

In the NEWS

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PUZZLES
on B6

US President
DONALD TRUMP

is calling for changes to US libel laws after a Time magazine editor admitted to making up a quote and attributing it to the president.

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The
TEEN VOGUE

website, targeted at high school-aged girls, is an insidious propaganda outlet designed to encourage young women to rebel, writes New Zealand filmmaker Trevor Loudon.

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Wikileaks founder
JULIAN ASSANGE

has been hit with an 18-count indictment by the US Justice Department. The indictment claims that Assange published classified documents with unredacted names of US information sources, knowingly endangering their lives.

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Almost
100,000 PEOPLE

have signed a petition backing a UK doctor who faces a discrimination inquiry for asking a Muslim woman to remove her veil.

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US
ABORTION LAWS

are changing, with several states introducing their own 'heartbeat bill' that bans abortion after a fetus's heartbeat is detected, writes Nicole Russell.

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Pyongyang is
LOOKING FOR

attention say US President Donald Trump who explained that he isn't bothered by the recent North Korean missile tests that his national security adviser labelled a violation of UN resolutions.

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BERTRAND GUAY/AFP/GETTY IMAGES

French right-wing leader of the National Rally party Marine Le Pen after the announcement of initial results of the European parliamentary elections in Paris on May 26, 2019.

EUROPEAN UNION

Nationalist and Green Parties Surge in EU Elections

In sign of disenchantment with European project, parties in the centre lose majority in EU parliament

OMID GHOREISHI

The European Union's 28-country elections saw significant gains for nationalist parties and the Greens, and diminishing support for the historically dominant parties.

While the center-left and center-right parties still had the highest votes in the four-day election that ended on May 26, for the first time in the bloc's history, they lost their majority in the European Parliament.

Right-wing nationalist parties dominated the results in Italy, Poland, and Hungary. In France, where Emmanuel Macron won a decisive victory in 2017, his nationalist rival Marine Le Pen's party was the victor this time, although by a narrow margin.

"The rules are changing in Europe," said Matteo Salvini, leader of Italy's right-wing League party, which is part of the governing coalition in the country. His party's win of 34 percent of Italian votes, compared to the coalition partner 5-Star Movement's 17 percent is expected to give him more leverage in the government.

Disenchantment with the European project, which has struggled through economic and migration crises in recent

years, has made the bloc seem distant to many voters.

Former White House strategist Steve Bannon, who has been rallying for a greater presence of nationalist groups in Europe, said the election results show that European integration is "dead in its tracks."

"People are taking their countries back ... it's just the beginning. It's going to get more and more powerful over time," he said.

In a previous interview with The Globe and Mail, Bannon said the leaders of the nationalist parties don't want to leave the EU, but want to reform it. "They all want a massive reform of the EU—it's Macron's vision versus [Hungarian Prime Minister Viktor] Orban's and Salvini's."

In the United Kingdom, Nigel Farage's new Brexit Party and pro-EU voters carved up the country's votes at the expense of the governing Conservative Party. The UK took part in the election since it's still part of the EU, but the lawmakers elected to the European Parliament will only remain until the country leaves, currently

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MIGUEL MEDINA/AFP/GETTY IMAGES



Italian Deputy Prime Minister Matteo Salvini in Milan on May 26, 2019.



The rules are changing in Europe.

MATTEO SALVINI
LEADER, ITALIAN LEAGUE PARTY

REMEMBERING TIANANMEN

Photographer Releases Never-Before-Seen Tiananmen Protest Photos

NICOLE HAO

A photographer has for the first time shared photos of the Tiananmen Square protests to commemorate the upcoming 30th anniversary of the Tiananmen Square Massacre.

All 2,000 photos were hidden for the past

three decades until now.

Photographer Liu Jian hopes that the Chinese people won't forget about the significance of the Tiananmen Square Massacre, and that future generations will learn about its history through his photos.

"Tiananmen Square is still there. People

who have experienced the massacre are still alive. But the young Chinese don't know about it," Liu told the Chinese-language edition of The Epoch Times on May 7.

Liu said when he asked his teenage daughter about it early this year, she had no idea about the protest and massacre that happened on June 4, 1989. He received similar responses from other young people.

"I was very shocked. It's such a big thing, but people don't know it anymore and it was just 30 years ago," Liu said.

Liu decided to share his photos in that hope that others can learn about the historical significance of the event, and that those who have forgotten will remember it.

Liu was a 19-year-old university student at the time. As a professional photographer, he took 60 rolls of film of the students' protest and citizens' support, and washed them by himself—a process in developing film.

Liu, however, didn't print the photos and just kept the developed film. But recently, he printed and shared them exclusively with the Chinese-language editions of The Epoch Times and NTD television, a U.S.-based uncensored Chinese media outlet.

While cameras weren't uncommon in China in 1989, Liu said most of the film of

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COURTESY OF LIU JIAN

Students from Tsinghua University (also known as Qinghua University) hold their university flag aloft in Tiananmen square.

NATION

Saying No to Socialism, Australia Could Learn From Donald Trump

DAVID FLINT

Commentary

The Australian election on May 18 was one of the most significant in the nation's history.

The choice was simple: either to continue with a relatively sound Liberal-National government under Prime Minister Scott Morrison or plunge into a suicidal downward spiral presided over by a Labor Party under Bill Shorten, locked into an alliance that dare not speak its name with the cultural Marxist Greens.

The commentariat, politicians, and pollsters were overwhelmingly united in predicting an inevitable Labor-Greens victory; only a very few dissented.

Australians seemed doomed to becoming, if not the Venezuela, the Argentina of the South Seas.

The comparison with Argentina is highly relevant. When the six self-governing

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TRACEY NEARMY/GETTY IMAGES



Prime Minister of Australia Scott Morrison delivers his victory speech in Sydney, Australia, on May 18, 2019

SPYGATE

UK Intel Agencies Frame 'Spygate' Involvement Ahead of Trump's Declassification

JEFF CARLSON

The Telegraph has published two separate articles detailing their version of when the heads of UK intelligence were briefed about a dossier of claims about President Donald Trump's alleged ties to Russia.

According to The Telegraph, the UK spy chiefs were briefed about the dossier—written by former MI6 agent Christopher Steele—before Trump was made aware of its existence by former FBI Director James Comey, but, notably, after the 2016 presidential election had taken place:

"The heads of MI5 and MI6 and one of [Prime Minister Theresa] May's most trusted security advisers were told about former British intelligence officer Christopher Steele's memos on the Trump campaign in the weeks after his November 2016 election victory."

The Telegraph article goes to significant lengths to make two separate points: that UK intelligence heads were briefed on

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SAM YEH/AFP/GETTY IMAGES



Taiwan's President Tsai Ing-wen waves from her party headquarters in Taipei on March 21, 2019.

US-TAIWAN

Taiwan Strengthens US Ties With De Facto Embassy's Name Change

FRANK FANG

TAIPEI, Taiwan—Relations between Washington and Taipei have elevated to a level not seen in decades, reflected in the name change of the Taiwan government's de facto organization for handling Taiwan-U.S. relations.

Taiwan's Ministry of Foreign Affairs announced the name change on its official Twitter account on May 25, saying that the embassy will now be called the Taiwan Council for U.S. Affairs (TCUSA); it had been known as the Coordination Council for North American Affairs (CCNAA).

"This marks the first time the terms 'Taiwan' and the 'United States' appear in equal

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Saying No to Socialism, Australia Could Learn From Donald Trump

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colonies which straddled the continent were united into one nation on the very first day of the 20th Century, Australia and Argentina were, on a per capita basis, probably the richest countries in the world. Since then, Australia has remained an advanced democracy making a significant and disproportionate contribution in the defence of freedom, especially in the world wars; Argentina has not.

As the election approached, unease and gloom swept the land as hardworking Australians. Those in small business, farmers, and especially self-funded retirees were caricatured as modern Kulaks coming from ‘the big end of town’ and enjoying their ill-gotten gains on their yachts.

Those few who dared ask about the costs of Labor’s extremist plans to reduce CO2 emissions were dismissed as ‘cave dwellers’ and ‘knuckle draggers.’ Even to ask about the cost of this was labelled ‘stupid,’ ‘dumb,’ and ‘dishonest.’

The Labor-Greens clearly decided that their divisive language and radical program would prove popular with Australians who receive most of their information from left-leaning TV networks.

Fortunately, Australians have a disdain for political games and for most politicians. And including this election, they rarely resort to the violence and disruption that is common in some countries, even those as advanced as France.

Had the electorate chosen the Labor-Greens, I warned without intending any exaggeration, that Australians would have put in place a “government of thieves, thugs, and constitutional vandals.”

They would be thieves because they planned to seize without compensation the refunds of dividend tax prepaid by corporations that are relied upon principally by frugal self-funded retirees who were trying to avoid claiming a taxpayer-funded pension.

This was only a part of the Labor-Greens plan to increase taxes and costs by billions of dollars. The largest new costs were to be incurred through policies that would have resulted in the closing down of CO2 emitting industries and activities.

Australians were to be forced to buy electric cars in a vast, empty continent where, on some roads, gas stations are few and far between. When asked how long it would take to recharge an electric car, Shorten replied, “Eight to ten minutes,” thus demonstrating that little work had been done on the proposal.

How pointless this draconian policy is can be easily demonstrated by the fact that China’s annual increase in emissions equals the total amount of Australian emissions. Even if everything were closed down, admitted the chief scientist, there would be no effect whatsoever on the world’s temperatures. So, asked seasoned observers, why sign what is in effect a national suicide note?

As to being a government of thugs, Shorten planned to remove restraints on the illegal activities of the nation’s most militant unions.

And as to constitutional vandalism, Shorten planned to turn Australia into some secret form of republic beginning with a method, which if not against the letter is seriously against the spirit of the Constitution. For all intents and purposes, Australia is already a republic; a crowned republic. As the preamble to the Australian Constitution reads, the people of the several states had agreed to unite into an



David Flint AM, emeritus professor of law.



New Australian Prime Minister Scott Morrison takes oath of his office during a ceremony in front of Australia’s Governor General Peter Cosgrove (R) at Government House in Canberra on May 29, 2019.

“indissoluble Federal Commonwealth under the Crown.” A ‘commonwealth’ is of course the English word for ‘republic.’

As such, Australia enjoys all of the desirable features of a republican government and a constitutional monarchy, including an Australian as head of state in the governor-general, without any disadvantages of either system.

The great danger and disadvantage of Australian republicanism is not so much the time and money spent on it, or even the distraction it is for not-so-competent politicians from the matters they should be dealing with. It is that their dream is to impose not a real republic based, say, on the American model, but to increase their discredited control over the nation. Their republicanism is fake and nothing to do with a republic.

In fact, the model that was put to the people and overwhelmingly rejected in the 1999 referendum would have done away with crucial constitutional checks and balances assured by our system. It would

have installed the only republic not only in the world, but in all human history, in which the prime minister could have dismissed the president without notice, without grounds, and without a right of appeal. It would have turned the president into the prime minister’s plaything and nothing more than his puppet.

The question facing Australia now is whether Scott Morrison in victory has learned from Donald Trump’s example. This is that a country must be governed in its sovereign interests and not for the benefit of some cosmopolitan elite according to some model for world governance.

To achieve the Trumpian ideal, Morrison must first abandon being bound to damage the economy because of the increasingly discredited theory of man-made global warming. This has already led to Australia’s transition from enjoying among the world’s lowest energy prices to being burdened with some of the most expensive.

And he should forget the false doctrinal purity that inhibited previous governments from declaring a domestic gas reservation policy.

He must do what is technically feasible; drought-proof the country thus reducing the impact of floods in the North and turning the Murray-Darling Basin into the oft-promised breadbasket of Asia and indeed the world.

He should reassess the impact of especially large and unsustainable welfare and chain immigration, which is so damaging life in the three over-crowded Eastern capitals of Melbourne, Sydney, and Brisbane.

He should stop the massive raiding of the defence budget to shore up government seats, ensure we have more than about three weeks fuel in the country, and find a way out of the contract that is to turn twelve French nuclear submarines into conventional submarines, with all to be delivered not even in time for the 2045 celebrations of the anniversary of the defeat of Japan in the Second World War.

Then, there’s education, constitutionally a state matter. The result of federal intervention is that, while billions of dollars have been poured into this, standards in

The Labor-Greens clearly decided that their divisive language and radical program would prove popular with Australians who receive most of their information from left-leaning TV networks.

mathematics and science are falling in comparison with much of Asia and even Kazakhstan, and history is not properly taught. In the meantime, children are being tempted to question their sex under a policy encouraging gender fluidity, which surely constitutes the abuse of innocent children.

Then, there is the problem that Australia is the most centralised Federation in the democratic world, contrary to the original intentions of the founders. This has resulted in massive wastage, with about 80 percent of all taxes being collected by the federal government that pays about half to the states with instructions on how it should be spent.

The result is that, apart from the money poured down the drain, the federal politicians barely able to deal with constitutionally granted federal powers are making a mess of everything.

The question remains. Will Morrison learn from the example that President Trump is giving to America and the world?

David Flint AM is an emeritus professor of law. He was chairman of the Australian Press Council as well as the Australian Broadcasting Authority.

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



Opposition Leader Bill Shorten and Opposition Deputy Leader Tanya Plibersek listen to then Treasurer Scott Morrison deliver the budget in the House of Representatives on May 9, 2017.

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100K People Sign Petition Backing UK Doctor Who Asked Muslim Woman to Remove Veil

JACK PHILLIPS

Almost 100,000 people so far have signed a petition to block a UK doctor from being fired after he reportedly asked a Muslim woman to remove her veil so he could hear her during a consultation.

Dr. Keith Wolverson told the Daily Mail that he has been “rather fearful of the consequences” after he was reported to the General Medical Council (GMC) and would be subjected to a discrimination inquiry.

In May 2018, Wolverson was working at the Royal Stoke University Hospital’s walk-in clinic when he was approached by a woman wearing a full-face veil. She wanted him to treat her 5-year-old daughter’s sore throat. Wolverson said that the woman’s voice was muffled by the veil and he couldn’t understand her.

The doctor then asked if she could remove it. The woman complied, but when she told her husband, he complained to the hospital.

Wolverson said that he has treated a number of Muslim women without any incident and has asked them to remove their veils. He said they usually do so without any problems, according to the Mail.

“It’s very difficult for anyone outside the medical profession to understand what this means to a doctor,” Wolverson, 52, told the paper.

“It was about communication. I think it’s really difficult to communicate appropriately and accurately if one can’t see the facial movements as well. It’s a similar



Members of clinical staff check a patient’s notes at a hospital in England on April 2, 2015.

“I knew my life would be on hold for months, and my 23-year career could be left in ruins.

DR. KEITH WOLVERSON

thing to asking a patient to remove a crash helmet. It’s not about culture, it’s about clarity,” the Daily Mail quoted him as saying.

Adding that there was no sign the woman was upset over the matter, Wolverson said it is a “threat of unimaginable proportion.”

“These matters usually take about a year, during which one can’t get any locum work, because one is obliged to declare that one is being investigated, and no one

will touch you while it is going on,” he said. “So I knew my life would be on hold for months, and my 23-year career could be left in ruins.”

After first experiencing waves of fear, the doctor said that he is now going to fight for his reputation.

Wolverson said that he thinks that speaking out publicly will further his cause.

“I thought, I’m not going to be a victim here. I can feel sorry for myself—or I can

be that decent, honorable Englishman that stands and fights, the way I had been brought up,” he said. “I chose the latter option to right what was, to me, an enormous miscarriage of justice. A slight on an honorable and decent man’s character that his career and professional reputation may never recover from.”

He said he is “absolutely bowled over” by the response to the petition, The Independent reported.

“I would like to get as many people as possible to sign this petition and save this man’s reputation,” the petition organizer on Change.org, signed as Rhaegwyn Welsh-Dragon5517, said. “I believe he acted in the best interest of the child involved and there was no racist or religious discrimination in his actions.”

Meanwhile, the Doctors Association called on the United Kingdom’s GMC to issue better guidelines about doctors and patients.

“It is of utmost importance that the religious wishes of our patients are respected,” a spokesperson told The Independent. “However, evidently there are some circumstances where removal of a niqab or burqa is necessary for medical assessment and treatment.”

Wolverson noted that he will now face a hearing, which will decide his fate.

“The trouble is, I’m a freelance doctor and if you get reported to the GMC, you don’t get any offers of work,” he explained. “Yes, I want to carry on. Yes, I will carry on, but it is academic until the inquiry is over.”

Trump Says North Korea Wants Attention Over Missile Tests

BOWEN XIAO

President Donald Trump, while in Japan on May 27, made reference to comments from one of his aides regarding North Korea’s recent missile tests, saying he had a different point of view.

National security adviser John Bolton said on May 24 that North Korea’s recent tests “no doubt” violated U.N. Security Council resolutions. Speaking to reporters at a press conference with Japanese Prime Minister Shinzo Abe, Trump said he believes the missiles tests were beside the point.

“My people think it could have been a violation, as you know,” Trump said. “I view it differently ... perhaps [Kim Jong Un] wants to get attention. Perhaps not. Who knows? It doesn’t matter.”

Trump was referring to that there have been no nuclear tests, or ballistic and long-range missile launches from North Korea over the past two years. He told reporters

“My people think it could have been a violation, as you know. I view it differently ... perhaps [Kim Jong Un] wants to get attention. Perhaps not. Who knows? It doesn’t matter.

PRESIDENT DONALD TRUMP



President Donald Trump with Japanese Prime Minister Shinzo Abe during a news conference at Akasaka Palace in Tokyo on May 27, 2019.

that he still hopes that “someday, we’ll have a deal.”

North Korea’s foreign ministry, meanwhile, responded to Bolton’s comments in a statement on May 27. The spokesman said that his remarks were “much more than ignorant.”

“Our military drill neither targeted anyone nor endangered the surrounding countries, but Bolton makes dogged claims that it constitutes a violation of the ‘resolutions,’ impudently poking his nose into other’s

internal matters,” the statement said.

In 2018, Kim said he would no longer test nuclear weapons or long-range ballistic missiles. Over the past year, he has met with Trump twice in a bid to end the stalemate over the North’s nuclear weapons and ballistic missile programs.

Trump said Kim understands he can’t do any more nuclear tests and reiterated the fact that North Korea has “tremendous economic potential.”

“He knows that, with nuclear, that’s never

going to happen. Only bad can happen. He understands that. He is a very smart man,” Trump said, referring to Kim. “He gets it well.”

The president also said that he was “in no rush at all,” noting that sanctions against North Korea still remain. He said the United States is continuing to get the remains of U.S. troops repatriated.

When asked by reporters if he was bothered at all by the short-range missiles, Trump said that he was “personally not” concerned about it and said he was “happy with the way it’s going.”

Earlier in May, North Korean military forces test-fired several rockets and missiles, including several guided missiles. The missiles flew on a flattened, lower-altitude trajectory, leading some officials in South Korea to question whether the weapons should be categorized as “ballistic missiles” and therefore a likely violation of U.N. Security Council resolutions against North Korea.

The North Korean spokesman said in the KCNA statement that “whatever is launched is bound to fly drawing a ballistic trajectory.”

Trump said they were short-range and therefore not a breach of trust by Kim.

An official at South Korea’s presidential Blue House told reporters on May 27 that a joint analysis with the United States was still underway to assess the recent missile tests.

Reuters contributed to this report.

Nationalist and Green Parties Surge in EU Elections

CONTINUED FROM A1

scheduled for Oct. 31.

The election also saw a surge in support for Greens, especially in Germany, where the party came in second after Chancellor Angela Merkel’s center-right Union bloc. Gains for the Greens as well as liberals in the bloc could mean talk of tougher regulation on pollution and climate-change policies for the new EU executives.

In Spain, the left-wing Socialist Party won with 33 percent of the vote, making gains from the conservative People’s Party. However, the right-wing Vox, which has been gaining popularity, secured three seats in the European Parliament for the first time.

With the loss of votes to the nationalists, Greens, and liberals, the Parliament’s two main parties, the European People’s Party and the Socialists & Democrats, will likely now have to hold complicated talks to form a majority coalition with other parties.

Turnout was at a two-decade high in the EU elections, with close to 51 percent of eligible voters in the bloc participating, compared to 43 percent in 2014. It also marked the first reverse of falling participation since the initial direct EU vote in 1979.

Big Losses

The poll results caused Greek Prime Minister Alexis Tsipras to call for an early in-country election, after his party’s poor showing in the European Parliament elections.

“The result does not rise to our expecta-



Brexite Party leader Nigel Farage reacts after the European Parliament election results for the UK South East Region are announced in Southern England on May 27, 2019.

tions ... I will not ignore it or quit,” said Tsipras, whose Syriza party won 23 percent of the votes, compared to New Democracy’s 33 percent.

Tsipras said he will ask the Greek president for early dissolution of Parliament. The soonest a new election can be held is June 30.

In Romania, the ruling Social Democratic Party also was dealt a setback by voters. On May 27, Liviu Dragnea, head of the party and the country’s most powerful politician, was sentenced to prison for official misconduct in a graft case.

Reuters and The Associated Press contributed to this report.

Turnout was at a two-decade high in the EU elections, with close to 51 percent of eligible voters in the bloc participating.

Oil Prices Rise as Middle East Tensions and Supply Cuts Offset Trade Concerns

LONDON—Oil rose to about US\$69 a barrel on May 27, supported by Middle East tensions and OPEC-led supply cuts, though concern over the U.S.-China trade dispute and global economy capped gains.

Supply cuts—both voluntary by the Organization of the Petroleum Exporting Countries (OPEC) and allies, plus those resulting from U.S. sanctions—have helped Brent crude, the global benchmark, rise by about 29 percent this year.

Brent was up 33 cents at \$69.02 a barrel by 1334 GMT, having fallen by about 4.5 percent last week. U.S. West Texas Intermediate crude was down 30 cents at \$58.33.

“The main factor preventing the market from going higher on the geopolitical news is really the concern about the global economy,” said Petromatrix oil analyst Olivier Jakob.

Both crude contracts registered their biggest weekly price declines of the year last week. Public holidays in the United States and Britain on May 27 limited participation, keeping volumes low.

Tension between the United States and Iran, with Washington’s announcement on May 24 that it would deploy more troops to the Middle East, is supporting the market but some analysts said its impact could be limited.

“This move further increases tensions in the regions, but with the U.S. and UK markets closed today and most of the geopolitical tension likely already priced into the market, effects on crude prices may remain subdued,” JBC Energy said in a report.

Nonetheless, concern about the global economy weighed. Figures on Monday showed that profits for Chinese industrial

“The main factor preventing the market from going higher on the geopolitical news is really the concern about the global economy.

OLIVIER JAKOB
PETROMATRIX OIL ANALYST

companies shrank in April while new orders for U.S.-made capital goods fell more than expected.

“The macroeconomic outlook does not look good,” Jakob said.

Money managers cut their net long U.S. crude futures and options positions—bets on rising prices—in the week to May 21, the U.S. Commodity Futures Trading Commission (CFTC) said on May 27.

In addition to the OPEC-led supply cuts, U.S. sanctions on OPEC members Iran and Venezuela have curbed their crude exports, reducing supplies further.

In comments suggesting OPEC isn’t in a rush to ease supply restraint ahead of a mid-year meeting to review policy, Kuwait’s oil minister said the market was expected to be in balance toward the end of 2019.

Brent’s price structure remains in backwardation, with prices for prompt delivery higher than those for future dispatch, suggesting a tight balance between supply and demand.

By Alex Lawler
From Reuters

Taiwan Strengthens US Ties With De Facto Embassy’s Name Change

FRANK FANG

footing on the name of an organization together,” Taiwan’s President Tsai Ing-wen said in an announcement. “This manifests the close relationship enjoyed by the U.S. and Taiwan and the level of trust between the two.”

The United States currently has no formal diplomatic ties with Taiwan; Washington changed its diplomatic recognition in favor of Beijing in January 1979.

China considers itself the only legitimate “republic,” claiming Taiwan as a renegade province, despite the fact that the latter is a de facto independent country with democratically-elected officials and a separate constitution, military, and currency. Because Beijing has never renounced its desire to take over Taiwan, including through the use of military force, the U.S. Pentagon has continually sold arms to the island for self-defense.

The Pentagon announced earlier this year that it has sold Taiwan more than \$15 billion in weaponry since 2010.

Since then, the United States has maintained a nondiplomatic relationship with Taipei based on the Taiwan Relations Act (TRA), which was signed into law by former U.S. President Jimmy Carter in April 1979.

New Name

The building that was the U.S. embassy in Taiwan was abandoned following the United States’ switch in diplomatic recognition to Beijing. Then, under the TRA, Washington established the American Institute of Taiwan (AIT), responsible for implementing U.S. policy toward Taiwan.

Meanwhile, Taiwan established the CC-NAA as AIT’s counterpart in March 1979.

CCNAA is located in Taipei City, under the jurisdiction of the Ministry of Foreign Affairs. Its main U.S. office is located in Washington, with 12 satellite offices located throughout the United States and its territories, including New York, Los Angeles, Honolulu, Hawaii, and Guam.



SAM YEH/AFP/GETTY IMAGES

Taiwanese and U.S. officials attend the unveiling of the new multi-million-dollar de facto U.S. embassy in Taiwan in what is hailed as a “milestone” in relations on June 12, 2018.

Tsai confirmed the name change in a post on her official Facebook page, several hours after the foreign affairs ministry’s Twitter announcement.

In her post, Tsai explained that Taiwan had previously used the term “North America” instead of “U.S.” in naming AIT’s counterpart, due to the difficult diplomatic circumstances at the time, hinting at Beijing pressuring Taiwan regarding its relationship with the United States. She explained that the name change was the result of a great deal of “discussion and effort” by both Taiwan and the United States, with the final announcement coinciding with the 40th anniversary of TRA.

By agreeing to the name change, the current U.S. administration wants to further improve ties with Taiwan, Chen Chien-jen, Taiwan’s former foreign affairs minister, said in an interview with Hong Kong newspaper

Apple Daily. This also signals that Tsai wants to see better bilateral ties with Washington.

Chen added that the name change is politically significant, given that the Taiwan–U.S. relationship has never been just about the two sides—it also involves Beijing.

The name change is part of a series of measures by Washington in response to “a rising China,” Chen said, in addition to the ongoing Sino–U.S. trade war and the maritime dispute over the South China Sea.

Warming Ties

On the same day that the name change was announced, Taiwan’s Ministry of Foreign Affairs also said that its national security chief, David Lee, met with White House national security adviser John Bolton, during Lee’s recent trip to the United States from May 13 to 21.

According to Taiwan’s media Central News

Agency (CNA), the meeting was the first of its kind since 1979. During the trip, Lee reiterated Taiwan’s support and commitment to a free and open Indo-Pacific region.

Taiwan’s strategic location is key to the U.S. strategy in the Indo-Pacific. From a military standpoint, for example, Taiwan’s navy and air force act as a counterbalance to the Chinese military’s ambitious goals in the Pacific Ocean.

The U.S. government under President Donald Trump has recently bolstered ties with Taiwan, including with the passage of the “Taiwan Travel Act,” which encourages high-level official exchanges between Taipei and Washington.

Lee also met with unidentified scholars who specialize in Asia-related topics from the Center for Strategic and International Studies (CSIS), the Brookings Institution, and Georgetown University, all of which are based in Washington, according to CNA.

Accompanied by U.S. officials, Lee also met unidentified officials from countries that are Taiwan’s diplomatic allies. Though the foreign affairs ministry didn’t name these allies, CNA stated that it was likely that they were from Palau and the Republic of the Marshall Islands, given that officials from these two countries also visited the United States at the time.

On May 15, the Wall Street Journal reported that the presidents of Palau, the Federated States of Micronesia, and the Republic of the Marshall Islands, would meet with Trump at the White House on May 21.

The White House released a joint statement with the three nations’ presidents on May 21, where they reaffirmed their joint interests in a “free, open, and prosperous Indo-Pacific region.”

Wang Ting-yu, a legislator of Taiwan’s Democratic Progressive Party, said in a Facebook post on May 25 that he applauded the Tsai administration for the recent major diplomatic breakthroughs—all are firsts of their kind since 1979.

Trump Administration Settles in for Long Trade Fight with Chinese Regime

EMEL AKAN

WASHINGTON—The Trump administration has stepped up efforts to protect American farmers who face a large negative impact from the U.S.–China trade war, announcing a new \$16 billion aid package in an effort to keep the farmers afloat.

“The \$16 billion in funds will help keep our cherished farms thriving and make clear that no country has a veto on America’s economic and national security,” President Donald Trump said May 23 during his meeting with farmers and ranchers at the White House.

As part of the aid package, the Department of Agriculture will provide \$14.5 billion in direct payments to producers. An additional \$1.4 billion will be used to purchase food such as fruit, vegetables, meat, and milk for food banks, schools, and other outlets serving low-income individuals.

Trump suggested China would be paying for the aid. “It all comes from China,” he said. “We will be taking in, over a period of time, hundreds of billions of dollars in tariffs and charges to China.”

The new aid package is the second bailout for farmers. In 2018, the Trump administration announced \$12 billion in assistance to farmers to offset their losses from the tariffs.

Trump accused China of targeting U.S. farmers since the beginning of the trade conflict in 2018.

“They took an ad in a newspaper from Iowa, a big ad, saying lots of bad things about the administration, about the fact that we’re negotiating too tough,” he said. “But they steal intellectual property, by the billions.”

Trump voiced optimism about reaching a trade deal with Beijing, despite renewed tariff tensions.

“I remain hopeful that at some point, we’ll probably get together with China,” he said. “If it happens, great. If it doesn’t happen, that’s fine. That’s absolutely fine.”

He said he would see Chinese leader Xi Jinping at the end of June during the G-20 summit in Osaka, Japan.

Trump also called for a “united front” against China to achieve maximum results for the American people.

“I appreciate the incredible bipartisan support that my administration has had on trade and trade policy, especially as it pertains to placing very massive tariffs on China.”

‘New Long March’

Trump’s remarks came after Xi, on May 20, called on citizens to begin a “new long march” as trade tensions grow. The long march referred to a yearlong retreat undertaken by the Red Armies of the Chinese Communist Party in 1934. It’s credited in communist propaganda with saving the Red Army.

“We must start all over again,” Xi said. Although he didn’t mention escalation of the trade war with Washington, his remarks were interpreted as a clear indication that Beijing would not cave to U.S. demands soon. Tensions rose between the United States

SCOTT OLSON/GETTY IMAGES



Farmer John Duffy (L) and Roger Murphy load soybeans from a grain bin onto a truck in Illinois, USA, on June 13, 2018.

and China in early May, after Beijing backtracked on its commitments to make sweeping structural reforms. The latest round of talks ended with no resolution, prompting the Trump administration to slap the new tariffs on China, and China to retaliate with tariffs of its own.

China’s retaliatory tariffs since last year have affected a host of U.S. commodities, including soybeans, corn, wheat, cotton, rice, and sorghum, as well as livestock products such as milk and pork. Tariffs have also had an impact on exports of fruit, nuts, and other crops.

According to the Peterson Institute for International Economics, China’s retaliation so far has been selective and strategic, aiming at U.S. farmers and certain manufacturers. Beijing’s tariffs particularly hit counties in rural areas in the Midwestern plains and Mountain West states that are Republican strongholds.

Soybean farmers have been among those hit hardest, as they alone accounted for 10 percent of total U.S. exports to China in 2017.

The Trump administration agreed on May 17 to lift U.S. tariffs on steel and aluminum from Canada and Mexico, which was welcome news for U.S. farmers who have been hit by retaliatory tariffs. Japan has also agreed to lift restrictions on U.S. beef exports.

Treasury Secretary Steven Mnuchin voiced optimism May 22 about reaching a trade deal with Beijing. Appearing before the House Financial Services Committee, Mnuchin said China took a “big step backwards.”

“Sometimes you’ve got to go backwards before you go forward. So I’m still hopeful we can get back to the table.”

On May 10, Washington raised duties on \$200 billion in Chinese products to 25 percent from 10 percent. And Beijing announced on May 13 it would raise tariffs on \$60 billion in U.S. goods in retaliation. The Trump administration is planning to slap tariffs up to 25 percent on the remaining list of Chinese imports, worth about \$300 billion.

Mnuchin said the next round of tariffs would not be applied “for another 30 to 45 days.”

“The \$16 billion in funds will help keep our cherished farms thriving and make clear that no country has a veto on America’s economic and national security.

PRESIDENT DONALD TRUMP

3 Chinese Police Officials Die Under Unusual Circumstances

OLIVIA LI

The deaths of several officials within China’s police system, and the circumstances surrounding their deaths, have recently generated a lot of public attention.

Chinese state-run media reported the three deaths in May.

Li Qingzhou, 49, died unexpectedly in the early morning of May 13, according to a May 16 report by Beijing News. Li was head of an internal anti-corruption department at the Huaining County police department in Anqing City, Anhui Province. His official obituary said that the medications he had been taking for his liver disease had resulted in depression and ultimately, suicide.

Wang Fengxiang, who was a political commissar (a Party official who supervises political education for cadres) for the Lushan branch of the Hefei City police department, also in Anhui, allegedly committed suicide on May 22, another Beijing News report said. According to the media outlet’s obituary, Wang died in a city about 260 kilometers (162 miles) away from his home after ingesting pesticide. He allegedly left a suicide note, saying that he had been taking antidepressants for a long time.

On May 20, Yu Siqing, director of the Chinese Communist Party committee at Zhangjiajie City police department located in Hunan Province, allegedly committed suicide at his home, Beijing News also reported. The report indicated that Yu had locked himself in one of the bedrooms inside his residence, and by the time family members broke in, Yu was already dead. They found Yu had a chisel and a suicide note beside his body. According to Beijing News, it’s believed that he used the chisel to stab himself and died from heavy bleeding.

Yu said in his suicide note that he suffered from severe pains due to some long-term illnesses. He had suffered from kidney disease for years, and had submitted a resignation letter to the police department three months ago, but it wasn’t approved.

Chinese netizens expressed their doubts about the official claim that Yu killed himself.

An ongoing political campaign targeting the country’s police system may provide some clues as to the unusual deaths.

Beijing launched its campaign to “sweep away blackness and eliminate evil” in January 2018. Authorities announced that it would be a three-year campaign to eliminate mafia and gang organizations across the country.

In reality, the campaign is focused on local officials who have provided protection to local mafia and criminal groups. In China, it’s common for officials to protect criminal groups from prosecution, in

Chinese netizens expressed their doubts about the official claim that Yu killed himself.

exchange for bribes.

For example, from November 2018 to April 2019, in central China’s Hubei Province, several top police officials were fired and brought to trial for offering protection to mafia, including the head of a municipal court, a top prosecutor at a municipal procuratorate, the deputy chief of a municipal Political and Legal Affairs Committee—a Party agency that oversees security agencies in a local area, and a city police chief.

Last month, the national campaign’s supervision team announced that it had begun investigations into 11 provinces, including Hunan and Anhui.

In the case of Yu, netizens speculated that parties that stand to be implicated by a corruption investigation into Yu committed foul play.

Tang Jingyuan, a U.S.-based China commentator, told the Chinese-language Epoch Times on May 30 that last year, many officials were also reported to have committed suicide, right before the “sweeping blackness” campaign was set to arrive in their locale.

Chinese officials often choose to end their lives rather than face an investigation into their wrongdoing and any subsequent punishment, he said. Additionally, Chinese authorities often attribute their deaths to “depression” to cover up the real motive.

FENG LI/GETTY IMAGES



Chinese policemen on guard outside the Jinan Intermediate People’s Court in Jinan City, Shandong Province, on Aug. 22, 2013.

COURTESY OF NETIZEN "NO MORE SILENCE"



Students and other citizens spontaneously took to the streets and gathered at Tiananmen Square to mourn ex-General Secretary of the Chinese Communist Party Central Committee Hu Yaobang who passed away on April 15, 1989.

In Memory of the Tiananmen Square Massacre

MEI CHEN

Commentary

*Such a big great tree
Heads hold up the sky, feet press down the earth
Straight you are in the howling wind and rain
Erect still under the heavy snow and ice
“Come on” you say to the storm
Listen to the stories from my green leaves
Feel their elation and pain*

This is a now obscure song written by an artist in honour of Hu Yaobang, ex-General Secretary of the Chinese Communist Party Central Committee, who passed away on April 15, 1989. His death marked the beginning of the student movement that led to the infamous June 4, 1989 Tiananmen Square Massacre.

My eyes filled with tears when I thought of this song—not for Hu, but for my motherland, China.

Alas, China, where is your cherished ancient wisdom, beauty, and justice? Communist violence and corruption have ailed you for 70 years. Many brave youths have given their lives for your vitality, but the last century has not been kind to your sons and daughters. Now I am a proud citizen of the United States, yet my heart still yearns for my motherland to return to her full glory.

It is with these thoughts in mind that I sit down to write about the Tiananmen Square Massacre as its 30th anniversary approaches.

The Party’s Biggest Deception

Chinese culture is magical, and its language holds secrets. If you know how to read traditional Chinese characters, the secrets of the world can reveal themselves to you.

For example, the character (political party) is composed of the characters (aspire to) and (blackness or darkness). But (country) is composed of (walled enclosure), (weapon), (one), and (mouth, or person). This reveals that a political party has a tendency for dirty tricks, and that a country requires every person’s duty to protect it with weaponry.

Since the Chinese Communist Party took over China in 1949, the biggest trick it has played on the Chinese people (and the world) was to confuse the meanings of these two words. Every day the propaganda machine equates “children of China” to “children of the Party,” and instead of “Mother China” it says “Mother Party.” Instead of “sacrifice for the country,” it touts “sacrifice

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This event became a lightning rod that sparked the pent-up dissatisfaction students felt about the state of the country.

for the Party.”

Chinese people are a nationalistic people, and with the hijacking of the word “country” by the “Party,” the last few generations of Chinese have lived in a warped reality. As children, you are bound by duty to love, forgive, and protect your mother. It’s tragic if you believe that your “mother” is the Communist Party.

Despite all the wrongs committed by the Party—the wrongful deaths caused by the Anti-Rightist Movement, the mass famine of the Great Leap Forward, the bloodshed due to the Cultural Revolution, and so on—the sons and daughters forgave the Party. The logic of the Party claims that the Party is always “great, wise, and upright,” or when it isn’t, it will self-correct so that it is still “great, wise, and upright.”

Events Leading to Massacre

During the Cultural Revolution from 1966 to 1976, the Party declared many walks of life “counterrevolutionary.” Intellectuals ranked ninth, so they were labelled the “Stinky Niners.”

In order to not generate any more Stinky Niners, college education came to a stop in the country. All students had to relocate to the countryside to receive reeducation from peasants. Students had to “glorify” themselves with cow dung on their feet and fleas on their bodies.

Political correctness had to be practised daily by reciting Mao Zedong’s “Little Red Book.” Any desire beyond reading political newspapers or Party Central Committee directives would not likely see fulfilment.

With Mao’s passing in 1976, this tight grip of insanity lost its strongman. Even though the Party rulers had their own ensured supply of essentials, they could handle a little extra luxury. Deng Xiaoping came to the helm of the Party machine, and he declared the necessity of economic development.

In 1977, college resumed. The country was in dire need of Stinky Niners, at least in the areas of science and technology. The dominance of “Mother Party” wouldn’t amount to much on the world stage unless they got some intellectuals pronto.

Deng also realised the feebleness of the centrally planned economy, so he started to distribute farmland to individual peasants, and he privatised some state business. The privatisation processes heavily favored Party cadres and their inner circles, and the seed of corruption was planted.

With a more open society, Chinese people started to learn a little bit of the truth about the world. Even some Party bosses were drawn to the Western-style democracy they glimpsed in the outside world. Hu Yaobang was the

highest-ranking Party boss so affected.

By 1986, colleges and universities all around China had student elections. Democracy took a baby step when students were allowed to vote for their own presidents of student associations, instead of them being appointed by Party committee branches.

Student Movement

In Shanghai, students got a little greedy. They reasoned that the People’s Representatives (equivalent to our members of parliament) should be voted for by the people instead of being appointed by the local Communist Party branches.

There were small protests at first, then bigger protests, and then students from all over the country joined the protests. The Party bosses headed by Deng saw this as a warning sign that the Western democracy ideal was dangerous to the one-party rule. The propaganda machine worked overtime to squash the “capitalistic anarchism.”

Hu was forced to resign, and he admitted that he was too soft on capitalistic anarchism. The student movement was squashed in 27 days. Students went back to school, but they remembered Hu as their hero. Of the seven-person committee that forced Hu to resign, the only dissenting voice was that of Xi Zhongxun, father of current Party leader Xi Jinping.

Since the beginning of Deng’s economic reform in 1979, the country has run on two parallel tracks according to Deng’s two famous theories. One track is the economic soft grip: “Black cat or white cat, as long as it catches mice, it is a good cat.” The other track is the political tight grip: “Four fundamental principles: first, follow the path of socialism; second, insist on singular rule by the class of have-nots [later changed to ‘singular rule of people’s democracy’]; third, insist on the leadership of the Chinese Communist Party; fourth, insist on Marxism/Leninism and Maoism.”

The student movement was seen as a sinister Western influence campaign for a soft coup to usurp the Party’s rule of China. The Party machine thought it was onto the tricks of imperial America and the West in general. Indeed, you could say they were right about the West’s desire for a peaceful transformation of China into a true democracy. However, the Party considered this an undeclared war, and it often told this to the Chinese people.

The Party was wide awake to this “war,” but the “war” was waged without much notice. Now an attempted “peaceful transformation” to socialism is being done right back in the West. The Clinton-era World Trade Organization agreement gave the Chinese Com-

munist Party an opening.

Hu suffered a heart attack and passed away on April 15, 1989. Students all over the country spontaneously went into the streets to mourn his passing. College students in the Beijing area congregated in Tiananmen Square.

This event became a lightning rod that sparked the pent-up dissatisfaction students felt about the state of the country: severe inflation, unemployment, and government corruption, as well as a lack of freedom of press, politics, and congregation.

They hoped that the “great, wise, and always upright” Party would see this as an act of patriotism. After all, these students had been told many times that they were the hope of the Party (and the country) and that they were the cream of the crop, considering only a very small percentage of high school graduates could make it to college at the time.

There was a faction in the Party, including then Premier Zhao Zhiyang, that was sympathetic to their cause. Unfortunately, Deng saw it very differently. He was convinced that this was the harbinger of a capitalist takeover. To him, the stability of Party rule was paramount, pacifism had no place, and dialogue must be firm.

One can imagine the students’ despair. They decided to go on a hunger strike and erected a replica of the Statue of Liberty at the Square. Students in 400 cities voiced their support.

Deng infamously said that there would be bloodshed if necessary in exchange for 20 more years of stability. The Party decided to disperse the protesters by military force. A curfew was ordered starting May 20, and by the evening of June 3 and the morning of June 4, the Liberation Army rolled into the square with tanks.

The Party officials refused to release data on the casualties. Many Chinese people only knew that the government had decisively expelled sinister rioters and students who had become the puppets of some anti-China forces. The student leaders of the movement were all labelled “anti-revolutionary rioters,” and warrants were issued for their arrest.

Later on, the government started large-scale arrests of “riot” participants, not only in Beijing, but also in other locales. Unofficial estimates of the number of casualties range from hundreds to tens of thousands. In this way, the budding democracy in China was squashed.

Since the Tiananmen Square Massacre, June 4 has been considered a “sensitive” date for the Party. There has been steady pressure on the Chinese regime to correct the label of “riot” that was given to the 1989 student movement.

COURTESY OF LIU JIAN

Photographer Releases Never-Before-Seen Tiananmen Protest Photos

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the incident disappeared after the photographers sent them to photo studios for washing and printing, because the Chinese regime forced the studios to hand over any film with images of the protest and massacre.

He said 80 percent of film capturing the Tiananmen Square protests was destroyed by the Chinese regime, making his photos even more precious.

Painful Memories

Liu started taking photos of the protest on April 16, 1989, when the students painted a portrait of Hu Yaobang, the former leader of the Chinese Communist Party (CCP).

Hu had pursued a series of economic and political reforms in the 1980s, but was forced to resign in 1987 because most of the CCP senior officials didn't support his policies. Hu died on April 15, 1989, and students who supported democracy and reforms mourned him at Tiananmen Square, which marked the beginning of the protests.

Liu then started to record that history by photographing. Unlike most reporters, Liu stayed with the students who were protesting at Tiananmen Square and on the streets of Beijing, and citizens who supported the students.

"When the policemen were not there, it was the students who maintained order and kept the roads clean. No theft, no crime. The citizens supported the students and even brought them drinks, food, and warm clothes," Liu said.

On April 27, 1989, the students organized a large parade along Chang'an Avenue. A lot of citizens joined the students, including businessmen who rode tricycles and motorcycles.

"At that time, the status symbol of a businessman is riding a tricycle. At night, hundreds of tricycles and motorcycles were parading on the street [to support the students]. It was very encouraging," Liu said.

Liu continued to take photos of the stu-

“Tiananmen Square is still there. People who have experienced the massacre are still alive. But the young Chinese don't know about it.

LIU JIAN
Photographer

The protesting scene close to the Gate of Heavenly Peace at Tiananmen Square in Beijing in June 1989.



A student on hunger strike at Tiananmen Square in Beijing in June 1989.

dents and citizens protesting until June 4. After the military started shooting at protesters on the night of June 3, he took photos of many corpses at Water Resources Hospital, which is less than 2.5 miles away from Tiananmen Square.

"I entered this hospital on the morning of June 4, a tiny hospital affiliated with China's Ministry of Water Resources. The corpses I photographed had bullet wounds," Liu said. "In another room, I saw bodies with bullet wounds in the head. It was awful, and I couldn't take any more photos."

Liu, who had never seen a dead body before, was shocked to see many of them.

"It was a nightmare. Who can imagine that a government can gun down students who only proposed to bring democracy to China? The students only wanted to make China into a better country. But even the field army entered Beijing and [suppressed the students]," Liu said.

Liu recalled hearing gunshots outside of the hospital, so he quickly left and ran home.

"The photos at the hospital are the last ones that I took because Beijing was controlled by the military from that day [June 4]. I hid and didn't dare to take any more photos," Liu said.

Hiding the Past

Liu washed all 60 films at home after the Tiananmen massacre, hid them, and tried to forget about them. He said if the Chinese regime found his photos, he would be punished, including his family. Punishments could include being fined, imprisoned, and losing one's job.

"[CCP] doesn't allow you to take the whole responsibility, although you did it by yourself—all your family members and relatives will be punished because of you," Liu said.

The photographer said the massacre has been all but forgotten by the Chinese people—himself included.

"We Chinese people forgot about the Tiananmen protest. It's true. We were brainwashed by the CCP to forget about it. It's a tragedy."

In the decades since the tragedy, Liu himself has been preoccupied with running a private company and making money. The Party encourages such personal pursuits so that people don't focus on social issues and politics, he said.

"[The CCP encourages you to enjoy] all types of food, and pleasure. People don't pay attention to politics. They'd rather travel, pursue wealth and a comfortable lifestyle," Liu said.

Hope

Liu said he felt lucky to have photos chronicling a pivotal moment in China's history.

"I think it's my obligation to publish these photos so the children and more people will know what the students did, how the society reacted at that time, and how the soldiers behaved," Liu said.

After the massacre, many professors and teachers watched the speech of Deng Xiaoping, then CCP leader, in which he said: "[It is worthwhile] killing 200,000 people in exchange for 20 years' of stability."

Now, 30 years have passed. "I want to tell people: Please don't forget this history!" Liu said.

More Photos Emerge

After seeing Liu Jian's photos, another witness of the Tiananmen Square protests, netizen "No more silence," was encouraged to share more photos with The Epoch Times.

"Publishing these photos and reproducing the real scene back then is meant to tell our descendants to not forget the bloody massacre, to evoke more people's awakening," the netizen told The Epoch Times, adding that every moment of the massacre is still vivid and "hard for me to let go."

"It is also meant to comfort those ten thousand wronged souls who died under the butcher knives of tyranny."

Having witnessed the massacre, "No more silence" said that the CCP treated the peaceful protesters with extreme cruelty when they opened fire.

"On the evening of June 3, 1989, the army of the Party committed bloodbath on Chang'an Street from both directions of east and west. They occupied Tiananmen Square, killed unarmed students and residents, creating the Tiananmen massacre that shocked China and the world."

The photos capture the democracy movement's majestic momentum for the world to see, "No more silence" said. "This is the power of the people."

"I believe the day when China becomes a democratic and free country will come, in the end, and that day will not be far away."



COURTESY OF NETIZEN "NO MORE SILENCE"



Between two flagpoles, a banner reads "Hunger Strike". Over 1000 students joined the hunger strike during the 1989 Tiananmen Square Protests.

In Memory of Tiananmen



Photots 1. and 2. **Students hold a sit-in and hunger strike** in Tiananmen Square, protesting government corruption and calling for democracy, gaining widespread public support. 3. The number of students on hunger strike increases to **over 1000**. Over **20,000** students and civilians occupied Tiananmen Square during the day, swelling to about **100,000** at night. 4. **White ambulances** are shown parked near the hunger strike at Tiananmen Square. People that fainted were taken by ambulance to hospitals for emergency treatment. 5. **Staff of Xinhua News Agency**, a state-run media, join the protest in support of the students on the streets of Beijing. 6. A banner reads: **Democracy, our common goal**. 7. Hundreds of **tanks and armoured vehicles** occupy Tiananmen Square and Chang'an Street on the morning of June 4, 1989. The tanks had **massacred students** on Chang'an Street a few hours before. Puddles of water remained at the scene from fire trucks' water cannons, used to wash the blood from tank tracks before dawn, in a CCP cover-up. 8. **Teachers** from Beijing high schools parade to support the students.

PHOTO 1,2,3,5,6 COURTESY OF LIU JIAN
PHOTO 4,6,7 COURTESY OF NETZEN "NO MORE SILENCE"

SPYGATE

UK Intel Agencies Frame ‘Spygate’ Involvement Ahead of Trump’s Declassification

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Steele’s information only after the 2016 presidential election had concluded, and that May was never directly informed of the dossier’s existence. Interestingly, the article points out that the prime minister “may have known Mr. Steele” from the UK’s inquiry into the poisoning death of Russian defector Alexander Litvinenko, when May was home secretary.

The Telegraph also noted the involvement of Charles Farr, the former chairman of Britain’s Joint Intelligence Committee (JIC). The role of the JIC is to “assess events and situations relating to external affairs, defence, terrorism [and] major international criminal activity.” The JIC is also responsible for the “liaison with Commonwealth and foreign intelligence organisations.”

The JIC’s website specifically notes that “members of the Committee are to bring to the attention of their ministers and departments, as appropriate, assessments that appear to require operational, planning or policy action.”

The Telegraph reported that Steele met with Farr on two separate occasions to inform him of the events and information contained within his dossier. The two men, both former MI6 agents, had known each other for decades. The first meeting was reported as being one week after the 2016 presidential election in mid-November 2016:

“Together, they looked at what Mr. Steele had brought—more than a dozen memos originally sent to his client, Fusion GPS, spelling out in detail the alleged Trump-Kremlin links.

“For hours, the pair worked through the information—now collectively known as the ‘Steele dossier’—line by line.

“Farr would ask questions, Mr. Steele would spell out what he knew.”

According to The Telegraph article, by the end of his first meeting with Steele, Farr had decided that the allegations within the Steele dossier “had to go up the chain of command.”

“Within days, according to well-placed sources, the allegations were shared with the most senior intelligence figures in the country,” The Telegraph reported.

“It is understood that Alex Younger, the MI6 chief, and Andrew Parker, the MI5 director general, were informed of the dossier.”

The article also referenced a second meeting with Farr in late November 2016, approximately 10 days after the alleged date of their first meeting. The two men met again for follow-up questioning and to discuss the addition of two new memos written by Steele, one of which reportedly detailed “how the Russians were allegedly trying to block Mitt Romney’s possible appointment as US secretary of state.” It was also around this time that the heads of MI6 and MI5 were allegedly briefed on the dossier.

Questions About the Telegraph Article

The reference to “the addition of two new memos” is of material note. The known Steele dossier contains 17 individual memos—including one final memo written in December 2016 for late U.S. Sen. John McCain. However, no memos were written in November 2016. In UK court documents, Steele

The Telegraph articles appear to be an attempt on the part of UK intelligence agencies to get in front of the pending declassification of documents by Trump.



Then-Presidential candidate Donald Trump in Aberdeen, Scotland, on June 25, 2016.

(Top R) Sir Andrew Wood, former British ambassador to Russia and contractor for Orbis Business Intelligence; Christopher Steele, former MI6 officer and co-founder of Orbis; and Sir Richard Dearlove, former head of MI6.



himself stated that he produced no memos during November:

“The Defendants produced sixteen such memoranda. These will be referred to for convenience as “the pre-election memoranda,” having been prepared before the US Presidential election. The last one was produced in the latter part of October 2016. None were produced in November 2016. ...

“The Defendants continued to receive unsolicited intelligence on the matters covered by the pre-election memoranda after the US Presidential election and the conclusion of the assignment for Fusion.

“After receiving some such intelligence the second Defendant prepared the confidential December memorandum, referred to at paragraph 8.1, on his own initiative on or around 13 December 2016.”

In the UK court documents, Steele notes that in addition to McCain, he gave a copy of the December memo to a “senior UK government national security official acting in his official capacity, on a confidential basis in hard copy form.”

Although there were no known memos created in November, Steele did produce three separate memos in October 2016—on Oct. 12, 18, and 19.

If there are two November memos, as referenced in The Telegraph’s article, they weren’t disclosed to the UK court and appear to directly oppose Steele’s written court testimony and responses.

Timing of Steele’s Meeting With Farr

The Telegraph also went to great lengths in its articles to make the point that the meeting between Steele and Farr occurred post-election. It’s unclear, however, whether that is truly the case.

Notably, on Oct. 11, 2016, Steele met with Kathleen Kavalec, then-deputy assistant secretary of state for European and Eurasian affairs, just 10 days prior to the FBI obtaining a FISA warrant on Trump campaign adviser Carter Page on Oct. 21, 2016.

Also present at this meeting was Tatyana Duran, who was referenced as being with Steele’s firm Orbis Security. The meeting was likely brokered by Jonathan Winer, a former deputy assistant secretary of

state for international law enforcement and former special envoy for Libya, whom Steele had known since at least 2010.

Notes taken by Kalevec of the meeting, of which a redacted version was made public earlier in May, show that Steele provided her with a full rundown of the unverified information compiled in his dossier to that date. Also included in her notes from the Steele meeting are several references to London and the words “Multi-lat JIC.”

JIC may be a direct reference made by Steele to the Joint Intelligence Committee (JIC) and possibly his meeting with its chairman, Farr. If so, this timing would align with the known Steele memos and would place Steele’s meeting with Farr in October 2016—one month before the presidential election.

Steele Met With Other UK Officials Before Election

Steele also held meetings with at least two other UK officials, specifically former MI6 head Richard Dearlove, who is also Steele’s former boss, and Andrew Wood, the former British ambassador to Russia.

According to a Feb. 6, 2018, article by The Washington Post, Dearlove and Steele met in the “early fall” of 2016, and Dearlove advised Steele and his partner, Chris Burrows, to work with a “top British government official” to pass along information to the FBI. Although the identity of the official isn’t known, it’s possible that Farr is the one being referenced.

This meeting with Dearlove was almost certainly prior to the election and may have even taken place before Steele’s briefing to an FBI team in Rome in late September 2016. Dearlove later stated that he didn’t know whether Steele had approached the FBI at the time of their meeting.

Steele also had a pre-election meeting with Wood, at which the dossier was specifically discussed. Steele and Wood would meet again in mid-November 2016, leading to Wood notifying McCain of the dossier’s existence.

US Hits WikiLeaks Founder Assange With 18-Count Indictment

JASPER FAKKERT

The Justice Department leveled an 18-count superseding indictment against WikiLeaks founder Julian Assange on May 23.

The new charges include conspiring with former Army intelligence officer Chelsea Manning to obtain classified materials, compromising sources in the Middle East and China, and conspiracy to hack into a more secure military database.

Manning provided to Assange and WikiLeaks databases containing approximately 90,000 Afghanistan War-related significant activity reports, 400,000 Iraq War-related significant activities reports, 800 Guantanamo Bay detainee assessment briefs, and 250,000 U.S. Department of State cables.

Assange started publishing the files via Wikileaks in 2010, which resulted in Manning being court-martialed and jailed.

Assange isn’t being charged for being a publisher, or for passively obtaining or receiving classified information, said

The new charges include conspiring with former Army intelligence officer Chelsea Manning to obtain classified materials, and compromising sources in the Middle East and China.

Zachary Terwilliger, U.S. Attorney for the Eastern District of Virginia.

“The indictment alleges that Assange published in bulk, hundreds of thousands of stolen classified documents. But the United States has not charged Assange for that,” Terwilliger told reporters on May 23. “Rather, the United States has only charged Assange for publishing a narrow set of classified documents in which Assange also allegedly published the unredacted names of innocent people, who risked their safety and freedom to provide information to the United States and its allies.”

Terwilliger said the sources were in China, Iran, Syria, Afghanistan, and Iraq. “The indictment alleges that Assange knew that his publication of these sources endangered them,” he said.

John Demers, assistant attorney general for national security, said some of the documents published on WikiLeaks had been found in Osama Bin Laden’s compound.

The WikiLeaks leaks were one of the largest compromises of classified information in the history of the United States.



WikiLeaks founder Julian Assange arrives at court in London to be sentenced for bail violation on May 1, 2019.

Each charge, except the hacking charge, carries a 10-year maximum sentence.

Assange was arrested in London on April 11 after spending seven years living in the Ecuador Embassy.

He is currently serving a sentence in the United Kingdom for failure to surrender to UK authorities in 2012. UK authorities will decide on his extradition to the United States.

GETTY IMAGES; AP; ILLUSTRATION BY THE EPOCH TIMES



Although the Telegraph article portrays the involvement of senior UK intelligence officials as occurring after the 2016 presidential election, this is an incomplete picture of actual events as UK intelligence actions appear to have begun much earlier.

UK Gathering Intelligence on Trump Campaign

Luke Harding, a journalist for The Guardian, had previously reported on the early involvement of UK Intelligence, noting that Britain's Government Communications Headquarters (GCHQ) was engaged in collecting information and transmitting it to the United States beginning in late 2015:

"In late 2015, the British eavesdropping agency GCHQ was carrying out standard 'collection' against Moscow targets. These were known Kremlin operatives already on the grid. Nothing unusual here—except that the Russians were talking to people associated with Trump. The precise nature of these exchanges has not been made public, but according to sources in the US and the UK, they formed a suspicious pattern. They continued through the first half of 2016. The intelligence was handed to the US as part of a routine sharing of information."

Additionally, in the summer of 2016, Robert Hannigan, then-head of Britain's GCHQ, traveled to Washington to personally meet with then-CIA Director John Brennan:

"That summer, GCHQ's then head, Robert Hannigan, flew to the US to personally brief CIA chief John Brennan. The matter was deemed so important that it was handled at 'director level,' face-to-face between the two agency chiefs."

The meeting was especially unusual, given the fact that Hannigan's U.S. counterpart was then-National Security Agency Director Mike Rogers, not Brennan. Hannigan would suddenly resign as head of the GCHQ on Jan. 23, 2017, just days following Trump's inauguration. The Guardian later reported on speculation that Hannigan's resignation was directly related to UK intelligence sharing:

"His sudden resignation—he informed staff just

DAN KITWOOD/GETTY IMAGES



British Prime Minister Theresa May leaves 10 Downing Street in London on Sept. 14, 2016.

Brennan appears to have used the foreign intelligence to launch an interagency investigation of the Trump campaign.

hours before making this decision public—prompted speculation that it might be related to British concerns over shared intelligence with the US in the wake of Donald Trump becoming president."

Brennan appears to have used the foreign intelligence to launch an interagency investigation of the Trump campaign. Former Director of National Intelligence James Clapper personally confirmed foreign intelligence involvement during congressional testimony:

Sen. Dianne Feinstein: "Over the spring of 2016, multiple European allies passed on additional information to the United States about contacts between the Trump campaign and Russians. Is this accurate?"

James Clapper: "Yes, it is, and it's also quite sensitive. The specifics are quite sensitive."

The BBC reported that Brennan's involvement may have gone back to April 2016:

"Last April [2016], the CIA director was shown intelligence that worried him. It was—allegedly—a tape recording of a conversation about money from the Kremlin going into the US presidential campaign."

"It was passed to the US by an intelligence agency of one of the Baltic States. The CIA cannot act domestically against American citizens so a joint counter-intelligence taskforce was created."

Brennan repeatedly testified to Congress that any information he had regarding the Trump campaign was passed to the FBI. Brennan also admitted that it was his intelligence that helped establish the FBI investigation:

"I was aware of intelligence and information about contacts between Russian officials and U.S. persons that raised concerns in my mind about whether or not those individuals were cooperating with the Russians, either in a witting or unwitting fashion, and it served as the basis for the FBI investigation to determine whether such collusion [or] cooperation occurred."

UK Reaction to Trump Declassification Order

On Sept. 17, 2018, Trump issued an order for the immediate declassification of three series of documents related to the Russia investigation and the spying on his presidential campaign.

The first set of documents related to the FISA warrant application to spy on Trump campaign adviser Carter Page. The second set of documents related to a series of FBI interviews with former Associate Deputy Attorney General Bruce Ohr. The third set of documents encompassed all FBI reports of interviews prepared in connection with the Page FISA applications.

In addition to issuing the declassification order, Trump directed the Department of Justice and the FBI to publicly release all text messages relating to the Russia investigation from former FBI Director James Comey, former Deputy FBI Director Andrew McCabe, former lead FBI agent on the Russia investigation Peter Strzok, former FBI lawyer Lisa Page, and Ohr.

On Sept. 20, 2018, the president hinted at the reaction from foreign allies in response to his declassification order during a live interview with Sean Hannity while at a rally in Las Vegas. Hannity asked the president about the pending release of declassified documents. Here is how the president responded:

"Well, we're moving along, we're working along. We're also dealing with foreign countries that do have a problem. I must tell you. I got called today from two very good allies saying, 'Please, can we talk.' So, it's not as simple as all that. And we do have to respect their wishes. But it will all come out."

Any information subject to declassification that pertains to foreign intelligence—or to the allies themselves—would almost certainly result in high-level discussions. In this particular case, it would appear these discussions were of such concern that they resulted in phone calls from two allies at levels high enough to reach Trump directly.

These phone calls were telling, and likely came from the UK and Australia, confirming their involvement in the events leading to the establishment of the FBI's counterintelligence investigation. Exactly what details were discussed during the phone calls remains unknown.

The following morning, on Sept. 21, Trump sent out a series of tweets on the subject, indicating a delay in the declassification of the documents:

"I met with the DOJ concerning the declassification of various UNREDACTED documents. They agreed to release them but stated that so doing may have a perceived negative impact on the Russia probe. Also, key Allies' called to ask not to release. Therefore, the Inspector General.....

"...has been asked to review these documents on an expedited basis. I believe he will move quickly on this (and hopefully other things which he is looking at). In the end I can always declassify if it proves necessary. Speed is very important to me – and everyone!"

Trump raised the prospect of declassification again on April 25, telling Hannity in an interview: "Yes. Everything is going to be declassified and more, much more than what you just mentioned. It will all be declassified."

In a May 2 interview with Catherine Herridge of Fox News, Trump addressed the pending declassification a second time:

Catherine Herridge: "Is there a timeline on when the public will see these Russia records declassified?"

President Donald Trump: "Yes, I'm going to be allowing declassification pretty soon. I didn't want to do it originally because I wanted to wait, because I know what they—you know, I've seen the way they play. They play very dirty. So I decided to do it, and I'm going to be doing it very soon, far more than you would have even thought."

Ms. Herridge: "May, June, July?"

Mr. Trump: "No, soon. I mean whenever they need it. Whenever they need it, I'll be doing it. But I will be declassifying it. Everything."

It remains unclear whether the president is referring to investigators such as DOJ Inspector General Michael Horowitz, with his "whenever they need it" reference.

Meanwhile, the Telegraph articles appear to be an attempt on the part of UK intelligence agencies to get in front of the pending declassification of documents by Trump. But the story presented is an incomplete one at best.

Trump Calls for Changes to Libel Laws After Columnist Attributes Fake Quote to President

IVAN PENTCHOUKOV

President Donald Trump called for changes to libel laws after a Time magazine editor admitted to making up a quote and attributing it to the president.

"[Ian Bremmer] now admits that he MADE UP 'a completely ludicrous quote,' attributing it to me. This is what's going on in the age of Fake News. People think they can say anything and get away with it," Trump wrote on Twitter. "Really, the libel laws should be changed to hold Fake News Media accountable!"

Ian Bremmer, an editor-at-large for Time, published a message on Twitter purporting to quote Trump during his visit to Tokyo.

"Kim Jong Un is smarter and would make a better president than Sleepy Joe Biden," the fake quote stated.

Congressmen and journalists shared the quote as though it was real, before Bremmer admitted hours later that it was fake. Instead of apologizing for inventing the quote, Bremmer commented that it was "objectively a completely ludicrous quote" and argued that he wrote it to make a point that people on Twitter "automati-

cally support whatever political position they have."

Libel laws in the United States apply differently to public figures as opposed to private citizens. For a public figure to win a defamation claim, it isn't enough to prove that a statement is false. The public figure also has to prove that the party that made the false claim has malicious intent, a tough legal standard to substantiate in court.

Prior to running for president, Trump was involved in a number of defamation lawsuits but never won a case in a public court, according to the Media Law Research Center. Trump's lone victory in a defamation suit took place in an arbitration case outside the court system.

Trump filed his first defamation lawsuit in 1984 against an architecture critic who lambasted Trump's plan to build the world's tallest building in New York City. A judge dismissed the case because both the critic and the newspaper, the Chicago Tribune, were exercising protected rights to an opinion.

Two decades later, Trump sued a book

BRYAN BEDDER/GETTY IMAGES FOR CONCORDIA SUMMIT



Dr. Ian Bremmer speaks at the 2016 Concordia Summit in New York City on Sept. 19, 2016.

Prior to running for president, Trump was involved in a number of defamation lawsuits but never won a case in a public court.

author who claimed that Trump was a millionaire rather than a billionaire. An appellate court judge ruled that Trump's attorneys failed to prove that the author was aware his claims were false or that the author published the book with malign intent.

In 2003, Trump withdrew a lawsuit against television host Bill Maher. The

lawsuit sought \$5 million that Maher said he would give to charity if Trump could prove he was not the son of an orangutan. Trump's lawyers sent Maher a birth certificate, but the comedian never followed through on the promise to donate money to a charity.

The fake quote by Bremmer touched on Trump's approval, in a Twitter message, of Kim Jong Un referring to former Vice President Joe Biden as a "low IQ" person.

"I have confidence that Chairman Kim will keep his promise to me, & also smiled when he called Swampman Joe Biden a low IQ individual, & worse. Perhaps that's sending me a signal?" Trump wrote on Twitter.

Biden leads a crowded field in the race for the 2020 Democratic nomination for president.

Bremmer eventually deleted his tweet and issue an apology, writing that it was meant in jest.

"I should have been clearer," Bremmer wrote.

Reuters contributed to this report.

Eurovision 2019: Why Have We Become Numb to Demonic Entertainment?

JOSHUA PHILIPP



Commentary
Why is it that a kid wearing a MAGA hat smiling at a Native American drumming in his face can become a national scandal, but a mainstream performance

can have a performer surrounded by demonic figures, dancing in flames, and show depictions of the Statue of Liberty in ruins—and nobody seems to bat an eye? I'm, of course, referring to Madonna's performance at Eurovision 2019 in Israel. Keep in mind that Eurovision is no minor event. In 2018, it had almost 190 million viewers, which is nearly double the Super Bowl's 98 million.

Openly Satanic imagery is fairly common in Madonna's performances—and with performances by major pop singers, overall—so this wasn't especially unusual for her. But the seeming lack of attention these issues receive says something about how warped the standards in entertainment have become.

The real irony is that of all the things the legacy news outlets could have had problems with during her performance, the criticisms focused on the sound quality, and that she apparently called for peace between Israel and Palestine by showing performers with the countries' flags on their backs at the end.

Madonna's performance began with her 1989 song "Like a Prayer," and showed dark, hooded figures on a staircase with a horned devil face projected behind them in red light.

This moved into a performance of one of her new songs, "Future," alongside rapper Quavo. The dancers pulled off their robes to reveal some wearing white or black costumes, and World War I gas masks. Madonna pretends to caress, then kill, the ones in white, as she declares, "They think we're not aware of their crimes, but we are just not ready to act," as a screen in the back shows images that resemble Catholic priests.

She then asks, "Can't you hear outside of your Supreme hoodie, the wind that's beginning to howl?" She then blows on the backup dancers, who pretend to die, and the set is then engulfed in hellish flames. She then declares: "Not everyone is coming to the future. Not everyone that's here is gonna last," as the background image shifts to show a broken and crumbling Statue of Liberty in a destroyed New York City, and transitions into other hellish scenes, such as showing the stage engulfed in flames.

The performance is filled with demonic imagery and dark occult symbolism.

Some viewers pointed to the fact that Madonna wore an eye patch with an "X" on it, supposedly representing her new "Madame X" persona. Of course, it's possible that she just wore the eye patch



MICHAEL CAMPANELLA/GETTY IMAGES

Madonna performs on stage after the 64th annual Eurovision Song Contest held at Tel Aviv Fairgrounds in Israel on May 18, 2019.

Openly Satanic imagery is fairly common in Madonna's performances—and with performances by major pop singers, overall.

because she thinks it's stylish, but her previous uses of the symbol of covering one eye, and the frequent use of the symbol by other pop stars, has raised some suspicions as to its meaning. Many point to the "Eye of Providence" or the "Eye of Horus" as being the reference. While this was later understood as a Freemason symbol, it goes back further, to Illuminist and Luciferian sects.

In the early Luciferian initiations of the Rosierucians, an initiate would be led blindfolded through a maze, then would have their blindfold ceremonially removed. Covering one eye, and uncovering the other refers to seeing through the manufactured illusions of the world. This has other meanings from within the dark occult, where Lucifer is seen as the "light-bringer" who "illuminates" followers with knowledge—which plays on the story of the Garden of Eden, where the devil convinced Eve to eat the forbidden fruit from the Tree of Knowledge.

Those in the dark occult often pursue worldly knowledge with the belief that it can give them power over others. In Luciferian sects, they invert the story of man's fall from Eden, to paint Lucifer's deception as a gift—referring to him as the

"Prometheus" and the "morning star." Playing on the illuminist concept of Luciferian light, Madonna states: "We can light up the dark. Everyone has a spark."

In Western occultism, the idea that "everyone has a spark," pulls from the concept of internal duality. They believed that each person had an angel and a demon, and many try to use these in their own pursuits of worldly power and knowledge—believing they can manipulate angels and demons to their whims. King James warned of these practices in his 1597 book, "Daemonologie," that in their belief they can control these forces, individuals are deceived by their pride and are enslaved by demonic forces they believed they had dominated.

This also relates to the "above and below" concept, where the "Magician" is depicted as pointing upward and downward. A well-known depiction of this is the Satanic image of the goat-headed demon Baphomet, often shown pointing both upward and downward. Madonna and other pop stars have often depicted this same symbol.

As someone who studies Kabbalah, it's unlikely that Madonna is doing this by chance. In the dark occult, pointing

upward is regarded as a reference to the "white moon" of Chesed in the Tree of Life, while pointing down refers to the "black one" of Geburah.

A common belief in the evil "left-hand path" of the dark occult is that both good and evil will merge into the same result, and that they can achieve "salvation through sin." Madonna appears to depict this at the end of her performance, when the performers in both white and black follow her as she and Quavo fall backward off the stage—a likely reference to their dive into the abyss, where good and evil are united in apocalyptic destruction.

Of course, it's possible that these pop stars have no idea what they're doing, and they're just trying to be edgy. But how is it that society can casually watch demonic imagery like this and have no problem—even when shown to almost 200 million people—yet even the suggestion of values that oppose their "do as thou wilt" motto can become a national scandal?

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

Heartbeat Bills Cause Division, Create Hope in the United States

NICOLE RUSSELL

Commentary

This year, several states have introduced or are passing so-called "heartbeat bills"—bills that ban abortion once a heartbeat is detected, usually at six weeks.

While they're rallying many pro-life advocates to the cause, they're also creating quite a stir, demonstrating just how polarized the United States has become on an issue that's been legal for several decades.

In April, Ohio became the third state to pass a heartbeat bill. Kentucky and Mississippi passed similar bans earlier. In May, Alabama, Missouri, and Georgia's legislature passed their versions of a heartbeat bill to much fanfare.

While the other states' bans made the news, Georgia's ban prompted Hollywood to engage and attempt to boycott the state where the industry spends a significant amount of resources filming television shows and movies. In fact, Georgia's ban became so controversial it prompted actress Alyssa Milano to suggest women should stop having sex with men until the ban is reversed.

Rumors spread on social media that Georgia's bill would penalize women for having abortions with jail time. This proved to be false—only third parties that participated in aiding abortions would face punitive measures.

Heartbeat bills aren't exactly representative of an outlying view of abortion. Marist polling released in January revealed that 75 percent of Americans would limit abortion to the first three months of pregnancy; that's with 61 percent of Americans identifying as "pro-choice."

While heartbeat bills have been introduced in several other states, including Florida, Illinois, Louisiana, Maryland, and Minnesota, many likely won't pass.



STEPHEN MORTON/GETTY IMAGES

Tamara Nicolle smiles and laughs after hearing and seeing her six-month-old unborn child during an ultrasound.

Crux of the Matter

The heartbeat bills garner so much controversy for liberals and hope for conservatives because they target the crux of the abortion debate, which for many pro-life advocates is the issue of personhood, not viability.

One thing that has escalated in the abortion debate is the left's tactics: Before these heartbeat bills started passing, progressives claimed abortion, at any stage, should remain legal because a woman should retain autonomy over her own body ("my body, my choice"). That argument worked for several de-

Georgia's ban became so controversial it prompted actress Alyssa Milano to suggest women should stop having sex with men until the ban is reversed.

CADES and, though it might not have been explicit then, it was hinged on fuzzy science: When did life begin? Nobody was sure.

As time passed and technology increased, the science of conception has become increasingly more clear, bolstering the arguments behind heartbeat bills. A heartbeat can be detected as early as six weeks, and a 3D/4D ultrasound shows a squishy image of a tiny person rather than a grainy black and white skeletal figure. Now, doctors can save babies born as early as 21 weeks, although the effort is significant and chances are still slim.

The progression of science and technology gave pro-life advocates the push they needed to attack the pro-choice argument where it was always weak.

Since Georgia and Alabama passed their bills, several mainstream media outlets have published opinion pieces arguing the ban is unconstitutional, citing Roe v. Wade. Of course, this is precisely why the bans are being implemented—to force the courts to address the heart of rulings like Roe or Planned Parenthood v. Casey.

"The heartbeat bill is the next incremental step in our strategy to overturn Roe v. Wade," Ohio Right to Life President Mike Gonidakis told The Associated Press. "While other states embrace radical legislation to legalize abortion on demand through the ninth month of pregnancy, Ohio has drawn a line and continues to advance protections for unborn babies," he said.

Still, the likelihood that Roe will be overturned is slim. However, if it was, abortion would not immediately become illegal—the issue would go to each state to address.

Even if these bills don't succeed in helping to overturn Roe, they still succeed in pinpointing the heart of the issue of abortion, and offering hope to the people who always believed life has value at every stage.

Nicole Russell is a freelance writer and mother of four. Her work has appeared in The Atlantic, The New York Times, Politico, The Daily Beast, and The Federalist. Follow her on Twitter @russell_nm

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

Exporting Revolution

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 Four (Cont.)

c. The Khmer Rouge

The Communist Party of Vietnam (CPV) asked the Chinese Communist Party (CCP) to provide large-scale assistance to Vietnam during the Vietnam War, but this later became one of the reasons China and Vietnam became hostile to each other. In order to export revolution, the CCP loaded Vietnam with huge amounts of aid in order to have it keep fighting the United States. Vietnam didn't want the war to drag out so long, so it joined the U.S.-led four-nation talks (which excluded China) from 1969.

In the 1970s, after the Lin Biao incident, Mao Zedong urgently needed to establish prestige in China. In addition, Sino-Soviet relations had worsened after the Zhenbao Island incident, a locally contained military conflict between the two powers. Mao thus cooperated with the United States to counteract the Soviet Union and invited U.S. President Richard Nixon to visit China.

Meanwhile, facing opposition to the Vietnam War back home, the United States was loath to continue fighting. Vietnam and the United States signed a peace agreement. It was then that Vietnam drifted away from the CCP and entered the orbit of the Soviet Union.

Mao was unhappy with this and decided to use Cambodia to put pressure on Vietnam. Relations between Vietnam and Cambodia became worse, and the two countries eventually went to war.

The CCP's support for the Communist Party of Kampuchea (broadly known as the Khmer Rouge) began in 1955, with Khmer leaders receiving training in China. Pol Pot, the paramount leader of the Khmer regime, was appointed by Mao in 1965. Mao provided money and arms to the Khmer, and in 1970 alone provided Pol Pot with weapons and equipment for 30,000 people.

After the United States withdrew from French Indochina (Vietnam, Cambodia, and Laos), the local governments were unable to resist the CCP-supported communists, and so the Laotian and Cambodian regimes fell into their hands in 1975.

Laos fell to Vietnam while Cambodia came under the control of the CCP-backed Khmer Rouge. To implement the CCP's policy and teach Vietnam a lesson, the Khmer Rouge repeatedly invaded southern Vietnam, which had been united by the CPV in 1975. It slaughtered residents at the Cambodian-Vietnamese border and tried to occupy the Mekong Delta in Vietnam. Meanwhile, Vietnam's relationship with the CCP was bad, while its relationship with the Soviet Union was good. With the support of the Soviets, Vietnam began attacking Cambodia in December 1978.

After Pol Pot seized power, he ruled with extreme terror. He announced the abolition of currency, ordered all urban residents to join collective forced-labor squads in the countryside, and slaughtered intellectuals. In little more than three years, more than a quarter of the country's population had been killed or had died from unnatural causes. Nevertheless, Pol Pot was touted by CCP leaders Zhang Chunqiao and Deng Yingchao.

After the war between Vietnam and Cambodia began, the Cambodian people began to support the Vietnamese army. In just one month, the Khmer Rouge collapsed, lost the capital Phnom Penh, and was forced to flee into the mountains and fight as guerrillas.

In 1997, Pol Pot's erratic behavior caused quarrels within his own camp. He was arrested by Khmer

commander Ta Mok and, in a public trial, was sentenced to life imprisonment. In 1998, he died from a heart attack. In 2014, despite the CCP's repeated attempts at obstruction, the Extraordinary Chambers in the Courts of Cambodia sentenced two Khmer leaders, Khieu Samphan and Nuon Chea, to life in prison.

Vietnam's war with Cambodia infuriated Deng Xiaoping. For this and other reasons, Deng set off a war against Vietnam in 1979, calling it a “counterattack for self-defense.”

d. Other Parts of Asia

The CCP's export of revolution had painful repercussions for the Chinese diaspora. Numerous anti-Chinese incidents broke out around the world, and at least several hundred thousand overseas Chinese were murdered. Many also had their right to do business and receive an education restricted.

One typical example was in Indonesia. During the 1950s and 1960s, the CCP provided significant financial and military support to Indonesia to prop up the Communist Party of Indonesia (Partai Komunis Indonesia, or PKI). The PKI was the largest political group at the time, with 3 million direct members. Added to that, its affiliated organizations brought the combined total affiliates and members to 22 million scattered across Indonesia's government, political system, and military, including many close to the first Indonesian president, Sukarno.

Pol Pot, the paramount leader of the Khmer Rouge regime, was appointed by Mao Zedong in 1965. Mao provided money and arms to the Khmer, and in 1970 alone provided Pol Pot with weapons and equipment for 30,000 people.

Mao was criticizing the Soviet Union at the time for supporting “revisionism” and strongly encouraged the PKI to take the path of violent revolution. PKI leader Aidit was an admirer of Mao and was preparing to stage a military coup.

On Sept. 30, 1965, right-wing military leader Suharto crushed this attempted coup, cut ties with China, and purged a large number of PKI members. The cause of this purge is related to Zhou Enlai. During one of the international meetings between the communist countries, Zhou promised the Soviet Union and representatives of other communist countries: “There are so many overseas Chinese in Southeast Asia, the Chinese government has the ability to export communism through these overseas Chinese, and make Southeast Asia change color overnight.” From this point on, large-scale anti-Chinese movements began in Indonesia.

The anti-Chinese movement in Burma (also known as Myanmar) was similar. In 1967, soon after the start of the Cultural Revolution, the Chinese Consulate in Burma, as well as the local branch of the Xinhua News Agency, began heavily promoting the Cultural Revolution among overseas Chinese, encouraging students to wear Mao badges, study his “Little Red Book,” and confront the Burmese government.

The military junta under the rule of Gen. Ne Win gave an order to outlaw the wearing of badges with Mao's im-

age and the study of Mao's writings, and ordered that overseas Chinese schools be shut down.

On June 26, 1967, a violent anti-Chinese incident took place in the capital Yangon, where dozens were beaten to death and hundreds injured. In July 1967, the CCP's official media called for “firmly supporting the people of Myanmar under the leadership of the Communist Party of Burma (CPB) to start armed conflicts and start a major revolt against the Ne Win government.”

Soon after, the CCP sent out a military counsel team to assist the CPB, along with over 200 active soldiers to join them. They also ordered large groups of CPB members who had lived in China for many years to return to Burma and join the struggle. Afterward, a large number of Chinese Red Guards and CPB forces attacked Burma from Yunnan, defeating the Burmese government forces and taking control of the Koko region. More than 1,000 Chinese youth sent from Yunnan died on the battlefield.

About the time of the Cultural Revolution, the CCP's attempts at exporting revolution involved the promotion of violence and the provision of military training, weapons, and funding. When the CCP stopped trying to export revolution, communist parties in various countries all disintegrated and were unable to recover. The Communist Party of Indonesia was a typical case.

In 1961, the Malaysian Communist Party (MCP) decided to abandon armed conflict and instead gain political power through legal elections. Deng Xiaoping called MCP leaders Chin Peng and others to Beijing, demanding that they continue their efforts at violent insurrection because at the time the CCP believed that a revolutionary high tide centered around the Vietnamese battlefield would soon sweep Southeast Asia.

The MCP thus continued its armed struggle and attempted revolutions for another 20 years. The CCP funded the MCP, having them procure arms on the black market in Thailand, and in January 1969, established the Malaysian Sound of Revolution Radio Station in Yiyang City, Hunan Province, to broadcast in Malaysian, Thai, English, and other languages.

After the Cultural Revolution, during a meeting between Singapore's President Lee Kuan Yew and Deng Xiaoping, Lee requested that Deng stop the radio broadcasts of the MCP and the Communist Party of Indonesia into China. At the time, the CCP was surrounded by enemies and isolated, and Deng had just regained power and required international support, so he accepted the recommendation. Deng met with MCP leader Chin Peng and set a deadline to shut down the broadcasts agitating for communist revolution.

In addition to the countries noted above, the CCP also attempted to export the revolution to the Philippines, Nepal, India, Sri Lanka, Japan, and elsewhere, in some cases providing military training, and in some cases spreading propaganda. Some of these communist organizations later became internationally acknowledged terrorist groups. For example, the Japanese Red Army, which became notorious for its anti-monarchist and pro-violent revolutionary slogans, was responsible for a plane hijacking, the massacre of civilians at an airport, and a range of other terrorist incidents.

See next week's edition for the next installment.



The Teen Vogue Summit 2018 in Los Angeles on Dec. 1, 2018.

Is Teen Vogue Teaching Your Daughter Marxism and Revolution?

TREVOR LOUDON



One of the most insidious communist propaganda outlets in the country is a website targeted at high school-aged girls: Teen Vogue.

While no longer a glossy magazine like its long-established adult counterpart Vogue, Teen Vogue reaches hundreds of thousands of young Americans weekly through its website. Among the beauty tips, celebrity gossip, and “provocative” feature articles, Teen Vogue’s readers can enjoy a steady stream of propaganda that would make openly communist online magazines—such as the Communist Party USA’s “People’s World” or the Party of Socialism and Liberation’s “Liberation”—blush.

According to a “brand overview” information sheet released by Teen Vogue’s parent company Conde Nast, teenaged girls who read the online magazine are “3x more likely to be an activist.”

The document, headlined “A New Generation Disrupting the Conversation,” continues: “Teen Vogue is the premiere destination for the young and unapologetic. ... We aim to disrupt the conversation by educating, enlightening and empowering the next generation, in every step we take.”

A leader of America’s largest Marxist group recently praised Teen Vogue.

Several movement leaders, including Democratic Socialists of America (DSA) leader Maria Svart, were in Brussels in April as guests of the European Left, an EU parliamentary alliance of communist and far-left socialist parties. The meeting was designed to promote cooperation among hard-left groups across the globe.

During a panel discussion in the EU Parliament on April 4, Svart explained to the assembled comrades the importance of socialist media in the United States to counter the message of the “right”:

“There’s a magazine called Teen Vogue, which has been shockingly having all this left-wing ... like every week, there’s some new left-wing article. ... Part of that is because Bernie Sanders and organizations like DSA are normalizing socialism.”

The hard left in America is dedicated to indoctrinating teens, whom they believe are vital to the revolution.

A Shift to the Left

Teen Vogue was launched in 2003 as a sister publication to Vogue targeted specifically at teenage girls. Since 2015, following a rapid decline in sales, the magazine cut back its print edition, moving mainly online, which has proven a successful strategy. The final print edition hit the newsstands in December 2017 and featured Hillary Clinton on the cover and as guest editor.

In the past few years, Teen Vogue has moved beyond beauty, celebrities, and entertainment to focus significantly more on politics and “social issues”—all with a not-so-subtle left-wing slant.

Since 2016, Teen Vogue has grown substantially in traffic through its website: In January 2017, the magazine’s website had 7.9 million U.S. visitors,



A Teen Vogue cover in New York on Oct. 24, 2015.

Teen Vogue has moved beyond beauty, celebrities, and entertainment to focus significantly more on politics and ‘social issues.’

compared to 2.9 million the previous January, according to the Business of Fashion. The politics section has surpassed the entertainment section as the site’s most-read section.

The shift to the left was noticeable under Executive Editor Elaine Welteroth, who left the publication in January 2018. Her replacement, Samhita Mukhopadhyay, who writes about “feminism, culture, race, politics, and dating,” has taken things to a whole new level.

In 2009, Mukhopadhyay earned a master’s degree from San Francisco State University in Women and Gender Studies. Her thesis was titled “The Politics of the Feminist Blogosphere.”

She is the co-editor of the anthology “Nasty Women: Feminism, Resistance, and Revolution in Trump’s America,” in which “prominent feminists discussed the impact of Donald Trump’s election on hard-fought wins for gender, race, sexuality, class and ethnicity,” according to her Wikipedia entry.

Mukhopadhyay’s contributors included Occupy Wall Street supporter Cheryl Strayed, Black Lives Matter co-founder and pro-China Freedom Road Socialist Organization affiliate Alicia Garza, and Katha Pollitt, who has been a member of both Democratic Socialists of America and “Journolist,” the semi-secret email list of 400 left-wing journalists who coordinated to help Barack Obama win the presidency in 2008.

In the late 2000s, Mukhopadhyay was a web manager for the Center for Media Justice, a far-left media/propaganda coordinating operation run mainly by supporters of the Freedom Road Socialist Organization.

Lucy Diavolo is the news and politics editor for Teen Vogue. She helped found the Transfeminine Alliance of Chicago and uses the cute social media handle of @SatansJacuzzi.

Diavolo tends to quote Marxist writers such as self-proclaimed communist George Ciccariello-Maher, who famously wrote in a 2016 tweet, “All I want for Christmas is white genocide,” and Keeanga-Yamahtta Taylor from the recently dissolved Trotskyist International Socialist Organi-

zation.

In a recent piece on Naomi Burton and Nick Hayes, two Detroit DSA comrades attempting to set up “Netflix for socialists,” Diavolo writes approvingly of the revolutionary couple, quoting them as saying:

“We need to rebuild the culture of revolt and tear down a lot of these individualist ideas that are pushed in entertainment. ... We are working to build solidarity through entertainment, to build class consciousness, to build frustration and anger towards capitalism.”

Unsurprisingly, DSA leader Svart also spoke glowingly at the aforementioned meeting of global left actors of the self-proclaimed “anti-capitalist on-demand digital streaming platform launching in late 2019.”

“I think of one of the solutions is to create our own media. The company that produced [DSA member and congresswoman Alexandria Ocasio-Cortez] campaign ad which is so famous ... is a couple—literally a married couple—that are DSA members. It’s called ‘Seize the Means’ [sic ‘Means of Production’], is their production company. And they’re launching a new thing called ‘Means TV,’ and the idea is to provide a counter to all the right-wing, you know, short video clips that they’re always using to frame what’s happening in current events,” Svart said.

Unhealthy Values

Teen Vogue appears to be against not only “capitalism” but also anything remotely resembling healthy family values.

Curious teenaged girls are presented with articles having titles such as “What I Wish I Knew Before Having Sex for the First Time” and “Everything You Need to Know About Anal Sex.” In the Wellness section, she might read “From Masturbation to Nude Photos, ‘Sex Education’ Makes Female Pleasure a Priority.”

If she’s starting to think about her career, she might get some alternative ideas from “Why Sex Work Is Real Work.” Articles with titles such as “Everything You Should Know About Karl Marx,” “Is Revolution Possible?,” “Everything You Should Know About Anarchism,” “What It Means to Go on Strike,” and “Resistance, Rebellion, Revolution: What They Are and How They Intersect” are clearly designed to encourage young women to resent the United States and a free market, while steering her toward blatant communist propaganda.

Teen Vogue is rabidly against Trump and doesn’t attempt to provide any semblance of balance for their malleable readers, with headlines such as “Trump’s Plan to Revoke Birthright Citizenship Is Another Attack on Immigrants,” “Feeling Stressed and Depressed? Trump’s Policies Might Be to Blame,” “No One Should Be Shocked That Trump Tweeted a Racist Ad,” “4 Ways Trump Has Made It More Difficult for Women in the Workplace,” and “Here’s What You Need to Know About Fascism.”

Teen Vogue, with its professional and slickly produced website to give it credibility, is full of some of the most blatantly subversive propaganda this author has ever seen. The Communist Party USA website is far tamer than Teen Vogue.

It’s tough being a parent, but you can make your job a little easier by blocking Teen Vogue from your daughter’s computer and phone today. If you find what I’ve written here to be true and accurate, please consider warning other parents about this pernicious website.

Trevor Loudon is an author, filmmaker, and public speaker from New Zealand. For more than 30 years, he has researched radical left, Marxist, and terrorist movements and their covert influence on mainstream politics.

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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TECHNOLOGY

Why Paper Books Beat E-books for Toddlers

Researchers find children gain more from reading paper books rather than e-books with their parents.

See B5

YAKOBCHUK VIACHESLAV/SHUTTERSTOCK



NATALIYA ARZAMASOVA/SHUTTERSTOCK



NUTRITION

How the Rainbow Can Heal

The science of color, in our food, on our walls, and in our stomachs.

See B10

MAY 30-JUNE 5, 2019

LIFE

THE EPOCH TIMES

YEGOROVNICK/SHUTTERSTOCK



We skirt the sea on that Sunday evening, the locals milking the last bit of joy out of a sunny weekend.

MAGNIFICENT Montenegro

The Bay of Kotor boasts tiny villages, medieval towns, and scenic mountains.

Tiny and teeming with things to do, this former Yugoslav republic offers quirk and charm and seaside pleasures

TIM JOHNSON

KOTOR, Montenegro—For a while, I wasn’t sure we would make it. Burly and jovial and smiling, Mico grasped my hand in a hearty handshake at the airport and then, my bags loaded in the back, him behind the wheel of a minivan with me in the passenger seat, we were winding through the Mediterranean mountains, with Mico telling me tales of his home country. Soon, we were descending toward the sea, and that’s when we started to swerve. Because Mico wanted to show me pictures, too. One hand on the wheel, another on his battered, off-brand phone, he scrolls through photos, first finding some of his friends (dressed as clowns, for some reason) attending various events. And then, later, pictures of national parks, including one of the tomb and statue of the nation’s greatest hero,

Petar II Petrovic Njegos, which sits high at the summit of Lovcen, the country’s second-highest mountain, at the end of a 461-step walkway. “It weighs 27 tons!” he declares as we veer toward the edge of the little highway, and a cliff, and the waves of the Adriatic, undulating below. Righting our course, we descend farther, and I ask him a few questions about what I can explore in this tiny little country. “Oh, you can do that,” he says, adding, somewhat inscrutably, “you can do it anytime, anywhere.” Located right next door to popular vacation destination Croatia, and just across a narrow spot of the Adriatic from southern Italy, I’m in Montenegro. With a population of a little more than 600,000, this small nation was part of the former Yugoslavia, only gaining full independence in 2006 when they voted by referendum to sever political ties with Serbia.

Continued on B2

MAGNIFICENT Montenegro

Continued from B1

Home to a couple of cruise ports, the country is becoming a magnet for travelers looking for something new and different, and I'm here to explore its wonders, from mountains to cobblestones and harbors. Mico got me to Kotor, safe and sound. We skirt the sea on that Sunday evening, the locals milking the last bit of joy out of a sunny weekend, with sunbathers in bikinis getting their last rays and beach volleyball players, hovering near ragged nets, making their last bumps and spikes. Mico honks at the pretty girls, and waves at people he knows along the way. As we pass the growing resort town of Herceg Novi, he points out the vacation home of former Yugoslav leader, the late Tito, a mansion near the water, crowded by olive trees.

With a population of a little more than 600,000, this small nation was part of the former Yugoslavia, only gaining full independence in 2006.

Old Town Kotor

We wind back toward mountains and soon I'm on my own, rattling my suitcase through the cobblestone streets of Kotor's old town, a place cut off from cars. Once part of the ancient Roman province of Dalmatia and dating back to the 5th century B.C., this small town, tucked away deep in a little gulf and surrounded by steep-sided mountains, is now a cruise port, and welcomes visitors to tour its UNESCO World Heritage Site fortifications, built during four centuries of Venetian rule. Staying in an old home in the heart of the old town, it's the perfect place for me to wander, and the next day I stroll through hidden squares and down back lanes, and pass its picture-perfect town clock, atop a tower and surrounded by happy diners, tucking into lunch. I tarry to listen to a small orchestra, practicing nearby, chairs and easels set up right there in the street. And then, I visit the Cats Museum.

Feline Attraction

Paying the 1 euro entry fee, I ask the friendly woman



TIM JOHNSON

behind the counter if they have any live cats. "No—just ours!" she says, laughing and gesturing to a black feline lounging back behind the counter. And then I ask the obvious—why does the town have a cat museum? "No reason, I don't know!" she says, unoffended and happy, adding, without further explanation, "The owner is from Italy!" She adds that they get a lot of visitors from the cruise ships, and everyone, like me, asks if they have live cats. "For us, it would be a catastrophe, people bringing their cats here all the time—we would have 500 cats!" I browse among the offerings—galleries with paintings of cats doing people things, like playing soccer, as well as stamps and coins and medals from around the world featuring felines—before heading for the shore and boarding a little boat for a two-and-a-half-hour tour around the Bay of Kotor. The guide explains that it is sometimes called the southernmost fjord in Europe and was once known as the "Bay of Chains" because locals would string chain across it to prevent pirates from coming there to pillage.

Built Stone by Stone

The highlight of the little trip is a stop on a tiny islet which, according to legend, was built, stone by stone, by seamen laying rocks here after a successful and safe oceangoing voyage. It's home to Our Lady of the Rocks, ornate and gothic and filled with candles and baroque artwork; I take a few moments inside before blinking back into the sunlight. Finally, I head to the beach. Climbing into a taxi, I make the half-hour trip down to Budva, where I settle into the four-star, all-inclusive Iberostar Bellevue, one of three hotels and resorts the Spanish brand has built in Montenegro—two of them brand new. I lounge by the pool, and on the sand, enjoying the warm waters of the Adriatic. And then the old town calls again, this time Budva, one of the oldest settlements on the Adriatic



Wooden boats moored in Perast.

coast, still ringed by medieval fortifications. I stroll through a town touched by the Illyrians and the Romans and the Venetians, eventually climbing

Home to a couple of cruise ports, the country is becoming a magnet for travelers looking for something new and different.

to the top of its citadel, buttressing Budva from the sea with 525 feet of walls. The wind blowing, the sun fading, the town is at my feet. To one side, the Adriatic, and to the other, the mountains. So much left to explore—and I will return, and see more, maybe with Mico, anytime, anywhere. 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.



GRAHAM THOMSON/CC BY SA 3.0

Window frame with a view.



OVCHINNIKOVA IRINA/SHUTTERSTOCK

Kotor's old fortifications.



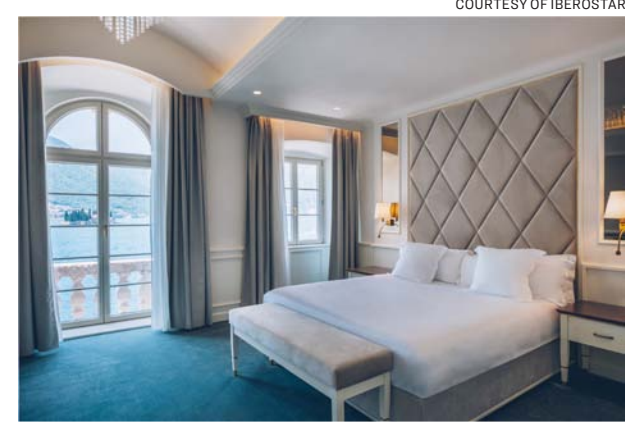
FREESKYLINE/SHUTTERSTOCK

The Our Lady of the Rocks church, located on an artificial island in the Bay of Kotor.

WHEN YOU GO

Iberostar offers three hotels and resorts in Montenegro, in Budva (Bellevue) as well as an all-inclusive, four-star resort in Herceg Novi, at the mouth of the Bay of Kotor, as well as the Iberostar Grand Perast, a newly renovated heritage hotel directly on the water, just across from the Our Lady of the Rocks. iberostar.com/en/hotels/montenegro While both Podgorica, the country's capital, and Tivat, just down the road from Kotor, have international airports, many fly to Dubrovnik, in Croatia, which sits just across the western border. Carriers including Lufthansa, Turkish, British Airways, SAS, and others land there.

For more information about Montenegro, see Montenegro.Travel/en



COURTESY OF IBEROSTAR

Royal Palace Suite at the Iberostar Grand Perast.

ALL PHOTOS BY THE JOHN AND MABLE RINGLING MUSEUM OF ART



The courtyard garden is similar to the gardens found in Italian Renaissance villas.

BEHOLD THE BEAUTY

Pink Paintwork, Palm Trees, and Classical Bronze Casts

The John and Mable Ringling Museum of Art

LORRAINE FERRIER

A touch of Renaissance elegance can be found not only inside Florida's state museum but also within its courtyard.

In the late 1920s, more than 50 bronze casts were destined for Florida, from the Chiurazzi Foundry in Naples, Italy. The casts were ordered by John Ringling, the circus entrepreneur and fine art collector.

The Chiurazzi Foundry was famed for its rare molds of antique statues from prestigious collections such as the Vatican's and the archaeological sites of Pompeii and Herculaneum.

Ringling had intended to display the bronzes in a Ritz Carlton hotel that he planned to build in Sarasota. That dream was never realized, and the bronze casts have been in the courtyard of The John and Mable Ringling Museum of Art ever since.

It was back in 1925 that Ringling commissioned John H. Phillips, the architect responsible for The Metropolitan Museum of Art and Grand Central Terminal in New York, to build a museum to house his ever-increasing fine art collection.

The resulting building has 21 galleries that wrap around the courtyard in a U-shape, opening out onto Sarasota Bay.

Inspired by Florence's Uffizi Gallery, Phillips's design for The John and Mable Ringling Museum of Art harks back to the palaces of the Italian Renaissance with their rectangular buildings, pink color, and details in marble. The sculptures on the rooftop, acting almost as trim, are reminiscent of Palladian and Baroque buildings.

The Ringling Museum of Art opened in 1931, and in 1936 Ringling bequeathed the museum to the people of Florida.

Now, visitors can wander through the courtyard garden, the layout of which is similar to that of a Renaissance villa, and afterward they can sit by or study the iconic classical statues.

Among the quality casts are the "Apollo Belvedere" and the "Laocoön," the originals of which come from the Belvedere Courtyard in the Vatican. And of course, one of the most famous Renaissance sculptures is towering above the courtyard, but far beneath Florida's famed palms: Michelangelo's "David."

Judging just from the courtyard, it looks like Ringling achieved his dream to "promote education and art appreciation."

To find out more about the John and Mable Ringling Museum of Art, go to Ringling.org



The arches of The Ringling courtyard.

homemakers

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The Okinawa diet is different from other Japanese diets in several ways, including the relatively low amount of rice in it.

Why the Okinawa Diet Gives Rise to Centenarians

The diet developed on this once-isolated island is high carb, low fat, and all about sweet potatoes

ANSLEY HILL

Okinawa is the largest of the Ryukyu Islands located off the coast of Japan between East China and Philippine Seas. Okinawa belongs to one of five regions of the world known as blue zones. People who reside in blue zones live exceptionally long, healthy lives compared to the rest of the world’s population. The lifespans enjoyed by Okinawans may be explained by several genetic, environmental, and lifestyle factors. That said, experts believe that one of the strongest influences is diet.

What Is the Okinawa Diet?

In the purest sense, the Okinawa diet refers to the traditional eating patterns of the people living on the Japanese island of Okinawa. Their unique diet and lifestyle are credited with giving them some of the longest lifespans on the planet. The traditional Okinawa diet is low in calories and fat while high in carbs. It emphasizes vegetables and soy products alongside occasional—and small—amounts of noodles, rice, pork, and fish.

In recent years, the modernization of food production and dietary habits has led to a shift in the macronutrient content of the Okinawa diet. Although still low-calorie and primarily carb-based, it now contains more protein and fat.

The macronutrient breakdown of the original Okinawa diet is 85 percent carbs, 9 percent protein, and 6 percent fat (including 2 percent saturated fat). The modern Okinawa diet has shifted substantially with 58 percent carbs, 15 percent protein, and 28 percent fat (including 7 percent saturated fat).

The Okinawan culture treats food as medicine and utilizes many practices from traditional Chinese medicine. As such, the diet includes herbs and spices known for having health benefits, such as turmeric and mugwort.

The Okinawan lifestyle also emphasizes daily physical activity and mindful eating practices. The health benefits associated with the traditional Okinawan diet have given rise to a mainstream version intended to promote weight loss. While it encourages intake of nutrient-dense foods, this offshoot is heavily influenced by the Western diet.

Foods to Eat

Many of the Okinawa diet’s benefits may be attributed to its rich supply of whole, nutrient-dense, high-antioxidant foods. Essential nutrients are important for the proper function of your body, while antioxidants protect your body against cellular damage. Unlike other Japanese, Okinawans consume very little rice. Instead, their main source of calories is the sweet potato, followed by whole grains, legumes, and fiber-rich vegetables. The staple foods in a traditional Okinawan diet are:

- Vegetables (58–60 percent): sweet potato (orange and purple), seaweed, kelp, bamboo shoots, dai-

- kon radish, bitter melon, cabbage, carrots, Chinese okra, pumpkin, and green papaya
- Grains (33 percent): millet, wheat, rice, and noodles
- Soy foods (5 percent): tofu, miso, natto, and edamame
- Meat and seafood (1–2 percent): mostly white fish, seafood, and occasional pork—all cuts, including organs
- Other (1 percent): alcohol, tea, spices, and dashi (broth)

What’s more, jasmine tea is consumed liberally on this diet, and antioxidant-rich spices like turmeric are common.

Food to Avoid

The traditional Okinawa diet is quite restrictive compared to a modern, Western diet. Because of Okinawa’s relative isolation and island geography, a wide variety of foods haven’t been accessible for much of its history. Thus, to follow this diet, you’ll want to restrict the following groups of foods:

- Meats: beef, poultry, and processed products like bacon, ham, salami, hot dogs, sausage, and other cured meats
- Animal products: eggs and dairy, including milk, cheese, butter, and yogurt
- Processed foods: refined sugars, grains, breakfast cereals, snacks, and processed cooking oils
- Legumes: most legumes, other than soybeans
- Other foods: most fruit, as well as nuts and seeds

Because the modern, mainstream version of the Okinawa diet is based primarily on calorie content, it allows for more flexibility. Some of the lower-calorie foods like fruit may be permitted, although most of the higher-calorie foods—such as dairy, nuts, and seeds—are still limited.

Health Benefits of the Okinawa Diet

The Okinawa diet has a number of health benefits, which often are attributed to its high antioxidant

content and high-quality, nutritious foods.

Longevity

The most notable benefit of the traditional Okinawa diet is its apparent impact on lifespan. Okinawa is home to more centenarians—or people who live to be at least 100 years old—than anywhere else in the world.

Proponents of the mainstream version of the diet claim that it also promotes longevity, but no substantial research is available to validate these claims.

Many factors influence longevity, including genetics and environment—but lifestyle choices also play a significant role.

High levels of free radicals—or reactive particles that cause stress and cellular damage in your body—may accelerate aging.

Research suggests that antioxidant-rich foods may help slow the aging process by protecting your cells from free radical damage and reducing inflammation.

The traditional Okinawa diet is comprised primarily of plant-based foods that offer potent antioxidant and anti-inflammatory capacities, which possibly promote a longer lifespan.

The diet’s low-calorie, low-protein, and high-carb foods may also promote longevity.

Animal studies suggest that a calorie-restricted diet made of more carbs and less protein tends to support a longer lifespan, compared to high-protein Western diets.

More research is needed to better understand how the Okinawa diet may contribute to longevity in humans.

Reduced Risk of Chronic Diseases

Okinawans not only live long lives but also experience fewer chronic illnesses, such as heart disease, cancer, and diabetes.

Diet likely plays a role, as Okinawan foods boast essential nutrients, fiber, and anti-inflammatory compounds while being low in calories, refined sugar, and saturated fats.

In the traditional diet, most calories come from sweet potatoes. Some experts even claim that the sweet potato is one of the healthiest foods you can eat.

Sweet potatoes provide a healthy dose of fiber and have a low glycemic index, meaning that they don’t contribute to sharp rises in blood sugar. They also offer essential nutrients like calcium, potassium, magnesium, and vitamins A and C.

What’s more, sweet potatoes and other colorful vegetables frequently consumed on Okinawa contain powerful plant compounds called carotenoids.

Carotenoids have antioxidant and anti-inflammatory benefits and may play a role in preventing heart disease and type 2 diabetes.

The Okinawa diet also supplies relatively high levels of soy.

Research suggests that particular soy-based foods are associated with a reduced risk of chronic illnesses like heart disease and certain types of cancer, including breast cancer.

Potential Downsides

Although the Okinawa diet has many benefits, possible drawbacks exist, as well.

Fairly Restrictive

The traditional Okinawa diet excludes different groups of foods—many of which are quite healthy.

This can make strict adherence to the diet difficult and may limit valuable sources of important nutrients. Moreover, some Okinawan foods may not be accessible depending on your location.

For instance, the diet contains very little fruit, nuts, seeds, and dairy. Collectively, these foods provide an excellent source of fiber, vitamins, minerals, and antioxidants that can boost your health.

Restricting these food groups may not be necessary—and could be detrimental if you’re not careful to replace missing nutrients.

For this reason, some people prefer the mainstream, weight-loss version of the Okinawa diet because it’s more flexible with food choices.

Can Be High in Sodium

The biggest downside to the Okinawa diet may be its high sodium content.

Some versions of the diet dole out as much as 3,200 mg of sodium per day. This level of sodium intake may not be appropriate for some people—particularly those who have high blood pressure.

The American Heart Association recommends limiting sodium intake to 1,500 mg per day if you have high blood pressure and 2,300 mg per day if you have normal blood pressure.

High sodium intake can increase retention of fluid within blood vessels, leading to increased blood pressure.

Notably, the Okinawa diet tends to be high in potassium, which may offset some of the potential negative effects of high sodium intake. Adequate potassium intake helps your kidneys remove excess fluid, resulting in reduced blood pressure.

If you’re interested in trying the Okinawa diet but need to limit your sodium intake, try to avoid the foods highest in sodium—such as miso or dashi.

Is the Okinawa Diet Right for You?

Although the Okinawa diet has many positive health effects, some people may prefer a less restrictive or less carb-heavy diet.

Several aspects of the diet may benefit your health, such as its emphasis on vegetables, fiber, and antioxidant-rich foods coupled with its restrictions on sugar, refined grains, and excess fat.

Lifestyle principles promoted by Okinawan culture—including daily exercise and mindfulness—may also provide measurable health benefits.

That said, these principles can likewise be applied to many other diets and lifestyles.

If you’re unsure whether the Okinawa diet fits your dietary goals, consider talking to your dietitian or healthcare provider to create a plan tailored to your needs.

The Bottom Line

The Okinawa diet emphasizes nutrient-dense, high-fiber vegetables, and lean protein sources while discouraging saturated fat, sugar, and processed foods.

Although its benefits may include a longer lifespan, it can be restrictive and high in sodium.

Still, a modern form of the diet lifts some of these restrictions and is geared toward weight loss. Keep in mind that this modern version has not undergone rigorous scientific study.

If you’re interested in improving your overall health and boosting your longevity, the Okinawa diet could be worth trying out.

Ansley Hill is a clinical dietitian and a public policy coordinator in Portland. This article was originally published on Healthline.

ALL PHOTOS BY SHUTTERSTOCK UNLESS NOTED OTHERWISE



Okinawa is home to more centenarians—or people who live to be at least 100 years old—than anywhere else in the world.

Why Paper Books Beat E-Books for Toddlers

Researchers find children gain more from reading paper books rather than e-books with their parents

LEAH CAMPBELL

Jennifer Dorety is a preschool teacher with a bachelor of science degree in early childhood education who lives in New York.

In her 17 years of teaching, she has only ever attempted to read an e-book to her students once—and it was a complete failure.

“I found that they did not retain the information in the book as well as they do the physical ones,” Dorety told Healthline. “I asked questions after the story was over that they could not answer. This is not the case when we read a printed book.”

She explained that her students also were eager for her to move on the next page and they didn’t seem to interact at all with her as the reader. She took both of these as signals she should go back to reading to her students from physical books instead.



Nothing really compares to the benefits of parents and children reading a physical book together.

How Screen Time Affects Story Time

Dorety’s experience isn’t an isolated one.

In fact, new research suggests that Dorety’s impression of how her students responded to an e-book versus physical books was spot on.

In a recent study published in *Pediatrics*, 37 parent and toddler pairs were recorded on video reading three different book formats: enhanced electronic (with sound effects and animation), electronic, and print.

These pairs were then observed for the number and types of interactions they engaged in while they read.

The results?

Parents expressed more engagement when reading print books while simultaneously exhibiting an ability to get through more of the story in a five-minute time span.

The toddlers who were being read to also talked more about the print books they were being read, and there were more signs of nonverbal bonding that took place between the pairs.

“Shared book reading is one of the most important developmental activities families can engage in,” Dr. Tiffany Munzer, study lead and a fellow in developmental-behavioral pediatrics at the University of Michigan C.S. Mott Children’s Hospital, told Healthline.

She explained that with the rise of mobile device and e-reader ownership over the years, she and her colleagues were curious about how parents and toddlers might interact differently with electronic books compared to print.

Why Is This Happening?

When asked what might account for the decreased engagement that was observed when reading e-books, Munzer hypothesized, “Parents and toddlers know how to engage over a book, but when adding a tablet into

the mix, it deflects from some of the positive benefits of that shared reading experience.”

Doherty thinks it might have something to do with how distracting e-readers can be.

“More bright, flashing colors, more music, and noises,” she said. “They also have a desire to move things along faster, swiping through the story without taking the time to absorb the information.”

Munzer added, “That isn’t to say there is no benefit to electronic book reading (compared with doing nothing), just less.”

She said the interaction between parent and child while reading is important for a number of reasons.

“All aspects of a child’s brain development happen through the context of these positive relationships with their caregivers. This engagement promotes child learning of language, problem-solving abilities, and connection with their parents or other caregivers,” Munzer explained.

The Rise of the E-Book

The findings are in line with other research

that has occurred over the years.

A 2014 study found that adult Kindle users absorbed a significant amount less of what they read when compared to their physical book reading counterparts.

Nevertheless, e-book reading is on the rise, even among kids, with a 2013 study finding that the number of kids between the ages of 6 and 17 reading e-books had nearly doubled during the course of just three years.

This trend does appear to have impacts in positive ways as well.

Some research has found an increased phonemic awareness for kids who read with e-books, as well as the potential that e-books might help kids learn to read.

Nothing Like the Real Thing

Still, nothing really compares to the benefits of parents and children reading a physical book together, according to Dana Robertson, executive director of the Literacy Research Center and Clinic at the University of Wyoming.

When asked if there might be benefits to

e-readers that read a story to a child without the parent present, he replied in the negative, explaining that the benefits of book reading come down to the joint attention.

“The benefits come from the interactive nature and contingent responsiveness the adult is providing to the child’s contributions,” he said.

He explained that in this way, adults are able to provide comprehensible input about a book’s content (and concepts about the world more broadly) while also promoting a child’s expressive language abilities by encouraging them to talk about what is in the book.

Interaction Is Key

That same interaction can occur when using digital readers, Robertson conceded, but “the adult should turn off the continuous play features to allow for pacing control, and they should also turn off the narration features so that the adult is the one doing the reading.”

Programs that read to your child simply can’t provide that same interaction. And, as Robertson explained, that interaction is a big part of what kids gain from the reading experience.

“Book reading for infants, toddlers, and very young children is very much an emotionally based activity. Hearing the voice, being in close proximity, feeling comfortable, all of these make the experience a positive one, which then triggers future positive emotional responses to reading,” he said.

And those positive responses are likely to make reading are more positive and frequent experience as the child grows.

Munzer agrees. While she said an e-reader that reads the story to a child is better than nothing at all, “[younger] children really need that input from their parents to learn from any type of media—print or digital. The print book is just better at facilitating this.”

Parents modeling a joy of reading also tells the children the value of the activity.

Finding Joy in Reading

However, Munzer doesn’t want the results of this study to discourage parents or make them feel as though they aren’t doing enough.

“Parents today work harder than ever and are more present with their children than ever,” she insisted. “Our goal in distilling the findings of our study isn’t to make things harder for parents, but rather to help families reflect on activities they engage in that nurture connection with their children, because that’s what being a parent is all about—it’s finding that joy.”

Experiencing that joy is one of the big reasons Dorety says she’ll continue reading physical books to her students every day.

“For me, nothing beats their faces as I read,” she said. “I change my voice for each character, and I find myself hanging on every word just as much as they do.”

Leah Campbell is a freelance health and wellness writer. This article was originally published on Healthline.com



ALL IMAGES BY SHUTTERSTOCK

Interaction is a big part of what kids gain from the reading experience.

These Sleep Habits May Increase Alzheimer’s Disease Risk

DEVON ANDRE

Sleeping allows the brain to perform “house cleaning” and eliminate waste. If the brain is unable to perform these tasks, there is a higher risk of memory loss or Alzheimer’s disease.

Researchers have found that poor sleep leaves the brain with more tau proteins, which have been linked to brain damage, cognitive decline, and are a sign of Alzheimer’s.

There are many nighttime habits you could be performing that are putting your brain at risk of Alzheimer’s disease. But recognizing and changing these habits could reduce your risk.

7 Sleep Habits That May Increase the Risk of Alzheimer’s Disease

Pulling all nighters:

You may think you’re getting more done by staying up all night, but you’re doing more harm than good. Studies have shown that sleepless nights increase the risk of tau buildup in the brain by 51.5 percent.

You live with untreated sleep apnea:

Sleep apnea is a sleep disorder that



AFRICA STUDIO/SHUTTERSTOCK

The light of a smartphone screen can mess up your internal clock.

causes a person to awaken several times throughout the night. Studies suggest that patients with sleep apnea have more tau buildup than those without. Sleep apnea prevents oxygen from getting to the brain, so living with it untreated can have detrimental long-term effects.

You rely on sleep aids:

If sleeping is difficult for you and you rely on sleep aids to get a good night’s

sleep, you’re putting your brain at risk. Long-term use of sleep aids has been associated with a higher risk of Alzheimer’s disease. It may be time that you get to the bottom of your sleeping troubles and stop relying on medications.

You’re not getting enough restorative sleep:

As we sleep, we enter different sleep cycles, one of those being a deep,

restorative cycle. Not spending enough time in this phase can increase your risk of elevated levels of tau proteins.

You’re a back sleeper:

Sleeping on your side, as opposed to your back or front, has been linked with more significant brain clean up. As mentioned, if the brain is unable to “clean up,” it can increase the risk of Alzheimer’s disease.

You’re a big napper:

An occasional nap is okay, but if you rely on them, it could be putting you at a higher risk for Alzheimer’s disease. That is because napping disrupts your body’s natural internal clock.

You use your smartphone at night:

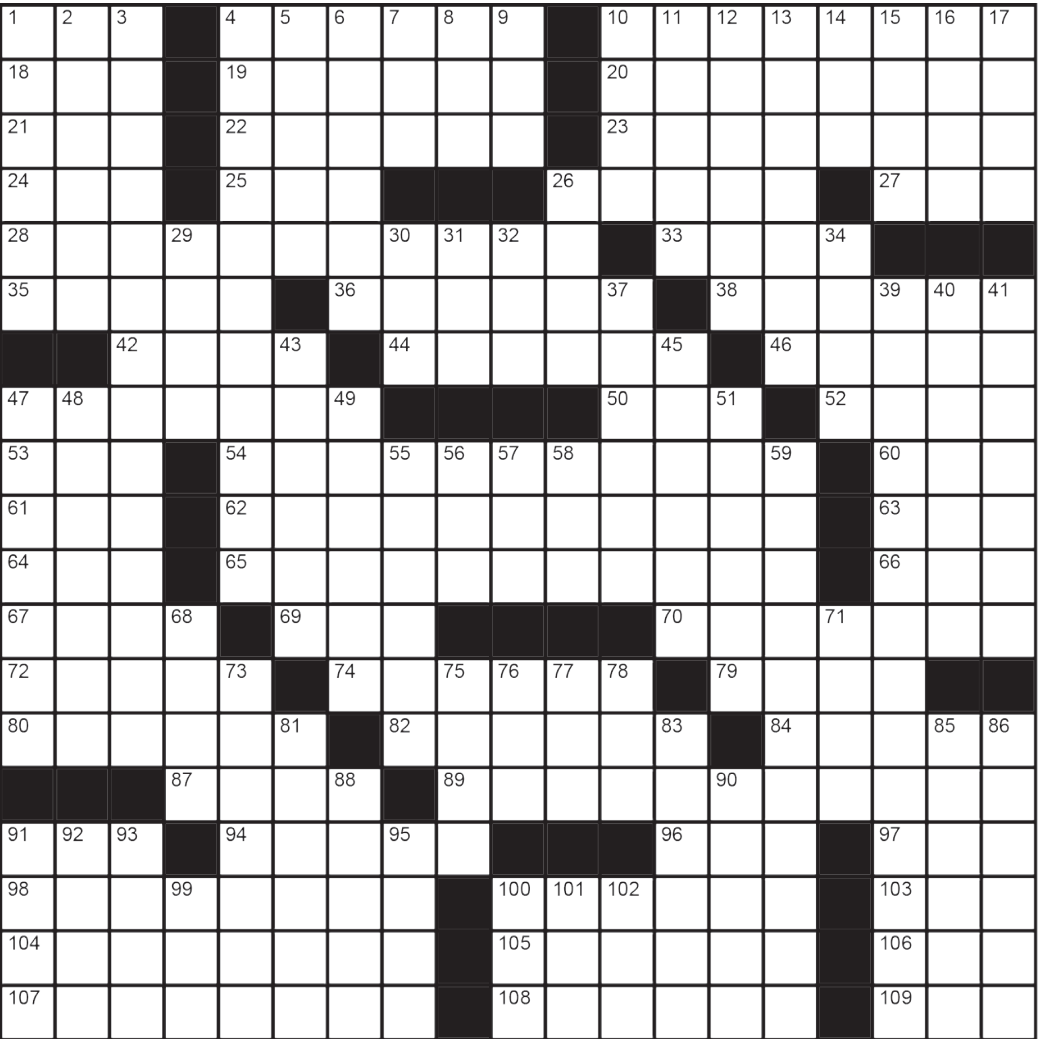
The light of a smartphone screen is called blue light and studies have shown that blue light can disrupt sleep by messing with your internal clock.

By making simple changes to your nighttime routine, you can reduce the risk of Alzheimer’s disease.

Devon Andre holds a bachelor’s of forensic science from the University of Windsor in Canada and a Juris Doctor from the University of Pittsburgh. This article was first published on Bel Marra Health.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. Spots
- 4. Upper cruster
- 10. Fools
- 18. Neckpiece
- 19. More inexplicable
- 20. Conspiring (with)
- 21. “Aw, c’mon, be a ____!”
- 22. ____ dictum
- 23. Runs
- 24. Put one past
- 25. Court call
- 26. Painting surface
- 27. “...and ____ for one!”
- 28. Peacemaker
- 33. Spurt
- 35. Anatomical cavities
- 36. Dormitory annoyance

- 38. More pale
- 42. Swimming site
- 44. Abandoned-corner sight
- 46. Food from heaven
- 47. Windpipe
- 50. 500-pound bird hunted to extinction
- 52. Big-ticket ____
- 53. Children’s card game
- 54. Marginalia
- 60. German river
- 61. Make a choice
- 62. Like a rain dance
- 63. “Flying Down to ____”
- 64. “The Scarlet Letter” theme
- 65. As fast as possible

- 66. Scout group
- 67. Keatsian works
- 69. Not at home
- 70. Like some seals
- 72. First name in country music
- 74. Qajar dynasty’s domain
- 79. Ballet move
- 80. Unreal
- 82. Showy bloom
- 84. Makeup problem
- 87. Seize suddenly
- 89. Cheat
- 91. One-striper: Abbr.
- 94. Tear open, ironically
- 96. Parisian way
- 97. Play-____

- 98. Restful root
- 100. Wildly popular
- 103. Bygone polit. cause
- 104. Extremely hungry
- 105. Red-blooded
- 106. “Chat” novelist Mc-
Carthy
- 107. Gulfweed
- 108. “CSI” concerns
- 109. Lamb

Down

- 1. “Fiber of the Gods”
- 2. Church official
- 3. Doubles players who aren’t on speaking terms?
- 4. Instrument played by the wind
- 5. Riot
- 6. Eye problem
- 7. Dog command
- 8. Links prop
- 9. Hart Trophy winner, 1970-72
- 10. Wing
- 11. Liqueur flavoring
- 12. Hematologist’s study
- 13. A cross might be given for it
- 14. Wax collector
- 15. “Arabian Nights” bigwig
- 16. Face-off
- 17. “And when he had opened the second ____” (Rev. 6:3)
- 26. Waxed
- 29. “Lizard of the Nile,” for short
- 30. Mandela’s party
- 31. To boot
- 32. Sphere
- 34. 50-satang coin spender
- 37. Negligent

- 39. Mutually beneficial
- 40. Kind of list
- 41. Felonious income sources
- 43. SNL’s Mueller
- 45. Apres-ski foot cover-
ing, for some
- 47. Abbott and Costello, e.g.
- 48. More quickly
- 49. Pay
- 51. Brute
- 55. Booted
- 56. Tit for ____
- 57. The Lion of God
- 58. Poetic contraction
- 59. Where game results are shown
- 68. Smelting waste
- 71. Dalai ____
- 73. Region of Central Italy in ancient times
- 75. Woodworking tool
- 76. “Quiet!”
- 77. 1969 Nobel Peace Prize winner (Abbr.)
- 78. “Believe it or not, I’m walking on ____”
- 81. Buffoons
- 83. Open courtyard
- 85. Ancient meeting places
- 86. Move, as a picture
- 88. Cereal aisle ingredi-
ents
- 90. “!@#\$\$%,” in comics
- 91. December 24 and 31
- 92. Discovery grp.
- 93. “Dirtbag,” e.g.
- 95. Wild about
- 99. .0000001 joule
- 100. “The Hobbit” extra
- 101. ____’wester
- 102. In 2016 & 2017 convicted over 1,060 government employees of corruption

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. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

732

86

519

+

−

×

÷

Hard 1 - 2 Solutions

2030

22

1022

+

−

×

÷

Hard 2 - 1 Solution

47

84

25

+

−

×

÷

Easy 1 - 1 Solution

48

67

38

+

−

×

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

- ALPACA

ANIMAL

ANTRA

ARISTO

ASHIER

BRANS

CRIMES

CURSE

EERIER

ENEMIES

ERSATZ

ESURIENT
- ETRURIA

GISSO

MANNA

MERLE

OBITER

ON FIRE

PERSIA

PLASMA

PRESTISSIMO

RAMSONS

REBEL

REHANG
- REMISS

ROBUST

SARGASSO

SMEAR

SNORER

TRACHEA

TWOSOME

UNRIP

ZANIES

AGORAE

ANISE

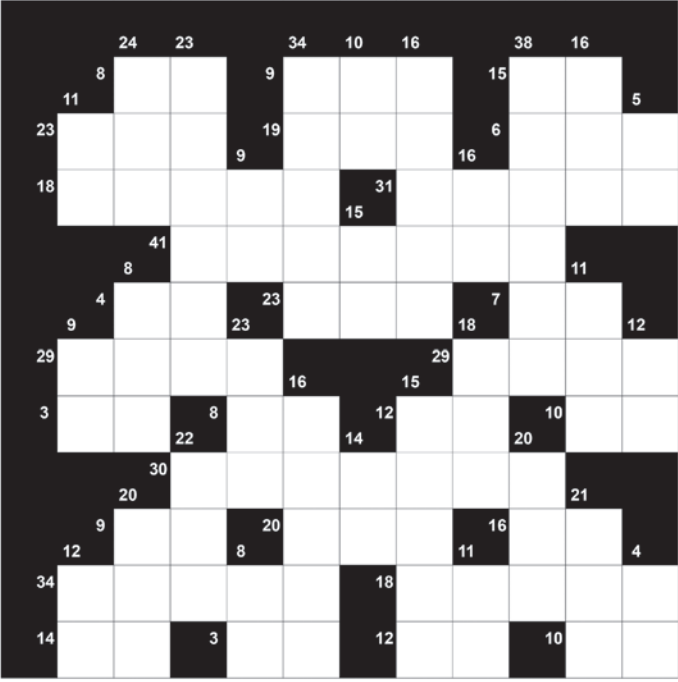
DEACON

KAKURO

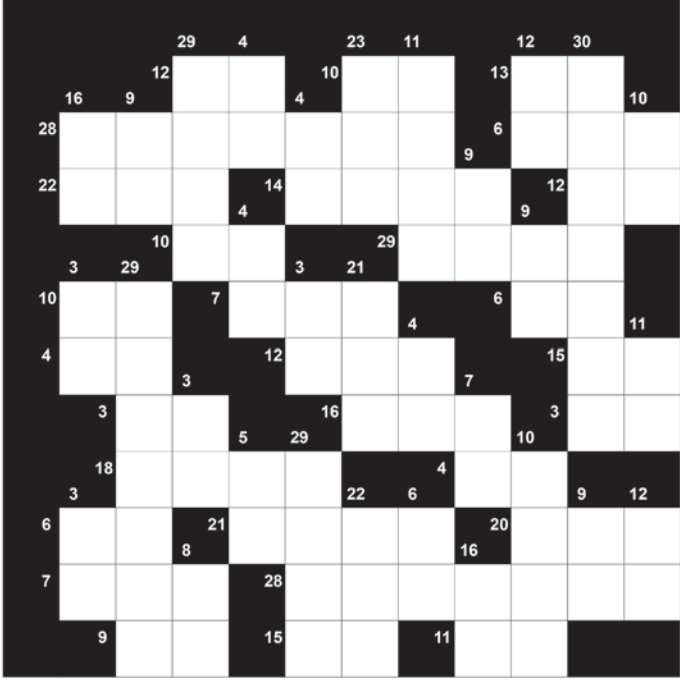
CONSTRUCTED BY EPOCH TIMES STAFF

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



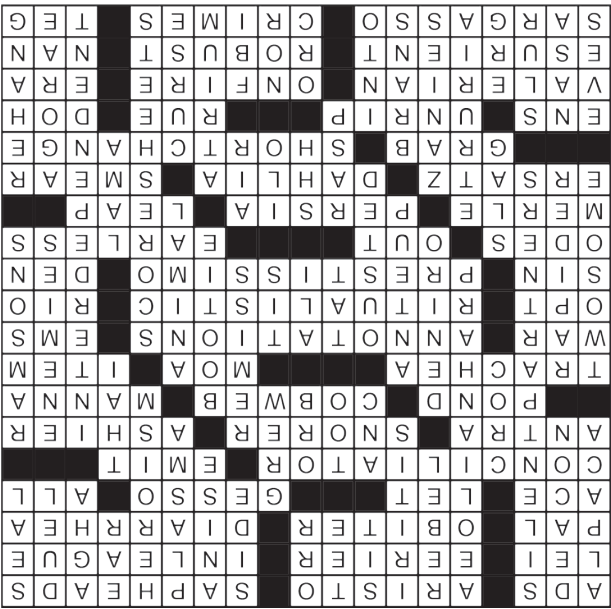
Large: Easy



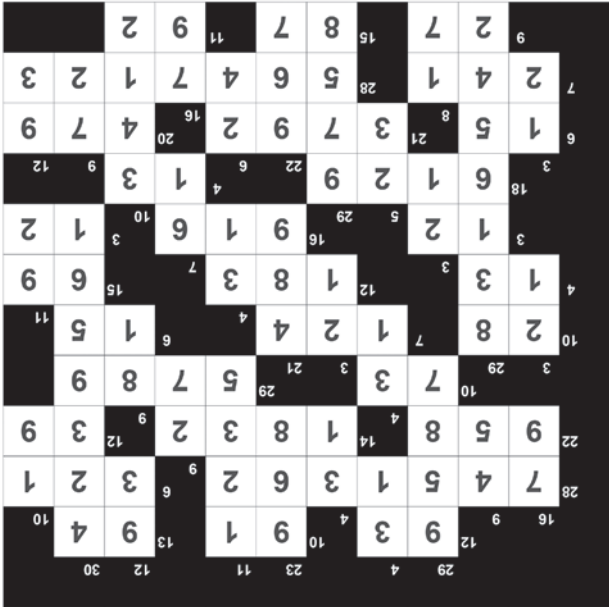
WORK SPACE

SOLUTIONS

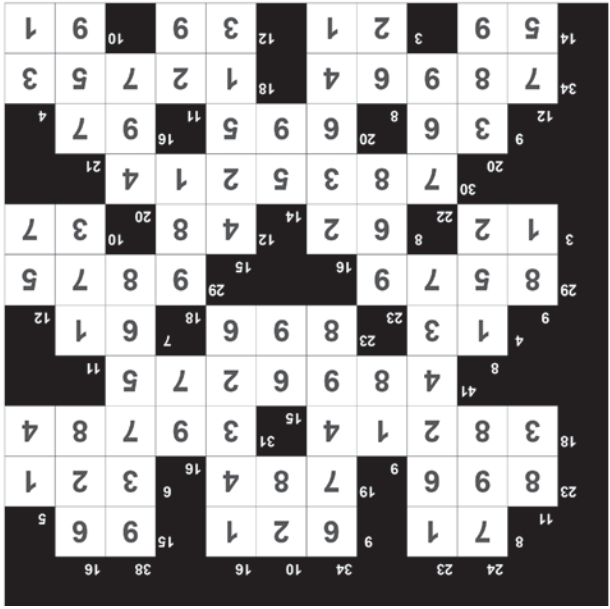
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1

61 + + 3 × 2
7 × 1 + 5 + 5
(32 - 19) × 7 - 5
- HARD 2

08
22 + 20 + 10 - + 30
- EASY 1

(5 - 2) × 7 × 4
- EASY 2

(8 + 8) × 4 + 3

FALUN DAFU INFORMATION CENTER



1992: Falun Gong is taught to the public
Falun Gong is first publicly introduced by Mr. Li Hongzhi on May 13, 1992, in the city of Changchun, China. For the next two years, Mr. Li travels throughout China giving a series of 54 seminars—each lasting a week or more—on the principles and practice methods of Falun Gong.

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1994: Mr. Li gives lectures throughout China
Falun Gong is well on its way to becoming the most popular system of qigong in the country, having attracted millions on the basis of its holistic moral philosophy, free teachings, the simplicity and flexibility of its exercises, and its ability to improve one's health.

MINGHUI



1995: Mr. Li leaves China to spread the practice around the world
A number of Swedes attend a public lecture given by Mr. Li introducing Falun Gong in Gothenburg, Sweden, in April 1995. From that time onward, many in Sweden and other countries learn about Falun Gong and start practicing it.

MINGHUI



1996: The Party applies pressure
As Falun Gong becomes more popular in China, tensions begin to emerge with the Chinese Communist Party. After “Zhuan Falun” is listed in January, March, and April as a bestselling book by Beijing Youth Daily, the Ministry of Propaganda bans the further publication of Falun Gong books. That same year, Mr. Li moves to the United States.

Falun Gong, Popular and Serene Meditation

EPOCH TIMES STAFF

Approximately 100 million people in China were practicing Falun Gong by mid-1999. But even with 1 in 13 Chinese people practicing Falun Gong, it was nearly unknown outside of China—until the Chinese Communist Party (CCP) banned the spiritual discipline in July 1999 and instituted a far-reaching persecution campaign.

A key component of all the CCP's persecution campaigns is flooding the airwaves, printing presses, and diplomatic channels with false propaganda. The international media, which relied on Chinese state media for information, was a major target of the anti-Falun Gong propaganda. Thus, the first and often only exposure to Falun Gong that many people outside China had was an intentionally distorted picture that was choreographed by the CCP.

Mind and Body

Falun Gong refines, or cultivates, both the mind and the body, which makes it difficult for Western terminology to classify neatly. Is it a spiritual practice, or is it physical exercises? In fact, both are integral to Falun Gong.

There are five exercises in Falun Gong. Four are done standing, and one is a cross-legged meditation. Gentle and slow, they have names like “Falun Heavenly Circulation” and “Penetrating the Two Cosmic Extremes.” People often report feeling refreshed or energized after exercising.

Falun Gong is also known as Falun Dafa; “Dafa” means “great way.” The discipline considers the fundamental principle of the universe to be “Zhen, Shan, Ren.” Zhen translates to truth and truthfulness. Shan is compassion, benevolence, and goodness. Ren is tolerance, forbearance, and endurance. The teachings expound on this point to great depth.

Early Development

For thousands of years in China, spiritual practices have been handed down quietly from master to student. The teacher, or master, of Falun Gong, Li Hongzhi, learned the practice privately and then brought it out to teach anyone who wanted to learn, starting in May 1992. Mr. Li crisscrossed China through the end of 1994. He held 54 seminars, each 8 to 10 days long, wherever he was invited. He lectured on the principles, taught the exercises, and fielded questions.

At first, only a few hundred attended each seminar, but by the end of 1994, lecture halls seating several thousand filled up, as word-of-mouth preceded his visits. People told family, friends, and neighbors about how their ailments, from skin conditions to heart problems, were easing or vanishing. They also related how following the teachings led to better relationships with spouses and co-workers and, more generally, to a peaceful and relaxed state of mind.

The practice continued growing by word of mouth, from the tens of thousands who heard Mr. Li's lectures in person, to tens of millions by mid-1999. Practitioners included the old and the young, university professors and peasants, and military generals and Communist Party members. Practice sites popped up in public parks all across China. Volunteer assistants taught newcomers how to do the movements and brought a tape or CD player to play the music that accompanies the exercises.

After doing the exercises together, while some practitioners would go off to work, some would sit down and read from the main book, “Zhuan Falun,” authored by Mr. Li. Refining the mind and character come through studying this book and other teachings—the texts of which are available for free online—and then applying what is learned in daily life.

MINGHUI



DAI BING/THE EPOCH TIMES



BENJAMIN CHASTEEN/THE EPOCH TIMES



People often report feeling refreshed or energized after exercising.

Global Spread

Falun Gong practitioners took the practice with them to their universities and companies outside China, with many universities hosting Falun Gong student clubs. Mr. Li gave a full seminar in Sweden in early 1995 and lectured at conferences held by students in the United States, Canada, Australia, New Zealand, Germany, and elsewhere, before the CCP began its persecution

campaign in 1999.

The website FalunDafa.org lists regular practice sites in some 70 nations today. It states, “All Falun Dafa activities are free of charge.” The number of people practicing outside China grows even as the ban and persecution inside China continues. The evidence of growth is anecdotal, since exact figures are not kept by anyone, and people are free to practice, or not, as they like.

(Top) Falun Gong morning practice in Guangzhou, southern China, in 1998.

(Above L) Falun Gong practitioners meditate in New York's Central Park on May 10, 2014.

(Above R) Falun Gong practitioners perform a standing exercise at Union Square in New York as they celebrate World Falun Dafa Day on May 12, 2016.

2001: Falun Gong practitioners from 12 countries gather on Tiananmen Square, Beijing
On Nov. 20, 2001, 36 practitioners from 12 countries gather on Tiananmen Square and meditate in protest; within a few minutes, they are arrested and some are beaten.

2004: Quit the Chinese Communist Party movement begins

After The Epoch Times publishes the “Nine Commentaries on the Communist Party”—detailing the Party's full history of abuses including the Cultural Revolution, the Tiananmen Square massacre, and the persecution of Falun Gong—the Quit the CCP or Tuidang (in Chinese) movement is born. Chinese from all walks of life start to renounce the Party and its affiliated organizations.

2006: A report on organ harvesting of Falun Gong practitioners is published

Former Canadian Secretary of State David Kilgour and human rights attorney David Matas release a report with evidence indicating that Chinese military hospitals and labor camps are cooperating to harvest organs from imprisoned Falun Gong practitioners. The organs are removed while the practitioners are still alive and then sold at high prices to transplant patients.

2013: 1.5 million people worldwide sign a petition to the UN High Commissioner for Human Rights

On International Human Rights Day (Dec. 10), a petition is submitted to the U.N. High Commissioner for Human Rights calling for “an immediate end to forced organ harvesting from Falun Gong practitioners in China.” Nearly 1.5 million people from over 50 countries on four continents sign the petition.

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CHUN ZHU/THE EPOCH TIMES



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1998: The lecture in the Assembly Hall at the United Nations Office at Geneva
In 1998, Mr. Li Hongzhi lectures widely around the world, with audiences swelling to the thousands. In that year, Mr. Li speaks in New York City; Toronto, Canada; Frankfurt, Germany; Changchun, China; Singapore; and Geneva, Switzerland. All of these seminars were free and open to the public.

1999: More than 10,000 Falun Gong practitioners peacefully appeal at Zhongnanhai leadership compound in Beijing
On April 25, 1999, more than 10,000 Falun Gong practitioners appeal peacefully near the Zhongnanhai Party leadership compound to request official recognition of the practice and an end to escalating harassment. A group of five representatives present their requests to Premier Zhu Rongji, which he agrees to. However, Communist Party chief Jiang Zemin declares on the same evening that the Party must defeat Falun Gong, and he begins preparing for a campaign of persecution.

The Chinese Communist Party launches the persecution of Falun Gong
On July 20, 1999, the persecution of Falun Gong begins with the abduction of hundreds of practitioners from their homes by security forces. The official media, acting under the direction of the Communist Party leader Jiang Zemin, announces the launch of the nationwide suppression of Falun Gong. Practitioners who defy the ban or appeal to authorities are taken into detention or are sentenced extra-judicially to labor camps.

THE PERSECUTION RAGES ON, 20 YEARS LATER

EPOCH TIMES STAFF

This July marks the 20th year of the persecution of Falun Gong in China. To this day, Chinese authorities routinely round up practitioners around the country and detain them in prisons, labor camps, brainwashing centers, and other detention facilities—often without trial, or on trumped-up charges.

Labor Camps

When the Chinese Communist Party began its persecution of Falun Gong in 1999, it used one of its tried-and-true tools: the concentration camp. Called “laojiao suo” in Chinese, or “re-education through forced labor” in English, these camps could be found sprinkled across China, far out in the countryside or secreted in bustling urban conclaves. The smallest of labor camps could house hundreds of prisoners, while the largest could host thousands. Falun Gong practitioners were usually detained in these camps for years on end, their sentences often extended arbitrarily. In the camps, the practitioners were forced to make products for export, subjected to brainwashing, and tortured, sometimes to death, in an attempt to have them renounce their beliefs. Throughout the 2000s, the Masanjia labor camp in northeastern China gained infamy for its extreme methods of torture and forced ideological conversion. Torture techniques developed at Masanjia—including the use of electric batons in the mouths and in the vaginas of women, or the binding of Falun Gong practitioners in excruciating positions for days on end—were later spread to other labor camps around China, and

the prison authorities at Masanjia were even given awards for their efforts. In December 2012, Masanjia made international headlines, when Oregon resident Julie Keith found a handwritten letter embedded in a Halloween decoration kit that was manufactured in China. The letter from a Masanjia detainee explained how Falun Gong practitioners there were detained for their beliefs and forced into slave labor. Keith shared the letter with the media, and the story was quickly reported nationally and beyond. It was embarrassing exposés like these, experts say, that helped accelerate the shutdown of the labor camp system, which had become a lightning rod for criticism both inside and outside China. Sometime late in 2013, the Chinese regime began closing the labor camps. But the arbitrary detention and torture of Falun Gong practitioners did not stop. Instead, adherents have increasingly been detained in an even more opaque and extra-legal system: “legal education centers,” or, as they are called by Falun Gong detainees, “brainwashing centers.” In some cases, they were the same facilities as the labor camps but were simply renamed.

Brainwashing Centers

The sentencing of Chinese citizens to labor camps is arbitrary—but there is no law at all that governs brainwashing centers in China, which have a variety of names in different parts of the country. Sometimes they are called “admonition centers,” sometimes “legal education bases.” They can be set up in empty hotel rooms, in abandoned houses, or in the expansive facilities previously used by labor camps. Officially, these brainwashing centers do not even exist. There is no administrative de-



CHIEN-MIN CHUNG/AP PHOTO

Two Chinese police officers arrest a Falun Gong practitioner at Tiananmen Square in Beijing on Jan. 10, 2000.

partment of the Chinese regime that claims responsibility for them, and there are no laws on the books explaining how they ought to be run, or who should be sent to them, under what circumstances, and for how long. Instead, they appear to be set up by local police and state security forces on an ad hoc basis. Once detained in these facilities, Falun Gong practitioners and other detainees are denied access to a lawyer or any right of appeal—they are fully at the mercy of their guards, which, according to accounts from those who have survived detention at these centers, may often include sadists who enthusiastically torture and beat detainees to extract confessions or renunciations of their faith. Falun Gong practitioners locked in brainwashing centers may be forced to watch videos attacking the practice all day, or be shocked with electric batons, punched in the face, suffocated, or subjected to dozens of other techniques of abuse or torture.

Organ Harvesting

Since the early 2000s, Falun Gong practitioners imprisoned in labor camps and prisons in China have been used as a live organ bank—killed as their or-

gans are harvested on demand—according to a growing body of evidence collected by researchers and journalists around the world. The regime’s security forces and military hospitals play a big role in the process, while the entire operation is overseen by the 610 Office, the Gestapo-like secret police agency expressly set up by the Communist Party to carry out the persecution of Falun Gong. The first evidence of these activities surfaced in 2006, when investigators made calls to hospitals around China posing as family members of individuals in need of organ transplants—and demanding that the organs be from Falun Gong practitioners. Hospital staff readily assured them that they would indeed be able to provide Falun Gong organs. At that time, hospitals also openly advertised the ability to provide a transplant of any type of organ within mere weeks, or even days. This is an impossibility in the West, where a transplant recipient must wait until another individual dies before he or she can receive an organ. In China, the “donor” is killed in the process of extracting the

organs. The Chinese authorities have acknowledged that they use the organs of prisoners who are executed for crimes—but executions in China are only in the low thousands each year, and many of the organs from prisoners are not viable for transplant because of the prevalence of diseases like hepatitis. Moreover, to provide any organ within a week on a rolling basis requires a very large live donor bank—large enough to accommodate differences in tissue and blood type between “donors” and recipients—that can be tapped at any time. China claims that since 2015, it has transitioned its organ transplantation system from using prisoners’ organs to relying solely on those from citizen volunteers who die from natural causes. The China Organ Harvest Research Center, a nongovernmental organization based in the state of New York, found in a 342-page report published in 2018 that prisoners of conscience continue to be killed for their organs. The center cites as evidence the fact that the number of transplants continues to outpace the number of legal donations; the fact that organs are still available “on-demand” to foreigners; and the fact that there is still almost no oversight.

Chinese doctors carry fresh organs for transplant at a hospital in Henan Province on Aug. 16, 2012.



SCREENSHOT/SOHU.COM

2014: ‘Human Harvest’ documentary is released, exposing China’s organ transplant trade
Through interviews with Chinese hospitals, transplant doctors, and other sources, the film provides damning evidence that the Chinese regime is systematically extracting organs from prisoners of conscience, mostly Falun Gong practitioners. The film would go on to win a prestigious Peabody Award and be syndicated to air on PBS in 2015.

2016: US Congress unanimously passes resolution expressing concern for forced organ harvesting practices in China
The lower chamber of the U.S. legislature passes House Resolution 343 on June 13, calling out China for widespread organ harvesting from nonconsenting prisoners of conscience, “including from large numbers of Falun Gong practitioners and members of religious and ethnic minority groups.”

2018: Number of Chinese people quitting the Chinese Communist Party reaches 300 million
Chinese communities around the world celebrate when the number of public withdrawals from the Chinese Communist Party and its affiliated organizations reaches 300 million. The milestone indicates that Chinese citizens are growing increasingly disenchanted with the regime’s rule.



NTD



EDWARD DAI/THE EPOCH TIMES



MINGHUI



How the Rainbow Can Heal

The science of color, in our food, on our walls, and in our stomachs

DEANNA MINICH

There is an old adage that claims we should ‘eat the rainbow’ to gain optimal health. It turns out that while we should definitely eat the colors of the rainbow, just being exposed to its light can help as well.

Every day, we are surrounded by the full spectrum of colors: the bright red of the stop sign on our way to work; the glowing orange-yellow sunlight shining through our window; the sea of swaying green grass in the local park; the dark indigo skin of succulent blueberries and blackberries.

While we might stop and take a moment to appreciate the beauty of these colors, we often don’t think about the powerful effects that seeing and eating different colors have on our physical health and emotional well-being.

Color therapy has been long used in the healing arts, but recent studies indicate that colors affect our mood, energy, and health. Here are some colorful findings to encourage you to experiment with colors both on and off your plate:

Red

If you find yourself in a mid-day slump, try switching to a red light or a room with red walls. A 2014 article published in the Conference Proceedings of the Engineering in Medicine and Biology Society found that when participants were put in a room with red light, they had a higher level of brain activity associated with “alertness, agitation, mental activity, and general activation of mind and body functions.” They also were more likely to feel “vigor.”

Orange

Orange foods, like carrots and sweet potatoes, get their color from carotenoids like beta-carotene, which may play an important role in reproduction. An area of animal research indicates that beta-carotene concentrates in the corpus luteum (a developing egg in the ovary), where it plays a role in ovulation by assisting with the production of progesterone. Animal studies likewise suggest that beta-carotene supplementation supports ovarian activity and progesterone synthesis in goats.

Polish scientists have discovered that uterine tissues contain beta-carotene, while a 2014 study published in the journal Fertility and Sterility suggests that when women boost their beta-carotene intake, their chances of becoming pregnant seem to improve.

Yellow

Yellow is a curious color. It seems to be the color that most people are drawn to, and the one that is most correlated with a normal mood, according to researchers at the University of Manchester. The yellow-colored pigment, lutein, is known

Color therapy has been long used in the healing arts.

to collect in certain tissues of the body, specifically the macula, as well as the skin and in breast tissue. There are several studies that show that healthy yellow foods, like slow-burning carbohydrates, generate energy.

A study conducted in Oxford, England, found that yellow mustard bran helped a group of young, active men have a better post-meal response to glucose after eating potato and leek soup compared to eating the soup by itself. Likewise, a Canadian study found that whole yellow pea flour—a complex carbohydrate—helped overweight people improve their use of insulin.

Green

Researchers have discovered some fascinating links associating the color green with the heart. For example, an Austrian experiment found that exposing people to green fluorescent light seemed to have a soothing effect on their hearts, affecting heart rate variability (HRV). People who endure continual worry and anxiety seem to have decreased HRV, which is also associated with a number of disorders, including congestive heart failure and depression.

If exposure to green light increases HRV, it may help protect the heart and even help to heal grief. Moreover, if green light changes vasculature, then it stands to reason that other conditions involving the vasculature would be impacted by it. In support of this concept, a study was just published indicating that migraine severity is reduced in the presence of green light.

Blue

The color blue has powerful effects on the brain and memory. A 2008 British study found that exposing workers to blue-enriched white light improved self-reported alertness, performance, and sleep quality. Similarly, an Australian experiment discovered that exposure to blue light made experimental subjects less sleepy as they tried to complete prolonged tasks during the night.

A recent study published in May 2016 showed that people performed better on a working memory task and had greater activation in the prefrontal regions of the brain after being in a

blue-lit room for thirty minutes compared with being in a room with amber light.

White

The color white has been the focus of promising research about depression. In 2011, Dutch psychiatric researchers found that both blue-enriched white light and bright white light might possibly be effective in treating seasonal affective disorder. Furthermore, a 2004 Danish study affirmed that bright light could perhaps be a helpful treatment even in non-seasonal depression when used in conjunction with antidepressants. A University of California–San Diego study also found that bright light therapy combined with antidepressants and “wake therapy” could be effective in treating depression.

White light may also be part of the fruit and vegetables that we eat. A recent study found that extracts from pomegranate and turmeric emitted almost pure white light emission. The researchers discovered that light was mostly emitting from the active ingredients in the foods—polyphenols and anthocyanins in pomegranate, and curcumin in turmeric. If white light can have a healing effect outside the body, think about the potential of eating white light-emitting foods!

As you can see, color offers so much more than visual beauty. By eating a spectrum of naturally-occurring colors, and infusing colors in our surroundings, we can truly harness the power of the rainbow to guide ourselves to full-spectrum health.

Deanna Minich is a wellness and lifestyle medicine expert and author who integrates ancient healing traditions with modern science. Founder of Food & Spirit, she also leads online detox programs. Her latest book is “Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life.” This article was first published on GreenMed-Info.com



ANNA KUCHER/SHUTTERSTOCK

Drug Companies Shouldn’t Help Decide Who Is Sick

We need new rules on how to define illness so healthy patients don’t suffer from overdiagnosis

RAY MOYNIHAN & PAUL GLASZIOU

In the United States, the definition of high blood pressure (hypertension) was recently greatly expanded. Overnight, tens of millions of people were reclassified, leaving one in every two American adults with a diagnosis of hypertension.

The move was welcomed by some but also widely criticised amid concerns the expanded definition may bring more harm than good to many people, from unnecessary illness labels and unneeded drugs.

What about the condition called “chronic kidney disease” (CKD), diagnosed by measuring blood levels to estimate kidney function? Because it does not account for normal aging, the current definition labels up to one in two older people as having CKD.

But many of those labeled will never have any kidney symptoms, chronic or otherwise, and there’s been repeated criticism of this issue within the medical literature. That broad new “disease” was created at a conference sponsored by a major drug company.

Panels tended to be dominated by doctors with multiple financial ties to drug companies.

Then there are the recent changes to the definition of gestational diabetes, which mean up to one in five pregnant women may now be diagnosed. But it’s unclear whether many among the newly diagnosed mothers or their babies will benefit from this expansion.

It’s time for a major change in how disease definitions and diagnostic thresholds are set. We outline a proposal for how this might happen today in the journal BMJ Evidence-Based Medicine.

The Growing Problem of Overdiagnosis

In all these examples, the danger is that more and more people may be overdiagnosed. Overdiagnosis

means receiving a diagnosis that isn’t likely to benefit you.

Supporters of expanded definitions often have the best of intentions, motivated to diagnose ever milder problems and treat them early.

But early detection can be a double-edged sword. For some people, you prevent serious illness, for others you overdiagnose and overtreat things that would never progress and never cause any harm.

One common example is prostate cancer. Researchers recently estimated that more than 40 percent of all the prostate cancer now detected via testing healthy men in Australia may be overdiagnosed. In other words, those cancers would not have caused symptoms or problems during a man’s lifetime, yet they are now being detected and treated with surgery or radiotherapy, often with major complications.

Our research a few years ago studied the panels of experts who actually change the definitions of common conditions, such as high blood pressure or depression.

We found three things. When they made changes, panels tended to expand definitions and label more previously healthy people as ill.

Second, they did not appear to rigorously investigate the downsides of that expansion.

And third, these panels tended to be dominated by doctors with multiple financial ties to drug companies with interests in expanding markets.

A Proposal to Reform How Diseases Are Defined

Today, an international group of influential researchers and family doctors launch a proposal to address this problem of expanding disease definitions. Published in BMJ Evidence-Based Medicine, our proposal is for new processes and new people.

The new processes include rigorously examining the evidence for benefits and potential harms, before reclassifying millions of healthy people as diseased. This was proposed in a world-first checklist for groups seeking to change definitions, de-

veloped by the Guidelines International Network.

As for new people, today’s article suggests new multidisciplinary panels led by generalists, rather than specialists. It calls for strong representation from consumer or citizen groups, and all members being free of financial ties to drug and other interested companies.

Where to From Here?

Responding to overdiagnosis remains a complex and uncertain challenge, both for individuals, and those who run health systems.

But it’s clearly being taken more and more seriously. The World Health Organisation is co-sponsor of the Preventing Overdiagnosis conference in Sydney this year, where the science of the problem and solutions will be debated.

We shouldn’t treat people as an ever-expanding marketplace for diseases.

And just last week, the leadership of the Nordic Federation of General Practitioners endorsed this proposal to reform the way diseases are defined. It’s likely others will follow suit, against strong resistance from vested interests.

But as we conclude in today’s BMJ Evidence-Based Medicine article, the time for change is now. We shouldn’t treat people as an ever-expanding marketplace for diseases, for the benefit of professional and commercial interests. We can no longer ignore the great harm to those unnecessarily diagnosed.

Ray Moynihan is an assistant professor at Bond University in Australia. Paul Glasziou is a professor of evidence-based medicine at Bond University. This article was first published on The Conversation.

MONKEY BUSINESS IMAGES/SHUTTERSTOCK



**RICARDO TWUMASI,
CARY COOPER & LINA SIEGL**

Email and smartphones can be stressful. Academics are calling this constant work connection “technostress”. Consequently, many European countries are now offering employees the “right to disconnect”.

The way email is used is complex, it cannot simply be labeled as “good” or “bad” and research shows that personality, the type of work people do and their goals can influence the way they react to email.

Good practice with email use is not just about limiting the amount of emails sent, but improving the quality of communication.

Here are ten tips to reduce the stress of email at work:

1. Get the Subject Line Right

Use clear and actionable subject lines. The subject line should communicate exactly what the email is about in six to ten words, to allow the recipient to prioritize the email without even opening it. On mobile devices, many people only see the first 30 characters of a subject line. So keep it short. But make it descriptive enough to give an idea of what the email is about from just the subject line.

2. Ask Yourself: Is Email the Right Medium?

Are you in the same office? Could you go and speak to the person? Could you call? Often these other forms of communication can avoid the inefficient back and forth of emailing.

Instant messaging and video calling platforms like Slack and Skype could be more appropriate for quick internal back and forth messaging. Also, remember that most of the advice below applies to all types

of electronic communication.

Research has shown that not only too much but also too little email can cause stress due to a mismatch between the communication preferences of different people.

3. Don't Email Out of Office Hours

Research shows that out-of-hours emails make it harder for people to recover from work stress.

Try and influence your company culture by avoiding sending or replying to emails outside your normal working hours.

Management should lead by example and avoid contacting their staff outside of their normal working hours. Some workplaces even switch off email access to employees out of hours. Consider implementing this while keeping a backup phone system for emergency contact only.

New research has also shown that just the expectation of 24-hour contact can negatively affect employee health.

4. Use the Delay Delivery Option

Some people like integrating their work and family lives and often continue working from home during their off-job time. If you are one of these people, or if you work across time zones, consider using the delay delivery option so your emails do not send

until the next working day and do not interfere with other people's off-job time.

5. Keep It Positive

Think about the quality of email communication. Not just the quantity. Changes to email use should also focus on the quality of what is being sent and take into consideration the emotional reaction of the recipient.

Research suggests that conflicts are far easier to escalate and messages to be misinterpreted when communicated via email. Therefore, if it is bad news, think back to rule #2: is email the right medium?

6. Try 'No Email Friday'

In order to shift company culture and get people thinking about other methods of communication than email, try a “no email Friday” on the first Friday of every month, or maybe even every week. This is an initiative suggested by experts from the National Forum for Health and Wellbeing at Work, and is being used by businesses around the globe. Employees are encouraged to arrange face-to-face meetings or pick up the phone – or just get on top of the many emails they already have in their inbox on that day.

7. Make Your Preferences Known

Research has shown that not only too much but also too little email can cause stress due to a mismatch between the communication preferences of different people. Some people may like being emailed and cope much better with high email traffic than other means of communication. For these people, reducing the amount of emails they receive may cause more stress than it alleviates.

So consider people's individual differences and make yours known. Add your preferred contact preferences to your email signature whether it is email, text or instant messages

or a phone call.

8. Consider a Holiday 'Bounce Back'

Having a backlog of emails that builds up over the week appears to be one of the most commonly mentioned sources of technostress for workers. Think about setting up a system where emails are bounced back to the sender when someone is on holiday, with an alternative contact email for urgent requests. This would let you come back to a manageable inbox.

9. Have a Separate Work Phone

Make this the only mobile device you can access work emails on, which gives you the freedom to switch it off after work hours. Also, consider turning off email “push” (this is where your email server sends each new email to your phone when it arrives at the server) and instead choose a regular schedule (such as once per hour) for emails to be delivered to your phone (this also increases battery life).

10. Avoid Late Night Screen Time

Research suggests that late-night smartphone use reduces our ability to get to sleep and also leads to constant thoughts and stress about work. This, in turn, reduces your sleep quality. Make the bed a phone-free zone to improve your sleep hygiene.

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An Ancient Chinese Story

A Treasure Created From Painful Carving

ANONYMOUS

Long ago, in a city in China, the residents built a large, traditional-style temple. The temple was solemn and tranquil, but it lacked a Buddha statue for believers to worship. So the people invited a renowned sculptor to carve a Buddha statue so that they could express their reverence.

The sculptor was moved by their sincere piety and personally went to a mountain to seek out a stone suitable for the sculpture. After much effort, he finally found a stone of great quality. It was huge, so he split it into two pieces. He selected one piece, picked up his chisel, and started carving.

“Ouch, it really hurts! Can you be a bit gentler?” complained the stone upon feeling the first incisions.

Barely able to bear the pain, the stone asked the sculptor, “I have endured harsh mountain winds and rainstorms season after season, but I have never experienced this kind of pain before. Will your carving really transform me into a Buddha statue?”

“Forbearance itself is a process,” the sculptor replied. “As long as you are determined to endure the pain, you will be born again when I finish. The pain will end then. If you have faith in me, please try to endure the pain.”

The stone considered the sculptor’s words for a long time. “I believe you, but when do you think you will finish?” it asked.

Putting down his chisel, the sculptor told the stone: “I’ve just started. You will have to endure this for 30 days. If people aren’t satisfied with my work, then I will need to rework areas and add finishing touches. If people are satisfied with the sculp-

ture as is, then you will become a venerated Buddha statue.”

The stone was silent. Fantasizing about being worshiped by thousands of people made it feel happy and complacent. But as the sculptor worked, the stone found it hard to endure the intense pain of being chiseled.

Four hours later, the stone cried out: “I’m dying from the pain! It’s killing me! Don’t use your chisel on me anymore. I really can’t take this anymore.”

Hearing this, the sculptor stopped his carving. He split the stone into four pieces of slab stone instead. The slabs were used to pave the walkway in front of the temple.

‘I Won’t Give Up So Easily’

The sculptor then began to carve the other piece of stone. After carving it with a sharp knife and striking it with an ax, out of curiosity, the sculptor asked the stone, “Don’t you feel intense pain?”

“The first stone and I were originally one piece, so I feel just as much pain as it felt,” the second stone said. “However, I won’t give up so easily.”

“Why aren’t you asking me to be gentler?” wondered the sculptor.

The stone answered: “If I ask you to use less force, then the Buddha statue won’t be detailed and exquisite enough. People would then ask you to work on it some more. It’s better if you are able to completely finish in one shot so we won’t waste other people’s time.”

The sculptor listened quietly and admired the tenacity of this second piece of stone. After 30 days of chiseling, the stone became an exquisite Buddha statue.



Buddha Shakyamuni’s statue near the Belum Caves in Andhra Pradesh, India. The Buddha was a prince by birth but decided to abandon his royal title and pursue spiritual growth after witnessing the sufferings of human life.

Not long after, the stately and dignified Buddha statue was placed on a sacred altar. Being both impressive and solemn, it was greeted respectfully by people far and wide. People everywhere revered it. Every day, more and more people came to worship and burn incense for the Buddha statue.

One day, the first stone, now pavement slab, asked the statue: “Why do you get to stand high above me and be worshiped by all, while I get trampled by the feet of thousands on their way to worshiping you?”

The second stone kindly smiled and replied: “It’s simple. You didn’t have to endure much to become pavement.

Meanwhile, I endured the hardship of countless painful blows, chisels, and cuts to become a Buddha statue.”

Whether a person can endure hardship or chooses to seek comfort stems from just one crucial thought. Passing up a predestined opportunity might result in endless misery. Yet if one is willing to endure test after test and stay steadfast, what awaits him will be a splendid and bright future.

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

“If I ask you to use less force, then the Buddha statue won’t be detailed and exquisite enough.”

The second piece of stone

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