

In the NEWS

Following President DONALD TRUMP'S

2017 law to aid the fight against online sex trafficking, the Georgia Bureau of Investigation announced a successful operation that has rescued 17 victims of child abuse and led to 82 arrests.

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In the US-CHINA TRADE WAR

the Chinese Communist Party can neither fight nor make peace with the United States, which leaves it only one option—to deceive.

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CONTRARY

to environmentalists' gloomily predictions, humans have gotten richer, there are still plenty of resources, and the Earth is getting greener, writes Jonathan Newman.

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Seven NORTH KOREANS

who recently escaped from the Democratic People's Republic of Korea into China risk being sent back to face torture, forced labor, and other horrors if the Chinese regime continues their policy of forced repatriation, warns Human Rights Watch.

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will challenge the United States for extradition of Julian Assange from London after it announced that it had reopened its investigation into a rape allegation made against the WikiLeaks founder that had been dropped in 2017.

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Investors on WALL STREET

are unwittingly financing companies associated with the horrors and human rights violations happening in the People's Republic of China, an expert warns.

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A mother carries her child past a television in New Taipei City on Jan. 2, 2019 showing China's leader Xi Jinping making a speech commemorating the 40th anniversary of a message sent to Taiwan in 1979.

CHINA ECONOMY

Asian Firms Consider Moving Factories From China After US Tariff Increase

More Hong Kong and Taiwan companies are planning to pull out of China in response to increase in US tariffs

FRANK FANG

Hong Kong and Taiwan businesses are planning to pull some of their production from China after the U.S. administration announced that roughly \$200 billion worth of Chinese-manufactured goods would receive a tariff increase to 25 percent from 10 percent.

The new tariff rates went into effect May 10, after President Donald Trump announced the unexpected move five days earlier on Twitter. In subsequent remarks, U.S. officials said that China had reneged on commitments made during previous rounds of negotiations.

Meanwhile, two days of trade talks in Washington ended May 10 with no agreement.

After the meetings concluded, Trump said on Twitter that tariffs "may or may not be removed depending on what happens with respect to future negotiations."

Thousands of Chinese products will be taxed at 25 percent, including furniture, telecom equipment, plastics, seafood, and auto parts.

Many of these products are made by Hong Kong and Taiwanese companies that for a long time have had manufacturing facilities in China, because of its cheap labor. Now, these companies are relocating some production to avoid the added costs related to U.S. tariffs.

Hong Kong

Lau Tat-pong, one of the honorary chairmen of the Hong Kong Small and Medium Enterprise Association, has operated factories in Dongguan since 1989, an industrial city in southern China. He is in the business of paint and aluminum products.

In a recent phone interview with the Hong Kong-branch of the Chinese-language Epoch Times, Lau explained that he had been thinking about moving some production to countries in Southeast Asia since the start of the Sino-U.S. trade war. However, Lau said he hadn't made any moves, instead hoping that a trade deal would soon be reached.

"Now, I must move," Lau said after the

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Many tech manufacturers, such as suppliers to U.S. tech giant Apple, have already made plans to move production from China to Vietnam, Malaysia, the Philippines, and elsewhere.

INVESTIGATION

US Attorney Probing Spying on Trump Campaign Draws on Vast Experience

IVAN PENTCHOUKOV

The U.S. attorney reportedly appointed to investigate whether spying by the FBI on the Trump campaign was legal previously exposed a conspiracy between the bureau's agents and mobsters to cover up for murders committed by mob informants.

Attorney General William Barr tasked U.S. Attorney John H. Durham in Connecticut to investigate whether spying on President Donald Trump's presidential campaign in 2016 was adequately predicated, according to Reuters. The Department of Justice didn't respond to a request to confirm the appointment.

Durham will scrutinize the conduct of several current and former senior FBI officials, including former Director James Comey, former Deputy Director Andrew McCabe, and former Deputy Assistant Director Peter Strzok. Those officials were involved in obtaining a warrant to spy on former Trump campaign associate Carter Page and deployed at least two spies to

target Trump campaign adviser George Papadopoulos.

Durham may be one of the most uniquely qualified prosecutors for the job. In 2000, he exposed a group of FBI officials who used murderers as informants. The agents covered up a murder committed by a pair of mobster informants by framing four innocent men. The conspiracy to cover up for the murder involved the agents, their supervisors and the FBI director himself, according to a ruling by a judge who awarded the framed men and their estates more than \$100 million in 2006. The bureau didn't appeal the ruling.

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Attorney General William Barr testifies on Capitol Hill on April 10, 2019.



A Chinese farmer spraying pesticide in a wheatfield in Chiping county in Liaocheng, Shandong province in east China on March 15, 2017.

US-CHINA TRADE

Beijing Regulating Grain, Oil Supply as Trade War Escalates

OLIVIA LI

Beijing issued an emergency control plan to regulate the supply and prices of grains and cooking oil on May 13. The timing comes amid increased trade tensions with the United States, as well as recent news that natural disasters have led to a drop in domestic grain production.

The city's Commission of Development and Reform claimed that the plan would ensure Beijing's grain and oil supply and prices are within the normal range, ac-

cording to a May 13 report by the state-run Beijing News.

But the regulations hint at anxieties over food security.

The commission said it would monitor fluctuations in the average wholesale price of major grain products, such as japonica rice (the most commonly consumed rice variety in China) and enriched flour, as well as cooking oils such as soybean oil. Each product will be assigned an alarm indicator level: safe, moderately dangerous, or severely

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CHINA

China Is Using a Boy Band to Promote Orwellian Surveillance

JOSHUA PHILIPP

News Analysis

The Chinese regime released a music video to promote its Social Credit System, which monitors all activities of all people—including daily behavior, movement, online purchases, family, and friends—and assigns each person a "citizen score" that determines the level of freedom or repression to be enjoyed or endured.

The system is going to be implemented across all of China in 2020, and local governments have already begun setting it in motion.

In the music video, a handful of young Chinese celebrities give a glowing show of how they abide by the Chinese Communist Party's (CCP) social control system, and play up how behaving with "integrity" and "trustworthiness," according to the surveillance system's requirements, raises their scores and benefits them.

This video, in particular, is directed at Chinese youth. It was produced by China Youth Credit Action, a program supervised by the CCP's Communist Youth League and tasked with promoting the Social Credit System. According to Australia's ABC News, the video

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JACK TAYLOR/GETTY IMAGES



Australian High Commissioner to the UK Alexander Downer in London on Jan. 24, 2017.

SPYGATE

Alexander Downer Denies Setting Up George Papadopoulos

PETR SVAB

News Analysis

Former Australian ambassador to the UK Alexander Downer has denied that the purpose of his 2016 meeting with George Papadopoulos, then-adviser to the presidential campaign of Donald Trump, was to entice the aide to talk about Russian meddling in the 2016 U.S. presidential election.

"I didn't go to the meeting thinking he was going to even mention Russia in that context like the election campaign,"

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VENEZUELA CRISIS

Senators Urge Pompeo to Move Against Cuba's Doctor Trafficking

MARK TAPSCOTT

WASHINGTON—A bipartisan trio of U.S. senators is urging Secretary of State Mike Pompeo "take greater action" regarding Cuba's use of its country's doctors and other medical personnel for overseas assignments that amount to human trafficking in forced labor.

"As of 2015, the Cuban regime had deployed more than 50,000 medical personnel for foreign medical missions in 67 countries—in essence, a global network of human trafficking that generated billions of dollars in revenue for the regime," wrote Sens. Marco Rubio and Rick Scott, both Florida Republicans, and Sen. Bob Menendez (D-N.J.) in the letter.

Citing recent media reports, the senators told Pompeo that "while it has long been understood that the Cuban regime profits from these deployments, this new investigation exposes the way

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Key Meeting at Origin of Russia Probe Wasn’t Set-Up, Australian Ex-Diplomat Says

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Downer told Sky News Australia in recent interview. “I had no idea what he would say.”

Papadopoulos has alleged that the Downer meeting was a set-up.

“The notion that Downer randomly reached out to me just to have a gin and tonic is laughable,” Papadopoulos said in a Sept. 10, 2018, tweet. “Some organization or entity sent him to meet me.”

In his book, “Deep State Target: How I Got Caught in the Crosshairs of the Plot to Bring Down President Trump,” Papadopoulos argues that Trump’s opponents tied to the U.S., Australian, and UK intelligence community orchestrated for Papadopoulos to receive a rumor of Kremlin’s having “dirt” on then-candidate Hillary Clinton, and then dispatched operatives, including Downer, to extract the rumor from him and use it as evidence of supposed conspiracy between Trump and Russia.

Downer denied that the FBI or any intelligence service asked him to meet with Papadopoulos.

“Somebody who is a former foreign minister and Australian high commissioner, or ambassador, in London is hardly going to be somebody who’s used by intelligence services to collect information,” Downer said, with a chuckle. “That would never happen. That simply isn’t how those kind of operations work.”

Downer’s assertion seems to gloss over the known hand-in-glove relationship between diplomacy and intelligence. A secret cable sent out by Clinton’s State Department in 2009, for instance, tasked diplomats to collect a plethora of information from their interactions with United Nations officials. The cable, published in 2010 by Wikileaks, indicates that intelligence collection by the diplomatic corps was already common practice at the time and, if anything, expanding.

Downer, later in the interview, even called himself “somebody who is part of the Five Eyes intelligence community.” Five Eyes is the agreement on sharing signals intelligence between the United States, the UK, Canada, Australia, and New Zealand. The alliance has been criticized for opening a way for the countries’ foreign intelligence agencies to spy on their own citizens by outsourcing the task to each other and then sharing the results.

Downer also is connected to the intelligence community through the private sector.

Between 2008 and 2014, he sat on the advisory board of London-based Hakluyt, a security firm founded and staffed by former UK intelligence officials.

While Downer had to leave the firm before joining the Australian diplomatic corps, he continued to attend the firm’s functions, including client conferences, News Corp Australia Network reported in January 2016.

Origins Story

The Downer-Papadopoulos meeting is allegedly the crucial moment that prompted the FBI to begin a counterintelligence investigation of people in the Trump campaign, which only ended in March. As concluded by special counsel Robert Mueller, who took over the probe in 2017, investigators didn’t establish that any collusion between Trump and Russia occurred.

Papadopoulos “opened up” to Downer in May 2016 “during a night of heavy drinking” at Kensington Wine Rooms in London. The New York Times reported in December 2017, based on information leaked by “four current and former American and foreign officials.”

In his final report, Mueller said that “on May 6, 2016, Papadopoulos “suggested to a representative of a foreign government that the Trump Campaign had received indications from the Russian government that it could assist the Campaign through the anonymous release of information that would be damaging to candidate Clinton.”

The foreign government, presumably Australia, “conveyed this information to the U.S. government on July 26, 2016,” the report stated, four days after Wikileaks started to release emails allegedly hacked by Russians from the server of the Democratic National Committee (DNC).

Alarmed by Papadopoulos’ supposed foreknowledge of the Wikileaks release, the FBI launched the probe.

But there are a number of problems with this portrayal of the events.

Issues

First, Downer described the meeting to the media multiple times and never mentioned any “indications” of Russians offering assistance to Trump.

He said that “there was no suggestion that there was collusion” between Trump or his campaign with Kremlin, neither in what Papadopoulos said, nor in what he reported to Canberra. “All we did was report what Papadopoulos said and that was that he thought the Russians may release information—might release information—that could be damaging to Hillary Clinton’s campaign at some stage before

“I didn’t go to the meeting thinking he was going to even mention Russia in that context like the election campaign.”

ALEXANDER DOWNER
Former Australian high commissioner to the UK



ANDREW CABALLERO-REYNOLDS/AFP/GETTY IMAGES

George Papadopoulos, former foreign policy adviser to President Donald Trump’s election campaign, arrives for his sentencing at the U.S. District Court in Washington on Sept. 7, 2018.

the election.”

Papadopoulos said he doesn’t remember ever saying that to Downer. He was sentenced to two weeks in prison for lying to the FBI, but this was not one of the lies the bureau held against him. Media blamed his lack of recollection on excessive drinking that night, but both Papadopoulos and Downer denied getting drunk.

“It was only for an hour, and it was at six o’clock in the evening, so it was certainly not as the New York Times claimed, an alcohol-fueled evening,” Downer said, confirming the two of them and Downer’s counselor, Erika Thompson, had a gin and tonic.

Different Date

Another issue is that both the Australian

porting. The article was already up around 1:30 p.m. London time so, theoretically, Papadopoulos could have stumbled upon it before meeting Downer even if the meeting took place on May 6.

Yet, Papadopoulos actually had heard the rumor from a different source and there lies another problem.

Joseph Mifsud

In early March 2016, right after landing his job with the Trump campaign, Papadopoulos was urged by his employer at the time, the London Centre of International Law Practice (LCILP), to attend a conference at the Link Campus University in Rome. There, on March 14, he met Maltese academic Joseph Mifsud, whose job was to attract foreign students for the university and who was also listed on the LCILP website as a board adviser.

Mifsud invited Papadopoulos to London under the pretext that he could help him arrange an official meeting between Trump and Russian President Vladimir Putin. Papadopoulos thought such a meeting would be a boon to Trump’s campaign promise to improve relations with Russia.

But it was a sham. Mifsud had mingled with Russian academia as part of his job and had some government contacts in the country, but he was apparently in no position to broker a Putin audience. The girl he introduced to Papadopoulos as a relative of Putin was actually just a student at the Link Campus who, prior to that, worked for a liquor wholesaler in St. Petersburg, according to Russian journalist Alexander Kalinin, who researched her background.

During their second meeting in London on April 26, 2016, Mifsud, who had just returned from a trip to Russia, said to Papadopoulos, “I have information that the Russians have thousands of Clinton emails,” Papadopoulos later told CNN.

Yet Mifsud told the FBI that was a misunderstanding.

The Mueller report states that when the FBI questioned Mifsud on Feb. 10, 2017, he “denied that he had advance knowledge that Russia was in possession of emails damaging to candidate Clinton, stating that he and Papadopoulos had discussed cybersecurity and hacking as a larger issue and that Papadopoulos must have misunderstood their conversation.”

The report portrays Mifsud as a Russian cut-out, but ignores his extensive ties to high-level Western politicians and government officials, including many tied to national security and intelligence.

Rep. Devin Nunes (R-Calif.) questioned this apparent omission in a May 3 letter to the heads of the FBI, CIA, NSA, and the State Department.

“If Mifsud has extensive, suspicious contacts among Russian officials as portrayed in the Special Counsel’s report, then an incredibly wide range of Western institutions and individuals may have been compromised by him, including our own State Department,” Nunes said.

If, on the other hand, Mifsud wasn’t a counterintelligence threat, Nunes said, “then that would cast doubt on the Special Counsel’s fundamental depiction of him and his activities, and raise questions

“The notion that Downer randomly reached out to me just to have a gin and tonic is laughable.”

GEORGE PAPADOPOULOS,
former foreign policy adviser to President Donald Trump’s election campaign

ALEX WONG/GETTY IMAGES



Rep. Devin Nunes (R-Calif.) at the Capitol on June 21, 2018.

about the veracity of the Special Counsel’s statements and affirmations.”

The Mueller report says that Mifsud “falsely stated” that he hadn’t seen Papadopoulos since March 24, 2016.

Yet there’s no sign the FBI tried to reinterview Mifsud or charge him with lying. The report says that the agents couldn’t question Mifsud effectively because Papadopoulos lied to them.

Papadopoulos indeed lied about his contacts with Mifsud in a January 2017 FBI interview. But after he was arrested on July 27, 2017, he has extensively cooperated with the Mueller probe.

Mifsud was, at the time, still publicly approachable. The Italian newspaper La Repubblica managed to interview him as late as October 2017, when he attended a conference on cyber threat intelligence held at the Link Campus.

After that, he disappeared from the public eye, but was still living in Rome until May 2018 in an apartment apparently provided by Link Campus, according to an April 18 report by Italian list Il Foglio.

It’s not clear where he’s been since.

JACK TAYLOR/GETTY IMAGES



Former Australian High Commissioner to the UK Alexander Downer in London on Jan. 24, 2017.



SCREENSHOT VIA GOOGLE STREET VIEW

The Kensington Wine Rooms bar in London, where on May 10, 2016, Trump campaign adviser George Papadopoulos met with Australian High Commissioner Alexander Downer.

“It was only for an hour, and it was at six o’clock in the evening, so it was certainly not as the New York Times claimed, an alcohol-fueled evening.”

ALEXANDER DOWNER
Former Australian high commissioner to the UK

Hong Kong, Taiwanese Firms Plan to Move Production From China After US Tariff Increase

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increase went in effect May 10. “A week ago, I was still hoping that the 10 percent tariff would be removed,” he said.

Lau said his U.S. customers so far have been footing the bill for the 10 percent tariffs, but he speculated that his customers might not be willing to pay, with the increase to 25 percent.

He added that the manufacturing sector in China could take a serious hit, because countries in Southeast Asia will become more cost-competitive, while supply chains in those countries will become more mature, as more companies pull their production out of China.

Many tech manufacturers, such as suppliers to U.S. tech giant Apple, have already made plans to move production to Vietnam, Malaysia, the Philippines, and elsewhere, from China, after U.S. tariffs were first announced in March 2018.

Meanwhile, Kit Sze, who is in the watches and packaging business, has found thriving business because he moved his factories to Cambodia years ago from Dongguan.

Speaking to the Hong Kong bureau of the Chinese-language Epoch Times on the phone on May 9, Kit said he has received more calls recently from U.S. clients and expects to take more orders from American companies in the future.

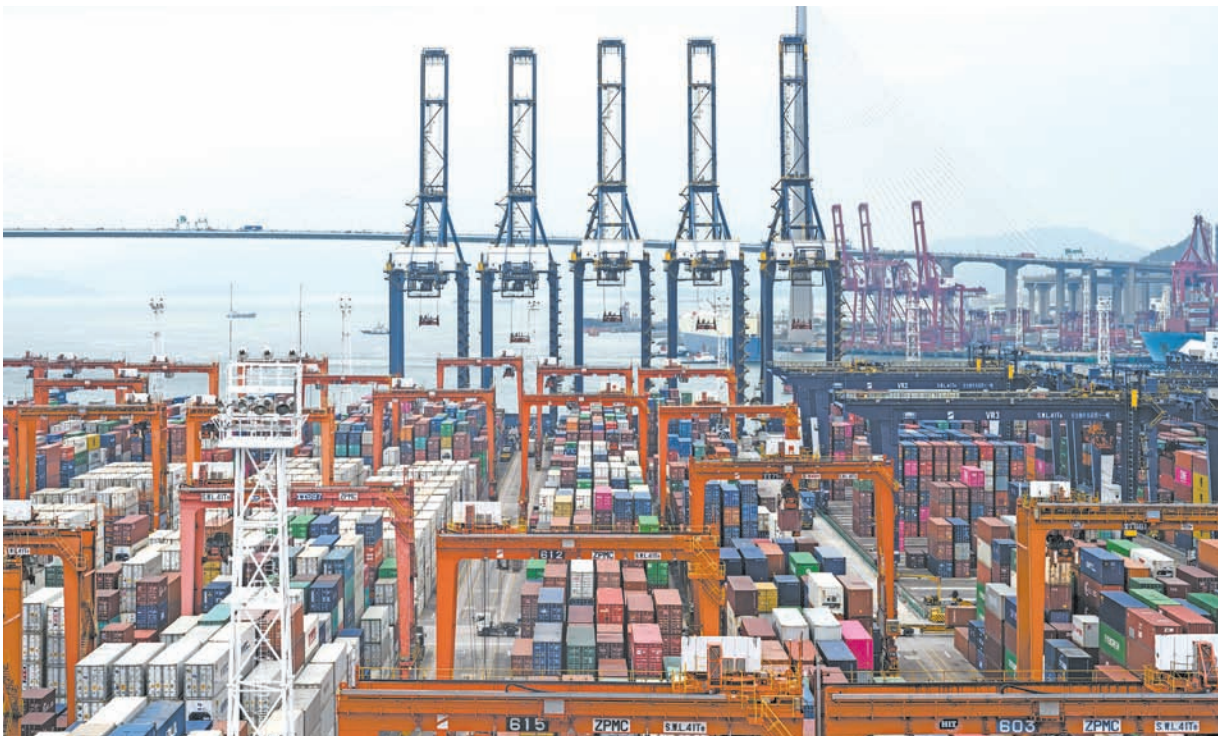
Taiwan

Taiwanese President Tsai Ing-wen held a press conference on May 10 following a high-level national security meeting to address Taiwan’s strategies in the face of the latest increase in U.S. tariffs.

She said that the existing triangular trade model—Taiwanese companies accepting orders from U.S. clients, fulfilling the orders by manufacturing the products in China, and exporting the products to the United States from China—would likely change as a result of the trade war, according to statements posted on the website of the president’s office.

“A week ago, I was still hoping that the 10 percent tariff would be removed.”

Lau Tat-pong, honorary chairman, Hong Kong Small and Medium Enterprise Association



ANTHONY WALLACE/AFP/GETTY IMAGES

Tsai added that her government will speed the process of helping Taiwanese companies return to the island, while setting the goal of signing a bilateral trade agreement with the United States. She concluded that the majority of exports to the United States, now with products with the label “Made in China,” will soon be replaced by high-quality products that are “Made in Taiwan.”

Taiwan’s Ministry of Economic Affairs launched a “welcome back” program in January, which provides incentives for Taiwanese companies to return home, such as free rent for the first two years, favorable bank loans, and access to tax consultation.

Taiwan’s Central News Agency (CNA) reported that 52 Taiwanese companies—those that are based in Taiwan but have operations in China—have pledged to invest on the island with a total investment value of over 279 billion New Taiwan dollars (about \$9 billion) since the beginning of this year, citing data from the Ministry of Economic Affairs.

Tsai said that figure has already surpassed the government’s target of NT\$250 billion, adding that she will raise the new target to NT\$500 billion.

Among the companies returning to Taiwan is Yageo, an electronic component manufacturing company. According to CNA, Yageo will invest 16.5 billion New Taiwan dollars (about \$533 million) to procure new equipment and expand existing factories on the island.

Meanwhile, Hsieh Chih-tong, chairman of Taiwanese furniture maker Shane Global, said that

the company acquired a furniture maker in Thailand in the second half of last year, with the goal of minimizing the costs associated with U.S. tariffs, according to a May 7 article by Hong Kong daily newspaper Apple Daily. Hsieh added that the company was thinking about acquiring a factory in the United States, as well as setting up a new facility in Cambodia.

The 25 percent tariffs will now force many Taiwanese clothing and bag makers in China to either shut or move their production to Southeast Asia, if they haven’t moved already, said Zhuo Qing-ming, chairman of the Taiwan Regional Association of Filament Fabrics Printing Dyeing and Finishing Industries, according to a May 11 interview with Taiwanese broadcaster FTV.

Zhuo explained that these textile makers, who mostly export to the United States and enjoy a current gross profit of about 10 to 20 percent while manufacturing in China, wouldn’t be able to continue their business with 25 percent tariffs tacked onto their products.

In the face of more tariffs, Aaron Yeh, deputy chairman of accounting firm KPMG Taiwan, suggested that Taiwanese companies consider moving production to Indonesia from China, according to a Liberty Times article.

The Indonesian government last year began offering new tax exemption programs to foreign companies investing in 18 sectors in the country, including steel, petroleum, and telecommunications, Yeh said.

▲ A Hong Kong container port on Feb. 1, 2019.

Sweden Reopens Assange Rape Investigation, to Seek Extradition

STOCKHOLM—Sweden reopened an investigation into a rape allegation against WikiLeaks founder Julian Assange on May 13 and said it would seek his extradition from Britain.

Deputy Chief Prosecutor Eva-Marie Persson told a news conference she would continue and conclude a preliminary investigation that was dropped in 2017 without charges being brought because Assange had taken refuge in the Ecuadorean embassy in London.

Assange was arrested in Britain last month after spending seven years hiding inside the embassy.

The United States is also seeking his extradition on charges relating to the public release by Wikileaks of a huge cache of secret documents.

The Swedish prosecutor said it would request Assange be detained in his absence on probable cause for an allegation of rape and that it would issue a European arrest warrant—the process under which his extradition would be sought.

The 47-year-old Australian is currently in prison in London after being sentenced to 50 weeks behind bars last month for jumping bail when he fled to the Ecuadorean embassy.

The decision to reopen the investigation poses the question of whether Assange will be moved to the United States to face conspiracy charges for hacking into classified information or to Sweden.

“I am well aware of the fact that an extradition process is

ongoing in the UK and that he could be extradited to the US,” Persson said.

A British judge has given the U.S. government a deadline of June 12 to outline its case against Assange.

The statute of limitation for rape in Sweden is 10 years—a deadline which would be reached in mid-August next year for the alleged incident involving Assange, leaving prosecutors pressed for time to file any formal charge.

Clear Name

Responding to the reopening of the Swedish investigation, WikiLeaks said it would give Assange a chance to clear his name.

“Since Julian Assange was arrested on 11 April 2019, there has

been considerable political pressure on Sweden to reopen their investigation, but there has always been political pressure surrounding this case,” Kristinn Hrafnsson, WikiLeaks’ editor-in-chief, said in a statement.

“Its reopening will give Julian a chance to clear his name.”

If convicted in Sweden, Assange could face a prison sentence of up to four years. Per Samuelson, a Swedish lawyer for Assange, told public service broadcaster the decision to reopen the case was “embarrassing for Sweden.”

The British courts will have to rule on any extradition request



▲ WikiLeaks founder Julian Assange is seen in a police van.

and Home Secretary Sajid Javid would decide which one takes precedence once Swedish prosecutors file theirs.

Nick Vamos, lawyer at London-based firm Peters & Peters and former head of extradition at Britain’s Crown Prosecution Service, told Reuters before Monday’s decision that he expected a Swedish request would take supremacy.

“In the event of a conflict between a European Arrest Warrant and a request for extradition from the US, UK authorities will decide on the order of priority,” a Swedish prosecutor’s statement said.

*By Niklas Pollard and Simon Johnson
From Reuters*

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China Is Using a Boy Band to Promote Orwellian Surveillance

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had more than 340 million views on China’s Weibo and was mentioned in 2 million comments. It features China’s popular boy band TFBoys and a handful of celebrities including Xu Weizhou and Wei Daxun.

While the video has a light and happy tone, and uses lofty-sounding phrases, it’s important to remember what it represents. The system it promotes is the same one being used in places like Xinjiang, where ethnic Uyghurs are being monitored and thrown into concentration camps for violating the CCP’s laws on culture and religion.

Deceptive Terms

The message the video spread on Weibo, according to Australia’s ABC News, was that “youth should be trustworthy, credibility is valuable, every aspect of life contains the concept of integrity.”

Keep in mind that under the CCP, phrases such as “being trustworthy,” “having credibility,” and “acting with integrity” have very different meanings than they have in free countries. This specifically means being “trustworthy” in the eyes of the ruling communist regime, having “credibility” by never violating its totalitarian standards, and having “integrity” to always follow its will regardless of whether or not the regime can see your actions.

The video plays on the policy of “political correctness,” which was framed by Mao Zedong in 1967. The idea was that if you supported the CCP’s policies of repression—which at the time included the violent destruction of Chinese history during the Cultural Revolution (1966–1976)—then you were “politically correct.” If you opposed the policies, however, then you were not “po-

The system it promotes is the same one being used in places like Xinjiang, where ethnic Uyghurs are being monitored and thrown into concentration camps for violating the CCP’s laws on culture and religion.



AI facial recognition technology in Beijing.



A screenshot from a music video promoting the Chinese communist regime’s Social Credit System.

litically correct,” and you could have been marked for imprisonment or death.

Emotional Control

Propaganda of this type is especially insidious. It uses a form of altered language that will be interpreted differently by people living under the CCP than it would by those outside the system. It also uses colorful and happy imagery to frame a positive perception of an artificial intelligence system for totalitarian social control.

The video portrays an Orwellian reality, under a regime with all the horrors of labor camps and torture we saw under the Soviets, but with a polished, friendly facade.

Of course, this is the goal of propaganda. It doesn’t need to be true or false. It just needs to elicit an intended emotional response. People gradually become conditioned to associate the programmed emotion with the issue.

This differs from misinformation, which is the direct use of false information either to muddle an issue or spread confusion, and from disinformation, which uses more

complex forms of deception, such as staged events and planted evidence, to create reports that appear true.

These all fall under the banner of psychological warfare (or “PsyOps”), which aims to alter the way an issue is interpreted. It works through the subversion of a person’s cycle of meaning, to alter the way they view issues as “symbols” of various concepts or feelings.

When watching propaganda like this, reflect on what impression each scene leaves you with. What emotions does the music invoke? Those impressions and emotions are likely what the creators of the propaganda want you to feel toward the issue.

The ‘China Model’

The Social Credit System is one of the CCP’s many arms of its “China Model,” which represents the CCP’s brand of censorship, surveillance, and human rights abuse. The regime is exporting the Social Credit System under its “One Belt, One Road” development initiative, in which the Chinese regime is constructing infrastructure in other coun-

tries.

The form of censorship it uses is what I recently described as “Trojan horse censorship.” While it wraps itself in a veil of good intentions, its true nature is a program to crack down on dissent, to eliminate any hope of people to oppose the ruling regime, and to further the CCP’s destruction of tradition, but these aren’t talked about on the surface. Those true intentions are the armed men inside the wooden, smiling veneer of this Trojan horse.

This isn’t just a Chinese issue anymore, either, as the CCP is exporting the system. It’s already being used in parts of Africa and Latin America. The city of Darwin, Australia, also will soon launch a variant of the system, in cooperation with the CCP.

If the CCP is allowed to continue pushing this system, expect to see this same type of censorship, masked in this same type of propaganda, in a city near you. This is the goal of the CCP, and it’s something the many socialist tyrants around the world will drool over.



North Korean soldiers patrol along the border fence near the town of Sinuiju, across from the Chinese town of Dandong on Feb. 10, 2016.

Human Rights Organisation Calls on China to Not Repatriate North Korean Escapees

FRANK FANG

Seven North Koreans were recently caught and detained in China while attempting to escape across the border.

“China should not send these seven people back to North Korea, where they face torture, sexual violence, forced labor, and other horrors,” said Phil Robertson, deputy director of the Asia division of Human Rights Watch (HRW), according to a May 14 announcement by the New York-based rights organization. “Beijing should immediately allow them to travel to a third country.”

The escapees, who include a pre-teen girl, were detained by Chinese authorities in northern China’s Liaoning Province on April 28.

South Korean media reported on the status of the North Koreans on April 29, after South Korean-based human rights advocacy group Justice for North Korea issued a statement saying that the seven were arrested while in a hideout outside of the Liaoning capital of Shenyang City.

The group identified the pre-teen girl by her last name, Choi, who along with her uncle, surnamed Kang, crossed the China-North Korea border in early April.

News of their detention was revealed after Choi’s mother, who lives in South Korea, contacted the South Korean consulate in Shenyang upon losing contact with her daughter during the weekend prior to April 29.

Justice for North Korea founder Peter Jung, while speaking to Radio Free Asia (RFA), said that Choi’s mother also visited South Korea’s Ministry of Foreign Affairs and the Office of the United Nations High Commissioner for Human Rights in South Korea, in an attempt to save her daughter.

The South Korean foreign ministry stated that it took “all possible measures” and “necessary action” after receiving news of the case, according to an April 30 article by South Korea’s English-language newspaper The Korean Times. The ministry added that it could not elaborate on details because of concerns for the safety of the escapees.

HRW pointed out that in 2010, Pyong-

yang adopted a decree making defections a crime of “treachery against the nation,” which is punishable by death. If not executed upon their return, escapees are often punished by being sent to either a political prison camp or an ordinary prison camp.

The conditions inside North Korean political prisons are brutal, with many detainees facing starvation, no medical care, lack of shelter and clothes, and sexual assault and torture by guards, according to HRW.

At ordinary prison camps, inmates face “forced labor in dangerous working conditions, repeated mistreatment by guards, and little food or medical care,” HRW said.

An unidentified former senior official at North Korea’s secret police force told HRW that officials under his command “tortured every returnee to find out where they went in China, whom they contacted, and what they had done while outside North Korea.”

Chinese authorities often label North Koreans in China as “illegal economic migrants” and have repatriated them, under a 1986 bilateral border protocol that calls for Chinese police to collaborate with their North Korean counterparts to track down escapees.

Some North Koreans have taken their lives after being arrested, choosing to die rather than face harsh punishment in North Korea.

In July 2017, RFA reported that an unidentified former North Korean official, along with about 10 other North Korean defectors, was caught by Chinese police in southern China’s Yunnan Province. They were taken north to Shenyang, waiting to be sent back to North Korea. While being held, the official, his wife, and his three children committed suicide by taking poison.

In December 2017, RFA reported that an unidentified North Korean nuclear scientist was among a group of defectors detained in Shenyang a month earlier and then repatriated. An RFA source, speaking on condition of anonymity, said the scientist killed himself by taking poison while confined at a state security cell in the North Korean city of Sinuiju before he could be questioned.

Pyongyang adopted a decree making defections a crime of ‘treachery against the nation,’ punishable by death.

Beijing Regulating Grain, Oil Supply as Trade War Escalates

CONTINUED FROM A1

dangerous, based on the degree of their price fluctuations.

For products that hit the moderately dangerous level, authorities will check national stockpiles, “enhance market supervision,” and seek out price forecasts. For those that hit the “severely dangerous” level, authorities will begin to put stockpiles in the national granaries onto the market, identify new sources for purchasing, and “interfere” with market pricing.

For food security, the Chinese regime has implemented a system of grain reserves. State-run food companies fill warehouses with grain purchased from local farmers, and prices are kept low with subsidies from the central government.

The report quoted an official at the commission as saying that the plan “takes into account” a long-term outlook, “when China is facing complex domestic and international environments.” The latter is a hint at the current trade dispute with the United States.

Qin Peng, a U.S.-based Chinese commentator on financial issues, told the Chinese-language Epoch Times on May 13 that Beijing’s new regulations are very likely related to the escalation of U.S.-China trade frictions. “Beijing authorities targeted japonica rice, enriched flour, and soybean oil. For the raw material used to make the latter two—China heavily relies on imports from the United States.”

Qin believes prices for enriched flour and soybean oil could go up dramatically as the trade war intensifies.

The U.S. administration imposed a tariff increase on \$200 billion worth of Chinese imports on May 10, raising duties from 10 to 25 percent.

In retaliation, Beijing announced on the evening of May 13 that it would boost tariffs, ranging from 5 to 25 percent, on \$60 billion worth of U.S. goods.

The new tariff rates includes 25 percent tariffs on a range of cooking oils such as

soybean, peanut, olive, sunflower, and coconut oils.

However, staple food products, such as fresh pork, soybeans, wheat, and sorghum, are noticeably absent from the new tariff list.

Facing insufficient domestic grain production due to droughts and a spreading crop disease, Beijing appears to have left U.S. imports of staple crops off the new tariff list to avoid a food crisis.

Chinese authorities recently confirmed that a destructive pest called fall armyworm has already plagued many parts of China. Fall armyworm has no natural predators in China and can cause significant damage to crops such as corn, rice, wheat, sorghum, barley, sugarcane, soybeans, and peanuts. All these factors have put great pressure on China’s food supply.

And with trade negotiations having ended in Washington on May 10 with no reached agreement, U.S. imports are an uncertain future.

Qin believes that based on Beijing’s habitual behavior of aggressive retaliation, the authorities could further escalate tariffs or even enact an embargo on U.S. agricultural imports—leading to further price increases for grains and cooking oils in China.

The widespread outbreak of African swine fever in China, which has led to scores of pig deaths, has already caused a sharp rise in pork prices.

According to the latest data from China’s National Bureau of Statistics, in April, China’s CPI rose by 2.5 percent year-on-year, the highest level since November 2018. Pork prices rose by 14.4 percent.

Epoch Times commentator He Jian pointed out that China’s neighbors in the South China Sea region are another source for agricultural imports. However, due to China’s aggressive actions to assert its sovereignty claims in the South China Sea, its relations with those countries are rocky. If the diplomatic situation there worsens, it may also affect food prices, He said.



Chinese workers place bottles of cooking oil at a supermarket in Hefei City, Anhui Province, China, on Nov. 17, 2010.

Chinese Regime Has No Option but to Continue Deceit in Trade Talks With US

WEN WU

Commentary

When discussing the U.S.–China trade dispute, most reports or commentaries focus their attention on whether there would be a war or a deal, analyzing whether the Chinese communist regime would choose to launch counterattacks or surrender to the United States.

All these analyses are inaccurate, as they fail to address the core issue. What is certain is that the Chinese Communist Party (CCP) can neither fight nor make peace with the United States. That is, it can neither counterattack nor surrender.

There is only one choice left for the CCP—to deceive. There is simply no other option for the CCP.

Presently, exports and foreign investments are the only reason why communist China can sustain its economic growth. China's huge trade surplus with the United States makes up the bulk of China's total trade surplus. Therefore, no matter what, the Chinese regime wouldn't agree to reduce its trade surplus with the United States, nor can China afford to reduce its trade volume with the United States. The CCP must maintain a trade surplus with the United States while ensuring its total trade with the United States doesn't suffer a significant drop.

The trade relationship between China and the United States is not as simple as the two countries' trade; it is also a barometer for China's trade relations with other countries. If the U.S.–China trade relationship experiences any significant changes, China's trade with other countries will be severely affected.

In short, the CCP can't afford to, and will not dare to, have a trade war in a real sense with the United States.

However, the CCP can't make peace with the United States either, as it won't be able



STR/AFP/GETTY IMAGES

Chinese workers watch as a cargo ship is loaded in Qingdao City, Shandong Province, on July 13, 2017.

Bad debt is a widespread problem in the CCP's financial system. If China's financial sector is fully opened up to foreign financial firms, it would collapse immediately.

to meet all the requirements and conditions the United States has laid out during trade negotiations.

That is because, first of all, the CCP relies on China's state-owned firms as its economic foundation. If one day these state-owned companies no longer receive government subsidies that allow them to manufacture at low prices, they will lose their competitive advantage in foreign trade. This will inevitably result in the collapse of a large number of state-owned enterprises and a hike in unemployment, which would be an unbearable situation for the CCP.

Secondly, bad debt is a widespread

problem in the CCP's financial system. If China's financial sector is fully opened up to foreign financial firms, it would collapse immediately.

Thirdly, for a large number of China's private firms, their core business is making fake products or products from stolen intellectual property. They rely on copyright infringement, such as the many knockoffs of Nike, Adidas, and other world-famous brands. If the CCP promises the United States to stop theft, a large number of private firms would go bankrupt, leading to unemployment.

The key feature of the CCP's rule is deception and lies. The only way to main-

tain deception is to block the free flow of information, such as the internet. If the CCP promises the United States that it will get rid of trade barriers, it would likely be compelled to remove the Great Firewall, and free information would flow into China. The Chinese people would then be able to see the truth. Consequently, the CCP would no longer be able to maintain its lies, nor maintain its rule in China.

Therefore, the CCP can't meet the conditions proposed by the United States. That means the CCP cannot reconcile with the United States and can't surrender, even if it wishes to.

Why is that so?

If the CCP surrenders, all Chinese people deceived by the CCP will find out that the Chinese regime is, in fact, a paper tiger. Then, all the CCP's lies will be revealed.

In addition, the CCP's internal political struggle has reached the level of life and death. One faction, those loyal to former Party leader Jiang Zemin, can't wait to find an excuse to kill the other faction, the current leadership under Xi Jinping. If the faction currently in power surrenders to the United States, it will inevitably give the other faction an adequate excuse to rebel and launch a deadly attack.

Therefore, the CCP can't fight with the United States, nor can it surrender to the United States. The only thing left for the CCP to do is to deceive, as there is no other way to resolve the current dilemma.

Internally, the CCP lies to the Chinese people that it will fight with the United States to the end; externally, the CCP lies to the United States that it will try to negotiate and reconcile differences to meet certain U.S. demands.

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

Amnesty International: China-Owned Building in NY Denies Lease

NEW YORK—A giant shipping conglomerate owned by the Chinese regime has declined to lease space in a building it owns in New York City to the U.S. chapter of Amnesty International, an organization that's been critical of China's human rights abuses.

Amnesty International U.S.A. told The New York Times that just as it was about to sign a lease during the week of May 5 for office space in Wall Street Plaza, the building's owner, Orient Overseas, said its new parent company, Cosco Shipping Holdings Co., put a stop to it.

A spokesperson for the human rights group said they were told they were "not the best tenant" for the 33-story tower on Pine Street in lower Manhattan. Orient Overseas, a subsidiary of a Hong Kong shipping company, Orient Overseas Container Line, had owned the building for almost 50 years, according to The NY Times.

But in 2017, Cosco Shipping bought Orient Overseas for \$6.3 billion, making it one of the largest container shipping

operators in the world and one of the largest shipping import companies in the United States. Cosco Shipping also took ownership of Orient's real estate investments—including 88 Pine Street, its only U.S. property—according to The NY Times.

The NY Times said Cosco didn't respond to messages seeking comment.

Amnesty International has urged action against the Beijing regime's mass internment of ethnic minority Muslims. The group has been denied access to the internment camps in the Xinjiang region.

Other human rights groups claim that more than 1 million Uyghurs from Xinjiang are being held in so-called re-education camps, where they are forced to deny their faith and pledge allegiance to the Chinese Communist Party. Other Uyghurs are subject to constant online surveillance and the collection of vocal samples, iris scans, and DNA sampling.

Amnesty International has also reported on the persecution of Falun Gong adherents in China. Falun Gong, also known



LEON NEAL/AFP/GETTY IMAGES

as Falun Dafa, is a traditional Chinese spiritual practice with moral teachings based on truthfulness, compassion, and tolerance.

Introduced to the Chinese public in 1992, Falun Gong soon gained popularity, with official estimates of roughly 100 million practitioners in mainland China by 1999. Fearing the popularity threatened the Chinese regime's authority, then-Chinese Communist Party leader Jiang Zemin launched nationwide persecution of Falun Gong practitioners in July 1999, rounding up adherents and throwing them into detention facilities, labor

A man stands outside Amnesty International's headquarters in London on June 3, 2008.

Amnesty International has urged action against the Beijing regime's mass internment of ethnic minority Muslims.

camp, and brainwashing centers in an effort to eradicate the faith.

In 2015, the Taiwanese branch of Amnesty International aided in rescuing Falun Gong practitioner Chen Zhenping, who was detained and tortured by the Chinese regime for her beliefs. Chen was detained at a women's prison in Henan Province for seven years, where she was tortured and forced to perform slave labor. Amnesty International had taken up Chen's case in 2012.

In the three years that followed, members of the group applied constant pressure on Chen's persecutors, while appealing to the Finnish government and media, and Chinese authorities as well. Chen was released and reunited with her daughter at her new home in Finland in October 2015.

*The Epoch Times contributed to this report.
From The Associated Press*

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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.



In 2000, Zhang Yuhui, the former editor-in-chief of the China branch of The Epoch Times, was sentenced to 10 years in prison for his work.

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.



A NEWSPAPER you can trust

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)



We are the “lucky country.” But our parliamentary democracy only works when the populace is well informed through an honest and transparent press. This is the role that The Epoch Times strives to fulfill.

What People Are Saying



“The Epoch Times is a distinctive newspaper and reports the news truthfully, decently and fairly. It’s a shame that only Chinese Epoch Times was available in the early days. Now, I look forward to the relaunch of the English edition. The Australian community needs to know what is happening in China and the suppression of human rights under the CCP. This will uphold Australian values and is also an opportunity for Australians to help improve the human rights situations in China.”

Qi Jiazhen, Writer



“I think as a media company The Epoch Times can be part of a positive force for the culture and a positive force within this economic machine of capitalism to help elevate cultural products and ideas that are going to help heal society as you preserve the family.”

Carrie Sheffield, founder, Bold



“The first duty of the press,’ the great London newspaper The Times declared as long ago in 1851, ‘is to obtain the earliest and most correct intelligence of the events of the time, and instantly, by disclosing them, to make them the common property of the nation.’ “There can be no doubt that in assessing the newspapers of the world, The Epoch Times deserves the encomium that it is a leader in observing, to the very highest degree, this timeless enunciation of the first duty of the press.”

Emeritus Professor David Flint AM



“As a child, my father would eagerly look forward to reading The Epoch Times newspaper. Now I understand why, it’s 100% correct. A rare publication celebrating Chinese culture whilst speaking against the atrocities of communism. Australians take note.”

Asha Towers, NSW President of the National Civic Council



“The Epoch Times has done a great job in its quest for truth and its devotion to humanitarian concerns.”

Feng Chongyi, Associate Professor in China Studies at University of Technology Sydney

A Brief Introduction to The Epoch Times

Started in 2000 by Chinese-Americans who fled communism, The Epoch Times was founded in America to bring truthful and uncensored news to Chinese people worldwide—people oppressed by lies, violence, and propaganda. The English edition of Epoch Times was started in 2004, and has upheld the same values.

In December 2000, a few months after we began publishing, 10 of our staff members in China were jailed and tortured. They were sentenced to prison terms ranging from three to 10 years, forcing us to work largely underground in China. Later, Epoch Times contributors continued to be targeted: One died in a Chinese prison in 2017 after 12 years in jail; another was just released on Feb. 13, 2018 after over 10 years in jail.

Despite these challenges, we have been committed from the beginning to getting the truth out under difficult circumstances, and this is and will forever be part of The Epoch Times.

Having faced extreme challenges (financial, physical, and cyber) from

one of the most despotic regimes on the planet, The Epoch Times has never stopped delivering on its promise to readers: to use traditional, upright, and true journalism to keep the public informed.

We investigate issues overlooked—or avoided—by other media outlets. We don’t spin the news, push biased agendas, or create false narratives. We give the facts and context to allow readers to make up their own minds.

We report on a wide range of topics, from national politics, to holistic health, foreign affairs, traditional culture, immigration, and food & lifestyle.

We also hold that one of the most overlooked stories of the 21st century is the global cultural and moral destruction wrought by communism, and so we take special care to expose this deadly ideology and the harm it has caused to us all.

In all that we do, we make an earnest attempt to hold ourselves to the highest standards of integrity. This is our promise to you.

Make a Difference Today

The Power of Your Contribution

1. Help us publish truthful news.
2. Builds a nonpartisan, independent media that stands outside of any political interests.
3. Helps fund the research that exposes the true nature of communism and its impact on our media, our schools, our government, our religious institutions, and our society as a whole.
4. Helps us to report stories within Australia and abroad that are rarely reported by other media outlets.
5. Safeguards a forum for discussion of traditional values and the traditional vision of journalism.
6. Informs schools, universities and other public institutions with our content.

What Your Contribution Achieves

\$50 – Help us get our message of ‘Truth and Tradition’ into local universities.

\$500 – Help 250 households test drive The Epoch Times newspaper.

\$5,000 – Help us create an ebook of “How the Spectre of Communism is Ruling our World” so that millions of people can enjoy reading it in book form.

\$10,000 – Fund the research and production of a new investigative piece so that millions of people can benefit from it.

\$20,000 – Help us reach an extra 1 million people with an Epoch Times investigative journalism video.



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Americans Fund Concentration Camps in China

EMEL AKAN

WASHINGTON—A rising number of Chinese companies in U.S. capital markets pose a risk for U.S. investors as they unwittingly finance companies associated with concentration camps in China, an expert warns.

Through public pension and retirement funds, investors are transferring wealth from the United States to Chinese entities that do not comply with U.S. laws, a problem that has been overlooked for more than a decade.

“We’re talking about hundreds of billions of dollars and moving rapidly toward \$1 trillion,” said Roger Robinson, a former member of President Ronald Reagan’s National Security Council and president and CEO of RWR Advisory Group, which tracks Chinese investments worldwide.

“Now, that’s a lot of financing that’s being attracted from unwitting American investors,” he said at a May 2 event hosted by the civil advocacy group Committee on the Present Danger: China, launched this year.

According to Robinson, there are more than 650 Chinese companies traded in the U.S. stock markets. Around 86 of these entities are listed in the New York Stock Exchange and 62 in Nasdaq. And more than 500 Chinese companies are traded in the over-the-counter market, “the least regulated and the most popular for those seeking to skirt transparency and disclosure requirements,” said Robinson.

There is a wide spectrum of companies traded on the U.S. stock exchanges and many of them are “outright bad actors,” he said.

After closely examining Chinese enterprises and their entire network of subsidiaries, Robinson found that some are linked to the Chinese People’s Liberation Army, for example.

These companies are “national security abusers of all stripes, as well as human rights abusers,” he said, adding that they are associated with sanctions violations, proliferation of weapons of mass destruction, cyber hacking, or building and militarizing the islands in the South China Sea.

And in terms of human rights, he said there are Chinese companies that provide “surveillance cameras and facial-recognition technology and the like to help maintain the incarceration of some 1 million Uyghurs in Xinjiang,” in so-called detention or concentration camps.

The majority of U.S. investors are unaware of the identities of these companies and their malicious activities. Investment prospectus, legal documents issued by companies during stock offerings, don’t disclose these potential risks to U.S. investors.

“You start to see a trend where trillions of dollars are going to flow into our markets over the next two to three years,” Robinson said. “It is conceivable that one morning, the American people wake up and find—whether it’s 12 percent, 15 percent, 17 percent—some high number of their retirement portfolios are Chinese securities.”

There’s been no penalty for these companies to date. Robinson warned, however, that any sanctions toward Chinese entities based on their malevolent behavior will damage the value of U.S. retirement and pension funds, putting Americans at risk.

Activist Short Seller Chases Down Fraud In China

There are many victims in the United States whose life savings have been wiped out because of Chinese stocks. Public pensions and retirement funds have lost billions of dollars, according to “The China



JEWEL SAMAD/AFP/GETTY IMAGES

Hustle,” a documentary released in 2018.

After the financial crisis of 2008, hundreds of Chinese firms listed on U.S. exchanges through a process called a reverse merger with a public U.S. company.

In the film, whistleblower and activist short-seller Dan David explains how Chinese companies mislead U.S. investors through overstating their operations, revenues, and profits. He hired researchers to go to China and investigate dozens of companies. The researchers found out that the “fraud is out in the open” and some factories are “Potemkin villages.”

For example, L&L Energy, a company mentioned in the movie, stated to its shareholders that it produced coal at its LuoZhou and LaShu mines in China. Through inspections of these mines, researchers found that there was no production taking place at either mine. L&L had fabricated its production and revenue figures, according to the movie.

His first inclination was not to short these stocks, David told The Epoch Times.

“The first thing we did is naively talked to the investment banks about what the mistakes we thought they were making,” he said. “And then we realized that these weren’t mistakes but purposeful business decisions on their part.”

After receiving dismissive answers from the exchanges and the Securities and Exchange Commission, David started short-selling these fraudulent companies.

“Once we started shorting and making a lot of money, then all these people wanted to listen, if not sue us,” he said.

Short selling is when an investor borrows stock from a broker and sells it at its current market price, planning to buy it back later for less money. Short

“There are Chinese companies that provide ‘surveillance cameras and facial-recognition technology and the like to help maintain the incarceration of some 1 million Uyghurs’ in concentration camps.”

ROGER ROBINSON
PRESIDENT
AND CEO
OF RWR
ADVISORY
GROUP

seller bet on, and make profits from, a fall in a stock’s price.

“It was nice to make the money, but at a certain point in time, you have to sit back in your own skin and say, where does this money come from?” David said.

“And the answer is, it came from my friends, my family, my neighbors, my fellow Americans. And that just didn’t sit very well with me.”

David helped expose \$15 billion in fraud in U.S. capital markets and had 12 companies de-listed from the exchanges.

There is not any one culprit to blame, he said. The fraud is facilitated by U.S. lawyers, bankers, and auditors who have a vested interest in these bad practices outlined in the movie because they get business mandates and fees from these companies.

“If you think about it, this is a cooperation between a China operator and the American banking system and American facilitators,” he said. “A Chinese chicken farmer doesn’t wake up one day and know how to defraud the U.S. capital markets. They are helped by us.”

“It’s not just the smaller companies,” he continued. It is the bigger companies like Alibaba that pose the same risk.

“I can reverse engineer the financial statements from Amazon, Apple, Tesla,” he said but “you can’t do it with Alibaba. I mean, they have thousands of subsidiaries.”

David is frustrated with Congress for failing to recognize the problem, calling lawmakers “clueless.”

“I’ve lobbied Congress, nobody is doing anything about it. It’s just crazy,” he said.

“When the money is raised here and taken to China, we have no apparatus to get it back.”

▲ Traders wait for Chinese online retail giant Alibaba’s stock to go live on the floor at the New York Stock Exchange in New York on Sept. 19, 2014.

US Attorney Probing Spying on Trump Campaign Draws on Vast Experience

CONTINUED FROM A1

Durham’s findings led to a congressional investigation of the FBI’s use of confidential human sources. In 2003, Congress released a 3,500-page report titled “The FBI’s Use of Murderers as Informants.” The report concluded that the FBI’s conduct in the case amounted to “one of the greatest failures in the history of federal law enforcement.”

In the wake of the murderer-informant lawsuits and investigation, the FBI overhauled its Confidential Human Source Program. As a result, Durham will be probing the same program, which has been reformed as a result of his prior work.

Notably, Christopher Steele, the former British intelligence officer who compiled the infamous dossier of opposition research on Trump, was a confidential human source on the FBI’s payroll during the 2016 election. The bureau fired Steele after he broke the rules of the Confidential Human Source Program by speaking to the media. Before firing Steele, the bureau used his dossier to obtain a Foreign Intelligence Surveillance Act warrant to spy on Carter Page.

In addition to appointing Durham, Barr is also personally working with FBI Director Christopher Wray, CIA Direc-



DEPARTMENT OF JUSTICE; CHIP SOMODEVILLA/GETTY IMAGES

tor Gina Haspel, and Director of National Intelligence Dan Coats to review intelligence gathering techniques used to investigate Trump’s 2016 campaign, according to sources cited by Reuters, The Associated Press, and Fox News. The DOJ, DNI, and CIA didn’t respond to requests to confirm the reports. The FBI declined to comment.

A probe into the legality of the warrant to spy on Page is already underway by Justice Department Inspector General Michael Horowitz, who is due to release his findings in coming weeks.

In 2017, former Attorney General Jeff Sessions assigned Utah’s top federal prosecutor, John Huber, to review a wide

▲ U.S. Attorney John Durham (L) and Attorney General William Barr.

range of issues, from how the FBI handled investigations related to Hillary Clinton to questions about the origins of the Russia probe.

The Clinton campaign and the Democratic National Committee paid for Steele’s dossier.

President Donald Trump nominated Durham as Connecticut’s U.S. Attorney in November 2017. The Senate confirmed him in February 2018.

In the murderer-informant investigation, Durham looked into the 1965 murder of Edward “Teddy” Deegan. His investigation uncovered that the FBI knew for months in advance of a mob plot to kill Deegan, but withheld the evidence against the informants involved. In-

stead, four innocent men were convicted for the murder. Two of the men died in prison before Durham completed his inquiry.

“Known killers were protected from the consequences of their crimes and purposefully kept on the streets,” a congressional report on the matter stated.

The lead prosecutor in the Deegan case said he wouldn’t have moved forward with the prosecution if he knew of the evidence withheld by the FBI.

“That information should have been in my hands. It should have been in the hands of the defense attorneys. It is outrageous, it’s terrible, and that trial shouldn’t have gone forward,” the prosecutor said, according to the congressional report.

The withholding of evidence in the Deegan case is another parallel to Durham’s new assignment to the investigation of the Trump-Russia investigators. According to a report by the House Intelligence Committee, the FBI was aware that Steele was biased against Trump before the agency submitted an application for a spy warrant on Page. The bureau also withheld the fact that Steele’s dossier was funded by the Clinton campaign.

The FBI’s investigation of the Trump campaign eventually evolved into the one led by special counsel Robert Mueller, who probed whether Trump or any-

one in his campaign colluded with Russia to influence the 2016 presidential election. The special counsel investigation wrapped up in March, concluding there is no evidence that Trump or anyone on his campaign colluded with Russia.

Durham also handled one of the highest-profile investigations of the CIA in decades. In 2008, Attorney General Michael Mukasey tapped him to investigate the destruction of videotapes of the CIA’s interrogation of terrorism suspects. Months later, Attorney General Eric Holder asked Durham to also probe whether the agency’s interrogation techniques ran afoul of the law.

In 2010, Durham didn’t recommend charges in the investigation of tape destruction. He also recommended that most of the interrogation cases be closed, but called for additional scrutiny in the cases of two detainees who died in U.S. custody.

Durham’s CIA inquiry is yet another link to his new assignment. Former CIA Director John Brennan has said that intelligence he collected from foreign sources while heading the agency in 2015 and 2016 was used to establish the FBI investigation of the Trump campaign.

Reuters contributed to this report.

Opposition, Alternatives Voiced For Sex Education in California Public Schools

DANIEL HOLL

SA CRAMENTO, California—New sexual education curriculum that teaches about gender identity issues and explicit sexual behavior is coming into effect in Californian schools.

But there have been two active voices opposing current sex-education legislation that has led to the roll-out of the new curriculum; Republican Senator Mike Morrell and Stephanie Yates, founder of Informed Parents of California.

Morrell of the 23rd District in Southern California has sponsored a bill titled Senate Bill 673 (SB-673).

Morrell’s bill is an amendment to AB-329, a bill that was passed on Jan. 1, 2016. AB-329 is described as “comprehensive sexual health education and HIV prevention education,” according to the California Department of Education. It mandates sexual education for students from grades seven to 12.

Sex-Ed Amendment

In his bill, Morrell wants to make two alterations to the existing sex-ed laws. He says his changes are aimed at creating transparency, so that all new sex-ed information can be readily available online for parents to review. This would allow parents to be better informed so that they can have a say on whether they want their child participating in sex-ed classes that critics say have gone beyond just informing children.

“The parents that we’ve talked to who have just tried to be able to get the curriculum, [it] has been difficult for them to get the curriculum,” Senator Morrell said. “Then to get their child [to] opt-out is even a tougher step.”

“A lot of this curriculum goes beyond what I believe is acceptable, as again some people have put it, it’s gone from the informative to the explicit.”

Further, Morrell said that the current opt-out choice should be switched to opt-in. That way, children will not be defaulted into the new classes.

“The thing that I see here in Sacramento, it’s becoming a very progressive government, which is just a nice word for the expansion of the bureaucratic state,” Morrell said. “Historically, as government expands, liberty contracts.”

“It’s just a nice word for socialism.”

Morrell had previously spoken at a rally on March 28 about his bill. Parents came from all over California to express their support for the Senator and their opposition to AB-329.

“There was a capitol full of people here that day, of parents, just saying, ‘Hey, we should have control over the rights of what we put in our kids minds,’” Morrell said. “‘We mentor [the kids], we train them

up, and try to put the best morals as we can into them, and give them the right direction and best education, and teach them good character qualities and virtues.’”

Grassroots Organization

Stephanie Yates founded Informed Parents of California after learning about the changes in AB-329 to sexual education. Their website describes them as “a statewide resource to inform parents on critical issues that impact our children’s educational well-being, and the role of parents in education.”

Yates has gathered many of the materials that are set to be used in the new sexual education framework. This framework is a suggested curriculum for teachers to use. How much of it that teachers employ is their decision, Yates explained.

Yates shared a book by Robbie Harris titled “It’s NOT the Stork!” The book contains graphic depictions of fully naked male and female bodies, including those of children, that are used as educational materials for kindergarten students.

Other books include traced images of adult male and female genitalia, which are to be used by children as coloring activities.

Yates also shared from a teacher’s manual a book called, “The ‘What’s Happening To My Body’ Book

“It’s a matter of the parents, they don’t know about it. They don’t know what’s going on.”

Stephanie Yates, founder of Informed Parents of California



FREDERIC J. BROWN / AFP/GETTY IMAGES

for Girls,” by Lynda and Area Madaras. One section guides students on coloring a picture of male genitalia.

“Using my best kindergarten-lady voice, I say, ‘The penis has two parts, the shaft and the glans. Find the shaft of the penis and color it with blue and red stripes,’” Yates read.

The same book also gives a list of slang and vulgar words to describe male and female genitalia. The book instructs the teacher to guide the students to shout out as many slang terms that they know to describe the genitalia.

Institutionalized Grooming

“This is institutionalized grooming,” Yates said. “It’s a way to break down their natural modesty.”

Yates said that a book used for high-school sex-ed called “S.E.X., second edition: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties,” by Heather Corinna, actually gave explicit instructions on how to perform various sexual acts, including fisting, anal-oral sex, and bondage.

Yates also commented that Corinna’s book gave instructions on fluid bonding. The same book was suggested to be promoted during AIDS awareness week, according to a syllabus that Yates shared.

Yates contrasted the content of the new sexual education curriculum with other common-knowledge health behavior.

“We’re teaching our children how to wash their hands after they use the restroom so they don’t spread germs and diseases,” Yates said. “But they’re teaching our children how to put their mouth on somebody’s anus for sexual pleasure.”

“It’s a matter of the parents, they don’t know about it,” Yates said. “They don’t know what’s going on. They hear something, it sounds like some conspiracy thing.”

“I truly believed the safest place for my son was at school. That got shattered when I talked to his school district.”

◀ A flyer reminds students of the availability of condoms at James Monroe High School in North Hills, Calif., on May 18, 2018.

Senators Urge Pompeo to Move Against Cuba’s Doctor Trafficking

CONTINUED FROM A1

in which Cuban and Venezuelan officials compelled Cuban doctors to provide services and medicines only to supporters of Venezuelan dictator Nicolás Maduro.

“Such repugnant politicization of medical treatment forced Cuban doctors to deny essential care to sick and aging Venezuelans if they were deemed insufficiently loyal to the Maduro regime.”

The political use of health care services by the Maduro regime prior to the 2018 Venezuelan presidential election was succeeded by exploding inflation, chronic shortages of basic necessities, including food and fuel for transportation, and a breakdown of public utility services such as electricity and water.

Venezuela now appears to be on the verge of a genuine civil war. In addition to the doctors, the Cuban regime has dispatched 20,000 or more troops to Venezuela, according to White House national security adviser John Bolton. Cuban officials deny having any troops in Venezuela.

The senators also pointed to Cuba’s recent “Mais Medicos” deal with the former government of Brazil in which “the financial arrangement between the former government of Brazil, Pan American Health Organization, and the Cuban regime allowed the regime to withhold approximately 75 percent of the Cuban doctors’ wages.

“Under this arrangement, Cuban doctors were the only medical professionals participating in the Mais Médicos program to have a substantial part of their salaries retained by their government.”

The doctors were also forced to give their passports to the Cuban government as a means to prevent them from defecting to a neighboring country, and they were barred from bringing their families with them, the senators told Pompeo.

The Mais Medicos program was canceled earlier this year by Brazil’s newly elected presi-



EVARISTO SA/AFP/GETTY IMAGES

Cuban physicians attend the sanctioning of the law establishing the ‘More Doctors’ program in Brasilia, Brazil, on Oct. 22, 2013.

dent, Jair Bolsonaro. Even so, the senators said, “the Cuban regime continues to pursue opportunities around the world to profit off of the medical services provided by its doctors.”

The senators asked Pompeo, “[What] steps is the [Trump] administration taking to re-establish the Cuban Medical Professionals Parole (CMPP) program?”

The CMPP program was established in 2006 by President George W. Bush to help Cuban doctors defecting while on forced labor assignments in foreign countries. An estimated 8,000 such Cubans did so until President Barack Obama abolished the program as part of his efforts to reestablish normal diplomatic and economic relations with Cuba.

Rubio and Menendez have encouraged the restoration of the CMPP program since 2017.

The senators also told Pompeo that “given its state-sponsored forced labor regime, it is our full expectation that the State Department will downgrade Cuba to a Tier 3 country for human trafficking in the 2019 Trafficking In Persons (TIP) Report.”

The Cuban regime had been upgraded from Tier 3, the worst ranking in the TIP report, to Tier 2 in 2015, and then granted waivers in the next two years from being moved back to the lowest level.

Menendez told The Epoch Times on May 8 that “for decades, the regime in Havana has deployed Cuban doctors under conditions representing indentured servitude in order to turn a profit and, increasingly, to manipulate politics abroad.

“As more information comes out, the world cannot afford to ignore what Cuba’s foreign medical missions truly are—a global network of human trafficking.”

In a related development on May 8, Scott encouraged President Donald Trump to embargo Cuba fully and end free oil transfers from Venezuela to Cuba.

“Cuba is the most powerful force propping up the Maduro Regime in Venezuela,” Scott said in a statement. Venezuela pays for Cuban help with free oil, he said.

“It’s oil for repression. Cutting off the supply of oil to the Castro Regime would be the most effective action we can take to end the brutal regime of Nicolas Maduro,” Scott said.

Trump “needs to consider using naval assets to block the flow of oil between the two dictatorships. The president has floated the idea of a full embargo on Cuba.

“We need to take action now to capitalize on Maduro’s weakness and end his brutal regime. Cut off Cuba, and you cut off the political forces supporting genocide in Venezuela.”

Multi-State Child Exploitation Operation Busted; 82 Arrested, 17 Children Rescued

BOWEN XIAO

An investigation into the possession and distribution of child pornography covering eight southeastern U.S. states culminated in the arrest of 82 people and the rescue of 17 child victims, according to the Georgia Bureau of Investigation (GBI).

The four-month-long investigation, dubbed “Operation Southern Impact III,” resulted in three days of investigative actions including “search warrant executions, undercover operations, arrests, and sex offender compliance verification visits.”

In total, 171 law enforcement and prosecutorial agencies were involved.

The ages of those arrested range from 20 to 70, the GBI said May 3. Occupations of arrestees included a “non-profit employee, small business owner, store clerk, mechanic, daycare administrator, youth group leader, former high school band director, freelance photographer, construction worker, and painter.”

As part of the operation, 861 digital devices were previewed and 1,613 digital devices were seized. Included among those devices were 203 mobile phones. The investigation stemmed from cyber tips received from the ICAC Task Force of the National Center for Missing and Exploited Children.

In Georgia alone, 31 people were arrested, mostly for the possession or distribution of child pornography. Investigators said they targeted those distributing “the most violent sexual abuse material involving infants and toddlers” which the bureau itself noted, “is not uncommon.”

“The Georgia ICAC Task Force consistently finds this type of content,” the release stated.

Of those arrested in Georgia, seven traveled for the goal of meeting and having sex with a minor. Investigators say predators often visit chat rooms and sites on the internet to arrange such meetings. The arrested perpetrators targeted both boys and

girls.

Four of those arrested in Georgia were registered sex offenders. One offender previously had been arrested during a similar operation in 2015.

“The dedicated law enforcement professionals that are part of the Georgia ICAC Task Force will not cease searching for those who are producing, trading and collecting this graphic material,” Debbie Garner, special agent in charge of the GBI’s Child Exploitation and Computer Crimes Unit said. “We will continue to work together to find, investigate and prosecute these predators.”

Georgia Attorney General Chris Carr also praised the efforts of those behind the operation.

In April 2018, President Donald Trump signed into law a bill dubbed the “Allow States and Victims to Fight Online Sex Trafficking Act of 2017.” The act makes it easier to take legal action against individuals who use websites to facilitate sex trafficking, while also aiding victims to fight back against websites that profit from their exploitation.

In the same month, sex-trafficking website Backpage.com—the largest human-trafficking portal in the United States—was taken down by the FBI. Trump has made combating human trafficking a focal point of his administration.

A report shared with The Epoch Times last month found the demand for online sex-trafficking dropped following the shutdown of Backpage, as the operators of smaller sites struggled to stay afloat.

The report by Childsafe.ai—the world’s first artificial intelligence platform for monitoring, graphing, and modeling child-exploitation risk on the web—detailed how the industry has since been fragmented across dozens of websites, all competing fiercely for market share. Web traffic to advertising websites selling sex drew only 5 to 8 percent of the total unique visitors that Backpage drew at its height in 2016.

How Socialism Convinces Its Followers to Abandon Personal Responsibility

JOSHUA PHILIPP



Commentary

A key element of socialist indoctrination is the belief that an individual should no longer be seen as separate from the state, and that, through the absolute responsibility of the state over every facet of our lives, no issue is free from political cause.

Part of this ties to the belief in state intervention. People become no longer willing to handle issues themselves. Any personal issue, any conflict between individuals, or any discomfort in life is no longer seen as something an individual should solve or endure, but instead becomes an issue for the state to resolve through sweeping regulation.

It's through this ongoing process of crisis and response that the powers of government replace the powers of the individual. It results in regulations that slowly replace traditions of self-reliance with the tyranny of socialism.

Socialism's True Goals

Socialism is often misunderstood as being simply an economic system, a belief in sharing, or an alternative to capitalism. Yet none of these are true.

Socialism, as Karl Marx and others envisioned, was merely the initial developmental stage of communism. It's where the state has seized control of the means of production and the mechanisms of power, and uses these to drive society toward the final goals of communism: the destruction of morality, tradition, family, and all social structures.

Socialism is what Vladimir Lenin called in 1917 the system of "state-capitalist monopoly." Rather than replace the systems of trade, the state merely seizes control of all businesses and regulates all forms of trade. The rights of exchange are seized from individuals, then fall into the hands of an all-powerful, bureaucratic state.

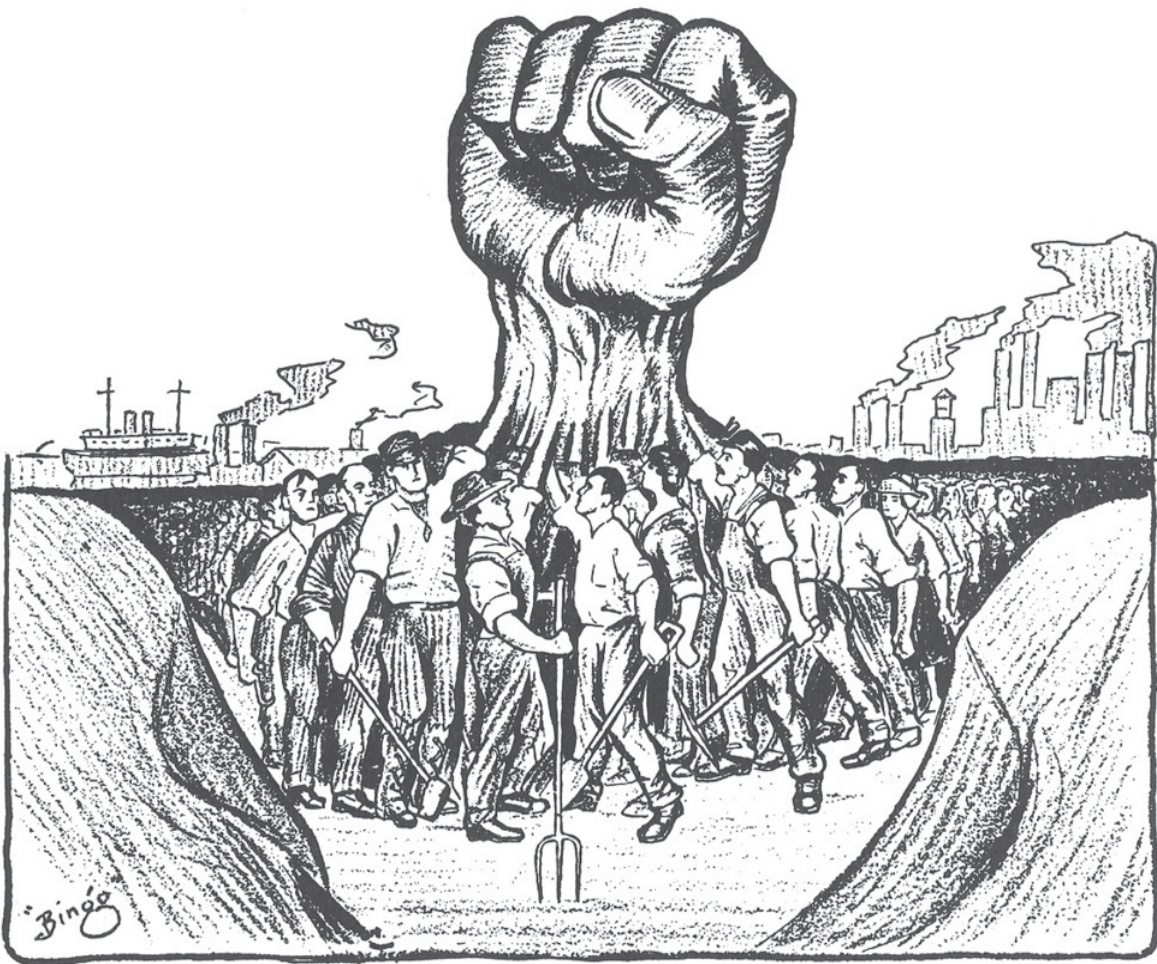
Yet socialism doesn't end at the control of business and finance. It's also a cultural, social, and atheistic ideology that looks to likewise seize and dominate these aspects in each individual.

It's because of this that we have things like "political correctness," from Mao Zedong in 1967, meant to replace traditional morality with a new morality dictated by state policy.

Distrust of Fellow Man

As the famous essayist G.K. Chesterton wrote on March 21, 1925, the then-emerging communist and socialist systems were not a rebellion against an "abnormal tyranny," like the rebellions previously seen in history. Instead, they were a new type of rebellion "against what they think is normal tyranny—the tyranny of the normal."

"They are not in revolt against the



Cartoon called 'The Hand That Will Rule the World' published in the Industrial Workers of the World (IWW) journal Solidarity on June 30, 1917.

king," Chesterton wrote. "They are in revolt against the citizen."

And Chesterton was right. Socialism is not about bringing an end to the control that kings once had over society. Instead, it's about expanding the reach of its control until it can dominate every element of each person's life.

The enemy of socialism is not the tyrant or a force that dominates individuals—because this domination is what socialism's policies advocate. The enemy of socialism is the individual.

As Chesterton noted: "The thing behind Bolshevism and many other modern things is a new doubt. It is not merely a doubt about God; it is rather specially a doubt about Man."

It's because of this belief—that people are incapable of freedom without complete state intervention—that we have new socialist theories to interpret the relations between the state and the citizen. In the United States, this surfaced in the 1930s with "critical theory" from the Marxist Frankfurt School, then later in the 1960s with the new slogan that "the personal is political."

A Worldview of Struggle

Critical theory acts as a new lens through which people interpret the world. It encourages people to view all of history and all that exists in today's society through the Marxist concept of class struggle. Every issue is one of the "oppressed" struggling against the "op-

pressor." This system of dialectical conflict—the "struggle of opposites"—is held by Marxism as the tool for social "evolution" toward communism.

Yet what does critical theory really translate to? It translates to an idea that all social dynamics are tyrannical, and have been through all history. Thus, it looks to destroy all history, all culture, all values, and all else that once existed.

And what is its proposed replacement for this historical tyranny? Its answer is a socialist state of absolute tyranny—able to dominate each person down to their thoughts, their speech, their health, their beliefs, and their minute choices in daily life.

This socialist tyranny, in its drive for communism, has led to more than 100 million unnatural deaths over the last century. In its fight to end "slavery," it enslaves all of society. In its push to end "oppression," it establishes a system of oppression beyond even the most tyrannical kings of history.

Dominance of the State

People who study critical theory will read a classic book but come to a radically different interpretation from that of someone who has not been indoctrinated by Marxist thought. Rather than read the story as it is, they will interpret it through the lens of struggle—through the lens of an oppressed individual or an oppressed group struggling with an oppressor.

Stories become no longer about hero-

It's because of this that we have things like "political correctness," from Mao Zedong in 1967, meant to replace traditional morality with a new morality dictated by state policy.

ism, personal growth, or moral choice. Instead, everything becomes a story about the Marxist-Leninist worldview of struggle. And the conclusion it gives to resolve this struggle is to give absolute power to the state.

The system of self-brainwashing under critical theory has become a cornerstone of modern education. It is the intentional planting of notions, altering of conclusions, and changing of the way people perceive information.

The idea that "the personal is political," meanwhile, plays on the same idea. This belief, at the heart of things like "identity politics," holds that a person is no longer responsible for personal issues. Rather, personal issues become the business of politics—of state control.

As French economist and author Frédéric Bastiat wrote in his book "The Law" in 1850, socialist tyrants view themselves as being above all mankind, and hold that their seat of power gives them the right to dictate each individual as a person would dictate themselves. This leads to social engineering, and to toying with the freedoms and lives of all in society.

He wrote: "But think of the difference between the gardener and his trees, between the inventor and his machine, between the chemist and his substances, between the agriculturist and his seed! The Socialist thinks, in all sincerity, that there is the same difference between himself and mankind."

Joshua Philipp is a senior investigative reporter for The Epoch Times.

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

Did China Assist North Korea's New Short-Range Ballistic Missile?

RICK FISHER



On the morning of May 4 (Korean time) at its test site in Wonson, North Korea tested a new nuclear capable solid-fuel short range ballistic missile (SRBM), ending a 522 day missile testing moratorium that held since last intercontinental ballistic missile (ICBM) test on Nov. 29, 2017. This missile was reported to have flown out to 240 kilometers (149 miles).

As with many previous missile tests, Pyongyang almost immediately released imagery allowing for a closer look at this new missile. Much subsequent commentary noted the SRBM's similarity in shape and dimensions to Russia's 500-600 kilometer range 9K720 Iskander, also known by its North Atlantic Treaty Organization (NATO) code SS-26 Stone.

However, given North Korea's long-standing missile technology relationship with the China Aerospace Science and Industry Corporation (CASIC), and this new SRBM's similarity to a new CASIC missile, there is also a possibility that Pyongyang's new SRBM was assisted by China.

North Korea first revealed this new SRBM at its Army Day Parade on Feb. 8, which at the time was judged to be similar to the Iskander. New North Korean imagery of this test released on May 4 shows that the missile bears an even closer similarity to the Iskander, especially in its proportions and in the shape



North Korea's new nuclear capable solid-fuel short range ballistic missile.

of the bi-conic missile fuselage design.

An image of the North Korean SRBM was released by the Korean Central News Agency (KCNA) on May 4.

Furthermore, the North Korean SRBM appears to use a launch erector employing detachable metal straps to hold the missile in place, in a manner very similar to the Iskander.

However, the North Korean missile is also broadly similar to the China Aerospace Science and Industry Corporation (CASIC) CM-401 anti-ship ballistic missile (ASBM) short-range ballistic missile revealed at the November 2018 Zhuhai Airshow. The CM-401 also has a similar bi-conic nose shape and proportion to the North Korean SRBM, and its export ver-

sion has an advertised range of 290km.

Since 2011, CASIC has been the major source of North Korea's large 16-wheel and 18-wheel TELs which carry its Hwasong-14 and Hwasong-15 liquid-fueled intercontinental ballistic missiles (ICBMs) aimed at the United States. CASIC also has extensive experience selling solid-fuel SRBMs to Pakistan and other countries.

In its April 2017 military parade, North Korea displayed a truck-based TEL and a 16-wheel CASIC TEL, armed, respectively, with launch tubes for a medium-range and an intercontinental range solid-fuel ballistic missile. This at least points to the possibility that CASIC has transferred solid-fuel missile technology to North Korea.

The North Korean transporter-erector-launcher (TEL) seen in the May 4 imagery shows a much closer similarity to that of the Iskander's eight-wheel MZKT-79306 Astrolog truck. In the February 2018 parade, the North Korean SRBM was carried by a slightly smaller eight-wheel TEL.

But in its sale of short and medium range ballistic missiles to Pakistan, CASIC took care to design unique TELs that did not resemble in-service Chinese TELs, until it dispensed with this precaution earlier in this decade. Russia sold technology to South Korea for its KM-SAM 4th generation anti-aircraft system and is believed to have sold technology to South Korea to help develop its Hyunmoo-2 SRBM—which also resembles the Iskander. If true, this augers against Moscow's sale of Iskander technology to Pyongyang.

The Iskander is designed to carry a

small tactical nuclear warhead, and China is also known to have a small number of SRBMs armed with small nuclear warheads. If North Korea's new SRBM does have significant foreign technology content, there is a possibility that it too eventually may be armed with a new small nuclear warhead.

Though confirmation of foreign assistance for North Korea's new SRBM likely will have to await disclosures by the South Korean or U.S. governments, CASIC's longstanding missile technology relationship with North Korea, and the new SRBM's similarity to CASIC's CM-401, point to the possibility of a significant Chinese role in North Korea's new SRBM.

Helping North Korea to obtain nuclear-armed SRBMs to complement its longer-range liquid fueled intermediate and intercontinental-range missiles would be consistent with China's goals of creating conflict between South Korea and the United States, undermining Japanese and South Korean confidence in American extended nuclear security guarantees, and hastening the breakdown of South Korea's and Japan's alliances with the United States.

Richard D. Fisher, Jr. is a senior fellow with the International Assessment and Strategy Center. This article is based on his report for the Geostrategy Direct newsletter.

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

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How the Specter of Communism Is Ruling Our World

Mass Killing in the East

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 Three (Cont.)

3. The Absolute Brutality of the Communist Party (cont.)

b. Atrocities of the CCP

From 1949—the year the CCP regime was established—to 1966, tens of millions of Chinese lost their lives in the Campaign to Suppress Counterrevolutionaries; the Three-Anti and Five-Anti campaigns; the Anti-Rightist Campaign; and the great famine caused by the Great Leap Forward. This period was followed by bloody struggle within the CCP. As a new generation of Chinese, raised to be atheist "wolf cubs" indoctrinated in the education and Party culture of communism, came of age, the communist specter launched a campaign of even more rampant killing and destruction to wipe out the 5,000 years of traditional Chinese culture.

The Great Chinese Famine

Between 1959 and 1962, China experienced the world's deadliest famine. To deceive the world, the CCP claims it was "three years of natural disasters." In fact, in 1958, the CCP rashly began the People's Commune movement and the Great Leap Forward campaign. These wild schemes, which depleted grain stocks and decimated Chinese agricultural production, were supported by a deluge of false reports written by officials across all levels of leadership, from rural regions to the cities. The CCP used these reports as a basis for collecting grain from the peasants, who were forced to turn in their food, seed, and animal feed to the regime.

The CCP's administrative organs at all levels sent teams to the countryside. They used torture and interrogations to squeeze the last morsels of food from the hapless peasants. Following the example set by the Soviet communists, the CCP prevented villagers from entering cities in search of food, causing the mass death of families and even whole villages. Cannibalism was widespread, and the corpses of famine victims littered the countryside. When peasants were caught stealing to survive, they were killed.

The grain seized by the government was traded for large amounts of Soviet weaponry or for gold that the CCP used to pay off debts as it turned a blind eye to the losses of Chinese lives. In just three years, the Great Chinese Famine had wiped out tens of millions of people.

The Cultural Revolution's Fanatical Slaughter and Cultural Genocide

On May 16, 1966, the CCP published the "Notice of the Central Committee of the Chinese Communist Party," which marked the beginning of the Cultural Revolution. In August, with the children of high-ranking CCP cadres leading the way, students from secondary schools in Beijing formed a band of Red Guards. The mob went on a rampage across Beijing, in a frenzy of ransacking, assault, and killing. By the end of the month, known as "Red August," thousands of people in Beijing had been murdered.

In the Beijing district of Daxing, 325 people were killed in six days, between Aug. 27 and Sept. 1, across 48 production brigades of 13 people's communes. The dead varied in age from 80 years to just 38 days, and 22 families were wiped out completely. The Red Guards

bludgeoned, stabbed, or strangled their victims. They killed infants and toddlers by stepping on one leg and tearing the child in two.

As the specter of communism directed people to beat and kill, it erased their human compassion, brainwashing them with the slogan of "treating the enemy with the numb cruelty of the harsh winter." With every crime against humanity, the CCP displaced the traditional culture and moral virtue of the Chinese. Envenomed by Party culture, many people became tools of murder.

When most people see or learn about the bloodthirsty deeds of the totalitarian communist state, they are at a complete loss as to how anyone could descend to such inhuman barbarism. The truth behind this is that they were possessed by rotten demons and degenerate spirits controlled by the communist specter.

Estimating the ravages of the Cultural Revolution is a daunting task. Most studies suggest a minimum death toll of 2 million. R.J. Rummel, an American professor who has researched mass killing, wrote in "China's Bloody Century" that the Cultural Revolution claimed the lives of 7.73 million people.

Dong Baoxun, an associate professor of China's Shandong University, and Ding Longjia, deputy director of the Shandong Party History Research Office, co-authored a 1997 book titled "Exonerate the Innocent—Rehabilitate the Wrongly Accused and Sentenced." It quoted Ye Jianying, then vice chairman of the CCP Central Committee, as making the following statements during the closing ceremony of the Central Working Conference on Dec. 13, 1978: "Two years and seven months of comprehensive investigation by the Central Committee have determined that 20 million people died in the Cultural Revolution, over 100 million suffered political persecution, ... and 800 billion yuan were wasted."

According to the "Selected Works of Deng Xiaoping," from Aug. 21 to 23, 1980, CCP leader Deng Xiaoping gave two interviews with Italian journalist Oriana Fallaci in the Great Hall of the People.

Fallaci asked, "How many people died in the Cultural Revolution?" Deng replied: "How many people really died in the Cultural Revolution? The figure is astronomical and can never be estimated."

Deng Xiaoping described a typical case: Kang Sheng, the head of the CCP's secret police, accused the party secretary of Yunnan Province, Zhao Jianmin, of treason and of being an agent of the Kuomintang. Not only was Zhao imprisoned, but his downfall also impacted 1.38 million people throughout the province, of whom 17,000 were persecuted to death and 60,000 were beaten to the point of disability.

Unprecedented Evil: The Persecution of Falun Gong

Decades of murderous violence and atheist indoctrination by the Chinese Communist Party have taken a massive toll on the moral fabric of society, bringing it far below the standards gods require of humanity. Even many of those who still believe in gods are ignorant of genuine faith, since they are trapped in the sham religious organizations controlled by the CCP. Should the situation continue to degenerate, humanity will face

certain extinction as prophesied in the holy texts of every ancient civilization.

In China, during the spring of 1992, to restore human morality and provide a path to salvation, Mr. Li Hongzhi taught Falun Gong, also called Falun Dafa, a spiritual practice based on belief in the principles of truthfulness, compassion, and tolerance.

Uncomplicated to learn, Falun Gong spread across China in a few short years. As practitioners, along with their relatives and peers, experienced miracles of improved health and character, tens of millions of people took up the practice in China and around the world. With so many people practicing cultivation in Falun Gong and holding themselves to higher standards, society began to rediscover its moral bearings.

But the specter of communism is bent on preventing man from being saved by the Creator. For this reason, it destroyed traditional cultures and corrupted human moral values. Naturally, it sees Falun Gong as its greatest adversary.

In July 1999, then-CCP leader Jiang Zemin unilaterally ordered a systematic persecution of Falun Gong and its practitioners. In a brutal campaign that covered every corner of China, the CCP applied every method imaginable in its efforts to fulfill Jiang's directive: "Kill them physically, bankrupt them financially, and ruin their reputations."

Party mouthpieces subjected the Chinese people to constant propaganda filled with hatred and slander of Falun Gong, rejecting its principles of truthfulness, compassion, and tolerance in favor of falsehood, wickedness, and struggle.

The evil specter brought society to new lows in moral degeneration. In an atmosphere of hatred and repression reactivated from dormancy, the Chinese people turned a blind eye to the persecution happening around them, betraying Buddhas and gods. Some sacrificed their conscience and participated in the campaign against Falun Gong, ignorant of the fact that they had damned themselves in the process.

The communist specter did not limit the persecution to China. It silenced the nations of the free world while the Chinese regime engaged in the frenzied jailing, murder, and torture of Falun Gong practitioners. Sated with economic incentives, the free world took in the Party's lies, giving the persecutors free rein to perpetrate the worst crimes.

In the persecution of Falun Gong, the CCP introduced an evil never before seen: live organ harvesting. As the largest group of people imprisoned for their faith in China, Falun Gong practitioners are killed on demand, vivisected on the operating tables of state and military hospitals, their organs sold for tens or hundreds of thousands of dollars.

On July 7, 2006, Canadian lawyers David Matas and David Kilgour (former Canadian secretary of state, Asia-Pacific) published a report titled "Bloody Harvest: The Killing of Falun Gong for Their Organs." Examining 18 points of evidence, they shed light on the CCP's monstrosity, calling it "a disgusting form of evil ... new to this planet."

Matas and Kilgour, working with international investigators, published the report "An Update

to 'The Slaughter' and 'Bloody Harvest'" in June 2016. Running over 680 pages and containing more than 2,400 references, it proved beyond any doubt the reality and scale of the live organ harvesting carried out by the Chinese communist regime.

On June 13, 2016, the U.S. House of Representatives unanimously passed Resolution 343, demanding the CCP bring an immediate end to the forced organ harvesting of Falun Gong practitioners and other prisoners of conscience.

The lucrative organ transplant business sustained support for the persecution of Falun Gong and attracted clients from China and around the world, making them complicit in the CCP's mass murder.

Since it first seized power, the CCP has never relaxed its persecution of religious beliefs. We will return to this topic in Chapter Six.

4. Red Terror in Export

The introduction to "The Black Book of Communism" provides a rough estimate of the death tolls of communist regimes around the world. It verified a figure of 94 million, including the following:

- 20 million in the Soviet Union
- 65 million in China
- 1 million in Vietnam
- 2 million in North Korea
- 2 million in Cambodia
- 1 million in Eastern Europe
- 0.15 million in Latin America (mainly Cuba)
- 1.7 million in Ethiopia
- 1.5 million in Afghanistan
- 10,000 due to "the international communist movement and communist parties not in power"¹

Apart from Russia and China, lesser communist regimes have shown themselves no less willing to engage in absolute evil. The Cambodian genocide is the most extreme mass murder carried out by a communist government. According to various estimates, the number of Cambodians killed by Pol Pot's Khmer Rouge regime ranges from 1.4 million to 2.2 million—up to one-third of Cambodia's population at the time.

Between 1948 and 1987, the North Korean communists killed more than 1 million of their own people through forced labor, executions, and internment in concentration camps. In the 1990s, famine killed between 240,000 and 420,000 people. In total, 600,000 to 800,000 North Koreans are thought to have died unnatural deaths between 1993 and 2008. After Kim Jong Un came to power, he committed more flagrant murders, with the victims including high-ranking officials and his own relatives. Kim has also threatened the world with nuclear war.

In just one century, since the rise of the first communist regime in Russia, the evil specter of communism murdered more people in the nations under its rule than the combined death toll of both world wars. The history of communism is a history of murder, and every page is written with the blood of its victims.

This concludes Chapter Three.

See next week's edition for the next installment.

1. Stéphane Courtois, ed., "The Black Book of Communism: Crimes, Terror, Repression," trans. Jonathan Murphy. 1999.



Contrary to environmentalist theories, humans have gotten richer, there are still plenty of resources, and the Earth is even getting greener.

OPINION

No, We Haven’t Drained the Earth’s Resources

Capitalism makes the planet greener and cleaner, while socialism destroys it

JONATHAN NEWMAN

According to the Global Footprint Network, humans will have used up all of Earth’s replenishable resources for this year by August. The so-called “Earth Overshoot Day” has been creeping up earlier in the calendar year, from Dec. 29 in 1970 to August 1st in 2018.

The more we consume beyond their estimate of Earth’s ability to regenerate resources, the earlier the date: “The date of Earth Overshoot Day is calculated by comparing humanity’s total yearly consumption (Ecological Footprint) with Earth’s capacity to regenerate renewable natural resources in that year (biocapacity),” the organisation states on their website.

Their dates mean that we have consumed about 60 percent of Earth’s annual resource production capacity in 48 years since 1970. This sounds like a gigantic debt, payable by riding a bike to work, going vegan, enforcing strict population limits, and returning to pre-industrial living conditions wherever possible.

Commenters at various sites where the Earth Overshoot Day was published overwhelmingly blame capitalism and overpopulation as root causes of our resource “overconsumption.” Private businesses have no incentive to maintain resources—greed leads them to exploit the earth for profits today with no regard for tomorrow. The lack of government-provided birth control and sex education because of misogynistic politicians have allowed birth rates in some parts of the world to remain high, putting undue strain on our scarce resources the saying goes.

The problem with this assumption is that neither economic theory nor global indicators of human well-being bear this out.

What Economic Theory Says About Resource Use

First off, economic theory states entrepreneurs care about the future availability of productive resources. Entrepreneurs are not in the business of making money today; they are interested in earning profits across time and they will use their resources accordingly. In fact, one of the most often forgotten paradigms of profit is that an entrepreneur can only beat the competition and make more profit if he

uses fewer resources to produce more, whether it be through technological innovation or capital accumulation.

And even if some resource is exhausted, all it means is that entrepreneurs satisfied consumer demands when consumers wanted them satisfied. It is wrong to blame the producers for resource exhaustion because they are subject to the consumers. They will supply the product wanted and the consumer ultimately decides which balance of goods they want to enjoy. Preserving and enjoying nature is also a “good” that many consumers today value very highly.

So consumers are also interested in the maintenance of resources. The way we balance the use of resources today and tomorrow depends on everybody’s rate of time preference, the premium we place on present consumption over future consumption.

We are more likely to save and maintain resources when we expect the future consumption to be greater or better. This is why we don’t eat all of the grapes today but use some to make wine for future consumption. It’s also why farmers are careful to rotate crops and not overwork their land so that it will be as productive as possible for as long as possible.

Therefore, the best policies for the maintenance of resources are private property and allowing entrepreneurs to utilise and experiment with new technologies that might decrease costs (using fewer resources) and increase production (making the future payoff greater). Productivity is not a drain on the Earth’s resources, but a great incentive to entrepreneurs and consumers to save and invest for the future.

In fact, the powerful incentive of private ownership is demonstrated in the “tragedy of the commons.” Like the farmer, private owners of land and productive resources have the skin in the game to take responsibility for the maintenance of their resources. “Owners” of publicly owned land and resources do not, which is why publicly managed property or resources nobody owns (like the ocean) are often overused.

And let’s not forget government interference in the market. The

most important yet seldom cited government interference that encourages profligacy is expansionary monetary policy.

Credit expansion also causes entrepreneurs to waste productive resources by pursuing the wrong lines of production—consider the empty mansions in the wake of the U.S. Fed-fuelled housing bubble that popped in 2007–2008. Of course, there are countless other examples and isn’t it interesting that the most wasteful societies who depleted the most resources and causes irreparable damage to the environment were communist or socialist state-controlled economies. Yet we do look to the government to solve our environmental problems.

Economic theory is pretty clear on what actually leads to overconsumption and malinvestment of present resources. But what about the data? Should we be afraid of overpopulation or dwindling natural resources?

In short, no.

Every conceivable indicator of human well-being shows that the world is much better off with 7.6 billion people in 2018 than we were with half that in the early 1970s. Earth’s population has doubled, but the share of the population in extreme poverty has been slashed from about 60 percent in 1970 to less than 10 percent today.

The illiteracy rate has shrunk from 44 percent to 14 percent since 1970. The number of people without access to improved water sources has halved just since 1990. The global average life expectancy has increased by over 12 years since 1973, according to the website OurWorldInData.Org.

So, humans are better off, but what about the Earth? Have we prospered at the expense of our planet?

Is the Earth Turning Into a Desert Planet?

No, the Earth’s vegetated areas got 14 percent greener from 1986 to 2016, according to a study by Boston University. Aquaculture fish production is significantly outpacing wild-caught fishing, which has

flatlined since the 1980s. Cereal production has more than tripled since the 1960s, far outpacing population increases, even though land used for cereal production has stayed about the same.

In 2017, energy company BP estimated that we had 1696.6 billion barrels of proved oil reserves. They project that it is enough for 50 years, but this estimate is based on maintaining 2017 production levels, when it is more than reasonable to expect demand to fall and production to become more efficient. Also, we can expect new technologies to make previously unproven, inaccessible oil reserves accessible. Speaking of energy, net electricity production from nuclear sources has increased 3473 percent from 1970 to 2013, based on data from the Earth Policy Institute.

To illustrate, the late free-market economist Julian Simon once challenged one proponent of “the resources are running out” school of thought, the biologist Paul Ehrlich to a bet in 1980. Ehrlich had predicted that copper, chromium, nickel, tin, and tungsten would all run out by 1990, leading to significant increases in their price as demand would remain stable. Simon said that their prices would decline adjusted for inflation since supply would keep up. As we know, all of these metals are still around 28 years later and needless to say, Simon won the bet.

Conclusion

We are wealthier and more productive than ever and we seem to be maintaining and even expanding Earth’s capacity to meet our needs.

Perhaps the only cause for alarm is that so many people are pessimistic about the world population and our natural resources despite the astounding progress we’ve made just in the last 50 years. Pessimists ask for governments to intervene, but the interventions are either unnecessary or harmful to the progress made possible by the market economy to create a greener and cleaner society.

Jonathan Newman is an assistant professor of economics and finance at Bryan College. He earned his doctorate at Auburn University and is a Mises Institute Fellow. This article was first published by Mises.org

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

FOOD

Bring the Night Market Home

Bring the fragrance on those illuminated night market streets bustling with excitement home with this simple recipe—it might become a family favourite.

See B3



MIND AND BODY

Superheroes and the Male Body Image

It's not often talked about, but more and more men today are undergoing cosmetic surgery. Raj unpacks why and reflects on how men can find the body that's best for them.

See B9

MAY 16-22, 2019

LIFE

THE EPOCH TIMES

Arctic Safari

The high Arctic marches to a timeless pace, in a land barely touched by man

ALL PHOTOS BY ANDRE GALLANT



“We’re at the margins of human civilization. There are so few places in the world where you can stand there and see nothing man-made.

Peter Ewins, species conservation specialist, World Wildlife Fund.

TIM JOHNSON

CROKER BAY, Nunavut—Two miles across at the snout, the glacier girding Croker Bay forms a towering blue-and-white wall of snow and ice. Cracking and calving, this massive natural wonder—which runs back to an ice cap almost five times the size of Luxembourg—seems to vie for our attention, thundering as it casts off frozen chunks of itself, warding us away from Devon, the world’s largest uninhabited island. But, bundled up and creeping slowly along its intimidating face, my eyes, and ears, are fixed elsewhere, scanning icebergs out on the bay and listening carefully for the next time my guide’s radio will crackle to life, bringing news of their location.

‘Sea Monsters’

Narwhals—that is, real-life aquatic unicorns—are swimming in the area. One of the world’s weirdest and most elusive breeds of whale, these “sea monsters” were, in centuries past,

I’m at the peak of a high arctic adventure, sailing about 600 miles north of the Arctic Circle across a rarely seen land of icebergs and tundra.

(Top) Croker Bay, Nunavut. (Middle) Dundas Harbour. (Bottom) Passengers catch the sun’s rays.



depicted by explorers and sailors as strange and fierce, with imaginative illustrators drawing portraits even weirder than today’s just-barely-understood reality. With a name inspired by death itself—“nár” is an old Norse word for “corpse,” so-called because their exterior reminded the Norsemens of a drowned sailor—historians believe these marine mammals were at least partially responsible for inspiring the myth of the unicorn. “Look for their mottled skin,” the radio crackles, carrying the voice of marine biologist Deanna Leonard-Spitzer, as I scan the deep blue, ice meeting sea, for a long tusk, and the skin of a dead man. I’m at the peak of a high Arctic adventure, sailing about 600 miles north of the Arctic Circle across

a rarely seen land of icebergs and tundra. On a tour operated by Toronto-based expedition company Adventure Canada, we’re making our way from the northern edge of Baffin Island through the blue waters of Lancaster Sound toward Resolute, our final port-of-call, one of Canada’s northernmost villages and one of the coldest inhabited places on earth (the resident weather station has never climbed to 21 degrees C, and once recorded a temperature of negative 52). Hosted by experts from the World Wildlife Fund (a partner on this voyage), the MS Ocean Endeavour, a small but sturdy vessel with room for about 200 guests, carries us to some of the most hidden and frigid parts of the “true north strong and free” on Canada’s 150th birthday, encounter-

ing little-known wildlife, landscapes, history, and culture, all of it experienced under the midnight sun. Sitting in the comfort of the Endeavour’s lounges, sipping coffee as icebergs float past outside, Peter Ewins tells me that this part of the world is special, in part because the environment is still largely intact. “We’re at the margins of human civilization. There are so few places in the world where you can stand there and see nothing man-made,” he says, with a smile. “You can turn 360 degrees, and everything is Mother Earth.” And, Ewins, a species conservation specialist with the World Wildlife Fund, adds that this part of the world even has its own sense of time.

Continued on B2



Arctic Safari

ALL PHOTOS BY ANDRE GALLANT



The high Arctic marches to a timeless pace, in a land barely touched by man

Continued from B1

A Timeless Pace

“This place marches to a slow drum-beat, there’s no rock and roll here,” he observes. “You can’t go fast if everything’s in slow gear.”

I experience that timeless pace—the stride of land barely touched by man—across the high Arctic. This phenomenon presents itself in Eclipse Sound, as we sail through a northern notch of Baffin Island, the sun fading, but never setting, as it casts an orange hue on a long line of snow-capped peaks.

I feel it as we spot a massive polar bear stalking across an ice floe on Lancaster Sound; just a shade darker than the snow, her size suggests a male, but the on-board experts determine that she’s a pregnant female who has packed on many extra pounds to survive several months of gestation, when she won’t be able to hunt. Seeming to pose for us as she stops and looks back toward our ship, the bear eventually disappears off the far end of the floe, still in search of a seal to eat.

And I see two examples of this timelessness as we land at Dundas Harbour. Walking past the bones (and scat) of walrus and arctic hare and muskox (the latter of which, found only at very high latitudes, emits a pungent odor to keep predators at bay), I catch a brief glimpse of an arctic fox, trotting along near a Thule indigenous whale-hunting site, before hiking across the spit of land to a now-abandoned outpost of the Royal Canadian Mounted Police.

Posted here in the first half of the 20th century, Mounties were charged with the near-impossible task of preserving Canada’s sovereignty across this nation’s vast northlands. Posted in pairs, their two-year terms must have been impossibly lonely, here in this barren landscape. As I explore the small cluster of sheds and houses, not a stick of vegetation grows in sight of these stark, broken-down buildings whose hollowed out interiors reveal just a few items from the officers’ day-to-day life, including a couple that I’m certain helped pass the time—bottles of Hudson Bay Scotch whisky and fine old tawny hunting port.

Summers were spent at sea. “They would go out in boats for months at a time, to fly the Canadian flag and look for poachers,” explains Aaron Spitzer, Adventure Canada’s resident historian. Bundled up in a puffy jacket, head covered in a thick wool hat (called a “tuque” in Canada), he adds that this latitude was even too far north



at the time for Inuit populations, and the officers’ sole connection with the outside world was a once-yearly supply ship. “Other than that, they had no communication, in or out.”

Wintry Weather

Keeping this in mind, we make our way west, into an ice pack that threatens to impede our ultimate progress to Resolute. Wintry weather is an ever-present challenge here, and expedition leader Jason Edmunds tells us, during one of our daily briefings, that his team is considering a number of options for the final couple days of our voyage, including flying home from an alternative landing site or, more exciting, an escort by a coast guard icebreaker. Plunging forward, we skirt the edge of the ice, using a combination of ice charts, modern instruments, and

simple eyesight to find a way around the mass of multi-year ice.

In the end, the icebreaker proves unnecessary, as we manage to make an end-run around our frozen obstacle, spending the morning of our final full day on Beechey Island. Its flanks even barer, if that’s possible, than Dundas Harbour, I hop off the zodiac, one last “wet landing,” climbing from the water’s edge in my rubber boots to its brown, stony shores a series of grave-stones, situated down near Erebus and Terror Bay, a place named for two ships that once spent some 10 months here, before sailing off into oblivion.

Franklin Expedition

Infamously, Beechey was long the last-known stop of the ill-fated Franklin Expedition. Sailing from London to find the Northwest Passage, they overwintered here in 1845, bearing the unbelievable cold by sheltering in the hulls of their ships, leaving scant evidence of their presence on shore—the remains of a sad little arctic garden, a stone cairn, and that handful of graves. Then these 129 sailors, scientists, and explorers—leaving behind three compatriots who perished in the cold—sailed into a centuries-old mystery, soon finding their ships locked into pack ice that would spell their ultimate doom. (Many 19th-century search parties were dispatched from Europe, but the Erebus and Terror weren’t discovered until just the past three years.)

I ponder this as I return to the Ocean Endeavour, a warm lunch and a snug cabin awaiting me on board. Before I sleep, I will take the ultimate polar plunge, leaping off the gangway into frigid 1.5 C waters in a supervised on-board tradition, joining the “arctic swim club,” and the next morning, I board a charter flight at Resolute’s tiny airport, headed inexorably south. But the ghosts of the north? The great, white bears and the dead-skinned whales and the specters of explorers who lived gloriously but died anonymously? Those frozen phantoms remain with me, still.

Toronto-based writer Tim Johnson is always traveling, in search of the next great story. Having visited 140 countries across all seven continents, he’s tracked lions on foot in Botswana, dug for dinosaur bones in Mongolia and walked among a half-million penguins on South Georgia Island. He contributes to some of North America’s largest publications, including CNN Travel, Bloomberg, and The Globe and Mail.

He was a guest of Adventure Canada.



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GARDEN PARTY: Floral Drinks for Morning, Day, and Night

CRYSTAL SHI

Pretty flowers aren’t just for show. In “Floral Libations” by lifestyle blogger Cassie Winslow, they also get rubbed into salts and sugars, cooked into simple syrups, and infused into gin and vodka to stock a colorful pantry. From there, they’re used to flavor a potpourri of whimsical drinks, both alcoholic and non-alcoholic, for any time of day.

For mornings, there’s an iced café au lait made dreamy with lavender sugar, or a brunch-worthy Bloody Mary rimmed with rose salt and garnished with nasturtium. Afternoon pick-me-ups include blackberry hibiscus lemon drops and orange blossom Moscow mules, and after-supper sips range from rose-salted caramel milkshakes for dessert to orange and chamomile hot toddies to lull you to sleep.

Winslow also includes tips on buying edible flowers (her number one rule: always buy organic), learning to use them (always taste them first, as their potency can vary), and even growing your own (Winslow and her family have their own garden).

The book is a collection of “garden-party eye candy,” as Winslow puts it, that celebrates both the beauty and delicate flavors of edible flowers. It’s perfect for springtime entertaining—or simply adding a touch of whimsy to the everyday. Here’s a delightfully floral morning-to-night drink menu to get you started.

All recipes reprinted from “Floral Libations” by Cassie Winslow with permission by Chronicle Books, 2019.



“Floral Libations: 41 Fragrant Drinks and Ingredients” by Cassie Winslow (\$16.95).



ICED LAVENDER CAFES AU LAIT

This morning treat is a wonderful way to enjoy coffee during the summertime. Knowing that the lavender goodness will tickle your taste buds, you will bounce out of bed and skip to the kitchen to whip up these delightful beverages. I love to make the coffee and lavender mix the evening before so it’s ready to go first thing in the morning.

MAKES 4 GLASSES

4 cups hot, freshly brewed coffee

1/4 cup lavender sugar

Ice cubes

2 cups whole milk

4 sprigs dried organic lavender for garnish

In a large bowl or pitcher, stir together the hot coffee and lavender sugar. Place the mix in the fridge for about 6 hours or overnight to chill.

When you are ready to make the cafés au lait, fill 4 glasses with ice. Pour 1 cup of the coffee and lavender mixture into each glass followed by 1/2 cup of whole milk. Stir until combined. Garnish each glass with a sprig of lavender.

LAVENDER SUGAR

MAKES APPROXIMATELY 1 CUP

3 tablespoons dried lavender

1 cup cane sugar

In a food processor or spice grinder, grind the lavender for about 2 seconds—yes, it goes by quickly! This will reduce the size of the petals just slightly and open them up a bit to bring out the flavor, without turning them into a powder.

In a small bowl, stir together the lavender and sugar. For optimal flavor, wait about 1 week before use. Store in an airtight container at room temperature for about 6 months.



RASPBERRY HIBISCUS JAM SHRUB

Tart and vibrant with nearly limitless combinations, shrubs are the ideal aperitif. This trendy libation is sometimes known as drinking vinegar. It’s a drink that may sound a bit bizarre yet will pleasantly surprise you. This treat rewards the adventurous drinker with a mélange of berry hibiscus deliciousness.

MAKES 4 COCKTAILS

1 cup fresh raspberries

1/2 cup hibiscus simple syrup

1/4 cup filtered water

1/4 cup apple cider vinegar

1/4 cup sparkling water

1 cup vodka

Ice cubes

Fresh raspberries or fresh hibiscus petals for garnish

To make the jam, in a medium saucepan, combine the raspberries, hibiscus simple syrup, and water and cook over medium heat.

Bring to a simmer, and using a fork, mash the raspberries. Simmer until the mixture thickens into a sauce, 5 to 8

minutes. Remove from the heat and allow to cool. As the mixture cools, it will thicken.

To make the shrub, place 1/2 cup of jam in a large pitcher. Add the vinegar and stir until combined. Slowly pour in the sparkling water, then add the vodka and stir together. Fill 4 tumblers with ice then pour in the shrub. Garnish each glass with fresh raspberries or a fresh hibiscus petal.

HIBISCUS SIMPLE SYRUP

MAKES 1 CUP

1 cup cane sugar

1 tablespoon dried hibiscus flowers

1/2 cup filtered water

In a small saucepan, stir together the sugar, hibiscus flowers, and water and cook over medium heat. Simmer until the sugar has completely dissolved and the mixture has thickened into a syrup, about 5 minutes. Remove from the heat and allow to cool.

Store the syrup, without straining, in an airtight container in the refrigerator for up to 1 week.



CARA CARA ORANGE AND CHAMOMILE HOT TODDY

Cozy up with this warm, delicious beverage on a chilly evening and you will be in floral bliss. It’s warming, calming, and oh so easy to make.

MAKES 1 COCKTAIL

1 tablespoon Cara Cara orange and chamomile simple syrup

1/2 cup boiling water

1/4 cup brandy

1 tablespoon fresh lemon juice

1 tablespoon loose dried chamomile flowers in a tea satchel or 1 chamomile tea bag

Fresh chamomile flowers or lemon wheel for garnish

In a large mug, stir together the Cara Cara orange and chamomile simple syrup, boiling water, brandy, and lemon juice. Add the chamomile satchel and allow to steep for 5 minutes. Discard the chamomile satchel. Garnish with fresh chamomile flowers or a lemon wheel.

CARA CARA ORANGE AND CHAMOMILE SIMPLE SYRUP

MAKES APPROXIMATELY 1 CUP

1/2 cup fresh Cara Cara orange juice

1 tablespoon freshly grated Cara Cara orange zest

1 tablespoon dried chamomile flowers

1 cup cane sugar

1/2 cup filtered water

In a saucepan, stir together the juice, zest, chamomile flowers, sugar, and water and cook over medium heat. Simmer until the sugar has completely dissolved and the mixture has thickened into a syrup, about 5 minutes. Remove from the heat and allow to cool.

Strain the mixture through a fine-mesh sieve set over a bowl, then transfer to an airtight container. Store in the refrigerator for up to 1 week.

Note: If you don’t have access to Cara Cara oranges, feel free to use navel oranges instead.

ALL PHOTOS BY DOAN LY; ALL ILLUSTRATIONS BY SHUTTERSTOCK



CICI LI

I popped a piece into my mouth—and instantly realized that it was a fried chicken game changer.

Taiwanese Popcorn Chicken, a Night Market Classic

CICI LI

Walking through the Shilin night market in Taipei, Taiwan, I felt like I was entering another world. Bright neon signs hung from buildings and countless food stores and carts lined the streets; loud, fast-paced pop music blasted in the background; and crowds of people, balancing numerous snack items in their hands, wandered, ate, and laughed all at the same time.

In 2013, I traveled to Taipei for the filming of my food program, CiCi’s Food Paradise. I was thrilled to film at one of the city’s most famous night markets.

Taiwan’s night markets are essentially street markets where vendors gather and sell everything from clothing and consumer goods to food and drinks. They stay open from late afternoon to late into the night, hence their name.

Among the dizzying variety, what is the hottest snack to get at the markets? Accord-

ing to an online survey by travel website eZTravel, the vote of the Taiwanese people goes to popcorn chicken with basil.

Known as “yan su ji” or “xian su ji” in Chinese, which literally translates to “salt crispy chicken” or “salty crispy chicken,” the Taiwanese snack is made from bite-sized boneless chicken deep-fried until golden brown, sprinkled with fried basil leaves, and tossed with a special seasoning. True to its name, the snack is salty and crispy, with a hint of spice and floral fragrance from the basil.

Due to its popularity, now you can find Taiwanese popcorn chicken in the United States as well, in anywhere from fancy Taiwanese restaurants to neighborhood milk tea shops.

That’s where I had my first taste of the snack, when I was a freshman in high school. My Taiwanese friend bought a bag in a local milk tea shop and asked me if I wanted to have a bite. I popped a piece into

my mouth—and instantly realized that it was a fried chicken game changer. I have been in love with it ever since.

To make Taiwanese popcorn chicken at home, we marinate morsels of chicken, coat them in sweet potato flour, and double fry them until light and crispy. The double frying method makes the chicken crispier and less oily than regular fried chicken. We fry the basil before the second round, so that it infuses the oil and the chicken also takes on its aroma.

The crispy morsels are then tossed in a trio of simple but magical seasonings, found in every Chinese household: five-spice powder, white pepper, and salt. Those fragrant basil leaves, fried until crackling and translucent, add the finishing touch.

CiCi Li is the producer and presenter of “CiCi’s Food Paradise” on NTD. Join her in discovering the world of Asian home cooking at CiCiLi.tv

TAIWANESE POPCORN CHICKEN WITH BASIL

PREP & COOKING TIME

Prep Time: 30 minutes

Cook Time: 15 minutes

SERVES 2

FOR THE MARINADE

1/2 teaspoon white pepper

1/2 teaspoon five-spice powder

Pinch of salt

1 tablespoon soy sauce

1 tablespoon rice wine

2 cloves garlic, minced

1 teaspoon minced ginger

1 egg

2 chicken thighs (1 pound total), boneless, cut into bite-size pieces

FOR THE SEASONING

1 teaspoon five-spice powder

1 teaspoon white pepper

1 teaspoon salt

OTHER INGREDIENTS

1 cup thick sweet potato starch

2 cups vegetable oil

1 cup fresh basil leaves

In a bowl, mix together all the ingredients for the marinade. Add the chicken pieces and let them marinate for 15 minutes.

Put the sweet potato starch in a large bowl. Dip the chicken pieces in the starch to coat. Set the coated pieces aside and let them sit for about 5 minutes.

Dip the chicken pieces in the sweet potato starch again, for a second coat. Wait for another 5 minutes.

Meanwhile, mix together all the ingredients for the seasoning and set aside.

In a pan, heat 2 cups of oil (about 1 inch deep) to 350 degrees F. You can also test the oil temperature with your chopsticks or tongs: Dip them into the oil, and if you see lots of bubbles form around them right away, then you know the oil is at the right temperature. Add the chicken pieces and fry until golden brown, about 3 minutes. Remove and set aside.

Use a skimmer to remove any crumbs from the oil.

Again, heat the oil to 350 degrees F. Very carefully add the basil—the oil will splatter—and cook for 30 seconds. Remove the basil leaves with a skimmer and drain.

Heat the oil to about 375 degrees F. Return the chicken pieces to the oil and cook until crispy, about 1 minute. Remove them and drain.

Transfer the chicken pieces to a large bowl. Add the seasoning and toss together.

Serve on a plate, sprinkled with the fried basil leaves.

Recipe by CiCi Li

CULTURE

THE HONGI

A Traditional Greeting Recaptured

RAIATEA TAHANA-REESE

Eyes closed, they touch nose to nose, forehead to forehead: The two embrace in a traditional greeting peculiar to the indigenous people of New Zealand, the Maori.

The salutation is known as the “hongī,” typically thought of by non-Maori as simply the rubbing or pressing of noses, an intermingling, and exchange of breath, the “ha.”

But for me, a daughter of the Te Arawa tribe that settled in the thermal regions of the North Island, this description of the hongī is a denigration of an ancient and sacred tradition.

I recall as a young child strolling down the street clutching the hand of my grandfather, when we chanced upon an old friend he hadn’t seen in a while.

Eyes smiling in recognition, the two men drew close, arms extended as if to shake hands. The gesture only drew them closer. And then, forehead to forehead, nose touching nose, with a hand on each other’s shoulder, they embraced, not a word exchanged. Yet within the silence, a volume of words was spoken.

The longer the two men held the position, the higher the esteem that was shown. Then as their feelings deepened, tears of regret and sorrow would flow as they remembered unshared moments stolen by time that had slipped by them.

The head is regarded by Maori as “tapu,” the most sacred part of the body, and as the process deepens, those who have since departed this world are remembered and grieved.

Their foreheads touching, the two become as one bonded by their ancestral ties, and they enter a still deeper level. The connection to their ancestors reminds them of who they are, where they come from, and whence they will return. In making this connection, they honor each other, thereby honoring themselves.

Embodied in the sacredness of the hongī are their primal parents: Ranginui, the sky father, and Papatuanuku, the earth mother, back to the supreme god known to Maori as Io Matua. But that is natural to the Maori bearing, needing no mention.

In bygone days, the name Io Matua was considered too sacred to be spoken. But today, we pay homage in songs and chants and recite genealogy for future generations.

However, it was not until each level of the hongī

was felt and acknowledged that the hongī was considered finished and the two could talk freely.

The image of this meeting between the two men, the “aroha” (love) and respect that flowed, will forever be etched in my mind, and up to this day, never have I seen nor witnessed anything so powerful and dignified.

Back then, the hongī was known to last from a few seconds up to several minutes, depending on the circumstances.

The Maori stem from a world steeped in spirituality, the word “Maori” itself meaning ordinary, according to H.W. Williams’s “Dictionary of the Maori Language.”

Elders believe the word was derived directly from the gods to make a distinction between being human and being divine.

It is also believed the hongī was god-given. But in today’s world, many perspectives offered by non-Maori tend to undermine its sacred form.

Performed mostly on formal occasions at the “marae”—the ancestral home of the Maori, where the spiritual well-being of the tribespeople is maintained—the hongī signals that formalities are over and guests and hosts are able to freely mingle at their own leisure.

On these occasions, at the “powhiri” welcoming ceremony, the hongī is imparted with a light touch of the nose (maybe once or twice) and a handshake between men and a peck on the cheek between women called the “hariru.” A long line of people file through to be properly welcomed with hongī, after which visitors are free to mingle and no longer regarded as guests.

The hariru is usually followed by a “hakari,” a celebratory feast usually cooked in a “hangi,” best described as an earth oven.

However, living outside of the marae environment in a foreign country, nothing gives me more pleasure than seeing this centuries-old tradition carried into the new millennium by Maori people, young and old alike—especially at times when strolling down the street they chance to meet and greet with the traditional Maori hongī, a gift from the gods.

But unfortunately, as the years roll on, few Maori witness the spirit of the hongī the way that I had as a little girl. Though still kept alive by many, the full meaning of hongī is lost, compromised by Westernization, as more regard the greeting about as meaningful as a handshake or a kiss on the cheek.



“Te Hongi, or Maori Greeting, Rotorua, N.Z.,” 1903. Postcard. Leonard A. Lauder collection of Raphael Tuck & Sons postcards. The Newberry, Chicago.

CULTURE

What Medieval Sources Reveal About the True Nature of the Vikings

CLARE DOWNHAM

We’ve seen it all in documentaries and dramas. The Viking Age begins as hordes of Vikings leap ashore from their longships, in a lightning raid against defenseless clerics and lay folk, only to depart as swiftly as they arrive, loaded up with slaves and booty. These hit-and-run raids are seen to have continued for decades before visitors from Scandinavia began to trade, negotiate, and found settlements on English soil. While it can’t be denied that Viking raids were violent, the established narrative of first contact seems oversimplified in the light of contemporary evidence.

The founding narrative for popular portrayals is the “Anglo-Saxon Chronicle,” which survives in different versions. The core text, or “common stock,” was first composed in Wessex around A.D. 892 and reflects the interests of King Alfred the Great, whose career was dedicated to battling Vikings. It retrospectively reports the first atrocity by Northmen who arrived in three ships in Dorset one day between A.D. 786 and A.D. 802, and who slew a royal administrator of the kingdom of Wessex.

“The Northern Recension” of the “Anglo-Saxon Chronicle” records heavenly portents before “heathens” descended on the monastery of Lindisfarne in A.D. 793. Alcuin, a contemporary, wrote a letter decrying the blood of priests being spilled across the altar of that famous Northumbrian church.

“The Northern Recension” also records an attack the following year on a monastery at the mouth of the River Don. No further Viking activity is reported in the “Anglo-Saxon Chronicle” until A.D. 835 when a series of raids began along the southern coasts of England. It is not until A.D. 851 that the chronicle records the foundation of a Viking base in England on the Isle of Sheppey.

Supernatural Qualities

In the chronicle, the first Vikings are shrouded in mystery, presented as



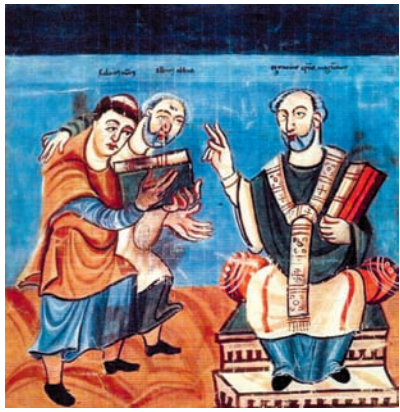
Seafaring Danes depicted invading England. Illuminated illustration from the 12th-century “Miscellany on the Life of St. Edmund.” Pierpont Morgan Library.

agents of supernatural punishment more than flesh-and-blood human beings. Neglected evidence from non-chronicle sources casts more light on these events. The famous scholar Alcuin wrote many letters, but only one of these related to the start of the Viking Age (his response to the King of Northumbria

about the sack of Lindisfarne mentioned above) tends to be quoted.

In a letter to the Bishop of Lindisfarne, Alcuin says that he will seek help from the Emperor Charlemagne to recover the youths who had been seized in the attack. This suggests that the Viking group responsible could be identified and that

ALL PHOTOS IN THE PUBLIC DOMAIN



An illustration depicting the English scholar Alcuin (C). From a 9th-century document. Austrian National Library.

English historiography has tended to romanticize the Vikings.

diplomatic channels might have existed to secure the release of captives.

A few years later, in A.D. 797, Alcuin writes to the clergy and nobles of Kent, urging them to be good Christians because “a pagan people is becoming accustomed to laying waste our shores with piratical robbery.” This dire view of events would have little currency if it did not reflect the experience of the Kentish elite. This suggests that more early Viking activity took place than the “Anglo-Saxon Chronicle” reports.

Challenging the Popular Story

Perhaps the greatest challenge to the chronicle comes in the form of a series of charters, administrative documents, which have survived from Kent relating to events from A.D. 792 to A.D. 822. It seems miraculous that so many of these fragile documents have survived intact for over 1,000 years to be consulted by today’s scholars. The texts of some have only survived through later medieval copies, and more must have been lost.

The charters that have survived from Kent refer to grants of land and privileges but place an obligation on the recipient to raise armies, build bridges, and construct fortifications “against pagans.” This suggests that Vikings were more active and better defended against than many historians have realized.

Intriguingly, charters from A.D. 811 and A.D. 822 also refer to an obligation to destroy fortresses, so Vikings may have been occupying defensive sites in Kent in this period. One charter of A.D. 822 specifies military obligations against “pagan enemies,” which suggests that not all pagans were enemies, and some nonhostile contact may have developed.

The evidence is complemented by continental accounts relating to the capture of an English papal envoy, Aldwulf. He was carried off while attempting to cross the English Channel, but was ransomed in A.D. 809 by an Englishman and eventually made his way back to Rome. Assuming that the pirates were Vikings (the term “pirata” was synonymous with Vikings in Frankish sources of the time), it indicates they had a base in Britain and could engage in high-level negotiations.

English historiography has tended to romanticize the Vikings, either as demonic heathen barbarians or as brave empire-building ancestors. Both narratives have fixated on the violent clash between cultures and fed into dramatic accounts replete with heroes and villains.

But reconsidered evidence shows that Vikings were not bolts from the blue; their activities were planned by their military leaders, and they were capable at an early stage of striking deals with communities and local leaders. The picture of early Viking contact is more complex, calculated, and pragmatic than our traditional narratives have allowed.

Clare Downham is a senior lecturer in Irish studies at the University of Liverpool in the UK. This article was originally published on The Conversation.

PUBLIC DOMAIN



“Odysseus in the Cave of Polyphemus,” circa 1635, Jacob Jordaens.

ODYSSEUS AND THE ENNEAGRAM

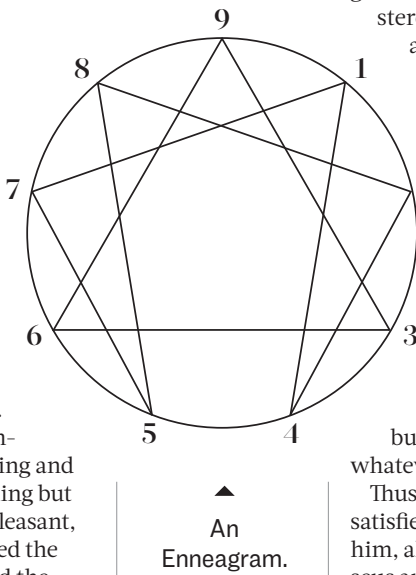
FINDING THE TRUE SELF *Part 3*

The Sin of Lust

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.

In Part 2 of this series of articles, we saw Odysseus barely managing to escape from the land of the Lotus-Eaters, or in Enneagram personality-speak, from the sloth that can sometimes characterize the type Nine person. We saw, too, that what seemed fairly innocuous compared with the sort of fighting and warfare that occurred at Troy was anything but innocuous: The addiction to ease and a pleasant, nonconfrontational sort of lifestyle sapped the will to achieve anything and also blocked the crew’s ability to find their way home. Home is where the soul of a human being finds its own true beauty and realizes its full potential. In order to break the power of sloth, Odysseus has to exercise tremendous and decisive will power, and force his men (at this point, perhaps, think of these as being his “members,” his whole body, metaphorically) to launch almost directionless, but decisively away from this fatal island. And so they come to a totally different kind of menace; indeed, a totally different kind of personality type, the Eight, on the island of the Cyclops. Here the sin is not sloth, but lust, and not only lust as understood in terms of sex but also, more importantly, lust for power, for domination. As a reminder, Eights perceive themselves as “I am strong,” and they want to be in control. At their best, Eights are high-energy, take-charge, and responsible individuals; at their worst, they are confrontational, reckless, and vindictive.



(Below)
Polyphemus seeks revenge on Odysseus and his crew as they escape. “Odysseus and Polyphemus,” 1896, Arnold Böcklin. Museum of Fine Arts, Boston.



PUBLIC DOMAIN

As we will see, what worked as a strategy to overcome or break free from the Lotus-Eaters on their island would be doomed to fail here. But notice before we move on to describe Polyphemus, the Cyclops and type Eight, that the personalities are metaphorically separated: They are islands or lands apart, distinctive, separate, and one-of-a-kind. According to the Enneagram, one can only be one type and that does not change throughout one’s life.

The Next Leg of the Journey

With Eights, we are dealing with one-eyed giants: self-sufficient, supremely confident ogres, who follow no rules and obey no gods. One of them, Polyphemus, traps Odysseus and his men in his cave, and on being informed of his need to show hospitality lest he upset the gods, promptly devours two of Odysseus’s men and falls asleep. This brutality is a gross violation of the laws of the cosmos: Zeus himself rated hospitality as one of the most important of human virtues. And as late as Shakespeare, we find Macbeth agonizing over whether he should kill Duncan because he is Duncan’s host, as well as Duncan’s being his liege lord. So, here with Polyphemus the root sin is lust for power, strength, and dominance (as it is in “Macbeth,” whose titular character is a clear Eight). Polyphemus’s one eye is also highly suggestive: The Cyclopes have single vision, not stereoscopic; they get focused on one thing and one thing only. They do not see depth or subtleties, and they do not have a meaningful spiritual dimension to their lives. For, it has been observed (by Sir Richard Temple, for example, and his analyses of the differing positions of the eyes of saints in icon paintings) that one eye looks out on the external world, while the other is for introspection and looking inward. Cyclopes do not introspect or have the ability to review their own actions. Odysseus had to “just do it” to break free from the Lotus-Eaters, but now he is on an island where just-doing-whatever-they-want is the norm. Thus, having eaten (two men!), Polyphemus, satisfied, falls asleep, confident no one can hurt him, although surrounded in his cave by Odysseus and his crew. This is a classic Eight psychology: When they are at their worst, Eights are aggressive and dominating, fearless even of the gods, and have a profound sense of their own invulnerability.

Overcoming Those Who Dominate

Of course, given what happens and with hindsight, we know that Polyphemus’s single vision of himself in the world, this lack of perspective and “in-sight,” as well as the hubristic and vaunting ego he displays, is a weakness. But how does Odysseus find that weakness? Initially, he considers “immediate, decisive action”; he goes so far as to identify exactly the spot where—despite his inferior size—his sharp sword might kill the sleeping Polyphemus: to “stab his chest where the midriff packs the liver.” But something holds him back from doing so. With sloth, “immediate, decisive action” was the answer, but here it would be fatal. Odysseus realizes that such a move would be fatal to his own safety, for not “22 four-wheeled wagons” could move the stone that blocked the exit to the cave that they were now trapped in. (Notice, that 22 x 4 is 88 or the power of Eight doubled!) Put another way: When dealing with Eights, one must not attack directly, for they are stronger than you are. Here, as in dealing with Troy, Odysseus has to come up with a stratagem that turns the Cyclops’s own strength against it. And this is exactly what Odysseus does: The very excessive appetite that fuels the Cyclops’s power is now the point of Polyphemus’s weakness.

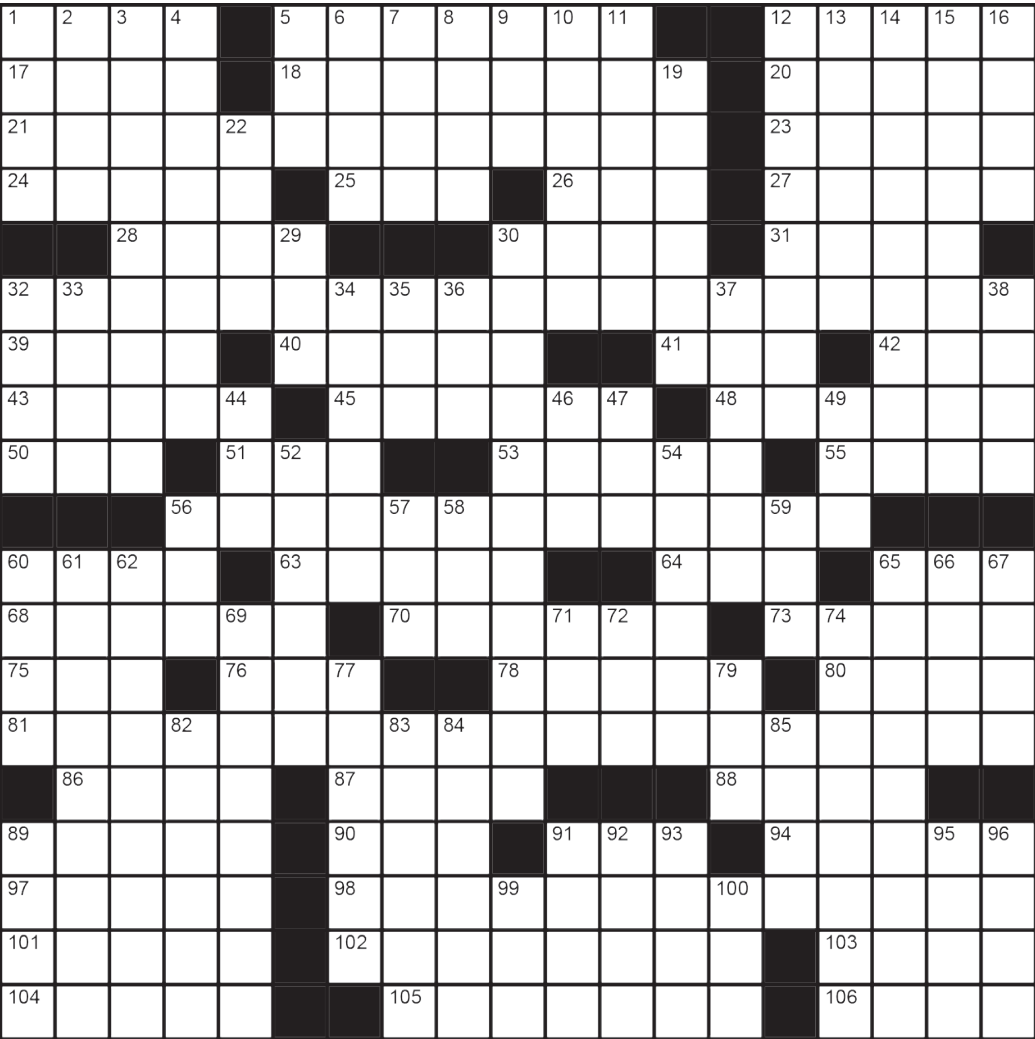
Odysseus seems to befriend Polyphemus when he awakes, so much so that Polyphemus promises to eat him last! And Odysseus, meanwhile, feeds the Cyclops’s insatiable appetite a very strong wine, which the giant demands to surfeit. Then, with the Cyclops drunk, Odysseus with four (half of 8, of course, as if reducing the power of Eight) of his men drive a sharp stake into his one eye, thus blinding him. So, not killing, but wounding and maiming the Cyclops, is the trick to defeat Polyphemus’s overwhelming strength. Now the Cyclops cannot see at all; from single vision, he has no vision. Having done this, Odysseus outwits him further in a series of other small maneuvers. Notice “small” maneuvers, as in links in a chain, each necessary but each small, not like the big decisive step on the island of the Lotus-Eaters. First, Odysseus deploys a false name, “Nobody.” Then, he uses Polyphemus’s own sheep as a disguise and vehicle to escape, and finally and critically gets Polyphemus to unroll the huge stone that blocks their exit. The key thing in overcoming the lust for power is not by matching power with power, but by holding back, using guile, hiding’s one’s true intentions, and taking a middle position between overboldness and resignation to fate. In this way, Odysseus is able to escape. And the key for Eights to master themselves is to develop that second eye of “in-sight,” which is essential if they are to keep a tight rein on their emotional states, whose very intensity will betray and blind them.

Odysseus’s Flaw
Odysseus, however, does make one mistake: Having got away and sailing off, he cannot resist boasting—yelling out his true name to Polyphemus—that it is Odysseus who has “blinded you, shamed you so.” In doing so, he allows the Cyclops to pray to his father, Poseidon, the god of the sea, to punish Odysseus and his crew, which Poseidon does with true vengeance. Without the correct name, of course, Polyphemus could not make that prayer, or would sound ridiculous in praying that his father punish “Nobody.” Poseidon, we see, is the deadly enemy of the man of many stratagems, the sort of stratagems that come from Pallas Athena, the goddess of wisdom and war, who more than any other god supports and sustains Odysseus. It is interesting to note that although Athena and Poseidon are both part of the Olympian 12-god setup, they were by their natures in conflict: most famously in the naming of the city of Athens, which was named after Athena because the Athenians judged her gift to the city superior to Poseidon’s. But the actual conflict occurs deeper. Poseidon is the god of the seas, and the seas are a metaphor for our subconscious, our emotions, and darker aspects. If we veer, therefore, from the logic of the mind in dealing with an Eight, as Odysseus did in taunting Polyphemus—in other words, allowing our sea of more primitive emotions free expression—then we cloud our judgment; and for that, a dreadful penalty will be exacted, including potential defeat. But just as the threat of the Lotus-Eaters at position Nine (sloth) of the Enneagram is entirely different from the threat of the Cyclops at position Eight (lust), so now an entirely different kind of problem surfaces at position Seven (gluttony), and this is Odysseus meeting with Aeolus, master of the winds, at Aeolia, which is where we journey next.

James Sale is a poet and businessman whose company, Motivational Maps Ltd., operates in 14 countries. James will be appearing in New York to do talks and poetry readings for The Society of Classical Poets on June 17 at Bryant Park and The Princeton Club. To meet James and for more information, go to http://bit.ly/Poetry_and_Culture

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



- Across**
- 1. Univ. instr.
 - 5. Ballroom dance
 - 12. Imitative
 - 17. Popular soap
 - 18. Cylindrical meat dishes
 - 20. “Proceed slowly”
 - 21. Lordly
 - 23. Snacks in shells
 - 24. Skin layer
 - 25. In great demand
 - 26. Laid up
 - 27. Accustom
 - 28. 1970s exile
 - 30. Blubber
 - 31. Tiny type size
 - 32. Beryllium, Magne-
- sium, and Calcium
- 39. Butcher’s cut
 - 40. Zoroastrian
 - 41. Lose resilience
 - 42. Draw
 - 43. National police of Ireland
 - 45. Acting as a partition
 - 48. A capybara, for one
 - 50. Symbol of industry
 - 51. “I Got Lost in ____ Arms” (“Annie Get Your Gun” song)
 - 53. Archetype
 - 55. Creative spark
 - 56. Crossword puzzles, for some
 - 60. Herb in stuffing

- 63. Projecting part
 - 64. “Double Fantasy” artist
 - 65. Can
 - 68. Fine, in France
 - 70. Make invalid
 - 73. It may be blowing in the wind
 - 75. It’s on the st. where you live
 - 76. Whatever
 - 78. Out of sorts?
 - 80. Agitate
 - 81. Some religious ser-vices
 - 86. Dismal
 - 87. Bound along
 - 88. Lushes
- 89. Conductor’s stick
 - 90. Slice
 - 91. Albeit, briefly
 - 94. Staff members
 - 97. Stand
 - 98. Helps diagnose acid reflux disease
 - 101. Astringent fruit
 - 102. Changed one’s loca-tion at the theater
 - 103. “Get ____!”
 - 104. Looks after
 - 105. Iodine source
 - 106. 1983 Nobel Peace Prize winner Walesa

- Down**
- 1. Slog (through)
 - 2. Four-star
 - 3. Not unlike a topcoat
 - 4. Agricultural worker
 - 5. A prospector might get a lode of it
 - 6. Wordsmith Webster
 - 7. Mark’s replacement
 - 8. Kind of skirt
 - 9. Whip
 - 10. Comparatively in-tense
 - 11. Air rifle projectile
 - 12. Trusted friend
 - 13. “____ Butter & Jelly” (Beastie Boys)
 - 14. Hatched in a box
 - 15. Plot
 - 16. Nozzle site
 - 19. Air elementals
 - 22. Canaanite deity
 - 29. Trendy
 - 30. Patient strategy
 - 32. Pond dweller
 - 33. “Savings” partner
 - 34. Sadat’s predecessor
 - 35. “____ he drove out of sight.”
 - 36. Medium claim

- 37. “The Old Man and the Sea” catch
- 38. “Go ____ Watchman”:
- Harper Lee novel
- 44. Sashimi course
- 46. Plugs
- 47. Rumania’s 100 bani
- 49. Like
- 52. Threaten
- 54. Microscopic creature
- 56. “Down for the count” count
- 57. Sting
- 58. Undivided
- 59. “Nay” and “nah”
- 60. It’s a wrap
- 61. Federal taxes
- 62. An elephant has a long one
- 65. Opalescent gem
- 66. Met solo
- 67. Cry out loud
- 69. Conrad’s “Heart of ____”
- 71. “Aladdin” prince
- 72. Part of the alloy britannia
- 74. 1984 Goldie Hawn movie
- 77. “Old ____” Disney dog
- 79. The “I” in T.G.I.F.
- 82. Worn away
- 83. Snares
- 84. Fight
- 85. They have their pluses and minuses
- 89. Strong fiber
- 91. Soften
- 92. Can’t stand
- 93. Kind of arch
- 95. Majestic
- 96. “All Marketers Are Liars” author Godin
- 99. Stew vegetable
- 100. “That’s ____ ...”

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” so-lution but, there may also be “equivalent” solutions. Forexample: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28

2032

86

1321

+

−

×

÷

Hard 1 - 1 Solution

2029

45

1721

+

−

×

÷

Hard 2 - 1 Solution

37

30

27

+

−

×

÷

Easy 1 - 2 Solutions

79

39

69

+

−

×

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

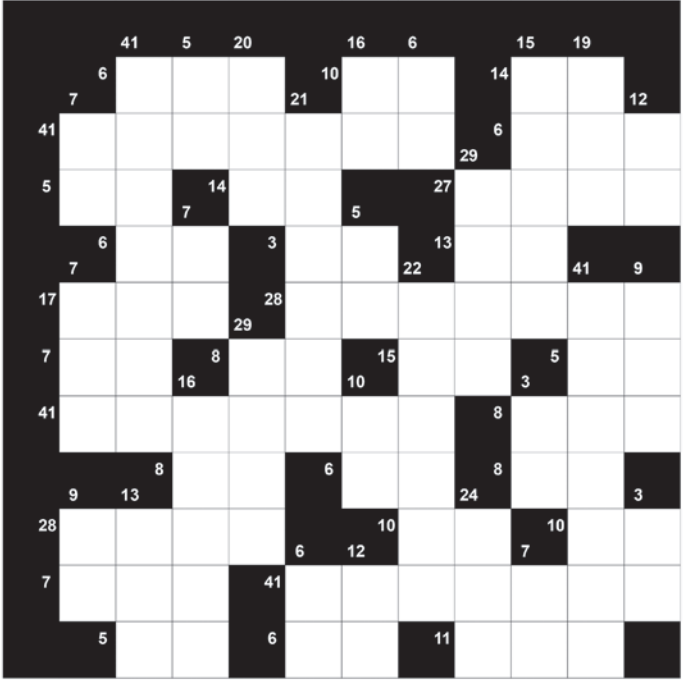
- | | | |
|--------|---------------|-----------|
| ALIBI | MARLIN | PROTOCOL |
| AMOEB | NASSER | RESEATED |
| APISH | NEGATE | RODENT |
| BATON | NOOSES | ROULADES |
| DERMA | NOTES | SLOES |
| EDGIER | OPPOSE | SPORE |
| ENURE | OVERBEARINGLY | STORYLINE |
| ERODED | OVERSKIRT | SYLPHS |
| GARDA | PARSI | TACOS |
| IDEAL | PEANUT | TENDS |
| IMPEND | PELLET | ABIDE |
| LENTO | PRONG | AMENDE |

KAKURO

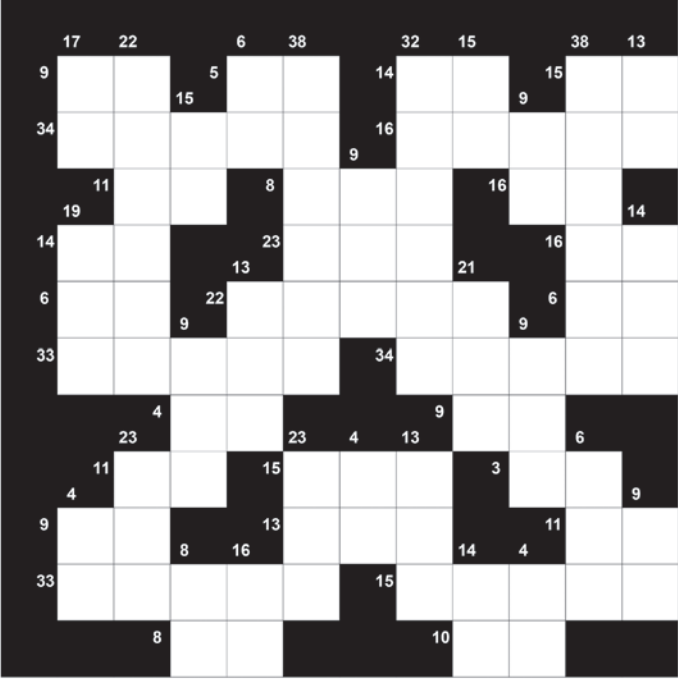
CONSTRUCTED BY EPOCH TIMES STAFF

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



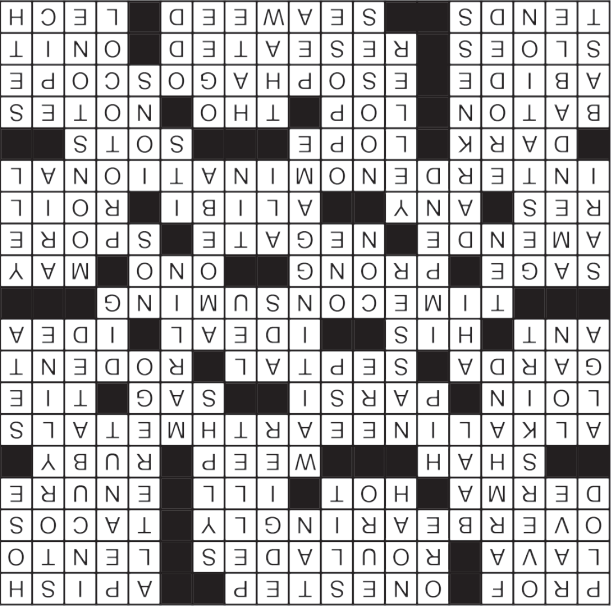
Large: Easy



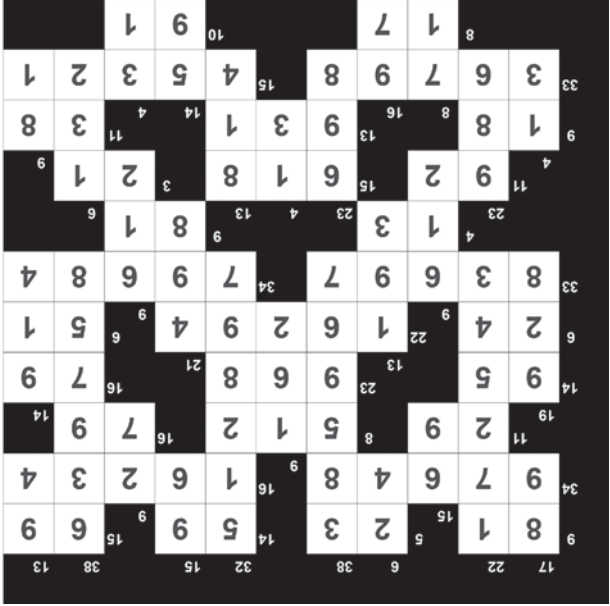
WORK SPACE

SOLUTIONS

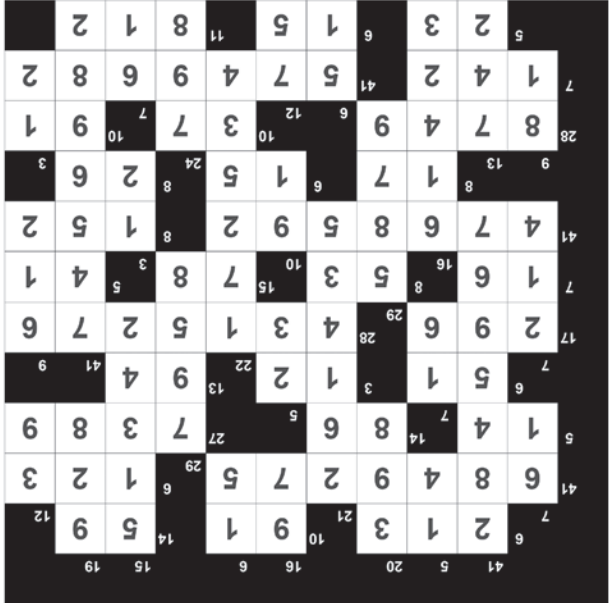
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**
- 32 + 21 + + + + 13
- HARD 2**
- 21 - - - 17 + 20 + 29
- EASY 1**
- 7 + 3 + 7 + 7 + 2
- 7 - 3 + 7 + 2
- EASY 2**
- 9 × 7 - 6 × 6

VGSTOCKSTUDIO/SHUTTERSTOCK

Why ‘HAVING IT ALL’ Is a Big Fat Lie

Ignoring that choice includes loss is a delusion that creates unneeded suffering

NANCY COLIER

“I want it all, I want it all, I want it all, and I want it now.” These were the words of a television jingle I heard this weekend, just as I was contemplating a piece on the pressure we (both women and men) face to have it all.

Working with Jane, a mom/physician, I was struck by how tortured she was because she couldn’t spend as much time as she wanted to with her young child.

I was not struck by the fact that time away from her child was painful, but rather by what seemed to be the real source of her suffering.

Specifically, she felt that she was supposed to be able to have the great career she wanted as a doctor and also be able to be the loving and present mom to her child. As she saw it, she was doing something wrong because she couldn’t have both.

Another client, Rachel, told me that she wanted to have a more intimate relationship with her husband, to feel more connected. She talked about their less-than-juicy date-night dinners. She shared that her husband was upset because she left her phone on during their dinners in case the kids called (healthy teenagers).

Apparently, as is usually the case, the tech interruptions were breaking the connection between them.

She was in my office because she wanted me to design a strategy or digital program that would make it possible for her to be on call all the time to her family, and also intimately connected to her husband in their private time.

On another front, in just the same week, Peter was telling me about his romantic relationship of nine years. He shared that he was deeply nourished by the unconditional love and stability of their bond and how much he loved his life with his partner.

Simultaneously, he was unable to tolerate the fact that when he went to parties or was surrounded by new women, he couldn’t behave like a single person. He was at war internally with the idea that being in a monogamous and committed relationship would mean that his life felt constrained in certain other ways. But underlying his despair, the real suffering was once again coming from his belief that he shouldn’t have to give up anything he wanted.

And then there’s MK, a college student who is obsessively angry because of the deep confidence his friends have earned through their mastery in sport or other passions and academic pursuits.

MK acknowledges that he loves to socialize and party and that he’s chosen to spend his time doing just that, as opposed to achieving excellence. And yet again, this young man is confused and frustrated by my inability to devise a plan to give him the social life he wants and also the self-confidence that comes with focused hard work, time, and effort.

We’re conditioned to believe that we should have it all—everything we want. Having it all in this society also means not have to give anything up.

Technology encourages this belief. With the touch of a button, we can, in fact, get a lot of things we want without much effort. Media and advertising also support our belief that everything is possible, and, that if we don’t have everything we want, we need to try harder.

The powers that be want us to believe that we can have it all because it keeps us chasing the dream, a dream of endless acquiring and achieving. Ultimately, having it all (as an idea) is good for business while accepting not having it all is bad for the bottom line.

If we stop chasing it all, the profit margin shrinks.

When I told Rachel that being available 24/7 to her kids might



Life has limitations, which we are oddly not taught.

mean not being as available to her husband, and perhaps not enjoying the intimacy she desired, she was disappointed and seemingly not convinced. Similarly, when I advised Peter that his choice to be in a committed relationship—and enjoy the jewels of such a choice—would mean that his experience of socializing would have to change and be perhaps less exciting than if he were single, it seemed as if he had never considered such a concept.

So too, when I laid out the hours that Jane’s career in New York required and juxtaposed that against her young daughter’s wake-and-sleep schedule, she seemed to be seeing the information for the first time, as a scientist almost, recognizing the math of her reality, and thus the real truth of her choices.

Life has limitations, which we are oddly not taught. Accepting this truth, however, frees us from the fantasy that keeps us chasing and suffering.

When we believe that we can and should have it all, we end up paralyzed, stuck between choices, and unable to pull the trigger or settle into any path. We’re unwilling to accept the reality that, like it or not, choice involves loss, not occasionally, but always.

When we stick with our storyline that we are the problem, that we are why we can’t have everything we want, we actually end up with nothing. Loss and gain go hand in hand.

Furthermore, when we reject the fact that we have to give up something we want in order to get something we want, we deny ourselves the opportunity for self-compassion. Accepting the loss that comes with choice means also accepting the feelings that come with that loss. It means offering a place for the sadness or disappointment that comes as a result of not being able to enjoy that other path.

With every choice, one door opens and another closes. There is an experience of that door closing, which also needs to be included and treated with empathy.

I often find myself simply saying “yes” to people who come to see me with such dilemmas of choice. Yes, it’s true that if you choose this you will not get to have that. The fact that you can’t figure out a way to have both doesn’t mean there’s something wrong with you; it means you’re living with the reality of be-

ing human.

There is only so much time, energy, motivation, and attention for some of what we want—not all of it. Some wants, by their very nature, eliminate the possibility of other wants.

When I lay it out matter-of-factly in this way, people sometimes look at me as if I have three horns, as if they had never considered such a basic truth.

When we’re willing to accept that life includes non-negotiable limitations, then the value of the choices we make, the meaning in the path we do choose, increases exponentially.

Recognizing and being honest about what we get, and what we choose to give up, intensifies how much what we get actually matters to us.

It’s not your fault if you can’t have it all; it’s not a failing on your part. The idea that we should be able to get everything we want, have every experience we desire, is false.

It’s an idea that keeps us handcuffed, stuck, and suffering.

Time, energy and attention are malleable at one level, in that they feel like they can expand and contract. But they’re also finite at another level. When we give something our time and attention, it means that we cannot give as much time and attention to something else we may also value.

These are the hard choices that come with life. Approaching our choices with a mature and sober sense of reality, one that takes into account the losses that all choices include, allows us to live a life of deeper intention and meaning. We can feel even more grateful for what we do choose to experience.

When we stop busying ourselves with what we should have and what’s wrong with us that we can’t have it, we get on with the business of determining what we really want. We can choose what’s most important to us. Accepting the reality of choice and its partner, loss, encourages us to get clear about what we really want our life to be about and get on with living it.

Nancy Colier is a psychotherapist, interfaith minister, public speaker, workshop leader and author of “The Power of Off: The Mindful Way to Stay Sane in a Virtual World.” For more information, visit NancyColier.com

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RAJ CHANDER

About 40 blocks north of Spring Studios, where chic, slender models walk the runway for New York Fashion Week’s biggest showcases, there’s another kind of fashion event taking place. The Curvy Con is the brainchild of two fashion bloggers who wanted to create a space where “plus-size brands, fashionistas, shopaholics, bloggers, and YouTubers” could embrace the curvy female figure.

The event is one of the many examples of recent efforts to lift the long-running stigma associated with having an “imperfect” body. The female body positivity movement is stronger than ever: Brands like Dove and American Eagle have launched campaigns to help women learn to be appreciative of their bodies, regardless of how they compare to media standards.

The movement’s intent seems well-meaning, but it also raises a question: Is there a body positive movement for men? While there’s a plethora of evidence that women are judged more by their looks than men are, research shows that body image issues facing men are just as complex.

Celebrities like singer Sam Smith and actor Robert Pattinson have opened up about their struggles with the way they look in recent years, providing more confirmation that body image is a problem for men. And similar to women, research shows men are often caught feeling either too thin or too heavy to meet the male ideal.

But what’s causing men today to feel so much pressure about their appearances? What specifically are they unhappy with and how can they deal with it?

One thing is for certain: Just like the challenges faced by women, male body image issues are deeper than just weight.

The Superhero Effect: Why Do Males Feel Pressure to Look a Certain Way?

Research by psychiatrists at UCLA shows that overall, people today feel worse about the way they look than they did in the 1970s. The problem goes beyond a college guy hitting the gym to try to get a date: 90 percent of boys in middle and high school exercise at least occasionally with the specific goal of “bulking up.”

Most celebrities, scientists, and average guys agree that there’s one major contributing factor we can credit for the rise of negative body perception for men and boys: the silver screen. Stars like Hugh Jackman and Chris Pratt pack on muscle to transform into superheroes to join the likes of Dwayne Johnson and Mark Wahlberg. This increases male public interest in obtaining their recipes for chiseled abs and bulging biceps. A vicious cycle ensues.

A 2014 feature about today’s fitness-

crazy world of Hollywood is especially eye-opening. When famous celeb trainer Gunnar Peterson was asked how he’d respond to a male actor trying to succeed on acting talent alone without being in great shape, he responded:

“All of a sudden you go, ‘Oh, maybe you can be the friend.’ Or: ‘We’ll do an indie film.’”

For the last three years, at least 4 out of the top 10 grossing movies in the U.S. have been superhero stories, according to data observed from Box Office Mojo. In these films, “ideal” male physiques are shown constantly, sending a message: To be brave, dependable, and honorable, you need big muscles.

“These bodies are attainable for a small number of people—maybe half a percent of the male community,” says Aaron Flores, a registered dietitian nutritionist from Calabasas specializing in male body image. “Yet they’re associated with the idea of masculinity—the notion that as a man, I have to look a certain way, act a certain way.”

“**These bodies are attainable for a small number of people—maybe half a percent of the male community.**

Aaron Flores, registered dietitian nutritionist

The Rise of #Fitness

The big screen isn’t the only place guys are being exposed to unrealistic bodies. A recent GQ feature about Instagram’s influence on fitness reported that 43 percent of people take photos or videos at the gym.

So thanks to the prevalence of Facebook and Instagram, whose combined monthly user count represents over 43 percent of the global population, our younger—and soon to be largest—generations are exposed to images and videos of others working out every day.

Some find the uptick in social fitness content motivational, but there’s a degree of intimidation involved—particularly for those new to exercise.

“Social media shows us all these folks hitting the gym, losing weight, getting ripped... you’d think it’d inspire me, but most times it makes me want to hide in a corner,” a friend told me.

It’s estimated that the average American adult now spends over \$110,000 throughout their lifetime on health and fitness costs. The Anytime Fitness franchise alone has added 3,000 new gyms worldwide in the last 10 years.

Between our Instagram feeds, TV shows, and movies, it’s difficult for guys to avoid images of muscular, built

men. But how much you can bench is far from the only body image concern—male body image is far more complex than just muscle.

It’s More Than the Shape of Our Bodies

The media tells men that we should be lean, strong, and muscular. But the male body image struggle is about more than the shape of our bodies. Among other concerns, men are figuring out how to deal with hair loss, height perception, and skin care.

The hair loss industry alone is estimated to be worth \$1.5 billion. No thanks to the stigma, men with thinning or no hair may face the stereotype that they’re less attractive, less agreeable, and not as assertive. Research has also found that hair loss is linked to feelings of inadequacy, depression, stress, and low self-esteem.

As for height, data indicates that people associate taller men with higher levels of charisma, education, or leadership qualities, increased career success, and even a more robust dating life.

Male-targeted skin care brands are also increasingly marketing products that target the same concerns as female-targeted brands:

- wrinkles
- skin discoloration
- face symmetry, shape, and size

Male cosmetic procedures have increased by 325 percent since 1997. The top surgeries are:

- liposuction
- nose surgery
- eyelid surgery
- male breast reduction
- facelifts

Another sensitive area of judgment for the male body that incorporates all the above is the bedroom. A 2008 study reported penis size as one of the top three body image concerns for heterosexual men, along with weight and height.



Remind yourself that media-portrayed body images aren’t realistic.

“It’s an unspoken thing, but if you don’t look a certain way or perform a certain way [sexually], it can really challenge your masculinity,” Flores says.

Research shows that a majority of men feel their penises are smaller than average. These negative feelings about genital size can lead to low self-esteem, shame, and embarrassment about sex.

“**It’s totally normal to feel some insecurity about the way you look.**

And it’s no surprise that brands have already caught on. Hims, a new wellness brand for men, heavily markets itself as a one-stop shop—from skin care to cold sores to erectile dysfunction. According to Hims, only 1 in 10 men feel comfortable talking to their doctor about their looks and health.

How Can We Deal With Male Body Image Issues?

The darker side of the recent increase in male cosmetic surgeries, social media posts about fitness, and celebrity “transformations” is the underlying notion that guys need to improve their bodies. The corporate marketing race to embrace body positivity can also lead to negative self-perception and may be rapidly becoming trite and unnecessary.

Even knowing the problems, body image is tough to address. One of the main challenges is relatively simple—not enough people are talking about the self-image issues that men face.

“While the issue [of male body image] is no longer surprising, there’s still really no one talking about it or doing work to make it better,” says Flores. He told me he frequently takes female-centric social media posts about body positivity and makes them into male-friendly versions.

Step One: Accept Your Body for What It Is

Flores said deciding to be happy with your physique and not devoting your entire life to “fixing it” is in itself an act of rebellion since our society is so focused on achieving the ideal body.

It’s also helpful to adjust your social media sites to only show content that will inspire positive feelings about your body.

“I’m very discerning about what comes into my feed,” says Flores. “I’ll mute or unfollow people who exhibit a lot of diet or fitness talk, just because it’s not how I interact. I don’t care if my friends are doing keto or Whole30, or how many times they can squat—that’s not what defines our friendship.”

Other ways guys can cope with body image issues:

- Talk about it in the real world. Commiserating with a male friend can help ease the pressure to look a specific way. Online groups for body positivity are great, but it’s also valuable to get away from social media and spend time in places with realistic images of people, like your local coffee shop or restaurant.
- Embrace your body. It doesn’t matter if you’re an athlete or totally out of shape—try to be happy with the way you look. If you’re taking active steps to be healthier through exercise or diet, embrace the journey. Instead of focusing on what you don’t like, be proud of yourself for trying to change what you can control.
- Don’t be afraid of vulnerability. “It’s not a challenge to your masculinity,” says Flores about being open and honest about body image struggles. “If we can learn to share our experiences, both negative and positive, that’s where healing comes from.”
- Remind yourself that media-portrayed body images aren’t realistic. The media is really good at portraying unrealistic bodies and misrepresenting the average physique—and that includes male bodies. The Centers for Disease Control and Prevention (CDC) reported that there’s no significant difference in the prevalence of obesity between men and women. It’s OK to challenge the pictures you see. Confidence should be built in yourself and your efforts, not what other people say.

Above all, remember it’s totally normal to feel some insecurity about the way you look. Be kind to yourself, develop positive habits, and do your best to accept what you can’t change. With that, you can have a healthy outlook on your body.

Raj Chander is a consultant and freelance writer specializing in digital marketing, fitness, and sports. This article was first published on Healthline.

Vitamins for Kids

Do They Need Them?

Food is their best source of vitamins, but some children need a nutrient boost

ELIZABETH STREIT

As children grow, it's important for them to get enough vitamins and minerals to ensure optimal health. Most kids get adequate amounts of nutrients from a balanced diet, but under certain circumstances, children may need to supplement with vitamins or minerals.

Nutrient Needs for Kids
Nutrient needs for kids are dependent on age, sex, size, growth, and activity level. According to health experts, young children between the ages of 2 and 8 require 1,000–1,400 calories each day. Those ages 9–13 need 1,400–2,600 calories daily—depending on certain factors, such as activity level. Children require some amount of every vitamin and mineral for proper growth and health, but exact amounts vary by age. Older children and teens need different amounts of nutrients than younger kids to support optimal health. Kids need the same nutrients as adults—but usually, require smaller amounts. As children grow, it's vital for them to get adequate amounts of nutrients that help build strong bones, such as calcium and vitamin D. Moreover, iron, zinc, iodine, choline, and vitamins A, B6 (folate), B12, and D are crucial for brain development in early life. Thus, although kids may need smaller amounts of vitamins and minerals compared to adults, they still need to get enough of these nutrients for proper growth and development.

Children and Vitamin Supplements
In general, kids that eat a healthy, balanced diet don't need vitamin supplements. However, infants have different nutrient needs than children and may require certain supplements, such as vitamin D for breastfed babies. Both the American Academy of Pediatrics and the United States Department of Agriculture Dietary Guidelines for Americans don't recommend supplements over and above the recommended dietary allowances for healthy children older than 1 who eat a balanced diet. These organizations suggest that kids eat a variety of fruits, vegetables, grains, dairy, and protein to obtain adequate nutrition. These foods contain all of the necessary nutrients for proper growth and development in children. Overall, kids who eat a balanced diet that includes all food groups don't usually need vitamin or mineral supplements. Some kids, however, may need supplemental nutrients. Even though most children who eat a healthy diet don't need vitamins, specific circumstances may warrant supplementation. Certain vitamin and mineral supplements may be necessary for kids who are at risk of deficiencies, such as those who:

- follow a vegetarian or vegan diet
- have a condition that affects the absorption



It's best to keep vitamins out of reach of young children.



Vegan diets can be particularly dangerous for children.

of or increases the need for nutrients, such as celiac disease, cancer, cystic fibrosis, or inflammatory bowel disease

- have had a surgery that impacts the intestines or stomach
- are extremely picky eaters and struggle to eat a variety of foods

In particular, kids who eat plant-based diets may be at risk of deficiencies in calcium, iron, zinc, and vitamins B12 and D—especially if they eat few or no animal products. Vegan diets can be particularly dangerous for children if certain nutrients like vitamin B12—which is found naturally in animal foods—are not replaced through supplements or fortified foods. Failing to replace these nutrients in children's diets can lead to serious consequences, such as abnormal growth and developmental delays. However, it's possible for children on plant-based diets to get adequate nutrition from diet alone if their parents are incorporating enough plant foods that naturally contain or are fortified with certain vitamins and minerals. Children with celiac or inflammatory bowel diseases may have difficulty absorbing several vitamins and minerals, especially iron, zinc, and vitamin D. This is because these diseases cause damage to the areas of the gut that absorb micronutrients. On the other hand, kids with cystic fibrosis have trouble absorbing fat and, therefore, may not adequately absorb the fat-soluble vitamins A, D, E, and K. In addition, children with cancer and other diseases that cause increased nutrient needs may require certain supplements to prevent disease-related malnutrition. Finally, some studies have linked picky eating in childhood to low intakes of micronutrients. One study in 937 kids ages 3–7 found that picky eating was strongly associated with low intakes of iron and zinc. Still, the results indicated that blood levels of these minerals were not significantly different in picky compared to non-picky eaters. Nevertheless, it's possible that prolonged picky eating could lead to micronutrient deficiencies over time and may warrant nutritional supplements as a result.

Choosing a Vitamin and Dosage
If your child follows a restrictive diet, cannot adequately absorb nutrients, or is a picky eater, they may benefit from taking vitamins. Always discuss supplements with a healthcare provider

Kids that eat a healthy, balanced diet don't need vitamin supplements.

Some studies have linked picky eating in childhood to low intakes of micronutrients.

before giving them to your child. When choosing a supplement, look for quality brands that have been tested by a third party, such as NSF International, United States Pharmacopeia, ConsumerLab.com, Informed-Choice, or the Banned Substances Control Group. Importantly, choose vitamins that are specifically made for kids and ensure that they don't contain megadoses that exceed the daily nutrient needs for children.

Precautions for Children
Vitamin or mineral supplements can be toxic to children when taken in excess amounts. This is especially true with the fat-soluble vitamins A, D, E, and K that are stored in body fat. One case study reported vitamin D toxicity in a child who took too much of a supplement. Note that gummy vitamins, in particular, can also be easy to overeat. One study cited three cases of vitamin A toxicity in children due to overeating candy-like vitamins. It's best to keep vitamins out of reach of young children and discuss appropriate vitamin intake with older kids to prevent the accidental overeating of supplements. If you suspect that your child has taken too much of a vitamin or mineral supplement, contact a healthcare provider immediately.

Ensure Your Child Gets Enough Nutrients
To ensure children are getting adequate amounts of nutrients so that they don't need supplements, make sure their diet contains a variety of nutritious foods. Incorporating fruits, vegetables, whole grains, lean proteins, healthy fats, and dairy products (if tolerated) into meals and snacks will likely provide your child with enough vitamins and minerals. To help your kid eat more produce, continually introduce new veggies and fruits prepared in different and tasty ways. A healthy diet for kids should limit added sugars and highly processed foods and focus on whole fruits over fruit juice. However, if you feel that your child is not getting proper nutrition through diet alone, supplements can be a safe and effective method to deliver the nutrients children need. Consult your child's pediatrician if you're concerned about your child's nutritional intake.

Elizabeth Streit holds a master's in human nutrition from Drexel University and a bachelor's in environmental studies from the College of the Holy Cross. She is as a registered dietitian who specializes in translating science to the kitchen and creating healthy and delicious recipes. This article was first published on Healthline.



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Electric Bikes Can Boost Older People's Well-Being

Getting out on the open bike path, with some batteries, can recharge the brain and body

LOUISE-ANN LEYLAND, BEN SPENCER, CARIEN VAN REEKUM & TIM JONES

Getting on your bicycle can give you an enormous sense of freedom and enjoyment. It can increase your independence and knowledge of the local area and improve your access to the natural (or urban) environment. It can also be highly nostalgic—reminding you of your childhood cycle rides and the joy of being young. But beyond the feel-good factor, can cycling actually make any difference to mental abilities and well-being? This was something our new study aimed to investigate—specifically looking at cycling among older adults. While most studies incorporate exercise in a gym situation, our study wanted to examine the impact of cycling in the real world—outside a controlled environment. So older adults, aged 50 and above, were asked to cycle for at least an hour and a half each week for an eight-week period. Participants either cycled on a conventional pedal bike, on an electrically assisted “e-bike” or were instructed to maintain their regular non-cycling exercise routine as a comparison group. Mental abilities, mental health, and well-being were measured before and after the eight-week cycling period.

Mental Boost
Exercise is thought to improve mental functioning through increased blood flow to the brain, as well as encouraging regrowth of cells, specifically in the

Mental abilities, mental health, and well-being were measured before and after the eight-week cycling period.



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hippocampus. This is known to be an area associated with memory. So it was expected that the greater physical exertion required for pedal cycling, compared to cycling an e-bike with a motor, would result in greater benefits to mental functioning. One of the tasks we used to measure mental ability is the “Stroop test.” The task involves participants being shown the name of a color printed on a card in a different color script. For example, the word “blue” would be printed in red ink. Participants are asked to say the color of the ink that the word is printed in, rather than reading the name of the color. The Stroop test measures how accurately someone is able to minimize distraction from the written word when reporting the ink color. We found that after eight weeks of cycling, both pedal and e-bike cycling groups were better at ignoring the written word, indicating that their mental function had improved. This was not the case for non-cycling control participants.

Pedal Power
Aside from the benefits found to some mental abilities, we also saw a trend for mental health improvement for the e-bike cyclists, but pedal cyclists did not change on this measure. This could be because e-bikes may be more enjoyable and easier to ride than normal pedal bikes—helping to improve mental well-being. We also found e-bike cyclists spent more time cycling on average each week than the pedal cyclists. Many of the participants commented that they felt

they could go further on the e-bike as they could rely on the motor to get them home if they could not manage it by themselves. This research, to some extent, provides support for many bike-related motivation quotes, including the following from Sir Arthur Conan Doyle: *When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.* It seems then that e-bikes have the potential to re-engage older adults with cycling and provide a great opportunity to increase physical activity and engagement with the outdoor environment. So given that more than 13 million older people in the United States live alone, it might just be that the use of an electric bicycle could help to improve older people's lives by increasing independence and mobility—all of which can have a significant impact on their well-being.

Louise-Ann Leyland is a research associate in the faculty of brain sciences at the University College London. Ben Spencer is a research fellow at Oxford Brookes University in England. Carien van Reekum is a professor of psychology and neuroscience at the University of Reading in England. Tim Jones is a reader in urban mobility at Oxford Brookes University. This article was first published on The Conversation.

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Finding Life Change Through Vision and Minimizing

The most important benefit of the minimalism movement presents itself when other things are out of the way

JAY HARRINGTON

In case you haven’t noticed, minimalism and the tidying up movement are having a moment. “Less is more” has gone mainstream. New shows on Netflix. New York Times best-selling books. Donation centers bursting at the seams. Photos of neatly rolled garments taking over Instagram. A new verb, “Kondo-ing,” entering the lexicon. It’s not that the idea of living with less—and realizing the attendant benefits—is a newly discovered concept. Thousands of years ago, Greek Stoic philosopher Epictetus came to the conclusion that “Wealth consists not in having great possessions, but in having few wants.” It’s just that today’s culture, or at least some meaningful corner of it, is finally catching on.

A Journey Toward a More Minimal Life
My own family’s journey toward a more minimal lifestyle has been marked by fits and starts.

Four years ago, we began the shift toward a life motivated more by chasing meaning and purpose than accumulation and consumption.

When we first learned about the concept of minimalism, we were intrigued. The idea of shedding possessions and living lighter appealed to us.

But after a weekend of giving things to thrift stores or throwing them out, we’d find ourselves back where we started: with a few less things but without making much of a dent in our desire for broader change.

What led us to transformational change and greater happiness was trying to understand the larger purpose and vision we had for our lives. We focused on the “end” we had in mind and pursued it through the “means” of minimizing.

Minimalism as a Means to an End
Consumption requires a trade-off, and its greatest cost is time.

The cost of a new coat or pair of shoes isn’t measured only in dollars and cents because it takes time and effort to acquire those dollars and cents.

Consuming social media means giving up moments that could be spent doing something more meaningful.

Organizing and reorganizing mounds of stuff robs one of the ability to apply mental and physical energy to more productive pursuits.

As one of the original minimalist writers, Henry David Thoreau, once wrote, “The cost of a thing is the amount of what I will call life which is required to be exchanged for it, immediately or in the long run.”

In other words, those “things” that are dominating our time and attention are stifling the one thing we can never replace, which is “life.”

All of this is to say that it’s easy to get caught up in the whirlwind of the minimalism movement and miss the bigger picture. And in this case, the big picture is using minimalism as a means to a

more fulfilling, intentional, and purposeful life, rather than treating it as an end in itself.

In my personal experience, I’ve found that merely focusing on the tactic of minimalism, without a larger purpose in mind, makes it hard to stick with it. Just as calorie counting diets, measured only by the restriction of calories, rarely work, minimalism quests marked only by the dispossession of objects are hard to sustain.

It’s difficult to stay motivated to stick with the means without an end in mind that lights you up inside. Having a larger purpose helps you persevere through challenges—and minimizing one’s lifestyle, in the face of societal pressures to do otherwise, certainly qualifies as a challenge.

We still have too much stuff. Still sometimes get caught up in “keeping up with the Joneses.” Still succumb to temptation despite knowing better. But for the last several years, with a more clearly defined mission in mind, every time we have fallen down we’ve been able to get up and get back on track, happier and ready for what’s next.

For us, being more minimal-minded allows us to elevate and prioritize experiences over things. Having less stuff in our home enables us to spend more time outside in nature. Our minds are less encumbered so we have more capacity to pursue creative endeavors that, while not always financially remunerative, bring us great contentment.

That said, it’s not always easy, because the siren song of “more” is seductive. If you’re not careful, more stuff, more commitments, and more mental clutter can easily seep back in. If you’re trying to focus on less, there’s lots of cultural messaging that will suggest to you that your priorities are misplaced and you’re missing out on the (false) promises of largesse.

Having endured some of the tug and pull of more and less, we’ve firmly determined that, yes, less is more. We’re girded by the knowledge, born of experience, that the path to fulfillment lies in doing the hard things. With a purpose in mind, you can learn to love the process of minimalism, even if it’s difficult at times.

As Fyodor Dostoyevsky once wrote, “The mystery of human existence lies not in just staying alive, but in finding something to live for.”

Minimalism is not a magical cure-all. An organized sock drawer doesn’t scale beyond fleeting satisfaction. But for those who want to pursue a mission in life that is challenging and fulfilling, following the foundational principles of minimalism is a step toward finding purpose. Happiness is not guaranteed, it’s hard-won. And the struggle for happiness begins inside, with a commitment to be unrelenting in directing your actions in alignment with your life’s purpose.

Jay Harrington is an author, lawyer-turned-entrepreneur, and runs a northern Michigan-inspired lifestyle brand called Life and Whim. He lives with his wife and three young girls in a small town and writes about living a purposeful, outdoor-oriented life.

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The Blind See Buddha

ANONYMOUS

The ancient city of Vaishali, India, was home to 500 blind people. Because of their disability, they couldn't work for a living and had to beg for food. They suffered from discrimination on a daily basis.

The blind people heard that Prince Siddhartha (also known as Shakyamuni) had become a Buddha, and they were full of hope. They believed that the Buddha had the ability to relieve people of all diseases, troubles, and sorrows, and they sincerely wished to follow the Buddhist path to cultivate their wisdom and moral character so that they may be worthy of this mercy.

After some discussion, they decided to find a way to meet the Buddha in person. The leader of the group suggested that they take the initiative to visit the Buddha rather than wait for the Buddha to come to them. They hired a guide to lead them on the journey since they could not see.

The blind people trailed behind their guide, hand in hand, forming a spectacular long line that twisted and turned. Although the trek was arduous, with faith in their hearts, the more they walked, the brighter their spirits and the lighter they were on their feet.

Then the group reached a swamp that they had to cross before reaching the Kingdom of Magadha, where the Buddha lived. Seeing the danger ahead, the guide became afraid, and with no regard for the safety and well-being of the blind people, he stole their money and deserted them. Oblivious to this, the blind men waited and waited in vain.

The leader then heard the sound of water and asked everyone to walk in that direction.

Right at that time, he heard the angry voice of a farmer. "You beasts, are you blind? All my seedlings are being trampled to death!" cursed the farmer.

"Oh, heavens! We're so sorry. We truly cannot see. If we could see, we would



A thangka, or Buddhist painting, of "Buddha with the One Hundred Jataka Tales," 13th–14th century, Tibet. The "Jataka Tales" are stories telling of the previous lives of the Buddha, either in human or animal birth, each revealing some lesson or virtue. Collection of Heidi and Helmut Neumann.

never trample on your seedlings," the leader deeply apologized. "Ah! Please be kind and have mercy on us. Please tell us how we can find our way to see the Buddha. Our money has been stolen, but we will certainly compensate you for the seedlings later on. I promise."

Feeling bad for the plight of the blind people, the farmer sighed and said, "It is all right. Just follow me. I will take you to the Buddhist temple in Shravasti, where the Buddha is." The group rejoiced and thanked him over and over again.

The farmer indeed brought them to the temple as promised, and the blind people were excited to finally reach their destination. But they were disappointed to be informed by the abbot that they had come too late, as the Buddha had already returned to Magadha.

The group then made the difficult

journey to Magadha, overcoming hardships of all kinds. Once there, however, they learned that the Buddha had gone back to Shravasti.

Despite their exhaustion, they were determined to see the Buddha, so they turned around and went back to Shravasti. They did not expect that the abbot of the temple there would once again tell them that the Buddha had returned to Magadha, but that's what he did, though with great sympathy.

These dedicated people vowed that they would never go home without seeing the Buddha. In the end, they traveled back and forth seven times. The Buddha saw their faith and devotion, and when they arrived back at the temple in Shravasti for the seventh time, the Buddha was there waiting for them.

"Oh, Great Buddha! Please give us

light! Let us see the Buddha's magnificence!" implored the group. All 500 of the blind people knelt down and kowtowed, paying the highest form of respect to the Buddha.

Seeing their hearts, the Buddha said: "You are so sincere and have traveled so many long journeys, unwavering in your belief and determination. I will grant you light."

Immediately, all 500 people were able to see. They thanked the Buddha for his immeasurable grace. They all became diligent disciples of the Buddha and reached the level of Arhat at the end of their cultivation.

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

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