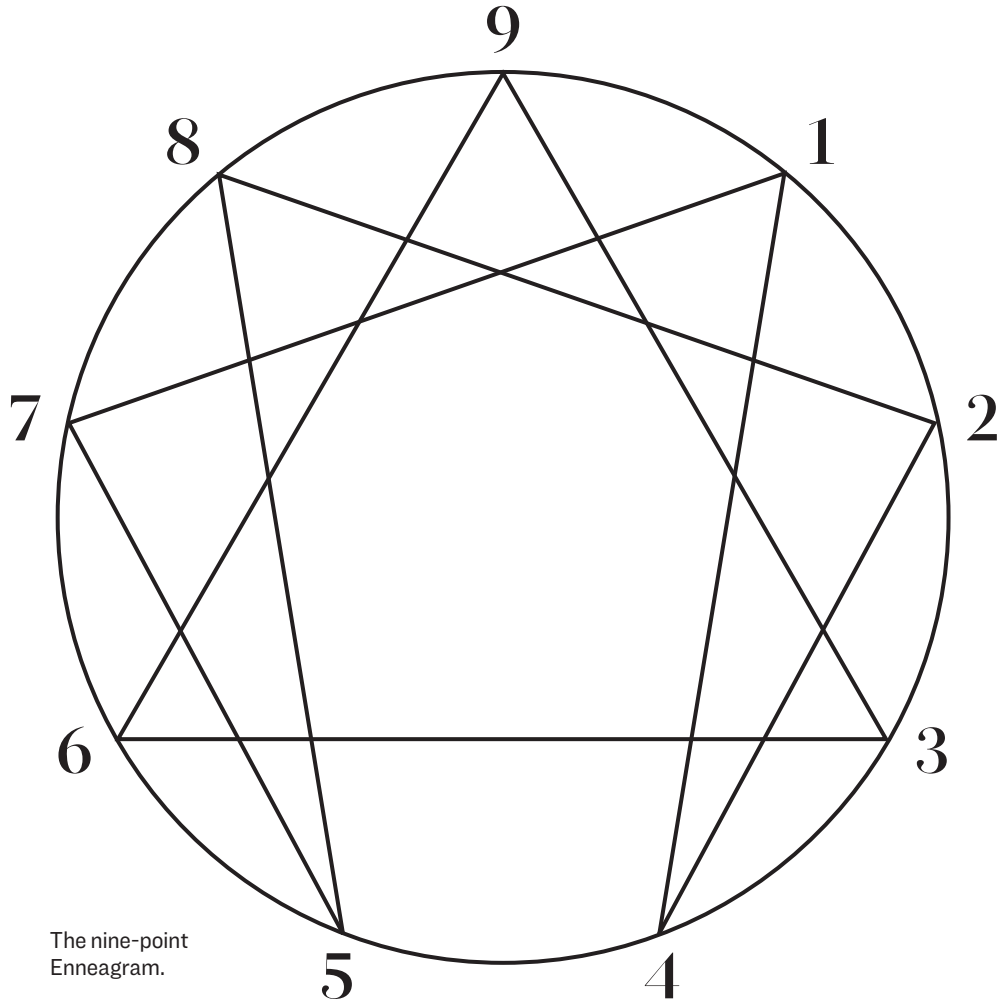
Number Ones believe “I am right” and have a basic desire to do good and so tend to be idealistic. Their deadly sin, often repressed, is anger. Because Ones are perfectionists, and so reformers, their anger is repressed for they know that if they were perfect, they wouldn’t experience it!

At their best, Ones are good people wanting to improve the world. Of course, at their worst, they are self-righteous, arrogant, and highly judgmental of others.

The Enneagram is a personality tool that classifies all people into one of nine types.

1. Using his wits, Perseus, possibly a Six, was able to slay the monster Medusa. “Perseus,” by Benvenuto Cellini. In the Loggia dei Lanzi of Florence, Italy.

2. Calypso was most likely a Two, sometimes called the Lover. “Calypso Calling Heaven and Earth to Witness Her Sincere Affection to Ulysses,” 18th century, by Angelica Kauffmann.



The nine-point Enneagram.

The number Twos’ self-image is “I help,” and their basic desire is to feel love and to be a loving person, but their deadly sin, again often hidden even from themselves, is pride. This is surprising but arises because in their desire to help others, they often develop a sense of superiority over those they help: But for my help, what a mess so-and-so would be in.

Furthermore, while wishing to help others, they can deny that they need help themselves. This can, perversely, create exactly the opposite effect of the love that Twos intend.

At their best, Twos are generous helpers, loving, and openhearted friends; at their worst, they are flatterers, martyrs, and manipulators.

Number Threes’ self-image is “I am successful,” and their basic desire is to be valuable, or an effective person, but their deadly sin is deceit, and often they fool themselves about their true motives. This is because image is vitally important to Threes. So as they sculpt their own images to appear successful, they can easily end up believing their own hype!

Some writers on the Enneagram think that whole countries can be characterized by a dominant number: Threes’ quest for success is often considered typically American.

At their best, they are motivating, goal-orientated achievers; at their worst, they are workaholics, and as Michael Goldberg says in his wonderful book “The 9 Ways of Working,” “soulless hustlers.”

**Who Wants to Be Different?**

Fours see themselves as “I am different,” and their desire is to be unique or original people. Their deadly sin is envy because they can’t help but look on others and compare themselves, and feel they come up short. Hence, they focus on authenticity and originality as a way of compensating for comparative deficiencies. Fours are often considered artistic types.

At their best, Fours are sensitive, aesthetic, and profound; at their worst, they tend to be depressive, self-absorbed, and spiteful.

Fives’ self-image is “I see through,” and their basic desire is to master, as in becoming a wise person. But their deadly sin is avarice: There is never enough knowledge, so they tend to hoard it. They have a fear of not knowing enough. If the Americans are generally expansive Threes, the Brits are sometimes considered introverted Fives. At their best, Fives are perceptive, objective, and wise; at their worst, they are cold, pedantic, and distant loners.

The Sixes’ self-image is “I do my duty,” and my basic desire is to be supportive and supported, and to be perceived as a loyal person. If Fives tend to be loners, then Sixes tend to be social and team workers. Their deadly sin is fear, especially of not being supported, or of being betrayed, which can create massive anxiety for them.

At their best, Sixes are committed, loyal, self-sacrificing team players; at their worst, they are suspicious, paranoid, and centers of deep negativity.

Sevens see themselves as “I am happy”; to be satisfied is their desire, and to be a joyful, optimistic person. But their deadly sin is gluttony, or excess. They seemingly cannot get enough positive experiences and are always propelling themselves forward to find the next one. Because of their quest for excess, important things often never get completed, as they move to the next thing.

At their best, Sevens are innovative, inspirational, and big-picture people; at their worst, they are irresponsible, shallow, and underachievers.

**Here’s the Boss, at Eight**

Eights perceive themselves as “I am strong,” and their basic motivation is to protect themselves and to be a powerful person. Their deadly sin is lust, not just in a sexual sense but also as in a desire or lust for power. They want to know who’s in control, and they want it to be them! Being weak is what they must avoid.

At their best, Eights are high-energy, take-charge, and responsible individuals; at their worst, they are confrontational, reckless, and

1



2





ALL PHOTOS IN THE PUBLIC DOMAIN



3



4

vindictive.  
Finally, Nines see themselves as “I am content.” They wish to experience wholeness and be a peaceful person, but their deadly sin is sloth, or what the ancients called *acedia*—the inability to take effective action. Part of this inactivity is due to their ability to see both sides of a position, and so to fail to choose either.

At their best, Nines are empathetic, reliable, and harmonious; at their worst, they are apathetic, listless, and stubborn.  
Having read an overview, you might consider what number you think most represents your personality. And while you are thinking about it, our Part 2 of this series will begin to explore how these are revealed in Homer’s “Odyssey.”



5

James Sale is an English businessman and the creator of *Motivational Maps*, which operates in 14 countries. He has authored over 40 books from major international publishers, including Macmillan, Pearson, and Routledge, on management, education, and poetry. As a poet, he won first prize in *The Society of Classical Poets’* 2017 competition.

3. Narcissus shares some traits with number Four types, sometimes considered the artist type. “Narcissus Changed Into a Flower,” 1771, by Nicolas-Bernard Lépicicé.

4. Achilles, likely an Eight and certainly a man of strength, could be vindictive, as he was to the Trojan Hector, whose dead body he dragged behind his chariot. “The Triumph of Achilles,” 1892, by Franz Matsch. A fresco on the upper level of the main hall of the Achilleion at Corfu, Greece.

5. Odysseus must confront Poseidon, who represents the very depths of Odysseus’s soul. “Travel of Poseidon by Sea,” 1894, by Ivan Aivazovsky.

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PEOPLE WHO SHAPED CHINA

STORIES FROM THE HISTORY OF THE MIDDLE KINGDOM

ONE

“Awesome!!!

I’m a history buff, and I’ve been reading a lot of Chinese historical fiction. I originally tried delving into Chinese historical non-fiction, but everything I found was way too dry or political.

This book breaks down the most important historical figures of Chinese history into easy to read short stories that tell their historical impact. What’s amazing about Chinese history is that **the stories are gripping, wise, and dramatic.** It’s so fun to read and I highly recommend it to anyone looking to pick something up about Chinese history.

It’s the perfect blend of fiction and non-fiction!

— Yinyin

**Fascinating stories!**

To my surprise, the book is quite an easy read. It keeps the difficult Chinese names at the minimum and presents interesting stories and characters. Great content for my children to complement their Chinese language studies!

— Amazon customer

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The Plaza de España.

# Under Seville’s Sunny Skies

WIBKE CARTER

Some like it hot, especially in the middle of a long, blustery Australian winter, and so the idea of spending a summer vacation in Andalusia, Spain, was an easy sell to me. Seville, the region’s capital, was high on my bucket list though nothing had pre-pared me for the beauty of the city—or the scorch-ing heat. Seville is the hottest major metropolitan area in Europe.

On arrival, the thermostat showed a daunting 42°C (107.6°F), but I quickly realized that the city fathers throughout its 2,200-year history had created many places to make the heat more bear-able. These include the famous Seville Cathedral,

**The beauty is in the detail, such as the ceramic-tiled alcoves displaying scenes and maps of the various provinces.**

the gardens of Alcazar palace, and the alcoves of Plaza de España. One of the greatest sights in Seville is the Plaza de España, although the word ‘plaza’ doesn’t do justice to this enormous structure. So with a sun hat, lotion, and plenty of water, I discovered this historic city under the Andalusian sun.

**Seville Cathedral**

One of the Seville’s most visited sites is the Se-ville Cathedral. After its completion in the early 16th century, just after Christopher Columbus returned from America, it supplanted the Hagia Sophia in Istanbul as the largest cathedral in the world. It is currently ranked third-largest worldwide. The cathedral seemed the place to be, with a couple of young girls filming their own dance performance in front of it, a group of Native Americans playing folk songs, and horse-drawn carriage operators waiting for business. A long lineup to get in was not very appealing in the

baking sun, but I decided to take my chances and luckily, after about 25 minutes, I entered the dark, cool interior. The sheer size of the building is overwhelm-ing—no doubt a feeling its founders intended to evoke. The cathedral was mainly built to signify the importance of the city, and to replace the old mosque that stood on the site under Muslim rule, part of which was destroyed in an earthquake. It is built in the Gothic style, but the old minaret survived as La Giralda, the bell tower, a beloved landmark of Seville with an impressive height of 343 feet. Other notable aspects include the huge central nave and four side aisles, the gilded altarpiece—the largest in the world—with more than 1,000 carved figures, and the tomb of Columbus, which may or may not contain his remains.

**Roman, Moorish, Christian Influences**

Directly opposite the entrance to the cathedral is the General Archive of the Indies containing extremely valuable documents illustrating the history of the Spanish Empire in the Americas and the Philippines. It is said to house 5.5 miles of shelving holding 43,000 volumes, amounting to about 80 million pages. The building is one of three UNESCO World Heritage Sites in the heart of the city, along with the cathedral and the Alcázar palace complex. In many ways, the Alcázar is similar to the more famous Alhambra in Granada for they share a similar architectural history: originally a Moorish fort adapted later by Christian rulers. It is the oldest royal palace still in use in Europe, with the upper levels used by the Spanish royal family as its official Seville residence. After pass-ing through the red Lion’s Gate, it was tempting to get lost in the state rooms, lavish courtyards, and uniquely styled gardens. It’s easy to get around the Old Town on foot and I marveled at the many impressive build-ings that remind visitors of the city’s vibrant Roman, Moorish, and Christian past. The many small lanes felt like a maze and it was hopeless trying to find them on the map. So I just kept on drifting aimlessly past the thick defensive walls of the Alcazar, small parks with welcome shade on colorful mosaic benches, and immaculate domestic courtyards.



Intricate decorations adorn the Alcázar.



Seville Cathedral.

# How Venice Coped With Its Own ‘Airbnb Problem’ During the Renaissance

ROSA SALZBERG

Cities around the world have found it dif-ficult to balance the interests of visitors with the needs of residents, as holiday rental platforms such as Airbnb have grown in popularity and size. Evi-dence shows that the conversion of rented homes to short-term accommodation contributes to housing shortages, raises house prices, speeds up gentrification, and erodes local communities. Cities including Amsterdam, Ber-lin, Barcelona, and London have acted to curb these negative effects, impos-ing new taxes or limiting the number of nights that a property can be rented out. Today, Venice is one of the worst affected cities: the resident population has fallen to its lowest level in centuries and city leaders are looking for ways to mitigate the ill effects of mass tourism. Yet the city also has a long history of managing the pros and cons of migration and tourism, and finding ways to profit from—but also integrate—foreigners. Indeed, in Renaissance Venice, a huge influx of foreigners fueled the rise of a large informal lodging sector, which was

**By the 16th century, Venice was the cap-ital of its own huge empire and a major crossroads of trade and travel between mainland Europe and the Mediterranean.**

difficult to tax and regulate and had a major impact on the urban community. Sound familiar? **Renaissance Boom Town** By the 16th century, Venice was the cap-ital of its own huge empire and a major crossroads of trade and travel between mainland Europe and the Mediter-ranean. At the same time as painters including Titian and Giorgione were making the city a center of Renaissance culture, the population surged from around 100,000 to nearly 170,000 in just 50 years. Unlike today, the people drawn to Ven-ice at the time were mostly international merchants and entrepreneurs, migrants looking for work in local industries, or refugees from war and hunger. But the first tourists also arrived in this period, such as the French writer and noble-man Montaigne, who came to explore the city’s cultural treasures. And all of these people needed somewhere to stay. My research has shown how hundreds of ordinary Venetians at this time saw a chance to make money on the side by renting rooms or beds. Many were

women who struggled to earn a living in other ways: people like Paolina Briani, who in the 1580s rented rooms to Muslim merchants from the Ottoman empire, in her home a few minutes’ walk from Piazza San Marco. By opening up their homes to migrants and travelers, these accommodation providers—unlike the mostly absentee Airbnb owners of today—shared intimate spaces with people who spoke different languages and practiced different reli-gions. **Regulating the Informal Economy** The rapid growth of this informal econ-omy of lodging alarmed the Venetian government. Fearing the spread both of diseases and of threatening politi-cal and religious ideas, the government was anxious to regulate and monitor the presence of foreigners in their city. They also wished to minimize competition with the city’s licensed inns—a profitable source of tax revenues. So, a bit like today, the government made efforts to register and tax lodg-ing housekeepers and force them to re-port on the movements of their tenants.

Though this regulation was very difficult to enforce because of the informal nature of many lodging enterprises, Venice’s rulers did not try to eliminate this sector altogether. While wanting to control the move-ment of people, they also saw that mi-grants and visitors were crucial to the city’s economy and its cultural power. They wanted to welcome anyone who brought valuable goods, innovative ideas or essential manpower. At the same time, the government took into account that ordinary Venetians—especially vulnerable and poor groups such as widows—also profited from the influx. And the money that residents made by offering lodging might be es-sential to their survival. **A Delicate Balance** To be sure, Venice’s authorities did not welcome all visitors. They took ag-gressive action to stop “undesirables” (such as beggars and prostitutes) from entering the city. They also put more and more pressure on religious minorities to live in segregated spaces—most notably the Jewish Ghetto.



ALEKSANDAR TODOROVIC/SHUTTERSTOCK



FARBREGAS HARELUYA/SHUTTERSTOCK



**To me, Seville will always be a city of colors.**

**Gardens and Waterways**

One of the greatest sights in Seville is the Plaza de España, although the word “plaza” doesn’t do justice to this enormous structure. Built for the Ibero-American Exposition of 1929 (Expo 29), it is a semi-circular continuous complex of buildings with a tower at either end. Following the curve is a canal crossed by four bridges, and in the center of it all is the plaza itself.

The beauty is in the detail, such as the ceramic-tiled alcoves displaying scenes and maps of the various provinces. I would have loved to look at all the mosaics in more detail, but sights are abundant in this city and so I wandered further into María Luisa Park, in which Plaza de España is located.

Stretching along the Guadalquivir River, María Luisa Park is Seville’s principal green area. An array of gardens and grand boulevards, the park features tiled fountains and benches, palms and orange

trees, stylized flower beds, and white statues. I rested for a while at the water-lily pool, reading the city guide and taking in the soothing atmosphere, then continued down to the riverbed where the next striking structure was unmistakably visible from afar: El Torre del Oro (Tower of Gold).

The tower is a dodecagonal military watchtower and also served as a prison in the Middle Ages. Although the name implies that the top is coated in gold, it is actually derived from the golden reflection the tower projects on the river due to the building materials of mortar, lime, and hay. Inside, El Torre del Oro is a museum which showcases the naval history of Seville and the importance of its river.

To me, Seville will always be a city of colors: the red Lion’s Gate, the earth-colored city walls, the multi-colored tiles of Plaza de España, the golden El Torre del Oro, the green gardens of Alcázar, and the blue, sun-kissed sky of Andalusia.

*Wibke Carter is a travel writer who hails from Germany, has lived in New Zealand and New York, and now enjoys life in London. Her website is WibkeCarter.com*

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Your hotel concierge will likely have established relationships with reliable guides who provide good services.

**THE CONSUMMATE TRAVELER**

**How to Find a Private Tour Guide That’s Right for You**

**MICHELE GONCALVES**

Visiting a new land is certainly an exciting experience. Depending on what country you are exploring, you may be able to handle the adventure on your own, or you may need some help. In fact, realizing when to surrender and engage a private tour guide is an important decision point that can affect your entire experience.

I recently hired a private guide during a weekend trip in India, and the biggest lesson that I learned from the experience is that you get what you ask for, whether you realize what you are asking for or not. Here are some useful tips on soliciting tour guide services.

**Identify Prospective Candidates**

My favorite way to research options for all of my travel needs, such as hotels, restaurants, and even tour guides is to research travel blogs and well-established websites such as TripAdvisor. The speed and efficiency of using this approach are very convenient.

Another great option is to work through the concierge of your hotel. Once you have booked your stay, ask them to help arrange a private tour guide or offer you suggestions and contact names. They will likely have established relationships with reliable vendors that provide good services.

**Outline Your Needs and Get Quotes**

Once you have a few candidates in mind, it is always a good idea to ask for at least three quotes in writing before making a decision. The most important part of soliciting these quotes is outlining all of your needs and wants very clearly so that your tour guide understands the level of service you desire.

**The biggest lesson that I learned from the experience is that you get what you ask for, whether you realize what you are asking for or not.**

This is where I went a bit wrong on my latest experience in India. In my initial email, I asked for a quote regarding a private tour of the city’s main attractions. I thought this would have included someone accompanying me into the sights themselves and giving me a short explanation about what I was looking at. Well, my guide did not interpret my request this way. As a consequence, I was provided with only a car service to shuttle me back and forth to the different locations, and nothing more.

Make sure you get a price quote for all the different services being requested, such as airport pickups or additional shopping excursions. You don’t want to be hit with any surprise “service fees” at the end of your trip. Insist on getting the full price upfront in writing before you accept their services.

**Confirm Agendas and Contact Info**

A week or so before your arrival, it is always a good idea to communicate with your tour guide to confirm your arrangements. If you want to change anything, it is best to share that information immediately rather than waiting until you arrive on-site. Also, this is the best time to make sure you have their contact information such as e-mail addresses and mobile phone numbers. Test them to make sure they work before you leave for your trip. In fact, my colleague was able to connect with our guide very effectively during our trip using the popular “WhatsApp” app. When we were ready to leave a sightseeing spot, she would send him a message and he would bring the car to the proper location to meet us. This worked out really well.

**Don’t Be Afraid to Speak Up**

If there is something going awry with your experience, share your thoughts with the guide on the spot politely and determine if there is a way to fix whatever you feel is not working. When my colleague and I realized that our guide was not going to enter with us after we reached our second location, we asked him why this was happening. He explained that in my initial request, I didn’t specify that we wanted an accompanying tour guide. It turns out he does not have a license to be an official city tour guide, and only has a tour guide driver’s permit. Had he understood our request more clearly, he would have assigned a different guide on his team to us. This was a great lesson learned.

As always, I wish you the happiest of travels!

CANADASTOCK/SHUTTERSTOCK



The Basilica di Santa Maria della Salute in Venice, Italy.

But they also saw the benefits of promoting a diverse and flexible hospitality industry that could serve the interests of locals as well as visitors. Licensed lodging houses were allowed to flourish and, alongside the inns, became a central part of the city’s emerging tourist infrastructure.

Many newcomers who came to stay in residents’ homes—where they might learn something of the local language and customs—went on to settle and integrate into the community. In its regulation of the hospitality industry, Renaissance Venice struck a delicate balance between the interests of foreigners and locals, which was crucial to the city’s economic, cultural and political strength.

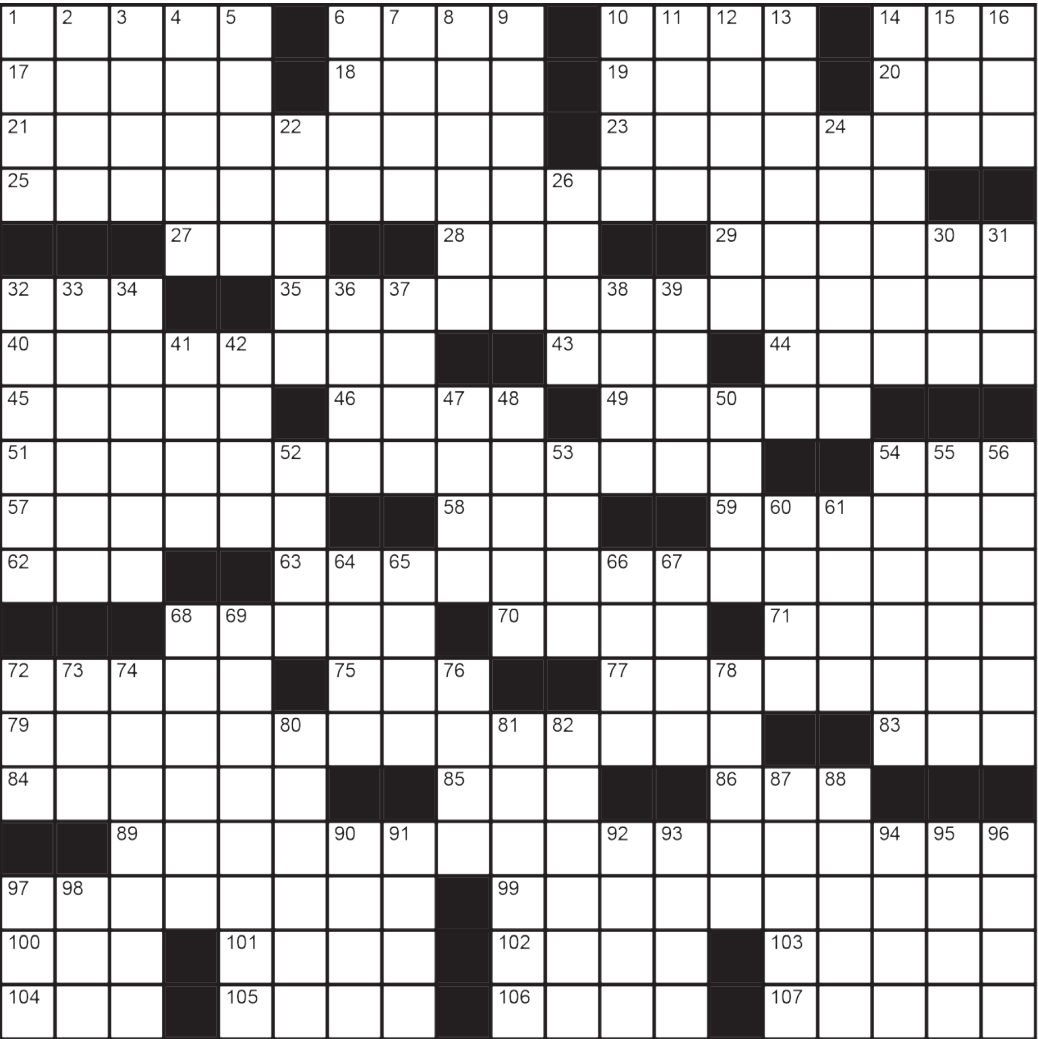
Today, such a compromise appears very difficult to achieve. There are differences between then and now: in the reasons people come to the city; in the nature of competing urban needs; and in the likely solutions and policies. But it seems that cities can take a lead from Renaissance Venice, and act to promote meaningful interactions between visitors and residents; for example, as Berlin has done, by banning people from renting out entire flats on Airbnb. The Venice of 500 years ago challenges people to think about “the Airbnb problem” in a more nuanced way.

*Rosa Salzberg is an associate professor of Italian Renaissance history at the University of Warwick in England. This article was first published on The Conversation.*



CROSSWORD

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



- Across**
- 1. Lacking
  - 6. Halfback's "run"
  - 10. "Fine" in Perth
  - 14. "Harper Valley \_\_\_\_"
  - 17. Aborigine's call
  - 18. Dunkin' treat
  - 19. Time long past
  - 20. Pencil holder
  - 21. Is applicable (with "to")
  - 23. \_\_\_\_ acid (baking powder ingredient)
  - 25. Revocations of power
  - 27. \_\_\_\_ Pedro
  - 28. Latish lunchtime
  - 29. Constellation between Perseus and Gemini
  - 32. Tourist's aid
  - 35. He sang backup for Tom Petty on "I Won't Back Down"
  - 40. Freezing rain event
  - 43. Back-room maneuverer (Abbr.)
  - 44. Skewered Thai treat
  - 45. Beethoven's "Choral" Symphony
  - 46. Parts of a min.
  - 49. Alpine call
  - 51. Merge
  - 54. Getaway
  - 57. Hawaiian dress
  - 58. It's spotted in casinos
  - 59. Ruined one's dinner, perhaps

- 62. Nile reptile
- 63. Garb for expectant fathers?
- 68. It goes around the wraps, nautically
- 70. Fountain order
- 71. Slowly, on a score
- 72. Roar
- 75. Wood-cutting tool
- 77. The world's largest is China
- 79. Special-handling designation at the post office
- 83. Eye
- 84. Do the Wright thing
- 85. By means of
- 86. theepochtimes.com, e.g.
- 89. Philosophy placing ethereal above the empirical
- 97. Embryonic stage
- 99. Actually usable
- 100. Absorb, as a cost
- 101. Land of poetry
- 102. Go ballistic
- 103. Wedding
- 104. Double standard?
- 105. Back-to-school time: Abbr.
- 106. Springs
- 107. Put forward

- 47. Yield
- 48. Rouses
- 50. Refuse
- 52. Insect stage
- 53. Nevada city
- 54. Literally, "way of the gods"
- 55. Dog owner
- 56. Gather on the surface, chemically
- 60. Norway's capital
- 61. Plaintiff
- 64. Church area
- 65. Catherine Palace resident, once
- 66. "The very \_\_\_\_!"
- 67. Show starring Andy Kaufman
- 68. Franciscans and Carmelites
- 69. Reissues earnings with corrections
- 72. Maidenform product
- 73. "My Name Is Asher \_\_\_\_" (Chaim Potok novel)
- 74. Hurried, musically
- 76. "\_\_\_\_ Only Just Begun"
- 78. Disney dog
- 80. Staying power?
- 81. Kuwaiti cash
- 82. Like the Marx Brothers
- 87. Incurred
- 88. Grassy plain
- 90. Lingerie item
- 91. Pessimist's word
- 92. Europe's highest volcano
- 93. Pesky insects
- 94. Long-legged wader
- 95. \_\_\_\_ gin fizz
- 96. Tape, say
- 97. Put (on)
- 98. Police, with "the"

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

23

25

20

17

23

+

-

X

÷

Hard 1 - 1 Solution

9

31

42

8

10

+

-

X

÷

Hard 2 - 1 Solution

6

8

34

1

8

+

-

X

÷

Easy 1 - 1 Solution

5

9

29

1

5

+

-

X

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

- ADSORB

APPERTAINS

ARREAR

ATRIAL

AURIGA

AVIATE

COOEE

DINARS

FRAPS

FRIARS

HOSING

LENTO
- LLANO

MADCAP

MINIMA

NINTH

PERSIST

PLUTO

POSED

RAN UP

REEFS

SATAY

SENHOR

SHINTO
- SHORT

STIRS

TANGO

TENURE

TERRA

UNION

YODEL

AGITATO

BLARE

BLASTULA

PETTER

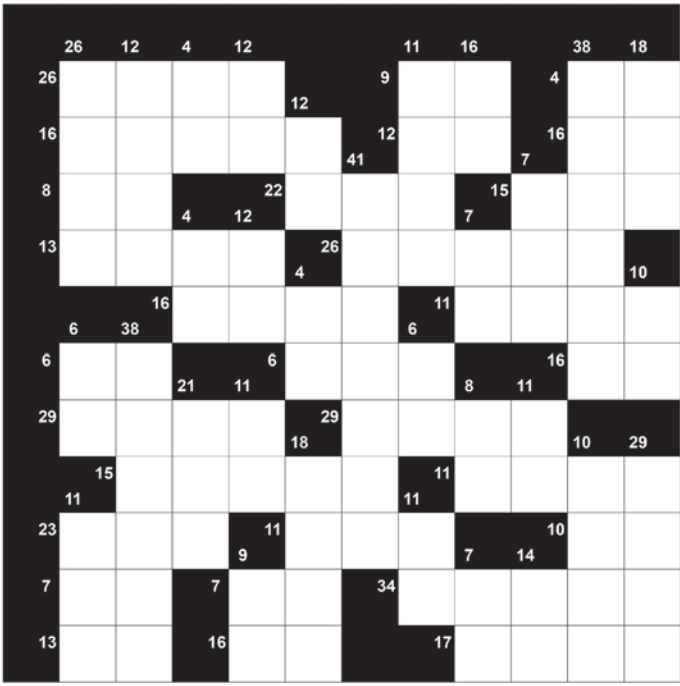
RESTATES

KAKURO

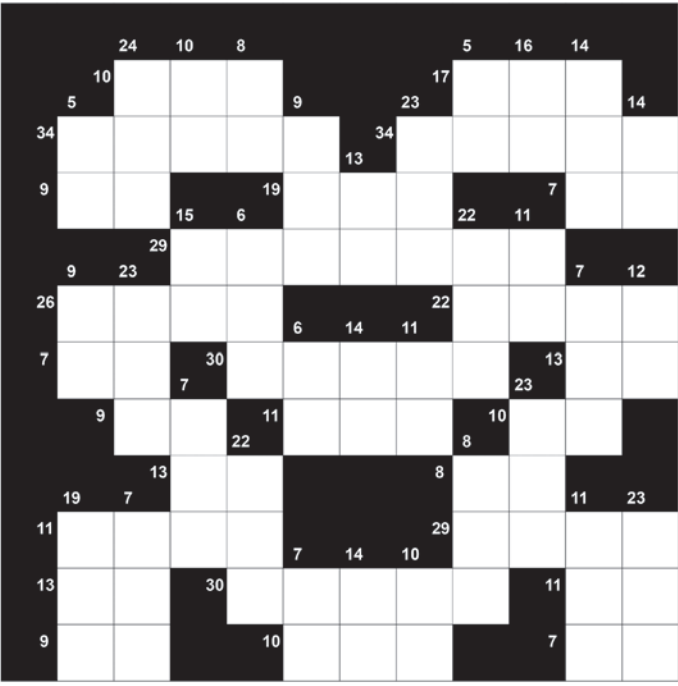
CONSTRUCTED BY EPOCH TIMES STAFF

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



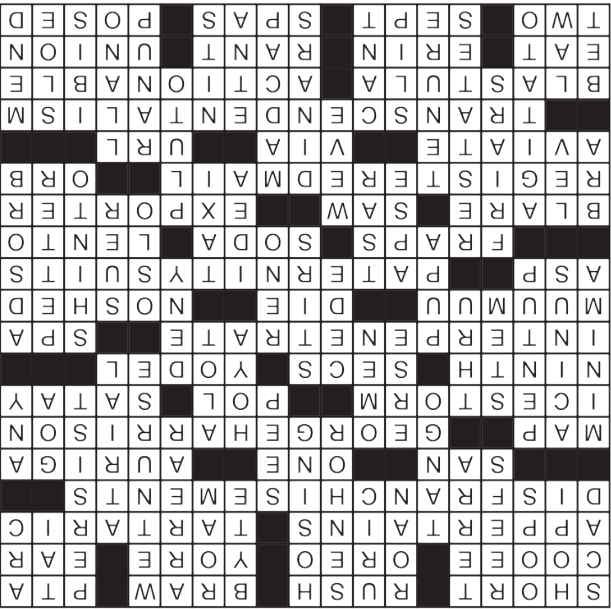
Large: Easy



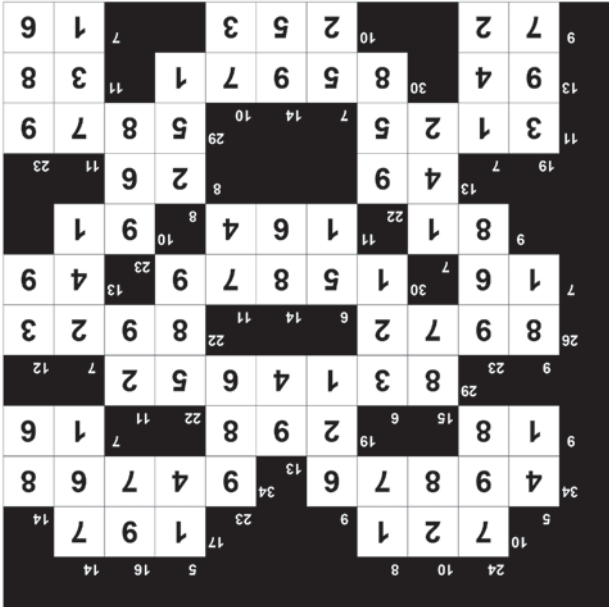
WORK SPACE

SOLUTIONS

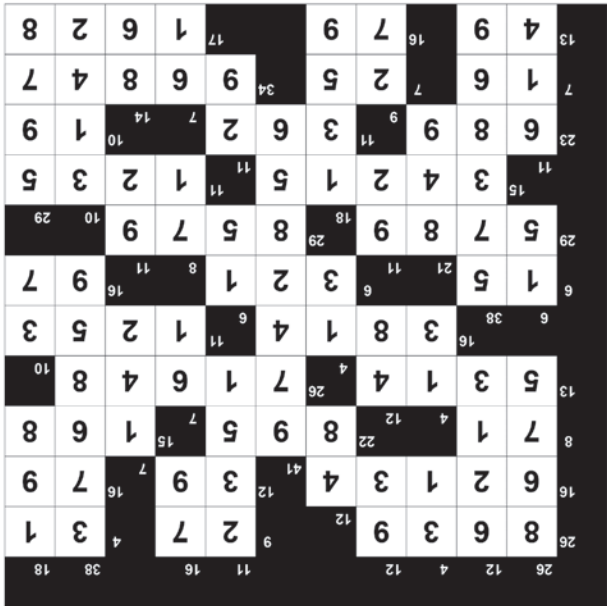
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**  
(23 + 17) ÷ (25 - 23)
- HARD 2**  
8 - 6 + 10 + 13
- EASY 1**  
(8 - 6) × (1 - 8)
- EASY 2**  
(5 - 6) × (1 - 9)







# The Best Way to Deal With Failure

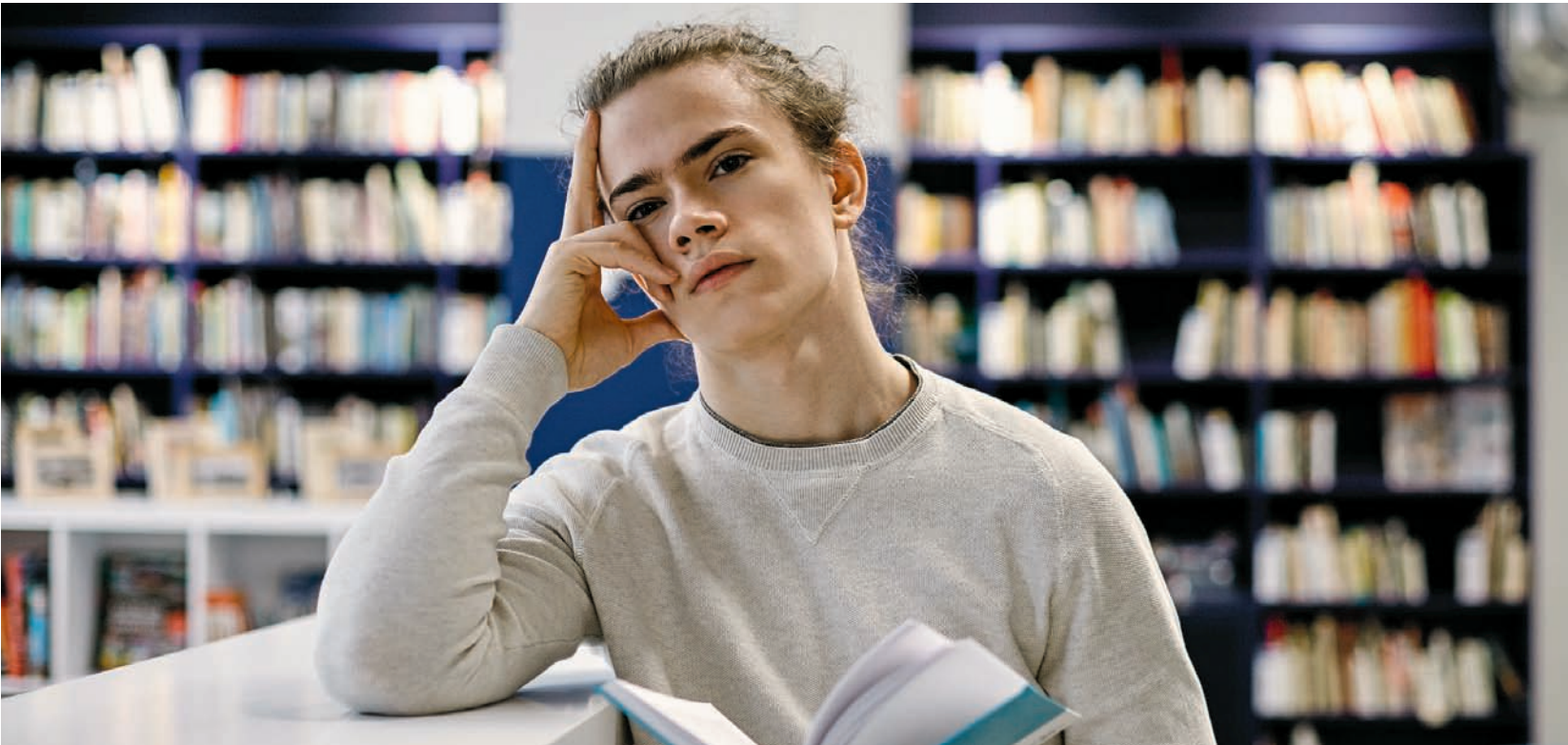
Dwelling on the feelings caused by our mistakes can be useful—sometimes

SELIN MALKOC

Failure is a part of life, and we make mistakes pretty much every day. How do we cope? Or better yet, how should we cope? Academics and the mainstream media tend to offer a simple solution: Don't let it get to you and think about how things could have been worse. These self-protective thoughts usually make you feel better. You move on. But is it possible that popular wisdom is missing a bit of the puzzle? Does setting aside the negative emotions make you any less likely to repeat the mistake? Noelle Nelson, Baba Shiv, and I decided to explore possible upsides of feeling bad about failure.

Feeling the Pain

Even though they're unpleasant, we feel negative emotions for a reason. Negative emotions tell us to pay attention, signaling that something's wrong—with our body, with our environment, with our relationships. So if you avoid negative emotions, you also might be avoiding the thing that needs your attention. Could deciding to focus on the negative emotions associated with failure lead to thoughts about self-improvement—and, with time, actual improvement? We designed a series of experiments to test this question. In the studies, we used something called a two-stage paradigm: First participants attempted a task in which they failed; then—after a series of unrelated tasks—they would have the opportunity to redeem themselves. In one, we asked our participants to search the internet for the lowest price for a particular blender brand and model (with the possibility of winning a cash prize if they were successful). In reality, the task was rigged. In the end, the participants were simply told that the lowest price was \$3.27 less than what they had found. We then asked half the par-



ANATOLIY KARLYUK/SHUTTERSTOCK

ticipants to focus on their emotional response to having failed, while the other half were instructed to focus on their thoughts about how they did. Then we asked them to reflect, in writing, on how they felt. After a few unrelated tasks, we gave the participants a chance to redeem themselves. In this seemingly unrelated task, we told participants to imagine that they were going to the birthday of a friend who wanted a book as a gift. We also told them that the book they find should be a bargain. We found that participants who were previously instructed to focus on the negative emotions following their failure in the blender task spent nearly 25 percent more time searching for a low-priced book than those who had been instructed to focus on their thoughts. When we examined the written responses, we also found some important differences. Those who had focused their thoughts on how they did, on their failure—rather than dwelling on how they felt—tended to have defensive responses: “I didn't care much about this anyway”; “It would have been impossible to find that price.”

▲ Regret feels awful, but taking a moment with our feelings after failure can give us important motivation to do better.

In contrast, the participants who had spent time parsing their emotions produced thoughts oriented toward self-improvement: “If I'd only searched longer, I would have found that price”; “I gave up too quickly.” **Not All Mistakes Are The Same** It appears that focusing on the emotions of failure can trigger different thoughts and behaviors. Perhaps when you reflect on how bad you feel after failing, it motivates you to avoid experiencing that feeling again. But could this improvement migrate into other endeavors—for tasks unrelated to the original? To test this question, we added a variation of the second scenario. Instead of telling the participants to find an affordable book (which involved a price search like the original task), we asked them to find a book that they thought their friend would like. In this case, it didn't matter whether participants had focused on their emotions or thoughts after the first task; they spent similar times searching for the best gift. It seems as though the improvement only happens if the second task is somewhat similar to the original, failed one.

While “feeling your failure” can be a good thing, it doesn't change the fact that this can hurt. There's a reason people tend to instinctively rationalize or have self-protective thoughts after they've made a mistake. It would be debilitating if you were to focus on how bad you felt after each failure, big and small. So it's up to you to decide which failures to try to improve upon, and which failures to shield yourself from. Clearly, one-off events or inconsequential mistakes—taking the wrong turn in a foreign city or being late to a party with friends—don't make the best candidates (hence the saying “don't sweat the small stuff”). But if you've failed at something that you know you're going to have to confront in the future—say, a task for a new role at work—pause and feel the pain. Use it to fuel improvement. If you focus on how bad you feel, you'll probably work harder to ensure you don't make the same mistake again.

Selin Malkoc is an associate professor of marketing at Ohio State University. This article was first published on *The Conversation*.

FIZKES/SHUTTERSTOCK

# This Common Preservative in Processed Food May Be Making You Tired

Phosphate is a cheap preservative that can add flavor but may sap your energy

BRIAN MASTROIANNI

Is it hard to motivate yourself to get off the couch and go exercise? Well, a common food additive you're unknowingly consuming in large quantities might be to blame. New research sheds light on inorganic phosphate—an additive and preservative found in up to 70 percent of the foods in the common diet in the United States—and the impact it could be having on your health. The study, published in the journal *Circulation*, aimed to look at the adverse effects of consuming too much phosphate by examining lab mice that were given a high-phosphate diet. The researchers measured the rodents' oxygen uptake during exercise, showing not just less capacity for movement but also the inability to produce enough fatty acids needed to feed their muscles. While the mice were being observed for a 12-week period, the researchers wanted to draw a comparison to humans, so they looked at the data of people who were enrolled in the Dallas Heart Study. These individuals ranged from 18 to 65 years old, were not on any medications, and had no history of kidney or heart issues. They wore physical activity monitors for seven days, which tied higher phosphate levels in their diets to less time spent carrying out moderate to vigorous exercise. As with the mice, inactivity increased when phosphate levels were higher. Lead researcher Dr. Wanpen Vongpatanasin, professor of internal medicine and director of the Hypertension Fellowship Program at UT Southwestern Medical Center, told Healthline that she was struck by how closely the human and mice response to phosphates mirrored one another. “Study in humans provides support for the animal studies by showing that people with high phosphate in the blood tend to spend less time in working out and more time in sedentary activity,” she wrote in an email.

What Exactly Are Phosphates?

Phosphate is the charged particle that contains the mineral phosphorus, which the body requires to help repair and build your teeth and bones, make

your muscles contract, and assist in nerve function, according to the Merck Manual. Phosphates are found naturally in a wide range of healthy foods like meat, fish, dairy, fruits, and vegetables. However, it is the inorganic form, saturated in many of the processed foods and drinks Americans consume, that is the problem. “The average consumer would not know to be aware of this commercial food additive,” said Dana Hunnes, a senior dietitian at the University of California–Los Angeles (UCLA) Medical Center. “It is commonly used to prolong the shelf life of many foods, and also may enhance the flavor of some others. It is likely a very inexpensive ingredient/additive which would explain its nearly ubiquitous usage.” It is estimated that between 40 and 70 percent of the best-selling grocery items out there like cola drinks and prepared frozen foods contain these inorganic phosphates, she told Healthline.

“In general, if you can purchase fresh or nonpackaged foods, all the better.”

Dana Hunnes, senior dietitian, UCLA Medical Center

“That is a huge proportion of foods many Americans buy. In fact, I remember a recent Nutrition Action Newsletter article that said that even bottled orange juices—such as ‘Simply Orange’—contain added inorganic phosphates,” Hunnes said. “In many instances, food additives are used either to provide a nutrient (like a vitamin or mineral), flavor (like MSG or salt), or some other non-nutritive property including inorganic phosphates.” She added, “We don't know about them because phosphates are not usually a nutrient we are told to be concerned about. Most people, unless they have kidney disease, tend to be aware of or worried about calories, fats, and types of fats, carbohydrates, and protein.” Tamika Sims, director of food technology com-



munications at the International Food Information Council Foundation, said even though inorganic phosphates might be unfamiliar to many, they should be something people should have on their radar. “In healthy adults, inorganic phosphate is metabolized as needed, but phosphate is also used in the body for nerve, bone, and muscle function. The amount of phosphate in the body is regulated by kidneys. People with kidney disease or malfunction can be at risk of phosphate level irregularity,” Sims told Healthline. When it comes to the study, Vongpatanasin wrote that while it is necessary that our bodies process energy in the normal amounts, if that energy is used too much, it can limit the ability to burn fat into useful fuel needed during exercise. The average consumer may be unaware that an overabundance of these particles is even in many of the foods on their dinner table. They might be annoyed to hear that not much comprehensive information has been made available by food regulators. On current food labels, check out any mention of “phos-,” like “calcium phosphate,” for example. Vongpatanasin added that there are no official mandates or regulations for the food industry to label exactly how much inorganic phosphates are out there circulating in the food chain. The Food and Drug Administration and the U.S. Department of Agriculture are the ones who set requirements for food labels throughout the nation, and Vongpatanasin asserted that it is clear much more comprehensive research needs to be done. “Although it is well known that high-phosphate diet is dangerous in patients with kidney failure, the impact of high-phosphate diet on cardiovascular health in normal population without kidney

failure has not been widely studied or recognized until now,” she wrote.

What You Can Do

If you're reading this and hearing about inorganic phosphates for the first time, what should you do when you go shopping for this week's groceries? “In general, if you can purchase fresh or non-packaged foods, all the better—you will not have to fear that inorganic phosphates have been added to the foods,” Hunnes said. “Otherwise, just like everything else, it seems we need to be cognizant of this ingredient in foods. Look at food labels, and search for anything containing added phosphate. You would find it in the ingredient list, anything with the word ‘phos,’ or ‘phosphate’ in it.” She added that she would caution consumers about eating these kinds of foods, especially if they're athletes or someone hoping to maintain an exercise regimen. “It sounds like this would hamper your progress, work against you, and may make your workout session that much harder,” she said. Vongpatanasin said similar thoughts are also on her mind as she moves forward with her research. She stressed that a person should not consume more than 700 mg of inorganic phosphates per day. She and her team are planning on carrying out a randomized study next, to see if lowering the phosphate content in the diet to 700 mg each day could be helpful in lowering blood pressure and boosting physical activity.

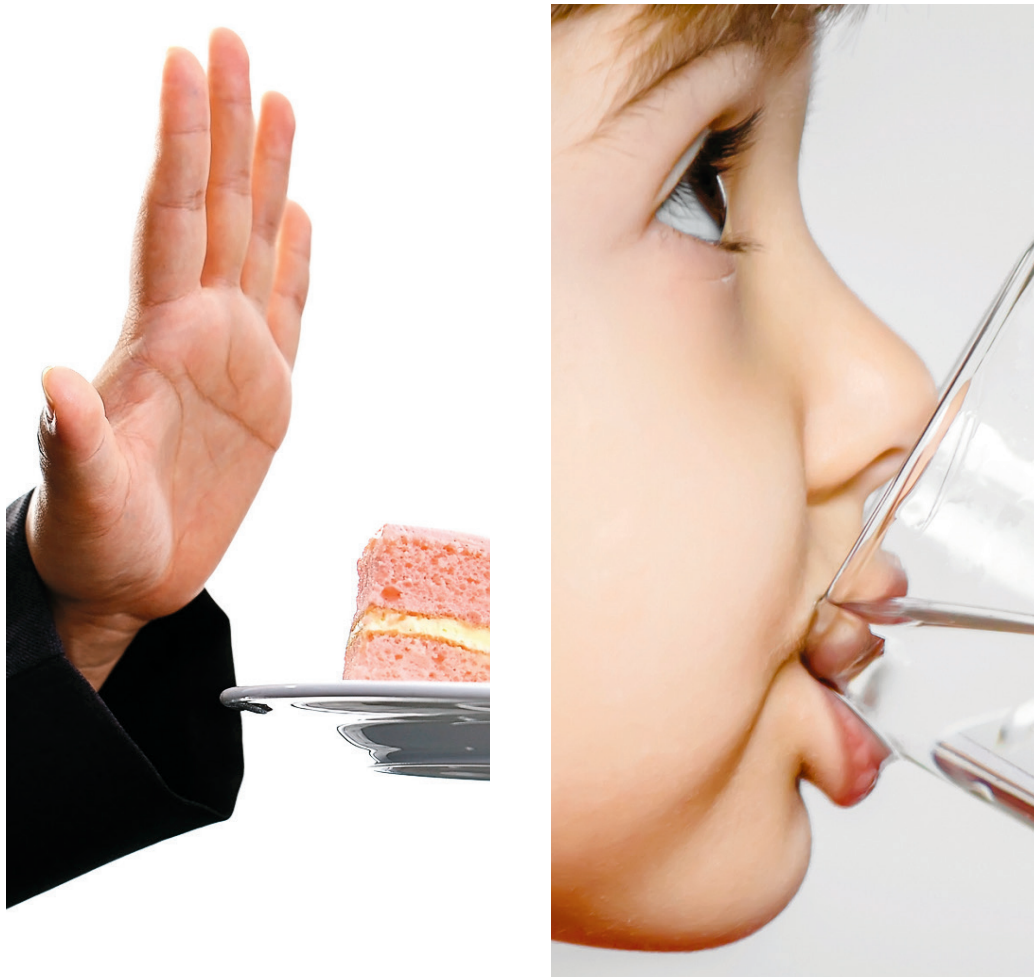
The Bottom Line

A new study published in the journal *Circulation* aimed to look at how the prevalence of inorganic phosphates in America's processed food-heavy diet could be lowering a person's willingness to stay physically active. Over a 12-week period, lab mice were given a phosphate-heavy diet, with the mice's activity levels declining once inorganic phosphates were increased. This was compared to data on healthy adults enrolled in the Dallas Heart Study. As with the mice, adults with a more phosphate-rich diet saw exercise and activity drop off as phosphate levels were increased. Experts recommend that people look for “phos” or “phosphate” on food labels, steer away from processed foods and choose fresh, nonpackaged foods, instead.

Brian Mastroianni is a New York-based science, tech, and health journalist. This article was originally published on *Healthline*.



ALL PHOTOS BY SHUTTERSTOCK



# FULL BODY DETOX

## 9 Ways to Rejuvenate Your Body

Strengthen your body’s powerful detox systems

GAVIN VAN DE WALLE

Detoxification—or detox—is the latest buzz-word of the health world. It typically implies following a specific diet or using special products that claim to rid your body of toxins, thereby improving health and promoting weight loss. Fortunately, your body is well-equipped to eliminate toxins and doesn’t require special diets or expensive supplements to do so. That said, you can enhance your body’s natural detoxification system. This article explains some common misconceptions about detoxing along with nine evidenced-based ways to rejuvenate your body’s detoxification system.

Common Misconceptions About Detoxing

Detox diets are said to eliminate toxins from your body, improve health, and promote weight loss. They often involve the use of laxatives, diuretics, vitamins, minerals, teas, and other foods thought to have detoxing properties. The term “toxin” in the context of detox diets is loosely defined. It typically includes pollutants, synthetic chemicals, heavy metals, and processed foods—which all negatively affect health. However, popular detox diets rarely identify the specific toxins they aim to remove or the mechanism by which they supposedly eliminate them. Your body has a sophisticated way of eliminating toxins that involves the liver, kidneys, digestive system, skin, and lungs. Moreover, no evidence supports the use of these diets for toxin elimination or sustainable weight loss. Still, only when these organs are healthy, can they effectively eliminate unwanted substances. So, while detox diets don’t do anything that your body can’t naturally do on its own, you can optimize your body’s natural detoxification system.

**1. Limit Alcohol**  
More than 90 percent of alcohol is metabolized in your liver. Liver enzymes metabolize alcohol to acetaldehyde, a chemical known to cause cancer. Recognizing acetaldehyde as a toxin, your liver converts it to a harmless substance called acetate, which is later eliminated from your body. While observational studies have shown low-to-moderate alcohol consumption beneficial for heart health, excessive drinking can cause a myriad of health problems. Excessive drinking can severely damage your liver function by causing fat buildup, inflammation, and scarring. When this happens, your liver cannot function ad-

equately and perform its necessary tasks—including filtering waste and other toxins from your body. As such, limiting or abstaining entirely from alcohol is one of the best ways to keep your body’s detoxification system running strong. Health authorities recommend limiting alcohol intake to one drink per day for women and two for men. If you currently don’t drink, you shouldn’t start for the potential heart benefits associated with light-to-moderate drinking.

**2. Focus on Sleep**  
Ensuring adequate and quality sleep each night is a must to support your body’s health and natural detoxification system. Sleeping allows your brain to reorganize and recharge itself, as well as remove toxic waste byproducts that have accumulated throughout the day.

You can optimize your body’s natural detoxification system.

One of those waste products is a protein called beta-amyloid, which contributes to the development of Alzheimer’s disease. With sleep deprivation, your body does not have time to perform those functions, so toxins can build up and affect several aspects of health. Poor sleep has been linked to short- and long-term health consequences, such as stress, anxiety, high blood pressure, heart disease, Type 2 diabetes, and obesity. You should sleep seven to nine hours per night on a regular basis to promote good health. If you have difficulties staying or falling asleep at night, lifestyle changes like sticking to a sleep schedule and limiting blue light—emitted from mobile devices and computer screens—prior to bed are useful for improving sleep.

**3. Drink More Water**  
Water does so much more than quench your thirst. It regulates your body temperature, lubricates joints, aids digestion and nutrient absorption, and detoxifies your body by removing waste products. Your body’s cells must continuously be repaired to function optimally and break down nutrients for your body to use as energy. However, these processes release wastes—in the form of urea and carbon dioxide—which cause harm if allowed to build up in your blood.

Continued on B10

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TCM Urinary Function Formula

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To Relieve Urinary Frequency

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Net 30g  
AUST L 302683

To relieve urinary frequency. This product is suited to the treatment of non-inflammatory conditions of the bladder that result in excessive urination. This becomes more common as people age, but can also be caused by emotional issues such as anxiety. Normally patients will see improvement after the first night. One box is enough to evaluate if it will treat the patient's condition. **DO NOT** use if the patient is also experiencing pain during urination.

Sumherb was established in Canberra in 2018. Our mission is to bring new and innovative Chinese herbal products to the Australian market. Our formulas come from experienced practitioners, and are made on contract by a manufacturer in Sydney. They are sold exclusively via Amazon.com.au.

Please feel free to ask any questions you may have and more information available at [www.sumherb.com.au](http://www.sumherb.com.au).

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# FULL BODY DETOX

## 9 Ways to Rejuvenate Your Body

Continued from B9

Water transports these waste products, efficiently removing them through urination, breathing, or sweating. So staying properly hydrated is important for detoxification. The adequate daily intake for water is 125 ounces for men and 91 ounces for women. You may need more or less depending on your diet, where you live, and your activity level.

### 4. Reduce Your Intake of Sugar and Processed Foods

Sugar and processed foods are thought to be at the root of today’s public health crises. High consumption of sugary and highly processed foods has been linked to obesity and other chronic diseases, such as heart disease, cancer, and diabetes. These diseases hinder your body’s ability to naturally detoxify itself by harming organs that play an important role, such as your liver and kidneys.

For example, high consumption of sugary beverages can cause fatty liver, a condition that negatively impacts liver function.

By consuming less junk food, you can keep your body’s detoxification system healthy. You can limit junk food by leaving it on the store shelf. Not having it in your kitchen takes away the temptation altogether.

Replacing junk food with healthier choices such as fruits and vegetables is also a healthy way to reduce consumption.

### 5. Eat Antioxidant-Rich Foods

Antioxidants protect your cells against damage caused by molecules called free radicals. Oxidative stress is a condition caused by excessive production of free radicals.

Your body naturally produces these molecules for cellular processes, such as digestion. However, alcohol, tobacco smoke, a poor diet, and exposure to pollutants can produce excessive free radicals.

By causing damage to your body’s cells, these molecules have been implicated in a number of conditions, such as dementia, heart disease, liver disease, asthma, and certain types of cancer.

Eating a diet rich in antioxidants can help your body fight oxidative stress caused by excess free radicals and other toxins that increase your risk of disease.

Focus on getting antioxidants from food and not supplements, which may, in fact, increase your risk of certain diseases when

Focus on getting antioxidants from food and not supplements.

Foods high in sulfur, such as onions, broccoli, and garlic, enhance excretion of heavy metals like cadmium.



Regular exercise—regardless of the person’s body weight—is associated with a longer life and a reduced risk of many conditions and diseases.

taken in large amounts. Examples of antioxidants include vitamin A, vitamin C, vitamin E, selenium, lycopene, lutein, and zeaxanthin. Berries, fruits, nuts, cocoa, vegetables, spices, and beverages such as coffee and green tea have some of the highest amounts of antioxidants.

### 6. Eat Foods High in Prebiotics

Gut health is important for keeping your detoxification system healthy. Your intestinal cells have a detoxification and excretion system that protects your gut and body from harmful toxins, such as chemicals.

Good gut health starts with prebiotics, a type of fiber that feeds the good bacteria in your gut called probiotics. With prebiotics, your good bacteria are able to produce nutrients called short-chain fatty acids that are beneficial for health.

The good bacteria in your gut can become unbalanced with bad bacteria from the use of antibiotics, poor dental hygiene, and diet quality. Consequently, this unhealthy shift in bacteria can weaken your immune and detoxification systems and increase your risk of disease and inflammation.

Eating foods rich in prebiotics can keep your immune and detoxification systems healthy. Good food sources of prebiotics include tomatoes, artichokes, bananas, asparagus, onions, garlic, and oats.

### 7. Decrease Your Salt Intake

For some people, detoxing is a means of eliminating excess water.

Consuming too much salt can cause your body to retain excess fluid, especially if you have a condition that affects your kidneys or liver—or if you don’t drink enough water.

This excess fluid buildup can cause bloating and make clothing uncomfortable. If you find yourself consuming too much salt, you can detox yourself of the extra water weight.

While it may sound counter-intuitive, increasing your water intake is one of the best ways to eliminate excess water weight from consuming too much salt. That’s because when you consume too much salt and not enough water, your body releases an antidiuretic hormone that prevents you from urinating and detoxifying.

By increasing your water intake, your body reduces the secretion of the antidiuretic hormone and increases urination, eliminating more water and waste products.

Increasing your intake of potassium-rich foods—which counterbalances some of sodium’s effects—also helps. Foods rich in potassium include potatoes, squash, kidney beans, bananas, and spinach.

### 8. Get Active

Regular exercise—regardless of body weight—is associated with a longer life and a reduced risk

of many conditions and diseases, including Type 2 diabetes, heart disease, high blood pressure, and certain cancers.

While there are several mechanisms behind the health benefits of exercise, reduced inflammation is a key point. By reducing inflammation, exercise can help your body’s systems—including its detoxification system—function properly and protect against disease.

While some inflammation is necessary for recovering from infection or healing wounds, too much of it weakens your body’s systems and promotes disease.

It’s recommended that you do at least 150 to 300 minutes a week of moderate-intensity exercise—such as brisk walking—or 75 to 50 minutes a week of vigorous-intensity physical activity—such as running.

### 9. Other Helpful Detox Tips

Although no current evidence supports the use of detox diets for removing toxins from your body, certain dietary changes and lifestyle practices may help reduce toxin load and support your body’s detoxification system.

**Eat sulfur-containing foods.** Foods high in sulfur, such as onions, broccoli, and garlic, enhance excretion of heavy metals like cadmium.

**Try out chlorella.** Chlorella is a type of algae that has many nutritional benefits and may enhance the elimination of toxins like heavy metals, according to animal studies.

**Flavor dishes with cilantro.** Cilantro enhances excretion of certain toxins, such as heavy metals like lead, and chemicals, including phthalates and insecticides.

**Support glutathione.** Eating sulfur-rich foods like eggs, broccoli, and garlic also helps enhance the function of glutathione, a major antioxidant produced by your body that is heavily involved in detoxification.

**Switch to natural cleaning products.** Choosing natural cleaning products like vinegar and baking soda over commercial cleaning agents can reduce your exposure to potentially toxic chemicals.

**Choose natural body care.** Using natural deodorants, makeups, moisturizers, shampoos, and other personal care products can also reduce your exposure to chemicals.

### The Bottom Line

Detox diets are said to eliminate toxins, in turn improving health and promoting weight loss.

But these diets—while seductive—aren’t needed as your body has its own, highly efficient detoxification system.

That said, you can enhance your body’s natural detoxification system and improve your overall health by staying hydrated, consuming less salt, getting active, and following an antioxidant-rich diet.

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ESSENCE  
OF  
CHINA



# Qingming Festival: Tomb-Sweeping Day in Honor of Ancestors

‘Be pure and bright,’ the loyal official advised the king

DUOYU ZHONG & TANYA HARRISON

Many Chinese visited the tombs of their ancestors on April 5 to pay their respects, as the Qingming Festival, also called Pure Bright Day or Tomb-Sweeping Day, fell on that day this year.

Qingming is an important traditional Chinese festival celebrated on the 15th day after the spring equinox. It’s not only a day for honoring one’s ancestors but also a time to celebrate spring.

The origin of the Qingming Festival can be traced back to a legend recorded in “Zuo Zhuan,” one of the earliest Chinese works of narrative history, which covers most of the Spring and Autumn Period (770–476 B.C.).

**A Solemn, Stirring Story**

As the legend goes, Chong Er (697–628 B.C.), once the crown prince of the state of Jin, was driven out of the state by Liji, who was then his father’s favorite concubine. During his 19-year exile, Chong Er lived in extreme poverty, with only a few faithful men to serve him. One of them was Jie Zitui.

One day, close to death from starvation, Chong Er lost consciousness. To save his life, Jie cut a piece of flesh from his own thigh and prepared a bowl of soup for his master.

Chong Er was deeply moved and promised to repay Jie in the future. Jie insisted he wanted no reward; his only wish was for Chong Er to become a king who had a pure and bright heart while governing the state of Jin, keeping it peaceful and orderly.

After Chong Er ascended the throne, he summoned the people who had stayed loyal to him and generously rewarded them. As the new king, he even rewarded the people

who had betrayed him but now supported him. However, he forgot Jie.

When Chong Er finally remembered Jie and his sacrifice, he was filled with regret. He sent a messenger to find Jie and invite him to the palace. But Jie had already moved with his mother deep into the forests of Mount Jin (in the northeast of China). The king personally went to the mountain to look for Jie but failed to find him.

When a minister suggested that they set fires on three sides of the mountain to force Jie to come out, Chong Er agreed. The fires raged for three days, but there was still no trace of Jie and his mother.

Jie was later found dead, leaning against a large willow tree. In a hole on the side of the half-burned tree, there was a note written with blood on a piece of cloth. It read:

Cutting off my own flesh to respectfully present to my monarch, offering loyalty with all of my heart,  
Only wishing Your Majesty will always be pure and bright.  
Dead under a willow tree and seen no more,  
Better than accompanying my monarch as a remonstrating minister.  
Your Majesty, if you have me in your heart,  
Frequently reflect on your shortcomings

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▲ Celebrating the Qingming Festival at Longshan Temple on April 4, 2018, in Taipei City.

when you think of me.  
Your minister in the underworld died with a clear conscience,  
Be diligent in governing the country so that purity and brightness will be renewed.

Tears rolled down Chong Er’s cheeks. He was so sad that he cried aloud. He tucked Jie’s note in a sleeve pocket and vowed to be a pure and bright king for his people.

**King With a Righteous Heart**

Jie was buried under the willow tree, and in his memory, Chong Er ordered that no fire or smoke be allowed on that day. That day was called Hanshi Day (Cold Food Day) because without fire, the people had to eat cold meals.

*Continued on B12*

◀ The burning of offerings during the Qingming Festival.



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(Left) Three generations of a Chinese family pay respects to their ancestors during the Qingming Festival, also known as the Tomb-Sweeping Festival. (Right) Kite flying is a popular activity during the traditional Chinese Qingming Festival, which fell on Friday, April 5, this year. An old Qingming custom involves writing down one's misfortunes on a kite, often shaped like a hawk, and cutting the string while the kite is flying high, which symbolizes letting troubles and illnesses be gone with the wind.

# Qingming Festival: Tomb-Sweeping Day in Honor of Ancestors

‘Be pure and bright,’ the loyal official advised the king

Continued from B11

On the first anniversary of Jie's death, the king, with officials in attendance, visited Jie's tomb. To their surprise, they discovered that the large willow tree was alive and full of new branches with green leaves. It was as if Jie was greeting them and encouraging the king to remain pure and bright.

Seeing this, Chong Er felt happy and comforted. He remembered the word “qing-ming” from Jie's note and named the day Qingming Day (Pure Bright Day).

It was later recorded that Chong Er was indeed a pure and righteous king, and the people of Jin lived in peace and harmony under his reign.

From that time on, Qingming Day became an important occasion for Chinese people to

remember the sacrifices of their ancestors. Later, it became a festival, while Hanshi Day, which was originally on the eve of Qingming Day, was incorporated into the Qingming Festival.

#### Qingming Customs

Today, sweeping tombs and graves has remained the most important tradition of the Qingming Festival. People clear away debris and weeds and place offerings to honor their departed relatives. The offerings are usually rice wine, fruit, steamed buns, or the deceased's favorite foods.

Traditionally, as part of the ceremony, people burn incense and paper articles resembling special items like money or other treasures in hopes that the deceased would not lack any comforts in the afterlife. Today,

**Celebrating  
spring has  
become an  
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of the festival.**

flowers are often used instead. Prayers are respectfully expressed as well.

In some regions, people place willow branches on their gates and front doors. It's believed that, if one is kind and upright, the branches drive away evil spirits and invite heavenly blessings of longevity.

Celebrating spring has become an important part of the festival. Many people enjoy hikes and family outings on this occasion. Families often combine their outings with a visit to the tombs or graves of their ancestors.

Kite flying is also popular, all day and into the night. At night, people tie small, colorful lanterns to the kites so that they look like twinkling stars in the sky. Cutting the string and setting the kite free is believed to bring healing and good luck.



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