

In the NEWS

See  
PUZZLES  
on B6

Despite his past  
CRITICISMS

of the outgoing UK Prime Minister, U.S. President Donald Trump has praised Theresa May during his first official visit as the leaders met in London to discuss a post-Brexit bilateral trade deal.

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The U.S. has  
RENEWED CALLS

for the Chinese Regime to release mass-detained ethnic Uyghurs in China's troubled Xinjiang region for the upcoming Islamic holiday of Eid.

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U.S. President  
DONALD TRUMP

says Russia has informed him about the withdrawal of most of its personnel from Venezuela, a draw-down that may show US sanctions are working around the world.

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A PROPHECY

made by Chinese leader Xi Jinping in a years-old speech is again seeing the light of day after stern warnings that the Chinese regime faces big risks this year, writes Mason fellow Peter Zhang.

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The issues underlying  
WORLD WAR II

have yet to be fully resolved, with the 'virus of Socialism' still affecting the Middle East, Africa, and Latin America, writes Gary Gindler.

OPINION | A8

THE FBI

has been hit with ten new investigations this year by the US government watchdog tasked with providing oversight of the bureau.

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MATTY STERN/AFP/GETTY IMAGES



Israeli Prime Minister Benjamin Netanyahu shakes hands with the U.S. president's adviser and son-in-law Jared Kushner in Jerusalem on May 30, 2019.

MIDDLE EAST

Israeli Political Crisis Weighs on Mideast Peace Plan

Israel's new elections postpone unveiling of US-led peace plan

JERUSALEM—President Donald Trump's senior adviser and son-in-law Jared Kushner met with Israeli Prime Minister Benjamin Netanyahu on May 30 to rally support for the Trump administration's long-awaited plan for Mideast peace, just as Israel was thrust into the political tumult of an unprecedented second election in the same year.

Kushner and U.S. special envoy Jason Greenblatt stopped in Israel as part of a Middle East tour ahead of the administration's upcoming economic conference in Bahrain, which the White House bills as the first portion of its peace plan.

The United States hopes to draw Arab states with deep pockets to participate in the workshop, which envisions large-scale infrastructure work and investment in the Palestinian territories.

In brief joint remarks, Kushner touted U.S.-Israeli cooperation, saying, "It's never been stronger, and we're very excited about all the potential that lies ahead for Israel ... and for the whole region."

But public attention was dominated by Israel's current political crisis. Netanyahu played down concerns that the

Israeli Parliament's dramatic dissolution would further postpone the U.S. peace plan rollout. "You know, we had a little event last night," he said. "That's not going to stop us."

At the White House, Trump, a close ally of Netanyahu, said he feels "very badly" that the country has to face another election because there is "enough turmoil" in the region.

"Well, it's too bad what happened in Israel. It looked like a total win for Netanyahu, who's a great guy. He's a great guy. And now they're back in the debate stage and they're back in the election stage. That is too bad, because they don't need this. I mean, they've got enough turmoil over there. It's a tough place," Trump said.

Israel's reopened election season presents another stumbling block for the Mideast peace process. The Palestinians, citing what it terms the Trump administration's "pro-Israel bias," have rejected the plan out of hand.

The Trump administration's plan hinged on Netanyahu's victory in elections in April. Now, it seems the proposal

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FETHI BELAID/AFP/GETTY IMAGES



Jordan's King Abdullah II.

Trump said he feels "very badly" that the country has to face another election because there is "enough turmoil" in the region.

CHINA-US

US Could Bar Entry to Chinese Officials Involved in Persecution of Falun Gong

CATHY HE & JANITA KAN

The U.S. State Department is looking to increase the enforcement of immigration controls against human rights violators, in a move that could see Chinese officials

involved in the persecution of Falun Gong being barred from the United States, according to a statement from a U.S. website that acts as a clearinghouse on the persecution of the spiritual practice.

The agency plans to increase its scrutiny

BENJAMIN CHASTEEN/THE EPOCH TIMES



A young Falun Dafa adherent holds a sign asking for China to stop killing prisoners of conscience for their organs in a parade in Washington on July 20, 2017.

of visa applications of foreign officials who have participated in severe violations of religious freedom, according to a May 31 news release by U.S. website Minghui.org. According to the release, these officials could have their immigration or non-immigration visas (such as tourist or business visas) rejected. Those who have already been issued visas could be blocked from entering the country, the notice said.

Under the Immigration and Nationality Act (INA) Section 212(a)(2)(G), any person, while serving as a foreign government official, who is responsible for or have directly carried out particularly severe violations of religious freedom at any time, are inadmissible for entry to the United States.

Particularly severe violations of religious freedom include systematic, ongoing, egregious violations of religious freedom such as torture or cruel, inhuman, or degrading treatment or punishment; prolonged detention without charges; causing the disappearance of persons by the abduction or clandestine detention of those persons; or other flagrant denial of the right to life, liberty, or the security of persons.

An official from the State Department

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CHINA POLITICS

Contradictory Opinions in Chinese Media Indicate Split Within Party Over US Trade Talks

NICOLE HAO

Amid rising U.S.-China trade tensions, senior Chinese officials and state media have begun making hawkish comments criticizing the United States in the past week.

However, one Chinese media outlet recently published an editorial urging Beijing to put "people's interests first" and openly criticizing the state media's rhetoric that encouraged the country to close off contact with the United States.

The two contradictory opinions on display hint at political infighting—and indecision—within the Chinese Communist Party (CCP) regarding how to deal with the United States.

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GREG BAKER/AFP/GETTY IMAGES



Paramilitary police officers marching past the portrait of late communist leader Mao Zedong on Tiananmen Gate, as it undergoes renovations in Beijing on May 18, 2019.

CHINA-INDIA

China a Key Focus of Modi's Foreign Policy in His Second Term

ABHIMANYU KUMAR

DELHI, India—Dealing with regional rival China will be a key component of Indian Prime Minister Narendra Modi's second term in office, experts say, made evident by his choice of people for key foreign relations positions.

"Both our current foreign secretary and the foreign minister are China experts, so it is clear who is the focus of this government," said Jayadev Ranade, a former senior officer with India's foreign intelligence agency, Research and Analysis Wing, and a China expert. Modi's foreign affairs minister, Subrahmanyam Jaishankar, and foreign secretary, Vijay Gokhale, have both served as India's ambassador to China in the past.

Modi is expected to meet Chinese leader Xi Jinping on the sidelines of the upcoming Shanghai Cooperation Organization summit held June 14 to 15 in Bishkek, Kyrgyzstan, and again at the G-20 summit in Osaka, Japan, in late June. The Indian prime minister has also reportedly extended an invitation to Xi for a summit

Continued on A3

STR/AFP/GETTY IMAGES



Four activists in southwestern China have been handed prison sentences over liquor labels commemorating the 1989 Tiananmen Square massacre.

REMEMBERING TIANANMEN

Chinese Internet Users Circumvent Censorship to Commemorate Tiananmen Square Massacre

NICOLE HAO

Chinese citizens have found subtle ways to mourn the victims of the Tiananmen Square massacre on June 4, amid continued government efforts to censor any mentions of the 30th anniversary of the Chinese regime's brutal suppression of pro-democracy protests in 1989.

Meanwhile, the United States, European Union, and Taiwan have renewed their criticisms of the Beijing regime for the

Continued on A4





The Australian National University in Canberra on April 11, 2014.

# ANU Staff, Student Data Compromised in ‘Sophisticated’ Hack

The Australian National University has been hacked by a “sophisticated operator,” and the data of many staff and students has been accessed.

The university’s systems were accessed in late 2018, but the institution only realised the breach two weeks ago. The personal data of staff, students, and visitors to the Australian National University dating back almost 20 years were reported to have been accessed.

“We believe there was unauthorised access to significant amounts of personal staff, student and visitor data extending back 19 years,” Vice-Chancellor Brian Schmidt said on June 4.

Information that has been accessed includes some names, addresses, dates of birth, phone numbers, personal emails, tax file numbers, bank account details, passport details, and student academic records.

The hacking did not affect credit card details, travel information, medical records, police checks, workers’ compensation, vehicle registration numbers and some performance records stored by the university.

Shadow treasurer Jim Chalmers, a former student of the ANU, said the breach was very concerning.

“It appears to be quite a serious hack,” he told reporters in Brisbane.

“No doubt more details will be discovered as the police go about their work, and we’ll wait to see the conclusions of that investigation.”

The Australian Cyber Security Centre is working with the university to secure networks, protect users, and investigate the extent of the breach.

It believes the attack was the work of a “sophisticated actor.”

“This compromise is a salient reminder that the cyber threat is real and that the methods used by malicious actors are constantly evolving,” a spokesperson told AAP.

“Proper and accurate attribution of a cyber incident takes time and any attribution would be done in a measured fashion.

“Unfortunately, a malicious actor with sufficient capability, time and resources will almost always be able to compromise an internet-connected computer network.”

The hack is the second ANU has suffered within a year, with the institution confirming in July last year it was working to “contain a threat to IT within the university.”

It remains unclear if the hacks are related. The first hack, which failed to gather any sensitive information, was said by national security sources at the time to be the work of the Chinese Communist regime.

The university presents an attractive target for state actors given its close association with the federal government and its important strategic schools such as the National Security College, the Strategic and Defence Studies Centre, and the Crawford School of Public Policy.

System upgrades that ANU undertook after that incident had allowed it to detect the latest incident, Professor Schmidt said.

“We must always remain vigilant, alert and continue to improve and invest in our IT security.”

The university has set up a confidential direct helpline—1800 275 268—for anyone seeking more information or with particular concerns.

“I know this will cause distress to many in our community and we have put in place services to provide advice and support,” Professor Schmidt said.

The university’s chief information security officer has also issued a range of advice, including resetting passwords and being cautious about opening some emails.

From AAP  
With reporting by Epoch Times staff

The first hack, which failed to gather any sensitive information, was said by national security sources at the time to be the work of the Chinese Communist regime.

# Frydenberg Urges Banks to Pass on Full RBA Cut

Treasurer Josh Frydenberg is urging banks to pass on the full extent of the Reserve Bank’s historic interest rate cut to its customers.

The RBA cut the official cash rate by 25 basis points on June 4, which Frydenberg says should help mortgage holders.

It was hoped that a strong labour market would obviate the need for it to cut the cash rate from a record low 1.5 per cent, but another round of weak economic data—most notably an unexpected rise in the unemployment rate for April to 5.2 per cent—sealed the cut on Tuesday.

The Commonwealth Bank and NAB said they would pass the entire 25 basis point reduction.

However, ANZ said it would only reduce its variable mortgage rates by 18 basis points, while Westpac plans to reduce most variable home loan rates by 20 basis points, with its interest-only investors to get a reduction of 35 basis points.

Frydenberg told reporters it was a “legitimate expectation” that the banks, which had been taken to task by a royal commission for putting profits before people, pass on all of the rate cut.

“The combination of the tax cuts and today’s RBA decision could see a two-income family, for example a teacher and a tradie, each earning \$60,000 a year, with a \$400,000 mortgage almost \$3,000 a year better off as a household,” Frydenberg said.

Reserve Bank governor Philip Lowe, who last month admitted a rate cut was on the table ahead after the board held fast amid the federal election campaign, said Tuesday’s move should help speed a reduction in the jobless rate.

It will “support employment growth and provide greater confidence that inflation will be consistent with the medium-term target,” he said.

APAC economist at Indeed.com, Callum Pickering, said consistently low inflation had ultimately forced the RBA’s hand.

“Low inflation does not occur by accident ... It is a sign of deep underlying concerns across the Australian economy,” Pickering said. “(It hints at) a lack of domestic demand, concerns over the capacity of households to spend and invest, particularly with falling

property prices.”

BIS Oxford economist Sarah Hunter said the RBA was likely to cut again in August as it adjusts monetary policy in to hit inflation targets over time.

“And with global conditions deteriorating markedly and the U.S. heading for a sharper than anticipated slowdown ... we think it’s likely that (the RBA) will cut for a third time this year in November,” she said.

Frydenberg said the Australian economy was facing significant challenges both internationally and domestically.

“Escalating trade tensions are contributing to growing uncertainty in the global economic outlook and the impact of flood and drought and fires and a softening housing market have weighed on the economic outlook here at home,” he said, adding that is why Parliament should pass the government’s tax cut plan in full when it heads back to work in July and support the work underway on infrastructure and skills.

Shadow treasurer Jim Chalmers said the “wages crisis” was a key reason for the cut.

He quoted the RBA as saying: “The main domestic uncertainty continues to be the outlook for household consumption, which is being affected by a protracted period of low income growth and declining housing prices. Some pick-up in growth in household disposable income is expected, and this should support consumption.

He told reporters in Brisbane, “If only this government spent less time bagging Labor or pointing the finger at others and more time focused on the substantial weaknesses in the economy it wouldn’t be floundering as badly as it is today.”

Rural Finance Minister David Littleproud said banks should pass on the cut in full to farmers.

“The farmers who grow our food are struggling with drought and deserve the full rate cut to be passed through,” he said.

The rate, which reflects what the central bank charges commercial banks on overnight loans and influences other interest rates, has sat at a record low of 1.5 per cent since August 2016.

By Marnie Banger and Paul Osborne  
From AAP



Treasurer Josh Frydenberg gives a press conference at Parliament House in Canberra on Nov. 27, 2018.

# EU Urges China to Release Political Prisoners on Tiananmen Massacre Anniversary

NICK GUTTERIDGE

BRUSSELS—The European Union has called on China to immediately release political prisoners jailed over the Tiananmen Square protests and to lift the veil of secrecy around the number of dead and injured.

Brussels made the fresh call for transparency to mark the 30th anniversary of the massacre, which comes at a time when EU–China relations are increasingly strained over trade frictions, Huawei, and Beijing’s human rights abuses.

In a strongly worded statement issued on behalf of the 28 European capitals, EU foreign affairs chief Federica Mogherini said the bloc still “strongly condemned the brutal repression” that had occurred.

Chinese troops opened fire on student protesters in and around Tiananmen Square, Beijing, on June 4, 1989, who were calling for greater democracy and freedom of speech.

Many of the details, including the numbers of those killed, injured, and taken prisoner, were suppressed by the Chinese state. The death toll has been independently estimated at between several hundred and a few thousand.

“Thirty years later, the European Union continues to mourn the victims and offers its condolences to their families,” Mogherini said. “Acknowledgement of these events, and of those killed, detained, or missing in connection with the Tiananmen Square protests, is important for future generations and for the collective memory.”

Mogherini added that the EU expects the immediate release of human rights defenders and lawyers who have been de-

“I hope the Chinese people will get the freedom they deserve.

GUY VERHOFSTADT  
LEADER, ALLIANCE OF LIBERALS AND DEMOCRATS FOR EUROPE



An activist stands in front of an image of a tank in Paris, replicating the scene in which an unknown Chinese man, known as the “Tank Man,” stood in front of a column of tanks during the 1989 Tiananmen Square protests in Beijing, to mark the 30th anniversary of the Tiananmen Square massacre, on June 4, 2019.

tained by the Chinese regime. She singled out activists Gao Zhisheng, Chen Jiahong, Huang Qi, Ge Jueping, Xu Lin, and pastor Wang Yi as political prisoners the EU urgently wants to see released from jail.

Gao, once lauded by China’s Ministry of Justice as one of China’s top 10 lawyers, ran afoul of the communist regime when he began providing legal aid to and writing open letters in support of adherents of Falun Dafa, a spiritual meditation discipline that is persecuted by the Chinese communist regime. Chen, also a rights lawyer, has been detained for criticizing the Chinese Communist Party (CCP) leadership.

Huang and Ge are human rights advocates who have been persecuted by the Chinese regime for their activism. Xu, a writer, songwriter, and activist, was tar-

geted by the CCP for writing songs deemed critical of the regime. Wang, a pastor of one of China’s most prominent unauthorized churches, is facing charges of inciting subversion.

The EU has expressed increasing concern about China’s human rights abuses in recent communiques. Mogherini vowed that the bloc will continue to press Beijing on the issue in all forms of communication.

“Today, we continue to observe a crackdown on freedom of expression and assembly, and freedom of the press in China,” Mogherini said.

Guy Verhofstadt, the leader of the European liberal grouping, said: “China is now an economic and military powerhouse, but not a democracy. It’s this gaping wound which prevents China from be-

coming a global leader. I hope the Chinese people will get the freedom they deserve. Their fight continues.”

He added that the famous image of the “Tank Man”—an unknown protester who stood in front of a column of Chinese tanks headed for the square—was the “most courageous act I have ever seen.”

A recent BBC report found that while the photo has become one of the defining images of the protest outside China, many Chinese citizens have never even seen it because of the state’s effective information blackout.

In April, the European Parliament passed a resolution expressing “deep concern about the increasingly suppressive regime” faced by persecuted groups in China, including Uyghurs, Falun Dafa adherents, Tibetans, and Christians.



# China a Key Focus of Modi's Foreign Policy in His Second Term

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in India some time this year. Modi and Xi met in Wuhan, China, in April 2018 after a tense border standoff in disputed territory between China and India-ally Bhutan about a year earlier. Diplomatic relations between the two Asian powers have remained stable since the meeting.

### India an Obstacle for China's OBOR

One of the top agenda items for China when it comes to discussions with India is to prevent Delhi from blocking countries in the region from participating in Beijing's One Belt, One Road (OBOR) initiative.

The ambitious plan involves building infrastructure to establish a trade route from China to the rest of the world. According to The Epoch Times' special series, "How the Specter of Communism Is Ruling Our World," as part of the OBOR plan, the Chinese Communist Party (CCP) uses loans it gives to developing countries to build infrastructure as "debt traps" to obtain control of strategic locations, as was the case in Sri Lanka in 2017, where China took over control of a key port after Sri Lanka failed to pay its debt. The initiative is a major part of the CCP's plan to become a globally dominant power, the series adds.

The project has in recent times ran into several roadblocks in South Asia, with India urging its allies to walk away from the plan. India is concerned about China's growing influence in the region, and is also worried about implications to its sovereignty as the China-Pakistan

Faced with India's opposition to the project, China has been forced to give concessions on the international stage.



India's Prime Minister Narendra Modi (L) shakes hands with China's leader Xi Jinping at the G-20 summit in Hangzhou, China, on Sept. 4, 2016.

Economic Corridor of the project passes through Kashmir, a disputed region between India and Pakistan.

Recent examples of obstacles to China's ambitions in the region include Bangladesh canceling an expansion of a major highway that was to be built by a Chinese company, and the Maldives rethinking its ties to Beijing. The island nation's newly elected government is more closely allied with India than China.

Faced with India's opposition to the project, China has been forced to give concessions on the international stage as an attempt to get India on board with OBOR.

Earlier this year, China lifted its objections to the United Nations' move to declare Masood Azhar, head of Pakistan-

based terrorist group Jaish-e-Muham-mad, a terrorist, risking straining its relations with Pakistan.

Azhar was reportedly behind a deadly attack on an Indian security convoy in Kashmir in February, which lead to the death of 44 Indian soldiers.

Following the attack, India stepped up diplomatic pressure to declare Azhar a terrorist, receiving support from the United States, the UK, France, and finally China.

But that may have come at a cost for India, with Beijing expecting a concession from India in return. Rajeesh Kumar, an associate fellow at the Indian government-funded Institute for Defence Studies and Analysis, noted that India has recently adopted a softer stance on OBOR.

"For this year's [OBOR] summit, India didn't issue any written statements opposing it, like [it] did last time," Kumar said.

But Modi's second term could see a more intense rivalry between the two powers, as they each strive to expand their sphere of influence by forging closer bilateral relations with neighboring countries or forming international alliances. This is all the more so for India, which seeks closer ties with China rivals such as the United States and Japan, as Beijing increases its footprint in India's arch-rival, Pakistan.

"[China's] efforts to contain India pre-dates whatever has happened recently. As China has become economically stronger, it has started to flex its muscles," Ranade said in a previous interview. "They have been at it for a long time."

# Venezuela's Central Bank Offers Unexpected Confirmation of Country's Economic Crisis

LUKE TAYLOR

BOGOTA, Colombia—Venezuela's central bank unexpectedly released new economic figures during the last week of May, offering a rare, official window into the socialist country's prolonged economic collapse.

The GDP and inflation numbers—which hadn't been released by the bank in almost four years—confirmed the beliefs of economists and international organizations: The country's economic crisis is one of the biggest in Latin America's recent history.

According to the figures, Venezuela's GDP has fallen about 52 percent since Nicolás Maduro succeeded Hugo Chavez, the architect of the country's failing socialist "Chavista revolution," who died in 2013.

In the third quarter of 2018, the economy shrank almost 23 percent from the year-earlier period, demonstrating the intensification of the economic crisis that has caused more than 3 million people to flee the nation since 2015.

The figures are also the first explicit acceptance from the Maduro regime that it's responsible for the country's rapid economic decline, analysts say.

"What's really incredible is that the Venezuelan state has now confirmed that Maduro's government has caused the economy to shrink by 50 percent. This is confirmation of what an economic disaster Maduro has been for Venezuela," said Geoff Ramsey, assistant director for Venezuela at the Washington Office on Latin America (WOLA).

Widespread food and medicine shortages, alongside rampant hyperinflation and deteriorating security conditions, continue to cause thousands to flee for other Latin American nations each day.

Exports of oil, the OPEC nation's key export, slumped to a new low of \$29.8 billion in 2018, from \$31.5 billion in 2017, the central bank said. Oil production has plummeted in recent years due to pervasive corruption within the military-run state oil firm PDVSA.

The figures are an acceptance that the country is in a "deep depression," said Asdrubal Oliveros, director of the Caracas-based economics consultancy Econalítica. "It's an economy of a country at war, but without ever actually having gone through one."

### 'Heavily Massaged'

The central bank abandoned the standard practice of publishing monthly figures in 2015 to obscure the true depth of the crisis,



leaving many to speculate about the motive behind the surprise publication.

The most likely cause was the "position of vulnerability" that Venezuela currently has with international organizations such as the IMF, where the lack of official statistics form part of the debate over whether to recognize opposition leader Juan Guaidó as the legitimate leader of Venezuela, Oliveros said.

Guaidó is recognized by more than 50 nations as the legitimate interim president in place of Maduro, who is widely believed to have secured his second term in fraudulent elections.

"Venezuela likely decided to publish figures to avoid discussion around the possible recognition of Guaidó advancing in the IMF and World Bank, which would be a significant defeat for Maduro," Oliveros said.

### Hyperinflation

The figures released by the Maduro regime show that inflation—which has made physical currency almost worthless and rendered even the most basic of items unaffordable—reached 130,060 percent in 2018, compared to 180.9 percent in 2015.

The reported numbers confirm that the country is in the grips of hyperinflation, but were significantly lower than the estimates from the likes of the IMF. The IMF estimated that inflation was 1.37 million percent in 2018 and would reach 10 million percent by 2019.

The bank's figures also suggested inflation was slowing in recent months.

Some analysts and independent economists say that the government figures were likely altered to offer a rosier view of the country under Maduro.

"I think the bank's inflation numbers are clearly suspect. While it's positive that we're finally seeing something close to official public data, it seems pretty clear that these numbers have been heavily massaged," Ramsey said.

The Maduro regime had previously blamed the country's economic downfall on a collapse in oil prices and sabotage from neighboring Colombia, but now points to sanctions by the United States that are intended to pile pressure on Maduro and support Guaidó.

Guaidó has yet to break an impasse with the regime since he invoked the constitution in January to appoint himself interim president. While talks held in Norway in recent weeks were intended to peacefully break the deadlock, no agreement was reached, Guaidó's team announced on May 29.

People stand in line to receive drums to collect water and water purification tablets from members of the Venezuelan Red Cross in Caracas, Venezuela, on April 16, 2019.

The figures released by the Maduro regime show that inflation reached 130,060 percent in 2018, compared to 180.9 percent in 2015.

# Israeli Political Crisis Weighs on Mideast Peace Plan

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will have to wait for the outcome of another tumultuous election cycle, after which Trump's own reelection race will be kicking into gear.

Meanwhile, Netanyahu is facing indictment on a series of corruption charges, with his first hearing set for October. His legal troubles throw his long years in office into question, along with the feasibility of a future peace plan.

Traveling to Jordan and Morocco, Kushner and Greenblatt strove to drum up support for the economic conference in Bahrain, scheduled for June 25 to 26. Neither state has announced plans for participation.

After more than two years of work, Kushner's team hasn't unveiled its political vision, but glimpses of the plan hint that it will focus heavily on economic peace and little on the issue of Palestinian independence. The two-state solution continues to receive support across the international community.

Meeting with the U.S. presidential advisers, Jordan's King Abdullah II stood by his country's commitment to the two-state solution, exposing a rift with the U.S. administration.

Dennis Ross, former chief Middle East negotiator for Presidents George H.W.

Bush and Bill Clinton, said he believes the plan's outlook has dimmed, considering the "many unknowns" that may indefinitely defer its rollout. Specifically, Ross says, if Netanyahu appeals to voters by promising to annex West Bank settlements again, "the political climate will only get more difficult ... it will make it harder for Arab leaders to accept anything."

But, he said, if the administration manages to sell the Bahrain workshop as a step toward "economic stabilization" with the help of wealthy Gulf states, the constant deferral of the plan's thornier political portion could work in its favor.

"It might be difficult for the Palestinians to reject reconstruction and development projects given the financial crises destabilizing the West Bank and Gaza right now," said Ross.

Still, the Palestinians say they will not attend the Bahrain meeting, rejecting the parameters of the conference and the role of the United States as mediator. Palestinian President Mahmoud Abbas and his autonomous government in the West Bank cut off ties with the White House after Trump recognized Jerusalem as Israel's capital in December 2017.

By Isabel Debre  
From The Associated Press



President Donald Trump shakes hands with Israeli Prime Minister Benjamin Netanyahu at the White House on March 25, 2019.



# Chinese Internet Users Circumvent Censorship to Commemorate Tiananmen Square Massacre

CONTINUED FROM A1

violent crackdown and continued human rights abuses.

**China Suppression and Resistance**

In the early morning of June 4 in Beijing, police cars and trucks were seen blocking roads around Tiananmen Square, according to foreign media outlets. Police were only allowing people to enter the square by foot or by bike.

Foreign journalists were barred from taking photos and told by police that special approval was needed to enter Tiananmen Square on June 4. AFP reported that one officer told journalists that engaging in “illegal media behavior” could affect their visa renewals.

Videos posted by Chinese netizens showed hundreds of police officers, plain-clothes police, and security guards monitoring the square. In some places, police checked people’s IDs, bags, and other possessions.

Meanwhile, netizens found on June 4 they couldn’t access the internet using a virtual private network, a common tool used to circumvent China’s firewall, which blocks websites and apps such as Facebook, Google, Wikipedia, and Western media.

Others said they were unable to send via text message an emoji of a candle, likely because Chinese censors believe it represents people mourning victims of the Tiananmen Square massacre.

Some Chinese dissidents reported that they haven’t been allowed to leave their homes, similar to previous occasions when authorities would monitor them closely ahead of sensitive dates. Others have been forced to travel to rural areas, as authorities fear that they would incite local protests.

In Shenzhen City of Guangdong Province, some people have had to present their IDs to ride the subway, according to a report by Radio Free Asia.

Some Chinese found clever ways to subtly commemorate the event.

A photo of a supermarket shelf has been spreading widely on the Chinese internet. In the photo, six bottles of juice are purposely arranged so that their labels would



Police officers stand in front of Tiananmen Square in Beijing on June 4, 2019.

Chinese netizens said they could not send out an emoji of a candle via cell phone text message, likely because Chinese censors believe it represents people mourning victims of the Tiananmen Square Massacre.

spell out a message. The first four labels show the numbers 8964, which represents June 4, 1989; the last two labels contain the Chinese characters for “students absent,” alluding to the fact that some students who protested at Tiananmen Square 30 years ago are no longer living.

Another photo, which appears to be a doctored image of a page within a Chinese almanac calendar, has also been making the rounds. The page marked “June 4” has the message “do not speak.” At the bottom, where there is usually a Chinese astrological forecast, it reads: “This is a big year. People with basic common sense are mourning inside their hearts.”

Some netizens said they had begun a 24-hour fast in remembrance of June 4

victims, while others said they lit candles. Many posts were later deleted by Chinese censors.

**World Reaction**

U.S. Secretary of State Mike Pompeo, in a statement on June 3, called on Beijing “to release all those held for seeking to exercise these rights and freedoms,” noting that China’s human rights record has failed to improve since the events of 1989.

He also urged China to make a full public accounting of those killed or missing in the Tiananmen crackdown.

The official Twitter account of the U.S. Mission in China posted a memorial video titled “China, 30 Years After the Tiananmen Square Massacre” on June 3.

Meanwhile, European Union foreign affairs chief Federica Mogherini stated that on behalf of the 28 EU nations, she “strongly condemned the brutal repression” that had occurred at Tiananmen Square 30 years ago.

Ahead of vigils held at Liberty Square in Taipei City, Taiwan, President Tsai Ing-wen wrote on Facebook on June 4, “The Chinese government not only did not plan to repent for the past mistakes, but it also continued to cover up the truth.”

Tsai vowed: “Please be reassured—Taiwan will definitely defend democracy and freedom. Regardless of threats and infiltration [from Beijing], as long as I’m the president, Taiwan will not bow to pressure.”

# Huawei to Sell Undersea Cable Business to China-Listed Firm With Strong Ties to CCP

FRANK FANG

Chinese tech giant Huawei plans to sell off its undersea telecom cable business, a move that has drawn much speculation, given the timing soon after the U.S. administration enacted an export ban on the company.

The Chinese company that intends to purchase the Huawei unit is notable in that, like Huawei, it also has strong ties to the Chinese Communist Party (CCP).

Hengtong Optic-Electric Corp., an optical telecommunication network products company based in Jiangsu Province, announced its intention to purchase Huawei’s 51 percent stake in Huawei Marine Systems, in a filing on June 3 to the Shanghai Stock Exchange, according to Reuters.

Huawei Marine was established in 2008 as a joint venture between Huawei and UK-based submarine communications firm Global Marine Systems. Since then, the company has become one of the world’s largest undersea cable providers.

According to the filing, Hengtong signed a letter of intent with Huawei Tech Investment, a subsidiary through which Huawei controls its stake in the undersea cable joint-venture, for the purchase via cash and share issuance. The filing didn’t disclose a price or provide a reason for the deal.

Huawei Marine isn’t among the 68 Huawei affiliate companies that were recently added to the U.S. Commerce Department’s “Entity List”—along with the parent company—which prohibits U.S. companies from doing business with all of them; Huawei Tech Investment is among those listed.

Huawei’s decision to sell its undersea cable business is a tactical move, said Qin Peng, a Chinese political and economic analyst. In a Twitter post on June 3, Qin explained that Huawei is being cautious to not further trigger U.S. security concerns, in order to secure its core telecommunications business. The tech giant has a wide-ranging portfolio that includes smartphones, laptops, and other electronic devices.

Beijing is also keen to protect Huawei’s telecom business, including the next generation of wireless technology—5G—since “it is key to China’s national infrastructure and the future of Chinese military prowess,” Qin wrote.

**Undersea Cables**

Undersea cables are a critical part of



A Huawei logo at a retail store in Beijing on May 23, 2019.

The company’s Party secretary said the firm would follow closely Beijing’s national strategic policies.

global communications, including transmitting global internet, voice, and data traffic.

As of early 2019, there are 378 submarines cables with a total length of more than 1.2 million kilometers (about 745,650 miles) in service around the world, according to a recent report by telecom market research and consulting firm TeleGeography.

Some of these cables cover shorter distances, such as the 131-kilometer (81 miles) CeltixConnect cable linking Ireland and the UK. Longer ones include the 20,000-kilometer (12,427 miles) Asia-America Gateway cable, which connects California to the Philippines, Hong Kong, Thailand, Singapore, Brunei, and Vietnam.

Huawei Marine ranks fourth globally in terms of market share, behind France-based Alcatel-Lucent, U.S.-based SubCom, and Japan-based NEC Corp., according to an April report by Washington-based Information Technology and Innovation Foundation (ITIF).

According to Huawei Marine’s website, it has participated in 90 projects worldwide, building a total of 50,361 kilometers (31,293 miles) of cables.

One such project, spanning 6,000 kilometers (3,728 miles), connects Cameroon’s coastal town of Kribi to the Brazilian city of Fortaleza. According to Washington-based consulting firm RWR Advisory Group, construction of

this transatlantic cable was accomplished with China’s state-run telecoms provider China Unicom as a partner and was financed by the state-run Export-Import Bank of China.

Huawei’s global cable ambitions faced a setback in April. According to Reuters, SubCom announced it would lay a submarine cable from Australia to Hong Kong through Papua New Guinea (PNG), with possible cable branches to PNG capital Port Moresby and to the Solomon Islands capital of Honiara.

The SubCom cable “would likely stifle any commercial case for future Huawei cables in the region,” said Jonathan Pryke, director of the Pacific Islands program at the Lowy Institute, a Sydney-based think tank.

**Security Concerns**

Chinese-built marine cables have long been considered a security concern by the United States.

In January 2017, Jeffrey Johnson, president and CEO of U.S. cybersecurity firm SquirrelWerkz, told a congressional hearing that given Huawei Marine’s sizable market share, Beijing could sabotage global communications via the company’s cables.

“China poses a significant threat to the U.S. Navy and its allies due to its long-term efforts to gain incremental control of the foreign companies associated with the undersea cable industry and the potential enhancement of these cables to support undersea monitoring and command and control,” Johnson said.

The Wall Street Journal (WSJ), in a March article, reported that unidentified current and former security officials in the United States and allied governments had been expressing worries about Huawei Marine.

“The company’s knowledge of and access to undersea cables could allow China to attach devices that divert or monitor data traffic—or, in a conflict, to sever links to entire nations,” the WSJ reported, citing the officials.

In 2018, Australia stepped in to stop Huawei Marine from bidding on a project to lay underwater internet cables for the Solomon Islands. After Australia offered to fund and build the cables instead, the Pacific island nation accepted. According to Reuters, Australia’s decision was based on security concerns, given that Huawei would have had access to a broadband hub in Sydney if it were allowed to lay the cables.

**Huawei Unit’s Buyer**

Hengtong Optic-Electric is a subsidiary of Hengtong Group, a Chinese fiber-optic manufacturer. Prior to the latest announced acquisition, Huawei Marine has been working with Hengtong Group to build the Peace Cable project: a 12,000-kilometer (7,456 miles)-long underwater high-speed internet cable system linking Pakistan, South Africa, Kenya, Somalia, Djibouti, Egypt, and France.

The cable is currently being built, and according to Huawei’s official website, will be ready for service in the first quarter of 2020.

Hengtong Optic-Electric, while being a publicly listed company on the Shanghai Stock Exchange, has strong ties to the CCP. Cui Genliang, Hengtong Group’s current Party secretary and chairman of the board, has been a delegate to both the 12th and 13th National People’s Congress, the CCP’s rubber-stamp legislature, according to the Optic-Electric website.

The 13th National People’s Congress began in 2018 and lasts for five years, which means that Cui will hold his position until 2023.

While attending a provincial Party congress meeting at the Jiangsu capital of Nanjing in November 2016, Cui spoke about how his company would follow closely Beijing’s national strategic policies, including “Made in China 2025” and “One Belt, One Road,” for the goal of turning it into an international high-tech corporation with annual revenues surpassing 100 billion yuan (about \$14.5 billion), according to the Optic-Electric website.

Beijing rolled out the Made in China 2025 plan in May 2015 for the goal of transforming China into a high-tech powerhouse by 2025 by aggressively developing fields like information technology (IT), robotics, and semiconductors.

One Belt, One Road (OBOR, also known as Belt and Road) is an investment initiative announced by Beijing in 2013, under which the Chinese regime builds geopolitical influence through financing infrastructure projects. Some Hengtong cable-building projects have been described in press releases as part of OBOR.

Hengtong has also received government subsidies. According to its 2013 annual financial report, the company received at least 73 million yuan (about \$10 million) in 2011, at least 136 million yuan (about \$19 million) in 2012, and at least 115 million yuan (about \$16 million) in 2013.



# Twitter Suspended Accounts Critical of Chinese Regime Days Before Anniversary of Tiananmen Square Massacre

JENNIFER ZENG

Just days before one of the most sensitive anniversaries in China, Twitter suspended a host of Chinese-language accounts, many of which identified as “anti-CCP [Chinese Communist Party],” in what the company said was an accident.

The action, which some say may have affected more than 1,000 accounts, occurred overnight between May 31 and June 1. It drew heavy criticism from China commentators on the platform, with many speculating that the timing of the suspensions three days before the 30th anniversary of the Tiananmen Square massacre was more than a coincidence.

On May 31, many Chinese dissidents, rights lawyers, activists, college students, and ordinary netizens reported that they had lost access to their Twitter accounts. While Twitter is banned in China, many netizens circumvent the internet blockade to use the platform.

One Chinese Twitter user, whose account is named “709 Inciter,” said he suddenly found his Twitter account frozen on May 31.

“I cannot reply, retweet, comment, tweet, like or send private messages. I can see my tweets. However, all my followers and followings got cleared away. My friends cannot find me when searching for my username,” the user told the Chinese-language edition of The Epoch Times.

Tang Baiqiao, a student leader during the 1989 protests and president of the Democracy Academy of China, posted on his Facebook account on May 31: “My Twitter account was attacked! I cannot log in now. Almost all the materials (in my account) have disappeared. Not only me, but also almost all Twitter accounts of other members of our organization were attacked, with their contents deleted.”

Sasha Gong, a former Voice of America journalist, condemned Twitter’s actions.



LOIC VENANCE/AFP/GETTY IMAGES

▲ Logos of U.S. social networking service Twitter displayed on computer screens on Nov. 20, 2017.

“So far, every suspended account I have located was critical of the Chinese government,” she said in a statement about the suspension of her Twitter account.

“Twitter’s action seems to be in accordance with that of the Chinese authorities, who launched sever crackdown against any criticism in the eve of the big anniversary [sic]. No wonder many Chinese call it ‘the Twitter massacre.’”

Amid mounting reports of the account suspensions, U.S. Sen. Marco Rubio (R-Fla.) voiced his concern on June 1, writing that “Twitter has become a Chinese govt censor.”

In a statement on June 1, Twitter said

that the suspensions were an inadvertent result of its routine efforts to curb spam and “inauthentic” behavior.

“We suspended a number of accounts this week,” it said. “However, some of these were involved in commentary about China. These accounts were not mass reported by the Chinese authorities—this was a routine action on our part.

“Sometimes, our routine actions catch false positives or we make errors. We apologize. We’re working today to ensure we overturn any errors but that we remain vigilant in enforcing our rules for those who violate them.”

Some users, however, weren’t convinced

by Twitter’s explanation. One user, named Jack Blum, commented, “And this just so happened to occur right before the anniversary of Tiananmen?”

Other users, in response, posted an image of Twitter’s bird mascot with a hammer and sickle—the symbol of the Chinese Communist Party—as its eye, on top of a red background.

This year marks the 30th anniversary of the massacre of peacefully protesting students in Tiananmen Square, which remains a strictly censored topic in China. In the lead-up to the sensitive date, China censors have gone into overdrive to scrub the web of content relating to the 1989 tragedy.

Meanwhile, many Chinese netizens, who use virtual private network software to circumvent China’s “Great Firewall” to access foreign websites and social media, have complained on Twitter that it’s become harder for them “jump over the Great Firewall.”

The Great Firewall refers to China’s internet censorship apparatus that includes blocking foreign websites and censoring content deemed undesirable by the Chinese Communist Party.

Since last August, the Chinese regime has been clamping down on Chinese citizens’ activities on the U.S. social media site. Many Chinese dissidents and commentators have been forced by local police to shut down their accounts, while some have been detained and imprisoned.

In December, Twitter user Liu Hongbo, from Yangzhou City in China’s Jiangsu Province, was sentenced to six months in prison for posting more than 400 tweets that allegedly “defamed the Chinese Communist Party and Party leaders.”

In October, independent commentator Wang Yajun was detained for 10 days for his Twitter activity. After his release, he wrote, “Twitter, it’s time to say goodbye!”

## Contradictory Opinions in Chinese Media Indicate Split Within Party Over US Trade Talks

CONTINUED FROM A1

### CCP Propaganda

From May 23 to May 31, the CCP’s official mouthpiece People’s Daily criticized the U.S. administration continually for nine days, with scathing commentaries published daily.

The articles took on a hawkish tone in criticizing the United States for the breakdown in trade talks. For example, one editorial published on May 24 read, “The United States was self-destructive in its capabilities and achievements, which put the United States into a strategic trap of its own making.”

“When the United States is moving away from the correct direction of globalization, China will take the responsibility of fully supporting globalization. ... China is always the builder of world peace, a contributor to global development, and a defender of the international order,” another editorial stated on May 25.

Publishing nine articles consecutively to criticize a strategic rival was a tactic previously adopted by the CCP during rising tensions with the Soviet Union back in 1966. “Both of us [Soviet Union and CCP] said a lot of words which are nonsense [in those commentaries],” Deng Xiaoping, former CCP leader, once summarized in the 1980s.

Following the People’s Daily articles, China’s defense minister, Wei Fenghe, delivered a speech critical of the United States, at the Shangri-La Dialogue in Singapore on June 2: “The United States has launched economic and trade frictions against us recently. If it wants to talk, we are open to that. If it wants to fight, we will fight until the last moment.

“There’s no way the United States can bully us.”

### Another Opinion

But a commentary published by privately owned Caixin magazine, which often represents the views of the CCP’s pacifist faction, took a different stance.

On June 1, Caixin published an editorial titled “The People’s Interests Are Fundamental,” in which it criticized the state propaganda’s viewpoint. “History has proven that [the attitude of] self-limiting, self-isolating, and starting a new path on one’s own does not work ... and will bring huge losses to people’s interests,” it states.

The article called out the People’s Daily’s rhetoric, which claimed that since the United States has enacted punitive measures against China, the Chinese regime should stop business with the United States, and develop its own technological standards and economic system. Caixin called such attitudes “extreme nationalism” that will end up hurting the country.

In the U.S.–China trade dispute, the article suggested a different approach:



ANDREA VERDELLI/GETTY IMAGES

Deputies of the National People’s Congress during the second plenary meeting at the Great Hall of the People in Beijing, on March 8, 2019.

“Achieving common ground while reserving our differences as much as possible is the way to meet the interests of both the people of the United States and China. ”

The report was broadly shared by Chinese netizens, but was taken down the following day.

### Factional Infighting

Some former officials have expressed similar pacifist views. Li Ruogu, who served as the chairman and president of China Export-Import Bank until 2015 and still regularly makes public appearances, said earlier this year at a conference: “The U.S.–China relationship is the foundation of relations between China and the West. ... It will impact our relationship with other developed countries if we can’t manage it well.”

Zhou Xiaochuan, former governor of the People’s Bank of China (PBoC), China’s central bank, said at a finance conference held in Japan on May 27 that he disagreed with the Chinese regime’s insistence on keeping the currency exchange rate below seven yuan against the U.S. dollar. He added that the exchange rate should be decided by the market.

This opinion differs from the current leadership. Yi Gang, the current governor of PBoC, and Guo Shuqing, chairman of the China Banking Regulatory Commission, have all publicly stated that seven is the bottom line of the yuan-dollar exchange rate.

Li Linyi, a U.S.–based commentator, told the Chinese-language Epoch Times on June 2 that this stark difference in opinion indicates that the political infighting within the Party has worsened, since the Party stresses unity in the public eye in order to appear stable.

“Under the pressure of the U.S.–China trade war, the cracks between CCP factions are enlarging. Sooner or later, people will see these cracks as the trade pressure increases,” Li said.

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The two contradictory opinions on display hints at political infighting—and indecision—within the Chinese Communist Party (CCP) regarding how to deal with the United States.

## Chinese State Media’s Rare Correction Reveals Panic as China’s Banks Face Trouble

NICOLE HAO

A Chinese state media outlet recently published a correction to its previous report about several small and mid-sized Chinese banks that are about to go bankrupt.

It is unusual for state media to apologize for giving wrong information. Locals surmise that it was likely a move by Chinese authorities to quell public panic and prevent bank runs from happening.

### Correction Statement

Securities Times is a daily newspaper managed by the Chinese Communist Party’s (CCP) mouthpiece People’s Daily. It is the official newspaper authorized by the government to release news on Chinese listed companies, as well as policies and statements of China’s securities, banking, and insurance regulators.

On May 30, Securities Times published a correction on its website, explaining that a report published on May 29 was incorrect.

Readers tried to find the original report but discovered that Securities Times deleted it and other related posts on social media. Dozens of media that had reposted the Securities Times report also deleted their posts.

But some netizens saved screenshots of the article before it was scrubbed. The report said: “Officials from China’s financial regulator said that some rural and urban commercial banks are on the verge of technical bankruptcy due to their serious credit risks.”

Technical bankruptcy refers to entities that have defaulted on their matured debts. Those commercial banks would be “closed in accordance with market principles.”

### Supervision

The deleted Securities Times article had sought to calm citizens’ fears, announcing that China’s central bank, the People’s Bank of China, would invest 10 billion yuan (\$1.45 billion) in the troubled banks and that it also established a deposit insurance fund on May 24.

The report also cited official statistics about the growing number of high-risk financial entities:

the central bank conducted an evaluation of 3,969 Chinese banks in the first quarter of 2018, 420 of which were at high risk. Most of them—411 to be exact—were located in rural areas. The article warned those banks to reduce risks.

Baoshang Bank, a state-run commercial bank based in Baotou City of the sparsely-populated Inner Mongolia, was at the most serious risk, and has been under the central bank’s supervision since May 24.

To avoid a possible bank run—in which large numbers of people withdraw their money from the bank at the same time—the central bank stated on May 24 that China Construction Bank, one of China’s “big four” state-run banks, will take over Baoshang

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Officials from China’s financial regulator said that some rural and urban commercial banks are on the verge of technical bankruptcy.

EXCERPT FROM A NOW-CENSORED SECURITIES TIMES ARTICLE

Bank’s business operations, which can guarantee that bank customers are unaffected.

Being supervised by the central bank means Baoshang Bank has already entered into technical bankruptcy.

### More Banks Are Reportedly Going Bankrupt

After Securities Times sought to backtrack from its report, Radio Free Asia (RFA) quoted several people from Chinese banks on May 30, saying that a Chinese financial group shared an internal email listing several banks that are currently under the central bank’s supervision. But the actual list has not been publicized so far.

Chen Yuxiang, a Chinese businessman, told RFA that since the U.S.–China trade dispute added economic pains, local government and companies are having a hard time paying back matured bank loans.

RFA interviewed a female manager at a bank purportedly on the internal list, who confirmed that her bank has not been doing well for more than two years, and is now under central authorities’ supervision. She plans to resign before the bank officially closes down.

Ms. Li, who works at another Chinese bank, told RFA that she believes the central bank is worried about another bank run, and thus has not allowed the public to know what banks are in trouble.

Bank runs have occurred before in Jiangsu, Shanxi, and other provinces since 2016.



MARK RALSTON/AFP/GETTY IMAGES

A worker wheels a bank teller machine on the streets of Beijing on June 18, 2008.



# US Could Bar Entry to Chinese Officials Involved in Persecution of Falun Gong

CONTINUED FROM A1

told various religious and faith-based groups about the intensified scrutiny. The official advised Falun Gong practitioners in the United States that they could submit a list of Chinese officials known to be involved in the persecution, the news release stated.

Falun Gong, also known as Falun Dafa, is a traditional self-improvement discipline with meditation exercises based on the tenets of truthfulness, compassion, and tolerance. The practice was introduced to the public in China in 1992 and quickly gained popularity, spreading from China to more than 80 countries.

According to a state survey, the practice reached over 70 million adherents by 1999—though practitioners estimated the number was over 100 million.

Fearing that its popularity would jeopardize the Chinese Communist Party (CCP)'s rule, in July 1999, then-regime leader Jiang Zemin launched a nationwide persecution, in which practitioners are rounded up and sent to prisons, labor camps, and brainwashing centers—where they are often tortured in an attempt to coerce them into giving up their faith. The suppression continues today.

Lai Shantao, president of the Falun Dafa Association of Washington, D.C., confirmed to The Epoch Times that association representatives met with the State Department official earlier this year about the new action. The official told them the Trump administration is stepping up its enforcement of these laws, he said.

“This shows the U.S. government has entered a new phase in its concern for the persecution of people of faith worldwide, especially in relation to China—the most severe violator of religious freedom in the world,” Lai said.

He added that the development is a warning for officials involved in the persecution of Falun Gong in China, especially those



▲ Police detain a Falun Gong practitioner who was protesting in Tiananmen Square as a crowd watches in Beijing on Oct. 1, 2000.

who are thinking of visiting or fleeing to the United States.

“It sends them a message that you can’t persecute Falun Gong,” he said.

A spokesperson with the State Department, in an email to The Epoch Times, didn’t respond to questions seeking confirmation of the measures, but said that “the United States seeks to ensure that individuals who have violated human rights do not secure safe haven in the United States.”

“There are a number of potential ineligibility grounds applicable to U.S. visa applicants who have engaged in human rights violations or corruption, including ineligibilities for foreign government officials

who have engaged in severe violations of religious freedom,” the spokesperson said.

**Chinese Regime at War With Faith**

Gary Bauer, commissioner at the U.S. Commission on International Religious Freedom, told The Epoch Times on May 31 that he would welcome the U.S. administration’s steps in this direction.

“I certainly do not want to see the United States be a haven for those that have been implicated in persecution in other countries, in China or [elsewhere],” Bauer said. “My hope will be that anyone in the United States that [has] engaged in the persecution against people of faith in China will pay a

suitable price in the United States for that persecution.”

An April report by the commission, an independent federal body that advises the U.S. government and Congress on religious freedom issues, highlighted that over the past year, the Chinese regime has ramped up its persecution of religious groups, including Falun Gong practitioners, Uyghur Muslims, Christians, and Tibetan Buddhists.

In 2011, U.S. President Barack Obama signed a proclamation to suspend entry of serious human rights violators to the United States as immigrants or non-immigrants.

“Universal respect for human rights and humanitarian law and the prevention of atrocities internationally promotes U.S. values and fundamental U.S. interests,” the proclamation stated.

Earlier this year, U.S. Ambassador-at-Large for International Religious Freedom Sam Brownback delivered a speech at the Foreign Correspondents’ Club in Hong Kong calling on Beijing to end all forms of religious persecution in China.

“Chinese government is at war with faith. It is a war they will not win,” Brownback said on March 8.

This isn’t the first time a government concerned about the persecution of Falun Gong in China has made moves to bar Chinese officials from entering their country.

In 2017, a joint task force of Taiwanese government bodies denied entry to at least three CCP officials and members of their “professional exchange groups” because of their involvement with the persecution of Falun Gong practitioners inside China.

The joint task force further said that any CCP officials with ties to the “610 Office,” an extralegal Party organization created for the sole purpose of carrying out the persecution, wouldn’t be permitted entry to Taiwan in the future.

*Jennifer Zeng and Frank Fang contributed to this report.*

## Trump Meets With May in London, Discusses Bilateral Trade Deal

BOWEN XIAO

President Donald Trump’s UK trip went from pomp and pageantry to politics on June 4 as he met with outgoing British Prime Minister Theresa May in London to discuss a bilateral trade deal to go into effect after the UK leaves the European Union.

Although Trump has criticized May in the past, he praised the trading relationship between the two countries on the second day of his state visit, as the leaders held a joint news conference near the prime minister’s Downing Street office. May is due to step down on June 7.

“The United Kingdom is America’s largest foreign investor and our largest European export market,” Trump said. “As the UK makes preparations to exit the European Union, the United States is committed to a phenomenal trade deal between the U.S. and the UK.”

Trump praised what he called the “the greatest alliance the world has ever known” in describing the countries’ relationship as he commemorated the 75th anniversary of D-Day in World War II.

“The bonds of friendship forged here and sealed in blood on those hallowed beaches will endure forever,” he said.

Before the joint news conference, Trump and May had an economic meeting at St. James’s Palace that brought together 10 leading companies—five from the UK and five from the United States. CEOs and senior representatives from BAE Systems, GlaxoSmithKline, National Grid, Barclays, Reckitt Benckiser, JP Morgan, Lockheed Martin, Goldman Sachs International, Bechtel, and Splunk were listed as attending.

May noted the trading relationship between the two allies is worth “over 190 billion [pounds] (\$241 billion) a year.”

Trump said that “everything is on the table” in regard to the possible trade deal, including the National Health Service. “We’re the largest investors in each other’s economies, with mutual investments valued at as much as \$1 trillion.”

During the conference, May was asked if she might stay longer in order to work out a trade deal with the United States. She said that was out of the question.

“I’m a woman of my word,” she told reporters, in reference to her impending departure.

May, who also praised the countries’ “precious” relationship, acknowledged some differences with Trump on issues including climate change and Iran.

May said they discussed the importance of working together to address “Iran’s destabilizing activity in the region and to ensure Tehran cannot acquire a nuclear weapon.” Although, she said that they “differ on the means of achieving that.”

The UK still supports an international agreement to curb Tehran’s nuclear am-



Prime Minister Theresa May, husband Philip May, President Donald Trump, and First Lady Melania Trump during a visit to 10 Downing Street on the second day of Trump’s state visit on June 4, 2019.

bitions, but Trump has withdrawn the United States from the deal. May also mentioned Britain’s continued support for the Paris agreement on climate change, which Trump has pulled out from.

Trump, who called May a “tremendous professional,” also discussed the Chinese company Huawei, and stressed that any issues about intelligence sharing with Britain could be resolved. The Trump administration has told allies not to use Huawei’s 5G technology and equipment because of fears that could allow China to spy on sensitive communications and data that may affect intelligence-sharing.

After the joint conference, Trump met with Nigel Farage, leader of the UK’s Brexit Party. Farage was pictured by a Reuters photographer arriving at the U.S. ambassador’s residence in London, where Trump is staying.

The president said he had turned down a requested meeting from Labour Party leader Jeremy Corbyn.

Later in the afternoon, Trump, joined by First Lady Melania Trump, toured the Churchill War Rooms, the British government’s underground command center during World War II.

Just after 8 p.m. local time, the Trumps welcomed Prince Charles and his wife, Camilla, in front of the U.S. ambassador’s residence, where the first couple hosted a dinner attended by around 60 dignitaries. U.S. officials in attendance included Secretary of State Mike Pompeo; Treasury Secretary Steven Mnuchin and his wife, Louise Linton; and press secretary Sarah Sanders.

Trump will use the next two days to mark the 75th anniversary of D-Day, the pivotal battle on June 6, 1944, that left thousands of Allied troops dead.

The Associated Press contributed to this report.

The United Kingdom is America’s largest foreign investor and our largest European export market. As the UK makes preparations to exit the European Union, the United States is committed to a phenomenal trade deal between the U.S. and the UK.

PRESIDENT DONALD TRUMP

## US Urges Chinese Regime to Release Detained Uyghur Muslims for Eid Holiday

CATHY HE

The U.S. State Department on May 29 renewed calls for the end of the mass internment of Uyghur and other Muslims in the northwestern region of Xinjiang in China, so that they may be reunited with their families for the upcoming Eid holiday.

“The human rights abuses in Xinjiang must end, and they must end now,” State Department spokesperson Morgan Ortagus said during a press briefing. “We call on the Chinese government to release all Uyghurs and other Muslim minorities arbitrarily detained throughout Xinjiang, so that they may return home to celebrate the Eid holiday with their loved ones.”

Eid, which falls on June 4 this year, is an important holiday celebrated by Muslims to mark the end of Ramadan, the Islamic holy month of fasting.

The U.S. State Department and experts estimate that more than 1 million Uyghur and other Muslim minorities are being detained in internment camps, where they are forced to undergo political indoctrination and renounce their faith. Former detainees have recounted Uyghurs being tortured, raped, and even killed in these camps.

“The United States is alarmed by the arbitrary and unjust detention of more than 1 million people; widespread reports of torture and cruel, inhumane, or degrading treatment; ever-present, high-tech surveillance; and coerced practices contrary to people’s faiths,” Ortagus continued.

“Throughout this campaign, the Chinese government aims to force its own citizens to renounce their ethnic identities and their Islamic faith.”

According to Radio Free Asia, the regime has forced detained Muslims to break fasting during Ramadan and also forced them to eat pork, which is strictly forbidden in Islam.

Beyond detention, the Xinjiang region has served as a testing ground for sophisticated forms of mass surveillance and control. Uyghur residents are monitored via a dense network of surveillance cameras—some enhanced with facial recognition and night-vision capabilities—and security checkpoints.

The Chinese regime uses the pretext of fighting extremism to justify the crackdown.

Ortagus added that “the repression of Chinese Muslims stands out as particularly cruel and inhumane during the Holy Month.”

The strong condemnation comes a week after the U.S. Senate Foreign Relations Committee passed a bill, called the Uyghur Human Rights Policy Act, which would require regular reports on the crackdown and the appointment of a special State Department coordinator on Xinjiang. The bill, which also has a House equivalent, will now move to the Senate floor.

Earlier in May, a senior U.S. Defense Department official called the facilities “con-

“The repression of Chinese Muslims stands out as particularly cruel and inhumane during the Holy Month.

MORGAN ORTAGUS  
SPOKESPERSON FOR THE U.S. STATE DEPARTMENT

centration camps.”

“The [Chinese] Communist Party is using the security forces for mass imprisonment of Chinese Muslims in concentration camps,” Randall Schriver, assistant secretary of defense for Indo-Pacific security affairs, told a Pentagon briefing on May 3, estimating that the number of detained Muslims could be “closer to 3 million citizens.”

Schriver defended his use of a term normally associated with Nazi Germany as appropriate under the current circumstances. Asked by a reporter, Schriver said that it’s justified “given what we understand to be the magnitude of the detention, at least a million but likely closer to 3 million citizens out of a population of about 10 million.”

“So, a very significant portion of the population, [given] what’s happening there, what the goals are of the Chinese government and their own public comments make that a very, I think, appropriate description,” he said.

Secretary of State Mike Pompeo, in an interview with Fox News on May 2, also alluded to Nazi Germany, saying that the internment camps were “reminiscent of the 1930s that present a real challenge to the United States, and this administration is prepared to take this on.”

Reuters contributed to this report.



Uyghurs rally in front of the U.S. Mission to the United Nations to encourage the State Department to fight for the freedom of the imprisoned Uyghurs in Xinjiang, China, on Feb. 5, 2019.



# US Justice Department Watchdog Started 10 New Investigations of the FBI Since Last Year

IVAN PENTCHOUKOV

The U.S. government watchdog tasked with oversight of the FBI initiated 10 new investigations of the bureau since last year, according to a review of archived versions of the page tracking the agency’s ongoing work.

The Department of Justice Office of the Inspector General (OIG) is best known for its ongoing investigation of the FBI’s use of a Foreign Intelligence Surveillance Act (FISA) warrant to spy on Trump-campaign associate Carter Page. The inspector general has nearly completed that investigation and is expected to release a report in the coming weeks.

But the FISA inquiry is one of at least six inspector general inquiries which appear to be directly related to FBI and DOJ activities targeting the Trump campaign before the 2016 presidential election. All six of the investigations were made public on the OIG’s Ongoing Work page between January 2018 and April this year.

The inspector general’s office declined to provide the exact dates when each investigation was initiated and declined to provide further information about the inquiries.

In three separate investigations, the inspector general is reviewing the FBI’s use of undercover operations, confidential human sources, and covert contracts. Evidence made public since the 2016 election suggests that all three of these bureau components were involved in the counterintelligence investigation of the Trump campaign.

The inspector general is also scrutinising how the FBI handles misconduct investigations of its employees. This probe may include the many FBI officials who have



SAMIRA BOUAOU/THE EPOCH TIMES

Michael Horowitz (L), Inspector General at the Department of Justice and FBI Director Christopher Wray at a Senate hearing in Washington on June 18, 2018.

“The FISA inquiry is one of at least six inspector general inquiries which appear to be directly related to FBI and DOJ activities targeting the Trump campaign before the 2016 presidential election.

either been fired from or left the bureau since 2017. The fired FBI officials include Director James Comey, Deputy Director Andrew McCabe, and Deputy Assistant Director Peter Strzok.

The watchdog inquiry into the FBI confidential human sources programme may in part focus on former British spy Christopher Steele. The bureau hired Steele in 2016 and paid him to provide raw intelligence from his notorious anti-Trump dossier. The bureau fired Steele after learning that he provided the same intelligence to news media in violation of the rules for

confidential human sources.

Before firing Steele, the bureau used information from his dossier as evidence to obtain a warrant to surveil Page. Top FBI and DOJ officials signed off on the warrant despite evidence that Steele was biased against Trump and without verifying the claims in his dossier. The application for the FISA warrant omitted the fact that the Clinton campaign and the Democratic National Committee paid for the dossier.

In one of the most recent disclosures about Steele, notes by State Department official Kathleen Kavalec show that the FBI was likely aware that Steele was not a reliable source well before securing a warrant using Steele’s dossier as evidence. Notably, the OIG is assessing “the FBI’s process of determining reliability and appropriateness of confidential human sources.”

The FBI also used at least one undercover agent, Stefan Halper, to target Trump-campaign associates, including Page and George Papadopoulos. Another undercover agent, Azra Turk, worked alongside Halper to target Papadopoulos, but it is not known if she was sent by the FBI or another agency.

The watchdog’s scrutiny of the FBI’s covert contracts is likely to cover more than one component since these agreements are used by different branches of the bureau. Steele’s contract with the FBI was likely covert. Halper was an FBI informant and worked for a think tank paid by the Department of Defense.

The inspector general is also looking into the DOJ’s “use of immigration sponsorship programmes.” This probe may review how Steele lobbied DOJ official Bruce Ohr for a visa for Russia billionaire Oleg Deripaska.



YURI CORTEZ/AFP/GETTY IMAGES

A Russian Ilyushin Il-62M Air Force plane arrived with troops and equipment at Simon Bolivar International Airport in Venezuela on March 28, 2019.

## Russia Withdraws Most of Its People From Venezuela, Trump Says

IVAN PENTCHOUKOV

President Donald Trump said on June 3 that Russia has informed him about its withdrawal of most of its personnel from Venezuela.

“Russia has informed us that they have removed most of their people from Venezuela,” Trump wrote on Twitter.

The president’s message confirms an anonymously sourced report published in The Wall Street Journal on June 2. A Russian state defense contractor, Rostec, reduced the number of its employees in Venezuela to a few dozen from 1,000, according to the source.

The withdrawal is associated with the lack of new contracts from the regime of illegitimate socialist dictator Nicolás Maduro. Rostec is also convinced that the regime no longer has the cash to pay for the services, according to the Journal’s sources.

The withdrawal is a blow to Maduro, since Russia was one of just a handful of nations that continued to back the socialist regime after Venezuela’s national assembly declared the dictator a usurper and elevated Juan Guaidó to the interim presidency. More than 50 nations, including the United States, recognise Guaidó as the legitimate leader.

The drawdown by Rostec is also a sign that U.S. sanctions are working around the world. Maduro’s regime has been crippled by increasing U.S. sanctions, cutting off its ability to pay Rostec. In the meantime, an increasingly difficult economic situation in Russia, linked in part to the U.S. sanctions on Moscow, contributed to Rostec’s strategic decision to pull out of the region.

Venezuela hasn’t paid for Rostec’s services for months, according to a source. The last contract Rostec fulfilled was for the construction for a helicopter training centre for military helicopters in March.

Rostec denied the Journal’s report.

President Donald Trump and Secretary of

State Mike Pompeo have both blamed Russia for Maduro’s reluctance to step down. Pompeo alleged in May that Russia instructed Maduro to not step down during an attempt to oust him.

“We literally had Nicolás Maduro getting prepared to get on this aeroplane and head out of the country before he was stopped, stopped really at the direction of the Russians,” Pompeo said at a gala in Washington on May 1.

Guaidó vowed to press ahead with street protests after talks with government officials hosted by Norway ended on May 29, without progress toward resolving Venezuela’s political crisis.

In Oslo, Guaidó again called on Maduro to step down so that new elections can be called. Maduro has repeatedly refused to step down.

“There was no immediate agreement, so the chance that we have today is to remain in the streets,” Guaidó told Fox Business Network, speaking via an interpreter. “We want to reach a solution to the conflict.”

Norway’s foreign ministry said on May 29 that envoys for both parties had shown a “willingness” to make some headway.

“The parties have demonstrated their willingness to move forward in the search for an agreed-upon and constitutional solution for the country, which includes political, economic and electoral matters,” the foreign ministry said.

In remarks on national television, Maduro said the regime had prepared the ground for the Norway mediation with months of secret talks. Sources in Guaidó’s government have also said there have been contacts with elements of the Maduro regime for months, particularly in the run-up to the abortive April 30 military uprising.

“The only way forward is dialogue,” Maduro said. “We want a peace deal.”

Reuters contributed to this report.

“... the regime no longer has the cash to pay for the services.

## Trump Administration Bans Cruises to Cuba in Clampdown on Communist Regime

HAVANA—The Trump administration on June 4 imposed heavy new restrictions on U.S. travel to Cuba, including a ban on cruises, in a further bid to pressure the island’s Communist government to reform and end its support for Venezuela’s illegitimate dictator Nicolás Maduro.

The tightening of the decades-old U.S. embargo on one of the world’s last remaining communist regimes will further wound its crippled economy.

The State Department said the United States will no longer permit visits to Cuba via passenger and recreational vessels, including cruise ships and yachts, as well as private and corporate aircraft.

The United States also will no longer allow so-called group people-to-people educational travel, one of the most popular exemptions to the overall ban on U.S. tourism to Cuba. Travel experts said some groups may get around that by instead using one of the 11 other categories still allowed.

The administration of President Donald Trump had announced the new restrictions in April, as part of its rollback of the U.S.-Cuban detente of former President Barack Obama and its broader battle against socialism in Latin America.

“The Administration has advanced the President’s Cuba policy by ending ‘veiled tourism’ to Cuba and imposing restrictions on vessels,” said a tweet from Trump’s national security advisor John Bolton, who has led the U.S. campaign against what he has called the “troika of tyranny” of Cuba, Venezuela and Nicaragua.

“We will continue to take actions to restrict the Cuban regime’s access to U.S. dollars.”

Cuba’s President Miguel Diaz-Canel said the island won’t be intimidated.

“They have not been able to asphyxiate us, they will not be able to stop us, we will continue to live and we will conquer,” he wrote on Twitter.

This is the second time the Trump admin-

istration has tightened U.S. travel restrictions on Cuba.

The Trump administration is hitting the two areas of the economy—tourism and investment—that have helped Cuba keep the economy afloat even as it has faced declining Venezuelan aid and exports in recent years.

Last month, the administration allowed U.S. lawsuits against foreign companies for the use of property confiscated after Cuba’s 1959 revolution.

Meanwhile, U.S. travel to Cuba had boomed in recent years after Obama loosened restrictions, allowing the re-establishment of regular commercial flights and cruise services.

The United States became the second-largest source of travelers to the island after Canada, with a majority arriving on cruise ships.

According to the Cuban government, 257,500 U.S. citizens, not including those of Cuban origin, visited Cuba from January through March, with 55 percent arriving on cruise ships.

But critics of the Cuban government said much of this travel wasn’t for educational but rather for recreational purposes, which contradicted the ban on tourism.

Carnival and Royal Caribbean, which both offer cruises to Cuba, didn’t immediately reply to requests for comment. Norwegian Cruise Line said it was “closely monitoring these recent developments and any resulting impact to cruise travel to Cuba.”

Cuba travel experts say U.S. travel to Cuba will still be possible, even if not via cruises.

“There are still a number of ways to legally visit Cuba,” said Collin Laverty, president of Cuban Educational Travel, which brings hundreds of groups to Cuba every year. “Commercial flights were left intact and any previously made reservations can go forward.”

By Sarah Marsh and Marc Frank  
From Reuters



JORGE BELTRAN/AFP/GETTY IMAGES

The first US-to-Cuba cruise ship to arrive in the island nation in decades glides into the port of Havana, on May 2, 2016.



CHRISTOPHER FURLONG/GETTY IMAGES



D-Day veteran Eddie Dibley, aged 93, from Hertfordshire throws a wreath into the sea from a Brittany ferry on his way to a memorial ceremony in Normandy, France, on June 3, 2019.

# When Will World War II Finally Be Over?

GARY GINDLER

*Commentary*  
When will World War II be over? Even as we celebrate the 75th anniversary of D-Day, it's not a rhetorical question.

On the surface, World War II ended a long time ago, in 1945. However, the more accurate statement would be that while the shooting war in Europe and the Pacific ended, while one of the main reasons for the war in Europe—the conflict between one particular strain of socialism (national socialism), on the one side, with other versions of socialism and capitalism, on the other side—had not. (Let us recall that the USSR fought on the side of the Third Reich for about one-third of World War II and about two-thirds of the war against the Third Reich.)

Seeds of (international) socialism, supported by the USSR, along with national socialism, supported by the Third Reich, were spread in many countries before the war, during the war, and after the war. However, nowhere in the world did these seeds sprout to such political significance as they did in Latin America and the Middle East.

The pioneer Middle Eastern movement that married Arabs and socialism was the Muslim Brotherhood, established in 1928 in Egypt (a so-called socialist theocracy). Such a marriage was a manifestation of remarkable ideological propinquity between a 7th-century semi-religion (Islam) and a 19th-century semi-religion (socialism).

The amalgamation of Islam and socialism was exactly the mixture Soviet leaders liked; such a mixture became the perfect breeding ground for international terrorism (under the pretence of “national liberation movements” and the “war against Israeli occupation of Arab lands” later).

One of the first leaders who formally accepted Islamo-socialistic ideas was Yasser Arafat, a leader of the Palestinian Liberation Organisation (PLO). In 1967, right after the Six-Day War, he was rewarded with a brand-new KGB invention known as the Arab Palestinian nation (prior to 1967 only Jews were called Palestinians).

Since the formal end of World War II, socialists have preferred peaceful, legislative, and incremental changes imposed on the host societies to achieve their goals of wealth redistribution. Modern socialists are trying to avoid bloody revolutions; their *modus operandi* is a slow evolution (sometimes called gradualism).

Within non-Muslim societies, except for periodic acts of terrorism, that's precisely the *modus operandi* of the Muslim Brotherhood. That's one reason why the socialist movement has joined forces with their ideological colleagues from the Muslim Brotherhood.

In other words, the sympathy between former President Barack Obama and the Muslim Brotherhood wasn't without an underlying rationale.

“Muslim socialism” is similar to orthodox socialism; both call for the “just redistribution of wealth” and other classical left-wing, class-struggle ideas. In non-Muslim majority nations, such as the United States, Muslims are falsely designated as an “oppressed proletariat” class, while the Christian majority is falsely designated as the “oppressive bourgeoisie”;

Some chapters of the Hamas charter somewhat resemble the ideas of prominent Marxist Antonio Gramsci of reforming arts, culture, and education for their “liberation” goals, but in terms of the jihad.

thus, the virus of Muslim class struggle enters the host nation.

The toxic seed of socialism on Muslim soil has led to unique perspectives, such as “socialism is a way of life, not just economic order.” Recall that, according to Islam, “Islam is a way of life, not just a religion.”

The unbelievable, improbable marriage between dedicated Muslims and atheist-by-definition socialists is one of the most remarkable events in human history.

In Latin America, a similar process took place—under the name of liberation theology, also invented in the bowels of the KGB, and propagated by numerous Soviet agents and “useful idiots.” It reached the United States under the name “black liberation theology”; it reached the Vatican in the form of Pope Francis, the first Marxist-leaning pope.

**Arab Socialist Parties**

The Baath Party, better known as the Arab Socialist Renaissance Party, was established in 1947 in Syria. The Baath Party was “nationalist, populist, socialist, and revolutionary”; the party's slogan was “Unity, Liberty, Socialism.” In 1951, their sister party was established in Iraq. In 1968, the Iraqi Arab Socialist Renaissance Party attempted to take power in a coup d'état. One of the essential revolutionaries was young socialist Saddam Hussein, who eventually became president-dictator of the country in 1979.

Like their historical predecessors in Germany, Iraq's national socialists fought fierce battles with their ideological cousins—Iraqi communists. Like another historical predecessor—Joseph Stalin—Saddam Hussein became a dictator after a bloody purge of his old comrades. (At the end, just like in post-World War II Germany, where a painful process of denazification took place, the slow process of de-Baathification is currently underway in Iraq.)

The present leader of the socialist Baath Party in Syria is president-dictator Bashar al-Assad. In addition to Baath, Assad is also affiliated with the Syrian National

Progressive Front. Note the importance of the words “national” and “progressive” in the name—it's the same “national” as in “national socialism,” and “progressive” refers to the Progressive Era of socialism, which had its beginning in the progressive taxation demanded by the “Communist Manifesto” of Karl Marx and Friedrich Engels.

The Syrian National Progressive Front unites many parties—the Syrian Communist Party, Syrian Socialist Party, Syrian Social Nationalist Party, Democratic Socialist Unionist Party, the Arab Socialist Union, and many other leftist Pan-Arabist parties.

Hamas calls itself the “Islamic Resistance Movement.” In their charter, they proclaim, “The Islamic Resistance Movement is one of the wings of the Muslim Brothers in Palestine.” Also, in the charter, Hamas commands (in a pretty heretical way for traditional Islam) that in a fight with Israel “a woman must go out and fight the enemy even without her husband's authorisation, and a slave without his masters' permission.”

In a conventional Soviet manner, the Hamas charter unloads on the imperialism of “occupiers” and “imperialist forces” of the “capitalist West.” In general, some chapters of the Hamas charter somewhat resemble the ideas of prominent Marxist Antonio Gramsci of reforming arts, culture, and education for their “liberation” goals, but in terms of the jihad.

Sizeable contributions to the Arab socialist movement were made by Muammar Gaddafi, who established a new socialist state in Libya called Jamahiriya (meaning “state of the masses”), as well by former Egyptian President Gamal Abdel Nasser, founder of the Arab Socialist Union.

The story of renaming Persia into Iran is one of the most fascinating stories in the Middle East. Persia existed for more than two millennia when, in 1935, she gave in to pressure from the German national socialists to adopt the new name—Iran, which is derived from the beloved term of the Third Reich “Aryan.”

The amalgam common in the Middle East of atheist-socialists and Islamic radicals led to the deposition of the Iranian Shah in 1979; eventually, Islamic forces overpowered the socialist ones in post-revolutionary Iran. Since then, Islamofascism became the accepted term for the mixture of socialism and Islam.

**The Virus of Socialism**

The virus of socialism is always present in human society in a dormant form; like all other viruses, under certain conditions it self-activates.

It causes the host society great suffering, as we can see from the numerous examples in the Middle East and elsewhere.

From the very beginning, Islam had elements loved by modern socialists. For example, Islamic Zakat (the third pillar of Islam, an additional mandatory tax on wealth at a rate of about 2.5 percent), is a ready-to-go wealth redistribution scheme.

In the Middle East, the virus of socialism has mutated into the virus of Islamofascism, so dealing with such ideology is more complicated than dealing with the Third Reich during World War II.

The United States and other NATO countries have spent trillions of dollars and

thousands of lives trying to “pacify” the region. However, the example of the Third Reich shows that the only reliable way to suppress the symptoms of Islamofascism is the complete rebuilding of the infected society.

The virus of socialism was so strong in the post-World War II years in the Middle East that the modern Jewish state of Israel, established in 1948, was based on a socialist, left-wing version of Zionism. The right-wing, capitalist version of Zionism of Vladimir Zhabotinsky was initially rejected, and it took Israelis about a half-century to turn the ship around and mostly reject the socialist foundations of Israel.

From the U.S. perspective, World War II is unfinished business.

Indeed, the U.S. financial system only recovered from the disaster of World War II in 1975, during the Cold War, when the last payment for the 30-year government war bond was made.

The Cold War was a global conflict because the virus of socialism is very contagious. Due to the spread of socialist ideas, the Cold War saw the same core participants as in World War II; however, the battlefields had expanded from Europe and the Pacific into the Middle East, Africa, and Latin America.

The current division is the same as it was before—on the one hand, it is capitalism, and on the other hand, various versions of traditional socialism (including globalism), mixed with some regional ingredients.

The absence of a shooting World War III at the moment is misleading; the shooting war never ceased in the Middle East after World War II was formally over. Let us recall that World War I didn't solve all the problems that had led to World War I, and that war even created brand-new problems after its end. In fact, it had created conditions that played a crucial role in triggering World War II. Again, some of the problems that led to World War II weren't solved by that war, and it created even more problems that persist to the present day.

The ideological conflict, started by the “Communist Manifesto,” does not seem to show signs of slowing down due to the widespread virus of socialism, even though the number of socialist countries has declined. However, the number of people worldwide who support this bloody ideology increases from within.

If the United States and NATO allies want to win in the end, declare full victory in World War II, and thereby prevent World War III, they had better stop the contamination from the virus of socialism.

The Allies must pay special attention to the most dangerous strain of socialism—which spreads by self-contamination.

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



Yasser Arafat (4th from the left), Chairman of the Palestinian Liberation Organisation Executive Committee, visits the border at Brandenburg Gate from East Germany, also known as the German Democratic Republic, on Nov 2, 1971.

GERMAN FEDERAL ARCHIVE/WIKIMEDIA COMMONS [CC-BY-SA 3.0]





Let us not let the cool, blue glow of our phones blind us from seeing the grandeur and significance of the eternal rays of the present.

OPINION

# Smartphones, Happiness, and the Uses and Disadvantages of Life in the Present Perfect

CLIFFORD HUMPHREY



Often when I encounter something beautiful—a swiftly passing sunset or a timeless work of art—I experience a subtle disappointment in the midst of the bliss. This same sensation arises sometimes when I’m engrossed in deep conversation with a friend. I’m struck by a desire to hit a pause button somewhere in the universe and take the thing and put it in my pocket for preservation.

The advent of the ubiquitous smartphone camera almost provides such a button. André Bazin, a French film critic, once said that “photography does not create eternity, as art does; it embalms time, rescuing it simply from its proper corruption.” Smartphones have made it possible to embalm each passing moment of the present and share them immediately with our friends through social media.

Thinkers such as C.S. Lewis and Friedrich Nietzsche warned about the dangers of living too much in the future or in the past. They noted that both distract us from the all-important present, “that point at which time touches eternity,” as Lewis said.

It’s tempting to think that smartphones help tie us more tightly to the present and help connect us more closely to people by enabling us to embalm and share images from our lives instantaneously. The pictures that crowd social media, though, are not actually the present, for—however immediate—they are moments that are already completed.

Grammatically speaking, these pictures are moments that exist in the present perfect, the just-now-and-no-longer.

The completed aspect of the present perfect is an experience of life, not as the present, but as the most immediate past. Thus, it is susceptible to the pitfalls for happiness that Lewis and Nietzsche laid bare. It’s also a new experience of history that invites reflection for the age of the smartphone.

**The Present Perfect**

An experience of connecting to others through images in the present perfect is similar to Lewis’s description of riding a train with our backs to the engine. We watch each moment pass by the window without seeing the broader context of the actual present, as we would if we were facing forward.

When we submit our attention and relationships to various media of the present perfect, we submit them to historical interpretation. Lewis describes historicism as



“the belief that men can ... discover an inner meaning in the historical process.”

I wonder if, similarly, we think we can derive some real connection to our friends by viewing pictures of what they had for breakfast today while on their getaway vacation to Paris. Are we not both being fooled?

Perhaps. But do we not deserve some amusement? And isn’t a pseudo-connection to our loved ones better than none at all? Of course, a thousand times, yes. Unless, however, that amusement and those pseudo-connections lull and dissuade us from taking actions in the actual present—the present continuous—to connect with others and enjoy the moments of passing beauty in real time.

**The Age of the Smartphone and Amusing History**

In “On the Uses and Disadvantages of History for Life,” Nietzsche warned that living in constant awareness of history is an obstacle to happiness. He complained, “We are all suffering from a consuming fever of history and ought at least to recognize that we are suffering from it.”

Consider the cattle, how they graze, he suggests, completely and always in the present moment, oblivious of the past, its triumphs and regrets. They are completely free to enjoy the present.

We humans, though, can paralyze ourselves by being overly conscious of the bewitching past. Nietzsche feared that man in the 19th century was becoming too engrossed in a sense of history that would result in an enervating lethargy in the present. Consider

▲  
The age of the smartphone introduces and confronts us with a new type of history, with new uses and disadvantages. Amusing history is useful for distracting us from anxiety with innocent diversions.

It’s tempting to think that smartphones help tie us more tightly to the present and help connect us more closely to people.

now, man in the 21st century, habituated to checking his phone 150 times a day, stuck in the present perfect of other people’s lives or the exhibition of moments from his own life.

Nietzsche believed that happiness involves taking noble actions, but he saw that in order to exert ourselves in such activity we must become unhistorical. We must learn to shut off the memories that plague our indecision.

“We need history, certainly,” he admitted, but “for the sake of life and action, not so as to turn comfortably away from life and action.”

Accordingly, he identified three types of perspectives on history: monumental, antiquarian, and critical. And he noted certain uses and disadvantages for each. We can look back at history and be inspired, gather a context for our lives, and maintain a sense of justice that transcends our present. But we can also be deceived by our impressions of people in the past, trap ourselves in an unwholesome context, and come to think that we are more enlightened than all those who came before us.

The age of the smartphone introduces and confronts us with a new type of history, with new uses and disadvantages. Call it Amusing history.

Amusing history is useful for distracting us from anxiety with innocent diversions. It also helps us stay informed of the lives of others, providing a medium to communicate via image often more than word.

Amusing history is a disadvantage, however, when it draws us away from the thinking and action required to deal with the causes of the anxiety we’d like to ignore. It can also contribute to the construction of an illusion that we are connecting on a genuine level with other people, when all we are doing is affirming one another’s projections of an ideal self.

This is no Luddite call to destroy our technology, but, rather, a reminder that technology is meant to serve life, not turn its users into the cogs of its own framework.

Lewis proclaimed that “the present is all lit up with eternal rays.” Let us not let the cool, blue glow of our phones blind us from seeing the grandeur and significance of those rays.

*Clifford Humphrey is originally from Warm Springs, Ga. Currently, he is a doctoral candidate in politics at Hillsdale College in Michigan.*

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



# The Chinese Regime Aims to Vanquish Capitalism With Socialism. What’s at Stake?

PETER ZHANG

Amid intense trade negotiations between Beijing and Washington on April 1, General Secretary Xi Jinping’s 2013 speech to the new members of the Chinese Communist Party’s Central Committee was published.

It was an important speech, as evidenced by its appearance in *QiuShi* (“Seeking Truth” in Chinese), an official journal of the Chinese Communist Party (CCP). And soon thereafter, Xi’s speech was simultaneously published by People’s Daily and Xinhua News Agency, which are two other prominent mouthpieces of the Party.

The simultaneous publication of Xi’s years-old speech indicated something significant: a deep concern by the CCP pertaining to the current standoff between China and the United States. The speech was notable especially for a prophecy by Xi. Citing Marx and Engels’ doctrines, Xi claimed that socialism would inevitably vanquish capitalism, despite the fact that the fall of capitalism is a very distant prospect.

Indeed, the timing of this publication appears to be no accident. Multiple media sources have reported that Xi called an urgent meeting on Jan. 21, summoning top provincial leaders to Beijing to hear his stern warnings about mounting risks the CCP faces in this Year of the Pig.

In addition to the economic slowdown prompted by the trade dispute with the United States, and by China’s rising debts, the CCP is gravely concerned about grassroots rumblings stemming from acute social and political threats.

**CCP Leaders Showing Anxiety, Worry**

The tone of the government at the highest levels is one of heightened alert. There is a palpable fear that the foundation upon which the Party relies may be crumbling.

At the January meeting, Xi raised “seven risks”: 1) politics; 2) ideology; 3) economy; 4) technology; 5) society; 6) the external environment; and 7) Party-building. Xi urged his subordinates to resort to tough measures to avert these risks, which he said are both real and pressing.

In his government report at the People’s Congress on March 5, Premier Li Keqiang was visibly nervous on camera, bringing up the word “risk” 24 times; the word “difficulty” 13 times; and the word “stability” more than 70 times.

In terms of the economy, Li anticipates that local debts in 2019 will grow to 2.15 trillion yuan (\$320 billion)—800 billion yuan more than in 2018—which will surpass the new tax reduction amount. This year, the total government expenditure will be some 23 trillion yuan, an increase of about 6.5 percent from 2018.

Economists questioned the validity of Li’s claim that the reduction of 2018’s corporate tax amounted to 1.3 trillion yuan, while the annual tax revenue increased by 8.3 percent, reaching some 15.6 trillion yuan. With the government’s tax reduction plan, the 2018 tax revenue should be decreasing, not increasing.

Based on 2018 data from the International Monetary Fund, the United States ranks No. 8 in terms of GDP per capita (\$62,606), while China is No. 67 (\$9,608). China’s economy simply isn’t where it needs to be in order to mount a serious challenge to the United States.

Following in the footsteps of Google, Microsoft, and UK-based ARM, Japan’s Panasonic announced that it would suspend its business with Huawei on May 23.

The CCP is gravely concerned about grassroots rumblings stemming from acute social and political threats.



U.S. President Donald Trump takes part in a welcoming ceremony in Beijing, China, with China’s President Xi Jinping on Nov. 9, 2017.

Prominent academic institutions such as Massachusetts Institute of Technology, Stanford University, University of California–Berkeley, and Oxford University have all ceased to cooperate with Huawei as well.

The Trump administration’s ban on Huawei, along with the 25 percent tariff on \$200 billion of annual Chinese imports, has caused sharp pains with enormous potential to affect China’s economy.

**Bringing Red China to Terms**

Trump’s top trade negotiator, Robert Lighthizer, was a member of President Ronald Reagan’s team that addressed the U.S. trade deficit with Japan in the 1980s. The Plaza Accord, signed by West

Germany, the UK, France, Japan, and the United States, coupled with a 100 percent tariff on \$300 million worth of Japanese imports in 1987, played a critical role in averting the tide of Japanese goods flooding into the U.S. market.

However, while a trade agreement with a democratic country such as Japan will likely work, as such countries tend to honor the rule of law and international norms and covenants, any agreement (trade or otherwise) with the deceptive communist regime in China will not, based on its past record, lead anywhere.

In response to Beijing’s tariff retaliation, on May 23, Washington was set to offer \$16 billion in an effort to help U.S. farmers hit by the trade conflict with Beijing. The decline in exports to China has actually been offset by the increase in exports to Mexico and other countries.

Despite the temporary hardships that may occur, the Trump administration is prepared to bring about structural change in doing business with China, in addition to ending, once and for all, Beijing’s theft of U.S. technological know-how.

**What’s Really at Stake**

The current trade dispute between China and the United States, after all, isn’t only about the trade deficit. More significantly, it is about whether the United States and the rest of the world can afford a rising communist superpower that is reminiscent of the former USSR in terms of both military and ideological threats.

The Red Dragon is set to disrupt the world order and undermine every code of morality or law around the world that helps form our humanity. As bluntly stated in Xi’s speech, his totalitarian socialism aims ultimately to vanquish capitalism and democratic institutions.

“  
The inherent vice of capitalism is the unequal sharing of blessings. The inherent virtue of socialism is the equal sharing of miseries.  
WINSTON CHURCHILL  
Rational longtime China-watchers would hope to see the trade war weaken, if not vanquish, the communist regime in Beijing and thereby bring about fundamental social changes that are long overdue inside that Orwellian state, replacing it with an open society governed by the rule of law.  
As pointed out by Winston Churchill in his speech at the House of Commons on Oct. 22, 1945: “The inherent vice of capitalism is the unequal sharing of blessings. The inherent virtue of socialism is the equal sharing of miseries.”  
The modern world simply cannot afford a USSR-styled communist China in the 21st century.

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



China’s Communist Party leader Xi Jinping (L) speaks next to President Donald Trump during a business leaders event at the Great Hall of the People in Beijing on Nov. 9, 2017.

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SPECIAL SERIES

# 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.)

### 2. Exporting Revolution to Africa and Latin America

During the Cultural Revolution, the CCP often quoted a slogan by Karl Marx: “The proletariat can liberate itself only by liberating all of humanity.”

The CCP preaches world revolution. In the 1960s, the former Soviet Union was going through a period of contraction and was forced to promote an ideological line of retrenching efforts at external revolution. The goal became to peacefully coexist with Western capitalist countries and provide less support to Third World revolutionary movements.

The CCP called this policy “revisionism.” In the early 1960s, CCP Ambassador to the Soviet Union Wang Jiaxiang made a similar proposal but was criticized by Mao as being too friendly to the imperialists, revisionists, and reactionaries, and not supportive enough of the world revolutionary movement. Therefore, in addition to exporting revolution to Asia, Mao also competed with the Soviet Union in Africa and Latin America.

In August 1965, CCP Minister of National Defense Lin Biao claimed in his article “Long Live the Victory of the People's War!” that a high tide in world revolution was imminent. According to Mao's theory of “encircling the cities from rural areas” (which is how the CCP seized power in China), the article compares North America and Western Europe to cities and imagines Asia, Africa, and Latin America as rural areas. Therefore, exporting revolution to Asia, Africa, and Latin America became an important political and ideological task for the CCP.

#### a. Latin America

Professor Cheng Yinghong wrote the following in his article “Exporting Revolution to the World: An Exploratory Analysis of the Influence of the Cultural Revolution in Asia, Africa, and Latin America”:

“In Latin America, Maoist communists in the mid-1960s established organizations in Brazil, Peru, Bolivia, Colombia, Chile, Venezuela, and Ecuador. The main members were young people and students. With the support of China, in 1967 Maoists in Latin America established two guerrilla groups: The Popular Liberation Army of Colombia[, which] included a female company that mimicked the Red Detachment of Women and was called the María Cano Unit[, and] Bolivia's Nancahuazu Guerrilla, or National Liberation Army of Bolivia. Some communists in Venezuela also launched armed violence actions in the same period.

“In addition, the left leader of the Peruvian Communist Party, Abimael Guzmán, was trained in Beijing in the late 1960s. Apart from studying explosives and firearms, more importantly was his grasping of Mao Zedong Thought, particularly ideas of ‘the spirit transforming to matter,’ and that with the correct route, one can go from ‘not having personnel to having personnel; not having guns to having guns,’ and other mantras of the Cultural Revolution.”

Guzmán was the leader of the Peruvian Communist Party (also known as the “Shining Path”), which was identified by the U.S., Canadian, EU, and Peruvian governments as a terrorist organization.

In 1972, when Mexico and the CCP established diplomatic relations, the first Chinese ambassador to Mexico was Xiong Xianghui. Xiong was a CCP intelligence agent sent to monitor Hu Zongnan (a general in the Republic of China Army) during the Chinese civil war. The intent of making him the ambassador was to collect intelligence (including about the United States) and interfere with the Mexican government. Just one week before Xiong Xianghui took office, Mexico announced the arrest of a group of “guerrillas trained in China.” This is further evidence of the CCP's attempts at exporting revolution.

Cuba was the first country in Latin America to establish diplomatic ties with the CCP. In order to win over Cuba and at the same time compete with the Soviet

Union for the leadership of the international communist movement, the CCP extended to guerilla leader Che Guevara a \$60 million loan when he visited China in November 1960. This was at a time when Chinese people were dying of starvation from the Great Leap Forward campaign. Zhou Enlai also told Guevara that the loan could be waived through negotiations.

When Fidel Castro began leaning toward the Soviet Union after Sino-Soviet relations broke down, the CCP sent a large number of propaganda pamphlets to Cuban officials and civilians through the embassy in Havana, in an attempt to instigate a coup against the Castro regime.

#### b. Africa

Cheng also described in his article how the CCP influenced the independence of African countries and the paths they've taken after independence:

“According to Western media reports, before the mid-1960s, some African revolutionary youth from Algeria, Angola, Mozambique, Guinea, Cameroon, and Congo received training in Harbin, Nanjing, and other Chinese cities.

“A member of Zimbabwe African National Union (ZANU) described his one-year training in Shanghai. In addition to military training, it was mainly political studies, how to mobilize rural people and launch guerrilla warfare with the goal of people's war.

***The CCP extended to guerilla leader Che Guevara a \$60 million loan when he visited China in November 1960. This was at a time when Chinese people were dying of starvation from the Great Leap Forward campaign***

“An Oman guerrilla described his training received in China in 1968. He was sent by the organization first to Pakistan, then took a Pakistan Airlines plane to Shanghai, then to Beijing. After visiting model schools and communes in China, he was sent to a training camp for military training and ideological education.

“The curriculum of Mao Zedong's works was the most important in the schedule. Trainees were required to memorize many quotations from Mao. The part about discipline and how to interact with the rural masses was very similar to the ‘Three Major Disciplines and Eight Items of Attention’ used by the People's Liberation Army.

“The African trainees also witnessed China during the Cultural Revolution. For example, during a visit to a school, when a teacher asked ‘how to treat gangster elements,’ students replied repeatedly in unison, ‘Kill. Kill. Kill.’ ... At the end of the training, every Omani trainee received a book by Mao translated into Arabic.”

Assistance to Tanzania and Zambia was the largest of the CCP's external revolution projects in Africa in the 1960s.

The CCP sent a large number of experts from the Shanghai Textile Industry Bureau to help build the Tanzanian Friendship Textile Factory. The person in charge injected a strong ideological tone into these aid projects. Upon arrival in Tanzania, he organized a rebel team, hung the five-star red flag of the PRC on the construction site, erected a statue of Mao and Mao's quotations, played Cultural Revolution music, and sang Mao quotes. The construction site became a model of the Cultural Revolution overseas. He also organized a propaganda team of Mao Zedong Thought and actively spread rebellious views among Tanzanian workers. Tanzania was not happy about the CCP's attempts to export revolution.

Afterward, Mao decided to build a Tanzania-Zambia railway that would also connect East Africa with Central and southern

Africa. The railway passed through mountains, valleys, turbulent rivers, and lush forests. Many areas along the route were deserted and inhabited only by wildlife. Some of the roadbeds, bridges, and tunnels were constructed on foundations of silt and sand, making the work extremely difficult. There were 320 bridges and 22 tunnels built.

China sent 50,000 laborers, of whom 66 died, and spent nearly 10 billion yuan. It took six years to complete the work, from 1970 to 1976. However, due to poor and corrupt management in Tanzania and Zambia, the railway went bankrupt. The equivalent cost of the railway today would be hundreds of billions of Chinese yuan, or in the tens of billions of U.S. dollars.

### 3. Exporting Revolution to Eastern Europe

#### a. Albania

Not only did the CCP export revolutions to Africa and Latin America, but it also spent a great deal of effort to gain influence over Albania, another communist country.

As early as when Nikita Khrushchev gave his secret speech marking the era of de-Stalinization, Albania was ideologically aligned with the CCP. Mao was greatly pleased, and thus he began the program of giving “aid” to Albania, regardless of the cost.

Xinhua News Agency reporter Wang Hongqi wrote, “From 1954 to 1978, China provided financial aid to the Party of Labour of Albania 75 times; the sum in the agreement was more than 10 billion Chinese yuan.”

At the time, the population of Albania was only around 2 million, which meant each person received the equivalent of 4,000 Chinese yuan. On the other hand, the average annual income of a Chinese person at the time was no more than 200 yuan.

Within this period, China was also experiencing the Great Leap Forward and the resulting famine, as well as the economic collapse caused by Mao's Cultural Revolution.

During the Great Famine, China used its extremely scarce hard currency foreign reserves to import food supplies. In 1962, Rez Millie, the Albanian ambassador to China, demanded aid in food supplies. Under the command of Party vice chairman Liu, the Chinese ship carrying wheat purchased from Canada and due for China changed course and unloaded the wheat at an Albanian port.

Meanwhile, Albania took the CCP's aid for granted and wasted it. The enormous amount of steel, machine equipment, and precision instruments sent from China were left exposed to the elements. Albanian officials were dismissive: “It's of little importance. If it breaks or disappears, China will simply give us more.”

China helped Albania construct a textile factory, but Albania did not have cotton, so China had to use its foreign reserves to buy cotton for Albania. On one occasion, Albanian Vice President Adil Carcani asked Di Biao, the Chinese ambassador in Albania at the time, to replace major equipment at a fertilizer factory, and he demanded that the equipment be from Italy, not China. China then bought machines from Italy and installed them in Albania.

Such so-called aid only instills greed and laziness in the recipient. In October 1974, Albania demanded a loan of 5 billion yuan from China. At the time, it was late in the Cultural Revolution and China's economy had collapsed almost completely. In the end, China still decided to lend 1 billion yuan. However, Albania was greatly unsatisfied and started an anti-Chinese movement in its country, with slogans like “We shall never bow our heads in the face of economic pressure from a foreign country.” It also declined to support China with petroleum and asphalt.

See next week's edition for the next installment.



LUDOVIC MARIN/AFP/GETTY IMAGES



French President Emmanuel Macron (2nd R), wife Brigitte Macron (2nd L), Premier of Quebec Philippe Couillard (R), and wife Suzanne Pilote (L) look at maple syrup as they visit the historic city center in Montreal on June 7, 2018.

# Alarmists Claim Maple Syrup Climate Crisis, Yet Production Sets New Records

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JAMES TAYLOR



The 2019 maple syrup harvest brought another opportunity for global-warming alarmists to gin up a fictitious climate scare. With feel-good stories abounding about hardy Canadians and Americans collecting sap from their sugar maples from February to April, The New York Times and other media outlets attempted to turn the news into a maple syrup climate crisis. Objective facts, however, reveal maple syrup production is setting new records nearly every year, as temperatures continue their modest recent warming trend.

According to The New York Times: “In fact, climate change is already making things more volatile for syrup producers. In 2012, maple production fell by 54 percent in Ontario and by 12.5 percent in Canada overall, according to data from the Canadian government, because of an unusually warm spring.”

“Warm weather can hurt syrup production because the process depends on specific temperature conditions: daytime highs above freezing with nighttime lows below freezing. But because of climate change, some years those key temperatures are more elusive,” The Times added.

Taking its cue from the establishment media, the Care2 Healthy Living website was even more direct. “Expect maple syrup shortages,” the website reported.



A drop of fresh sap falls from a tap in a maple tree in Bowdoin, Maine, in this file photo.

New Hamburg said he has cut his sap boiling time by 10 percent this year because of higher than normal sugar content in the trees,” The Record observed. “That’s a good thing for producers as a shorter boil means more syrup.”

“We set some records this year and we haven’t changed the amount of trees (tapped) in 10 years. All of a sudden, we’re getting a lot more syrup from the same amount of sap—it makes a huge difference,” said Schmidt.

Maple syrup producers in the United States are enjoying even greater success than their Canadian counterparts.

The U.S. Department of Agriculture reported that U.S. syrup makers produced a record 4.27 million gallons of maple syrup in 2018. That total beat the previous record of 4.21 million gallons in 2017.

Final data for the 2019 season isn’t yet available, but early indications are once again promising.

The Maple News, published in Greenwich, New York, described the 2019 season as “a winner for most.” The Maple News cited U.S. farmers as predicting record 2019 production.

The public messaging regarding maple syrup production is typical of how global-warming issues are portrayed in the establishment media. Climate change alarmists look for a popular news or culture item and then find a way—whether supported by science or not—to assert that global warming is making things worse. They trust most people won’t have the time, inclination, or ability to research the issue themselves and discover the truth. As a result, people are led to erroneously believe that objectively good news is actually bad news.

In this case, people are being led to believe global warming is damaging maple syrup production and maple syrup shortages are imminent. In reality, maple syrup production sets new records on a near-annual basis as our climate modestly warms.

James Taylor is a senior fellow of environment and energy policy at The Heartland Institute.

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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See B3

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Rediscovering Our Innate Good Nature

Written during the Song Dynasty, the 'Three Character Classic' has been memorised by generations of Chinese, young and old.

See B12



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Being in nature leads to better health, creativity, and even kindness.

Why Trees Can Make You Happier

Research suggests that being around trees is good for our mental and social well-being

JILL SUTTIE

I love trees and am not immune to hugging them. It may not be rational, but when I'm near one of these quiet giants, I feel like they are kin—ancient grandparents, or at least benevolent witnesses of history and time. Everyone probably doesn't feel the same way as I do, but perhaps they

should. While being in nature leads to better health, creativity, and even kindness, there may be something special about being among trees. After all, trees are important to our lives in many ways. The most obvious is their role in producing the oxygen we breathe and sequestering carbon dioxide to help protect our atmosphere; but science suggests trees provide other important benefits, too.

Here are some of the more provocative findings from recent research on how trees increase human well-being. **Trees Help Us Feel Less Stressed and More Restored** Probably the most well-researched benefit of nature exposure is that it seems to help decrease our stress, rumination, and anxiety. And much of that research has been conducted in forests.

In one recent study, 585 young Japanese adults reported on their moods after walking for 15 minutes, either in an urban setting or in a forest. The forests and urban centers were in 52 different locations around the country, and about a dozen participants walked in each area. In all cases, the participants walking in a forest experienced less anxiety, hostility, fatigue, confusion, and depressive symptoms, and more vigor, compared to walking in an urban setting. The results were even stronger for people who were more anxious to begin with. "The psychological benefits of walking through forests are very significant, and forest environments are expected to have very important roles in promoting mental health in the future," the authors write. Indeed, various other studies suggest that the practice of "forest bathing"—deliberately spending time among the woods—can help us deal with the stresses and strains of urban living. In another recent study, Polish participants spent 15 minutes gazing at either a wintertime urban forest or an unforested urban landscape.

Continued on B2



ALL IMAGES BY SHUTTERSTOCK

# Why Trees Can Make You Happier

Research suggests that being around trees is good for our mental and social well-being

Continued from B1

The trees in the forest had straight trunks and no leaves (because of winter), and there was no other shrubbery below the trees—in other words, no green; the urban landscape consisted of buildings and roads. Before and after, the participants filled out questionnaires related to their moods and emotions. Those who gazed at a winter forest reported significantly better moods, more positive emotions, more vigor, and a greater sense of personal restoration afterward than those who gazed at the urban scene.

It may be that some of these benefits have to do with how forests affect our brains. One study found that people living in proximity to trees had better “amygdala integrity”—meaning, a brain structure better able to handle stressors.

These findings and many others—including an earlier review of the research—show how even short amounts of time in a forest can give us a break from our frenzied lifestyles.

### Trees Improve Our Health

Besides helping us breathe, being around trees may improve our health in other ways, too.

Studies have shown that spending short amounts of time in forests seems to benefit our immune systems. Specifically, one study found that elderly patients suffering from chronic obstructive pulmonary disease experienced decreases in perforin and granzyme B expressions, as well as decreased pro-inflammatory cytokines—all related to better immune function—after they visited forests rather than urban areas. Though it's not clear exactly why this would be, a prior study suggests that trees may improve immunity thanks to certain aromatic compounds they release.

Trees also seem to help our heart health. In one study, participants walked in a forest one day and an urban environment another day, and researchers measured how the two walks impacted their bodies. In comparison to the urban environment, walking

in trees lowered people's blood pressure, cortisol levels, pulse rates, and sympathetic nervous system activity (related to stress), while increasing their parasympathetic nervous system activity (related to relaxation). All of these physiological markers are tied to better heart health, suggesting that walking in the woods improves cardiovascular function.

Though it could be that these health benefits are due less to trees than to natural spaces in general, New Yorkers living near trees report better overall health than residents living near green, grassy spaces. And another study found that women who live in areas affected by tree loss have a higher risk of cardiovascular disease than those in unaffected areas. One study published in Nature's Scientific Reports that tried to quantify this health effect concluded that “having 10 more trees in a city block, on average, improves health perception in ways comparable to an increase in annual personal income of \$10,000 and moving to a neighborhood with \$10,000 higher median income or being 7 years younger.” Clearly, there's something healing about trees.

### Trees in Neighborhoods Lead to Less Crime

While some prior research has shown that green spaces reduce crime in urban settings, it may be that trees are even more effective.

In one recent study, researchers looked at crime data for the city of Chicago, computing a score for each census tract. Then, they compared that to the percentage of tree canopy cover and park space enclosed in each tract. They found that for every 10 percent increase in tree canopy cover, crime rates went down in several categories—11.3 percent for assaults, narcotics crimes, and robbery, and 10.3 percent for battery.

These findings held after controlling for factors that might skew the results—like the socioeconomic status, poverty, unemployment, and education of the residents. Also, while burglary

rates went down 6.3 percent for every 10 percent increase in park space, other types of crimes were unaffected by having a park nearby. In other words, trees were more predictive of crime reduction than parks.

“Understanding the relationship between green space and crime can inform urban planning to improve human safety and well-being,” conclude the authors.

This result mirrors those of other studies in different urban settings—Baltimore, New Haven, and Vancouver. In all cases, areas with more tree coverage had lower crime.

Why would this be? Researchers don't know for sure, but prior research has shown that vegetation around houses helps reduce people's fear, incivility, and aggression—potential precursors to crime. And trees may also draw people out of their homes, creating an atmosphere of more “eyes on the street,” which aids in reducing crime. Whatever the case, planting some trees may be an effective way to help communities stay safer.

### Trees May Make Us More Generous and Trusting

Research suggests that nature experiences help us to feel kinder toward others, and many of those studies involve trees.

In one experiment, researchers asked a group of university students to look up at either a tall building or a grove of towering eucalyptus trees for one minute. They found that students who studied the trees experienced more feelings of awe—a sense of wonder and of being in the presence of something larger than oneself. Afterward, when one of the experimenters pretended to

accidentally drop a bunch of pens, the students who had seen the trees and felt awe helped pick up more pens than those who had looked at the building.

In another study, researchers found that people were more willing to help someone who'd lost a glove if they had just spent time walking through a park with trees, rather than if they were near the entrance to the park. Unfortunately, this study, like many others, doesn't specify the benefits of trees versus green space in general. So, we don't know the exact role trees play in promoting kind and helpful behavior. But there's a good chance that their presence at least contributes to better social interactions.

For all of these reasons, I make an almost daily practice of interacting with trees. Whether it's just looking out my office window or taking a short stroll down the block to visit a favorite oak, I like to acknowledge the trees around me, often with a quick pat or hug. As research continues to grow, I'm sure my tree appreciation will, too.

Jill Suttie is Greater Good's book review editor and a frequent contributor to the magazine. This article was first published on Greater Good, the online magazine of the Greater Good Science Center at UC-Berkeley.

Trees offer more than shade. Mounting research suggests wide-ranging mental and physical benefits to being around trees.



One study found that people living in proximity to trees had better “amygdala integrity.”



Areas with more tree coverage had lower crime.

# Unique Research Approach Studies Food's Effect on Memory Loss

Fruits and vegetables may preserve brain function, study finds

MOHAN GARIKIPARITHI

Predicting the effects of consuming a particular diet over many years is very difficult to do. First, you have to have a scientific basis for why you want to test a certain diet in humans. Then, you have to find willing participants to agree to follow this diet for many years.

**Participants who consumed the most amounts of fruits and veggies from the outset of the study were less likely to show a decline in their cognitive abilities.**

After all of that, you have to trust that these participants will actually follow through with their commitment and not stray from the guidelines set out by your study. This turns out to be the hardest part, as many studies of this nature fail because the participants cannot maintain the recommended diet over long periods of time.

What the researchers behind a new study have found is that instead of asking participants to change their diets over a long period of time, simply follow participants who are consuming their regular diet over a long period of time and measure its effects against the topic

you are researching.

These researchers did just that, focusing on which aspects of diet could lower a man's risk of memory loss. They managed to recruit 27,842 men for the study and followed them for 20 years. On average, the participants were 51 years old at the outset of the study and they were all health professionals.

“One of the most important factors in this study is that we were able to research and track such a large group of men over a 20-year period, allowing for very telling results,” said study author Changzheng Yuan. “Our studies provide further evidence dietary choices can be important to maintain your brain health.”

The participants were asked to fill out questionnaires, reporting their daily consumption of different foods each day at the outset of the study. Then they were asked to do this every four years for the next 20 years. The researchers defined a serving of fruit as one cup of fruit or a half cup of fruit juice, and a serving of vegetables as one cup of veggies or two cups of leafy greens.

### Fruits and Veggies Associated With Better Cognitive Function

Throughout the study, the participants were

A diet rich in fruits and vegetables has been associated with better cognitive function in old age.

KATIE SMITH/UNSPLASH



periodically tested for memory abilities, in a test designed to identify changes in cognitive ability that you would notice before it would show up on a cognitive test. The researchers analyzed the results in comparison to the participants' dietary habits.

The men who consumed the most vegetables daily were 34 percent less likely to develop poor thinking and memory skills than those who consumed the least vegetables. The men who consumed orange juice every day were 47 percent less likely to develop poor thinking and memory skills than those who drank orange juice only once a month.

The researchers also noted that the participants who consumed the most amounts of fruits and veggies from the outset of the study were less likely to show a decline in their cognitive abilities than those who underwent dietary changes and began consuming more fruits and veggies in the latter half of the study.

Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). This article was originally published on Bel Marra Health.



# Mistakes That Slow Your Metabolism

Support a faster metabolism and burn more calories by avoiding these habits

FRANZISKA SPRITZLER

Keeping your metabolism high is crucial for losing weight and keeping it off. However, several common lifestyle mistakes may slow down your metabolism and make it difficult to lose any weight. Making these mistakes on a regular basis can also make you more prone to gain weight in the future.

**1. Eating Too Few Calories**

Eating too few calories can cause a major decrease in metabolism. Although a calorie deficit is needed for weight loss, it can be counterproductive for your calorie intake to drop too low. When you dramatically lower your calorie intake, your body senses that food is scarce and lowers the rate at which it burns calories. Controlled studies in lean and overweight people confirm that consuming fewer than 1,000 calories per day can have a significant impact on your metabolic rate.

Most studies measure resting metabolic rate, which is the number of calories burned during rest. Yet some also measure calories burned during rest and activity over 24 hours, which is referred to as total daily energy expenditure. In one study, when obese women ate 420 calories per day for 4–6 months, their resting metabolic rates slowed down significantly. What’s more, even after they increased their calorie intake over the following five weeks, their resting metabolic rates remained much lower than before the diet.

In another study, overweight people were asked to consume 890 calories per day. After 3 months, their total calorie expenditure dropped by 633 calories on average. Even when calorie restriction is more moderate, it can still slow metabolism. In a 4-day study in 32 people, the resting metabolic rate of those who ate 1,114 calories per day slowed more than twice as much as that of those who consumed 1,462 calories. However, weight loss was similar for both groups. If you’re going to lose weight by calorie restriction, don’t restrict your calorie intake too much—or for too long. Cutting calories too much and for too long lowers your metabolic rate, which can make weight loss and weight maintenance more difficult.

**2. Skimping on Protein**

Eating enough protein is extremely important for achieving and maintaining a healthy weight. In addition to helping you feel full, protein intake can significantly increase the rate at which your body burns calories. The increase in metabolism that occurs

Not doing any strength training can cause your metabolic rate to decline.

Inadequate sleep may also lower your metabolic rate.

after digestion is called the thermic effect of food (TEF). The thermic effect of protein is much higher than that of carbs or fat. Indeed, studies indicate that eating protein temporarily increases metabolism by about 20–30 percent compared to 5–10 percent for carbs and 3% or less for fat. Although metabolic rate inevitably slows during weight loss and continues to be slower during weight maintenance, evidence suggests that higher protein intake can minimize this effect. In one study, participants followed one of three diets in an effort to maintain a 10–15 percent weight loss. The diet highest in protein reduced total daily energy expenditure by only 97 calories, compared to 297–423 calories in people who consumed less protein. Another study found that people needed to eat at least 0.5 grams of protein per pound of body weight (1.2 grams per kg) to prevent their metabolism from slowing during and after weight loss.

**3. Leading a Sedentary Lifestyle** Being sedentary may lead to a significant decrease in the number of calories you burn every day. Notably, many people have lifestyles that mainly involve sitting at work, which can have negative effects on metabolic rate and overall health. Although working out or playing sports can have a major impact on the number of calories you burn, even basic physical activity, such as standing up, cleaning, and taking the stairs, can help you burn calories. This type of activity is referred to as non-exercise activity thermogenesis (NEAT). One study found that a high amount of NEAT could burn up to 2,000 additional calories per day. However, such a dramatic increase is not realistic for most people. Another study noted that watching TV while sitting burns an average of 8 percent fewer calories than typing while sitting—and 16 percent fewer calories than standing. Working at a standing desk, or simply getting up to walk around several times per day, can help increase your NEAT and prevent your metabolism from dropping.

**4. Not Getting Enough High-Quality Sleep** Sleep is extremely important for good health. Sleeping fewer hours than you need

may increase your risk of a number of illnesses, including heart disease, diabetes, and depression. Several studies note that inadequate sleep may also lower your metabolic rate and increase your likelihood of weight gain. One study found that healthy adults who slept 4 hours per night for 5 nights in a row experienced a 2.6 percent decrease in resting metabolic rate, on average. Their rate returned to normal after 12 hours of uninterrupted sleep. Lack of sleep is made worse by sleeping during the day instead of at night. This sleep pattern disrupts your body’s circadian rhythms or internal clock. A five-week study revealed that prolonged sleep restriction combined with circadian rhythm disruption decreased resting metabolic rate by an average of 8 percent.

**5. Drinking Sugary Beverages** Sugar-sweetened drinks are detrimental to your health. High consumption is linked to various ailments, including insulin resistance, diabetes, and obesity.

Many of the negative effects of sugar-sweetened beverages can be attributed to fructose. Table sugar contains 50 percent fructose, while high-fructose corn syrup packs 55 percent fructose. Frequently consuming sugar-sweetened beverages may slow down your metabolism. In a 12-week controlled study, overweight and obese people who consumed 25 percent of their calories as fructose-sweetened beverages on a weight-maintaining diet experienced a significant drop in metabolic rate. Not all studies support this idea. One study noted that overeating high-fructose corn syrup compared to whole wheat did not affect 24-hour metabolic rate. However, research shows that excessive fructose consumption promotes increased fat storage in your belly and liver.

**6. A Lack of Strength Training** Working out with weights is a great strategy to keep your metabolism from slowing. Strength training has been shown to increase metabolic rate in healthy people, as well as those who have heart disease or are overweight or obese. It increases muscle mass, which makes up much of the fat-free mass in your body. Having a higher amount of fat-free mass significantly increases the number of calories you burn at rest. Even minimal amounts of strength training appear to boost energy expenditure. In a 6-month study, people who performed strength training for 11 minutes per day, 3 days a week, experienced a 7.4 percent increase in resting metabolic rate and burned 125 extra calories per day, on average. In contrast, not doing any strength training can cause your metabolic rate to decline, especially during weight loss and aging.

**The Bottom Line** Engaging in lifestyle behaviors that slow down your metabolism can lead to weight gain over time. It’s best to avoid or minimize them as much as possible. That said, many simple activities can boost your metabolism to help you lose weight and keep it off.

*Franziska Spritzler holds a bachelor’s in nutrition and dietetics. She is a registered dietitian and certified diabetes educator. This article was originally published on Healthline.*



# Increasing Muscle Power Helps Promote Longevity: Study



After 40 years of age, muscle power starts decreasing.

“Most people just think about the amount of weight being lifted...without paying attention to speed of execution.”

Claudio Gil Araújo, professor, Exercise Medicine Clinic

We all know that increasing muscle strength is good for health, but new findings presented at the European Society of Cardiology’s EuroPrevent conference in Lisbon are focusing specifically on muscle power and its connection to longevity. Muscle power depends on the ability to generate force and velocity and to coordinate movement. For example, lifting a weight one time requires strength, but lifting it several times as quickly as possible requires power. Study author Claudio Gil Araújo, a professor at Exercise Medicine Clinic, explains, “Rising from a chair in old age and kicking a ball depend more on muscle power than muscle strength, yet most weight-bearing exercise focuses on the latter.” For the study relating to lon-

gevity, researchers enrolled 3,878 non-athletes, aged 41 to 85 years old. The average age of the participants was 59 years old; five percent were over 80 and 68 percent were men. All the participants took a maximum power test using the upright row exercise between 2001 and 2016. Each participant’s maximal muscle power was determined by taking the highest value that they achieved over two or three attempts with increasing weight and then calculating the power exertion per kilogram of body weight. The values were separated by sex and divided into quartiles for survival analysis. The findings of the study showed that during a median 5 to 6-year follow-up, 247 men (10 percent) and 75 women (6 percent) died. These findings showed that those

who had maximal muscle power above the median for their sex had higher survival rates than those in the lower quartiles. Earlier studies had examined the benefits of increasing muscle strength in relation to life expectancy, but as Araújo explains, “this study is the first to look specifically at muscle power and how it relates to longevity.”

**Increase Muscle Power** After 40 years of age, muscle power starts decreasing, so it is extremely important to implement a daily exercise routine that includes multiple exercises for the upper and lower body. Araújo suggests that to increase muscle power, it is important to choose a weight that is neither easy to lift nor so heavy that the person cannot lift it at all. Focus on one to three sets of six to eight rep-

etitions, each while moving the weight as quickly as possible. Return the weight to its initial position each time and be sure to rest a few minutes between sets.” “Power training is carried out by finding the best combination of speed and weight being lifted or moved,” said Araújo. “For strength training at the gym, most people just think about the amount of weight being lifted and the number of repetitions without paying attention to speed of execution.” If an exercise becomes too difficult, or a weight is too heavy, reduce the repetitions or weight to avoid injury. Remember that it is always imperative to listen to your body. If there is any pain, stop the exercise immediately.

*This article was first published on Bel Marra Health.*





ODYSSEUS AND THE ENNEAGRAM

FINDING THE TRUE SELF *Part 4*

The Sin of Gluttony

▲ An etching of the cavern of Aeolus, a cave with wind gods blowing on either side of Aeolus, who sits enthroned at center. Set design from “Il Pomo D’Oro,” 1668, by Mathäus Küsel. Harris Brisbane Dick Fund, 1953, The Metropolitan Museum of Art.

JAMES SALE

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

Imagine a world of perpetual feasting and drinking, where one was above the ordinary and everyday cares of most human beings, and where one could contemplate and appreciate each new and interesting idea and snippet of information endlessly—a place where, indeed, the powerful winds of great ideas were likely to propel you to success wherever you desired to go. Such is the place called Aeolia, where Odysseus and his crew land next. How different from the land of the Cyclops!

We noticed in Parts 2 and 3 of this series, how Odysseus, in trying to return to Ithaca to be with his wife (a journey to find his own soul), encountered two very different types of personality challenges or disorders: the deadly sin of Sloth, as represented by the Lotus-Eaters, and the deadly sin of Lust (for power), as exemplified by the Cyclops.

These personality types, Eight and Nine on the Enneagram typology, which we discussed in Part 1, have within them a central flaw that requires specific—and differing—actions to overcome.

It should come as no surprise, therefore, that as Odysseus escapes—by the skin of his teeth—from the island of the Cyclops, his next challenge in meeting the Seven personality type is different yet again, and requires even more ingenuity and resourcefulness.

As a reminder, Sevens are joyful, optimistic, and often inspiring people, who seek positive experiences and are always propelling themselves forward to find the next one. But their deadly sin is Gluttony, or excess, and at their worst, they can be irresponsible and shallow.

The Island of Aeolus

From the island of the Cyclops, Odysseus and his crew arrive at the Aeolian island. Aeolus, the king, is “beloved by the gods who never die.” His island, with its huge ramparts of “indestructible bronze”

on sheer rock cliffs shooting up from sea to sky, is a “great floating island.” Its location, therefore, is not fixed, for it floats wherever its king wishes it to go.

Still, it is mightily impressive and seemingly indestructible. It can maneuver itself because the king has been given control of all the winds by Zeus himself.

Aeolus had six sons and six daughters, and the daughters were married to his sons, and they, along with he and his wife, feasted continually: “All day long the halls breathe the savor of roasted meats,” and there is the sound of the “low moan of blowing pipes.”

Indeed, the world of the Seven is a kind of perpetual paradise with a harmony and completeness totally unlike the Cyclops’s island.

Additionally, unlike the Cyclopes who are isolated and hostile, Aeolus is curious, generous, and open. He cannot wait to entertain Odysseus, to hear his tale, and to help him.

What could be wrong with all this? Why is this a problem, and how does it adversely affect Odysseus? First, we might be slightly taken aback by the incestuous nature of the six sons marrying the six daughters: an incest that suggests a closed system, which does not allow for any outsider to truly interfere or disturb their reveling.

Also, we might reflect that after Odysseus escapes from the Cyclops, the monster prays to his father, the sea god Poseidon. The prayer puts our hero at odds with the element of water, or in some way the subconscious and its emotions with all their turbulence that Odysseus has to overcome—indeed, that each of us has to overcome in our own lives.

But now, Odysseus meets the wind—the element of air, completely different from water. Air invariably represents the mind, the intellect, and whereas that would appeal to Odysseus, the thinking man of many stratagems, it is (unlike water, which is fixed in its deep subconscious places) fluid, variable, and ultimately rootless.

The mind, reason itself, cannot establish itself: It is an act of faith that reason is reasonable! Hence, the floating, rootless island, shifting as the winds shift.

A Glutton for New Ideas and



The winds have escaped and returned Odysseus’s ship to Aeolia. An etching of “Ulysses and Aeolus in the Cave of the Winds.” Possibly 1600-1605, by Stradanus. Museum Boijmans Van Beuningen.



“Aeolus Giving the Winds to Odysseus,” by Isaac Moillon (1614–1673). Design for a tapestry. Musée de Tessé.



PUBLIC DOMAIN



▲ A mosaic depicting Aeolus in Volubilis, Morocco.

► An etching of Aeolus giving Odysseus the bag of winds, circa 1632, by Theodor van Thulden. From “The Labors of Ulysses.”Achenbach Foundation for Graphic Arts, Fine Arts Museums of San Francisco.

## The Seven’s eternal optimism and intellectual visions easily prove a trap for the unwary.

### Experiences

The deadly sin of the Seven type is Gluttony. We see it in the perpetual feasting, but we need to understand this feasting metaphorically, as well as literally: It is a gluttony for experiences, for ideas, for visions of an ideal future that are paradisaal and endless in nature.

In brief, the Seven is the eternal optimist: the light, witty, sophisticated intellectual who simply loves, nay, who devours each new idea, new experience, and has a solution for everything. Sound familiar in today’s high-tech world?

And Aeolus, who with his people “feasts on forever,” likes Odysseus. He hosts him for a whole month, and then when Odysseus is about to leave, he gives him a gift—the solution to Odysseus’s problem—a magic sack (the technology?), which contains all the howling winds of the world in it.

Withholding just the West wind, Aeolus gives Odysseus the power to not get blown off course and, so, to have an easy

route home.

But notice the words “easy route,” which should warn us because it is analogous to those warnings we hear from Wall Street: If an investment seems too good to be true, then it probably is too good to be true!

But it seems to work. It takes only nine days of sailing to nearly complete their journey. And note that number nine: Odysseus has seemingly completed the whole Enneagram typology of nine types, but without having actually experienced what six of them actually are. It’s a shortcut, in other words.

So on the 10th day, going beyond the nine types into a possible new state of being, the crew seems to have got there; they can see

Ithaca, and they can even see “men tending fires.” The soul is virtually home and dry.

Interestingly, the element of wind has aided them in getting so far, but now specks of fire appear. Fire often represents a new being coming into existence, as in the Phoenix rising from the burning ashes. The Greek Heraclitus imagined the cosmos as being mainly composed of a “fiery ether” and that the soul too was similarly constituted.

Odysseus is so close to being re-joined with his wife, Penelope, his true soul, and thus becoming integrated, and a “new” man. So close.

This multipart series, “Finding the True Self,” will now appear every week.

### Odysseus as a Seven

But, Odysseus is also tired; he has worked amazingly hard. He falls asleep. Tiredness is the reason given for his sleep, or perhaps more accurately, complete exhaustion. But part of this weariness is not just from the exertions he has made, but also from the fact that there was “no letup, never trusting the ropes to any other mate.”

This is a form of workaholicism. Odysseus, in following the advice of Aeolus, has taken on the Seven’s characteristics—the bad ones. The mind drives the body, but the emotions are no longer in sync; it’s a sure-fire sign of imminent disintegration. This is really a Seven at the end of his tether: He has relied on big ideas and his own resourcefulness to the exclusion of all else and all others, and this proves his undoing.

The mind can only take us so far, for if the emotional springs from which we derive our energy are depleted, we are doomed to fail.

And so, as he sleeps, gluttony reasserts itself. His men, or crew “members,” get to thinking that Odysseus is withholding treasure from them in the magic sack that controls—holds back—the adverse winds. As soon as they open it—whoosh!—a violent storm breaks out, which drives them all the way back to Aeolia. They have achieved nothing, in other words.

Odysseus must then go back, cap in hand, to Aeolus to ask for his help a second time. However, this time Aeolus is no longer the warm and welcoming friend. On the contrary, he thinks Odysseus is cursed by the gods and demands that he leave.

This reaction is classic Seven behavior: Aeolus has moved on; consistency of approach or attitude is of no concern to him. Like the winds themselves, he blows the way he wants at any given moment.

Yes, Sevens can provide a vision of the way home, and it can be very compelling, but the practicalities are not so important to them, and by the time things have worked out badly, Sevens have moved on to the next thing. (Sound like the careers of certain visionary entrepreneurs and corporate leaders? Well, there are a lot of them out there!)

Thus, Odysseus is forced to leave Aeolia with nothing, and all he has for his labor is the initial excitement and feasting,” and then mere empty wind. The Seven’s eternal optimism and intellectual visions easily prove a trap for the unwary, and even for the man of many stratagems, Odysseus himself.

### Don’t Take Shortcuts

This personality’s challenge, then, is not so overtly threatening as encountering an Eight, and it requires not so much a decisive act of will (as with the Lotus-Eaters), but rather an ability to see beyond appearances, and a reluctance to overcommit to bright ideas that promise a shortcut.

Sevens are ideas people, and following their exact advice might get one permanently lost in an ocean of effort that ends up nowhere. Ask before investing in a Seven’s idea: What are the possible downsides?

Odysseus leaves Aeolia. “Six whole days we rowed, six nights, nonstop. On the seventh day we raised the Laestrygonian land.” After six days, they reach the Six personality type—the topic of Part 5 in this series. It proves to be, perhaps, even more terrifying than encountering the Cyclops.

James Sale is a poet and businessman whose company, Motivational Maps Ltd., operates in 14 countries. James will be appearing in New York to do talks and poetry readings for The Society of Classical Poets on June 17, 2019, at Bryant Park and The Princeton Club. To meet James and for more information, go to [http://bit.ly/Poetry\\_and\\_Culture](http://bit.ly/Poetry_and_Culture)

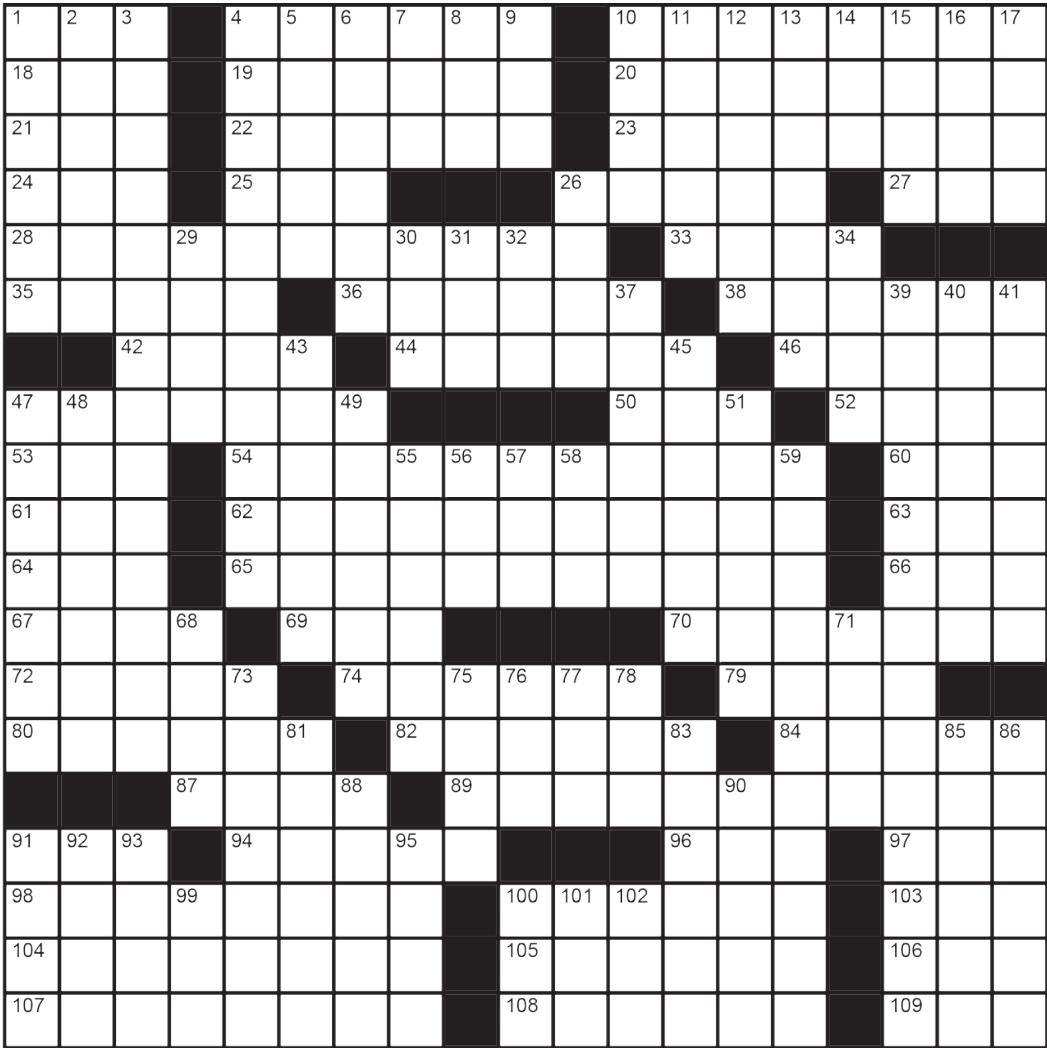


Odysseus’s next ordeal starts on the island of Aeolus. An etching from “The Contest of the Seasons,” depicting the Rock of Aeolus, 1652, by Stefano della Bella. Bequest of Phyllis Massar, 2011, The Metropolitan Museum of Art.



CROSSWORD

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



Across

- 1. Half a sawbuck
- 4. Sponge mouth
- 10. “Anytime”
- 18. “All for the glorifica-  
tion of your massive \_\_\_\_!”  
(George to Steinbrenner  
in “Seinfeld”)
- 19. Conquered and van-  
quished
- 20. Iron ore
- 21. Bleed
- 22. Ill wind
- 23. Kind of ears
- 24. Battering device
- 25. “Capital” attachment
- 26. Saw things
- 27. Young fellow

- 28. Unavoidable
- 33. Things to pick
- 35. Secret store
- 36. Fishing spot
- 38. “Dancing with the  
Stars” dance
- 42. “The Wind” author
- 44. Colorful American  
bird
- 46. Whitish
- 47. Mature bugs
- 50. Barnyard male
- 52. Obdurate
- 53. Rather, for one
- 54. Covered
- 60. Genetic inits.
- 61. Sashimi course

- 62. Reset one’s bearings
- 63. Time div.
- 64. Consumes
- 65. PhD scholarship in  
the UK
- 66. Wild thing?
- 67. Sgt. Snorkel’s dog
- 69. Pub pint
- 70. Purloin
- 72. Mexican friend
- 74. Gambian monetary  
unit
- 79. Five-time U.S. Open  
champ
- 80. Abalone shell liners
- 82. Roman body armor
- 84. Place for a comb

- 87. Perfect place
- 89. Baggage, supplies,  
etc.
- 91. Ed. group
- 94. Inter
- 96. Weed
- 97. “2010: Odyssey Two”  
computer
- 98. Almost any Three  
Stooges movie
- 100. Hemmed again
- 103. U.N. working-condi-  
tions agcy.
- 104. As told by Morgan  
Freeman
- 105. 2002 Atom Egoyan  
movie set in Armenia
- 106. High spirits
- 107. Like a tundra
- Plates
- 109. 180 degrees from  
WSW

Down

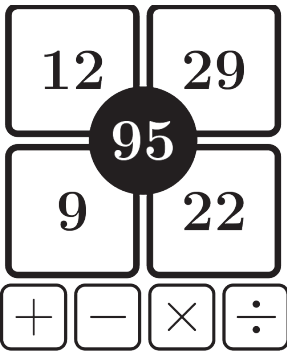
- 1. Containing iron
- 2. Large lizard
- 3. Some mental illnesses
- 4. ‘T 1-3 p.m., W 3-5 p.m.’
- 5. Hot stuff
- 6. Cabinet-maker tools
- 7. Final: Abbr.
- 8. Rumania’s 100 bani
- 9. Some dashes
- 10. “Whoopie!”
- 11. Euripides play
- 12. Ipecac, for one
- 13. Cleaning fluid.
- 14. Addis Ababa’s land  
(Abbr.)
- 15. Container for nitro-  
glycerin
- 16. Mount SW of Messina
- 17. Abbr. after many a  
general’s name
- 26. “Go, \_\_\_\_!”
- 29. Uneven hairdo

- 30. “Fast cash” site
- 31. “Dog”
- 32. Court cry
- 34. Scarf
- 37. Sacred songs
- 39. Type of publicity  
campaign
- 40. Rupture related
- 41. A little slower than  
moderato
- 43. Catmints
- 45. Sacred scrolls
- 47. Some potatoes
- 48. Gandhi’s title
- 49. “Auld Lang Syne”  
starter
- 51. Doling out
- 55. Tough going
- 56. Fish tale, possibly
- 57. “House of Cards” fig.
- 58. Atlanta-based sta-  
tion
- 59. Divisions within J.C.  
Penney
- 68. Bugbear
- 71. Make out
- 73. Like a mama’s boy?
- 75. Butcher’s offering
- 76. Branch
- 77. Not guzzle
- 78. Investigative arm of  
DHS
- 81. Kind of seat
- 83. Stick
- 85. Former dictator
- 86. Strauss opera
- 88. Many sculptures
- 90. Hawkeye
- 91. Locked (up)
- 92. 1917 dethronee
- 93. Part of a plot
- 95. Commies
- 99. “Butterflies \_\_\_\_ Free”
- 100. Séance sound
- 101. Written in 1923 and  
ratified by only 35 states  
(Abbr)
- 102. Idled

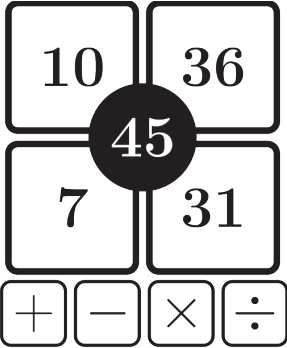
4NUMBERS

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

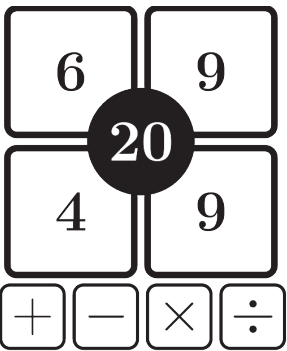
Use the four numbers in the corners, and the operands (+, - X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” so-  
lution but, there may also be “equivalent” solutions. Forexample: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28



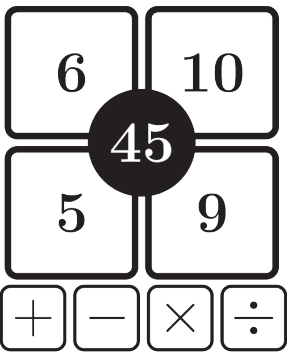
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 2 Solutions



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

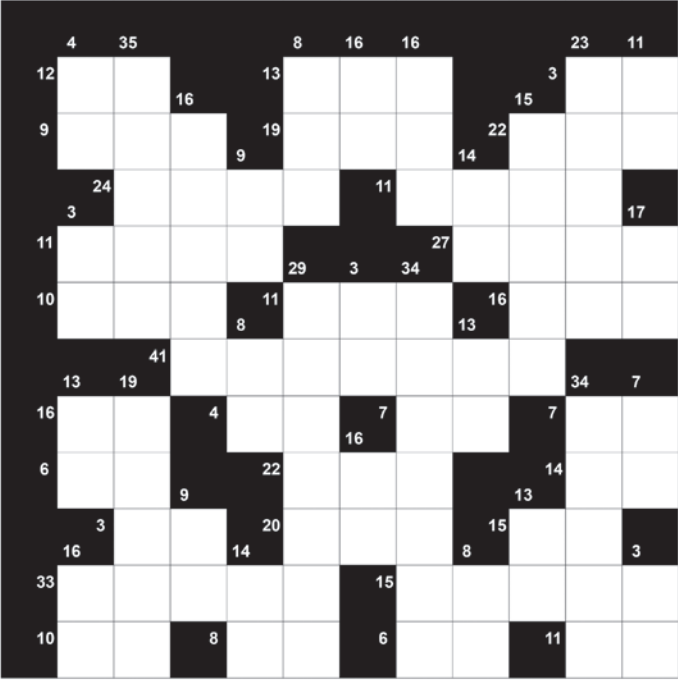
- |             |          |             |
|-------------|----------|-------------|
| ARARAT      | LORICA   | PATENS      |
| CHA-CHA     | MAHATMA  | SALOME      |
| CLAMPS      | METING   | SENATE      |
| DALASI      | MOTMOT   | SHOULD      |
| EMETIC      | NACRES   | SNAFFLE     |
| FALLEN      | NAPHTHA  | STALIN      |
| FLATUS      | NARRATED | STREAM      |
| IDAHOAN     | NEPETA   | TREELESS    |
| IGUANA      | OEDIPAL  | ADHERE      |
| IMAGOEES    | ORDEAL   | ANDANTE     |
| INESCAPABLE | OSCULE   | DEPARTMENTS |

KAKURO

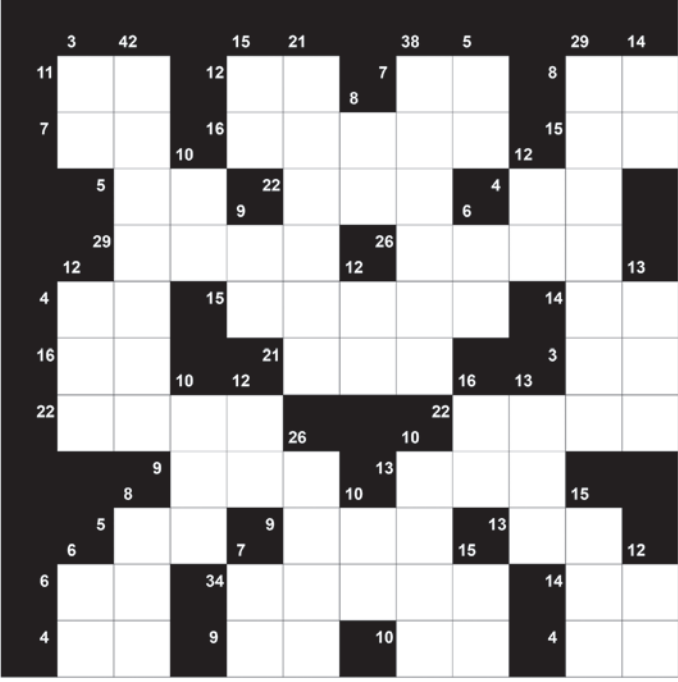
CONSTRUCTED BY EPOCH TIMES STAFF

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



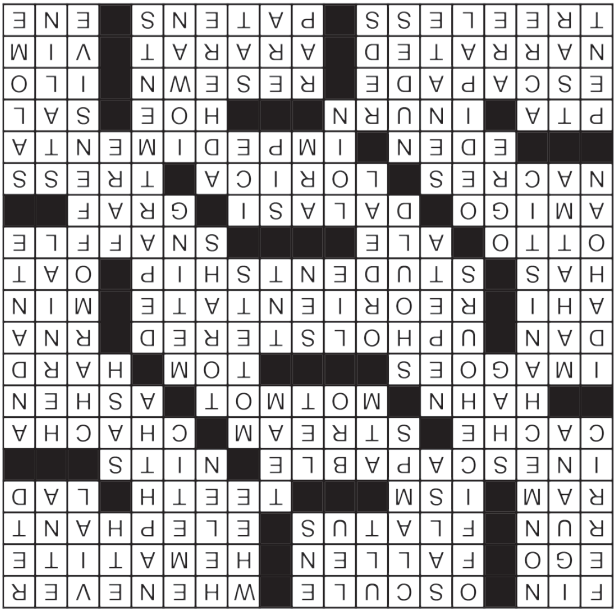
Large: Easy



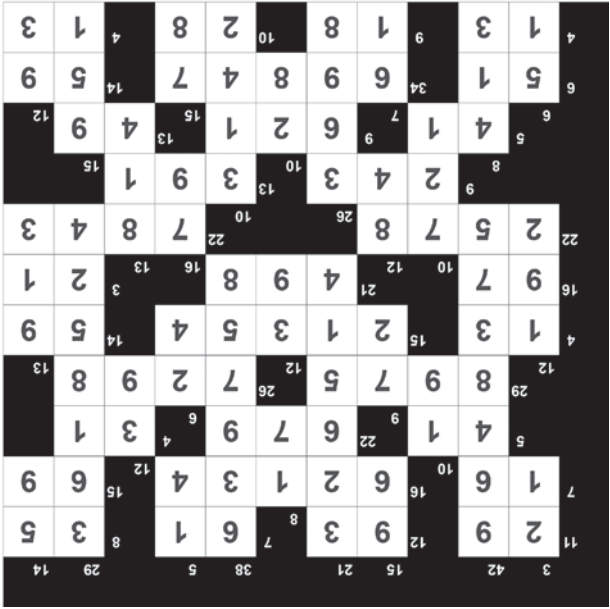
WORK SPACE

SOLUTIONS

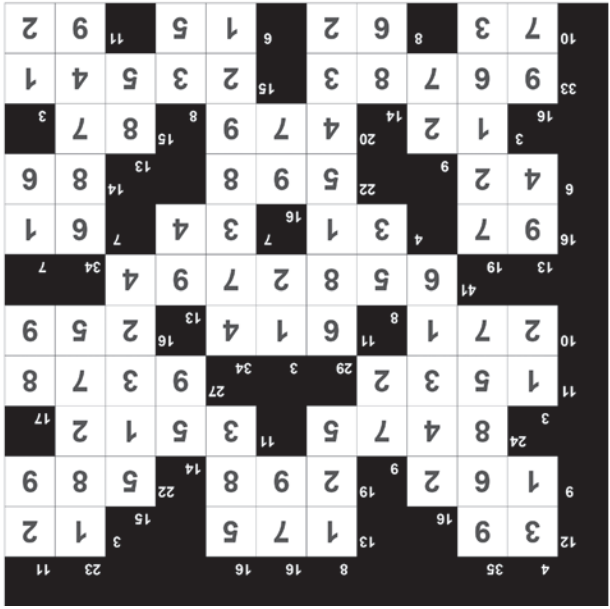
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**  
62 + 22 × (6 − − − 9) (12 1)
- HARD 2**  
01 + 7 × (31 − − 9) (36)
- EASY 1**  
4 − 9 + 6 + 6  
4 × (6 ÷ 6 − 9 − 6) (9)
- EASY 2**  
(9 − 9) × (5 + 01) (10)







SEBASTIAN GOLLNOW/AFP/GETTY IMAGES

Terrific

# Tübingen

The university dominates life in this lively town

TIM JOHNSON

Tübingen, GERMANY—The students of Tübingen are a special breed. They organize themselves in fraternities, are highly competitive, and have an iron stomach. Once a year, on Corpus Christi—a Christian observance that honors the Holy Eucharist—in June, around 60 teams of eight people each participate in the annual Stocherkahn race.

A Kahn is a slender wooden boat up to 40 feet long. The punter or “stocherer” in German stands on the stern with a 23-foot-long stick, with which he pushes the vessel along. Punts of this kind have been used for hundreds of years in Tübingen for fishing or as ferries on the Neckar River; however, the race only started in 1956.

The course, lined with thousands of spectators, gets challenging when the boats must navigate a figure 8 through a narrow stretch known as “the eye of the needle”—and every trick in the book is allowed.

“You can sink other boats, throw competitors into the water and there is always complete chaos,” laughed punter Martin Eberle as he pushed me gently along the Neckar. The winning team is awarded a keg of beer or 11 gallons of wine, while the losers have to drink 16 ounces of cod liver oil each to “strengthen” them for next year’s race. So how did Martin fare, I wanted to know?

“I have never won—I just can’t afford to pay for the prize,” grinned the chemistry student and part-time punter.

The classic trip of around one hour starts from the dock at the yellow Hölderlin Tower and makes nearly half a mile circle around Neckar Island. It leads directly past the town’s most famous sight, a row of colorful 16th-century townhouses, built directly on the inner city wall. Behind it, the Stiftskirche (Collegiate Church) rises above the rooftops with its striking spire while to the left people stroll, jog, or take a rest underneath the plane tree avenue planted in 1828.

Origins

Tübingen, like so many other settlements in southern Germany whose names end in “ingen,” was founded around 1,500 years ago by the Alemanni tribe. Later, in the mid-11th century, the Counts of Tübingen erected a fortress above the village and went on to expand it into a city, complete with a market square, parish church, and city walls. Of course, the most significant event in local history was the founding

WHITNEY HUBBELL/SHUTTERSTOCK



Along Ammer Canal.

WIBKE CARTER



Maultaschen, a regional specialty.



Competitors take part in the 63rd edition of the traditional punt race on the Neckar river in Tübingen on May 31, 2018.

You can sink other boats, throw competitors into the water and there is always complete chaos.

Martin Eberle, punter and student

of the university in 1477 by Count Eberhard the Bearded of Württemberg.

“We have a town on our campus,” runs a local saying, and no irony is intended. The university dominates life in Tübingen as the biggest employer and is home to 29,000 students or around one-third of the population. One of the oldest and most imposing academic buildings is the pink colored, half-timbered Burse, which served as a dormitory and teaching hall for youngest scholars. Just like many other townhouses, it has a peculiar shape, increasing in size at the upper levels.

“Taxes were paid according to the size of the ground floor,” explained city guide Helga Kausy. “So in order to increase living space but to save money, the higher floors were built wider with a larger space inside.”

I left the Neckar riverfront and the adjacent Burse and climbed up through narrow winding lanes until I reached the Marktplatz. While the market square itself was first mentioned by merchants in 1191, the surrounding houses were mostly built in the 15th and 16th century. To this day, three times a week, shoppers mingle here in

WHITNEY HUBBELL/SHUTTERSTOCK



Riding a gondola in Tübingen.

WIBKE CARTER



A waterfront view.

search of the freshest produce, meat, cheeses, and local products. The Renaissance fountain, featuring Neptune with his trident and female figures representing the four seasons at his feet, was carved into stone in 1617.

The most eye-catching building is the Town Hall from 1435, then with a double function as a warehouse and court of justice/city council. The colorful façade of elaborate paintings in the neoclassical style shows the coat of arms of Tübingen and important figures from the city’s history. In 1511, an astronomical clock was added, which still reliably informs of the time, date, and lunar phases as well as astronomical events such as lunar and solar eclipses.

From the market corner, I ascended via Burgsteige, one of the oldest and most handsome streets in town, to Schloss Hohentübingen, the Renaissance successor of the original 11th-century feudal castle. A gate resembling a Roman triumphal arch marks the entrance and behind it, before the

main buildings, the views of Neckar Valley and the Swabian Alps are far-reaching.

Hohentübingen Castle’s importance as the residence of the Dukes of Württemberg began to diminish in the 16th century. Beginning in the mid-18th century, the university acquired its first rooms in the castle, and in 1816 the King of Württemberg, Wilhelm I, transferred its ownership. The academic library of nearly 60,000 bands was temporarily housed in the hall of knights, a chemistry laboratory was set up in the kitchen, and an astronomical observatory was housed in the northeast tower.

Today, Schloss Hohentübingen is one of the largest university museums in the world featuring important finds from the Ice Age and ancient Egypt as well as collections of the history and ethnology departments. Of particular importance are the tiny figurines of mammoth ivory displayed behind glass in a darkened room.

“Our most famous piece is the wild horse,” said guide Kristina Häfele. “The figures were created some 40,000 years ago and are the oldest known works of art.” The exhibitions including sarcophagi, Greek vases, and bronze statues were fascinating, and I stayed until the closing time.

Maultaschen

Back through the royal courtyard, over the moat, and a few steps downhill on the Burgsteige, and I dropped into Maultaschle for a dinner of Maultaschen. The place proved so popular that I had been turned away the evening before, so to say that I was dying for a portion of what is often described as the German version of ravioli came close to the truth.

German food is highly regional, and Maultaschen is a typical Swabian dish consisting of an outer layer of pasta dough which encloses traditionally a filling of Hackfleisch (ground beef and pork), mixed with breadcrumbs, eggs, and herbs. I had a trio of three, accompanied by a salad and regional white wine and it was worth the wait. Every. Single. Bite.

Afterward, I headed to the popular area around the Crooked Bridge and Ammer Lane. The bridge, first mentioned in writing in 1398, crosses the Ammer canal, which serves as the border between upper and lower city. The channel used to play a vital role as the source of water to put out fires, as a drainage and waste disposal system. Flower baskets hung from the railings and I was told there were more than 300 spread throughout the city.

Old half-timbered residential houses stood along little shops, pubs, and traditional restaurants. I sat down in a cafe near the canal and looked around. Despite the area being a car-free zone, it wasn’t quiet at all. Students were laughing, drinking, and having fun all around me. I thought back to my own student days, to be young and carefree again. Though I could certainly do without any cod liver oil..

Wibke Carter is a travel writer who hails from Germany, has lived in New Zealand and New York, and presently enjoys life in London. Her website is WibkeCarter.com. He was a guest of Tourism Vancouver Island.



# Avalon Waterways Introduces the Envision, Its Next-Generation River Cruise Ship

ALL PHOTOS COURTESY OF AVALON WATERWAYS



The 443-foot, 166-passenger Avalon Envision.

JANNA GRABER

BUDAPEST, Hungary—The tradition of christening a ship goes back centuries, and it’s meant to invite good fortune. Often, a “god-mother” blesses and officially names the ves-sel before smashing a bottle of champagne or wine against the ship’s bow to christen it.

For the Avalon Envision, the newest river cruise ship from Avalon Waterways, that god-mother was Elizabeth Gilbert, author of the best-selling book, “Eat, Pray, Love.” Gilbert recently christened the Avalon Envision on a warm, sunny day in Budapest.

Avalon chose Gilbert as godmother because she embodied the transformative travel ex-periences that the company hopes to provide their guests, said Pam Hoffee, managing di-rector of Avalon Waterways.

Gilbert was all smiles as she stepped forward to give her blessing for the Envision. “We come from the water, we are made of the water, we are drawn to the water,” she said. “Our lives are rivers meant to be explored and enjoyed. Let every curious soul who steps foot upon this vessel have a safe and blessed journey. May we all be changed for the better by what we discover along this river.”

Avalon Envision

The 443-foot, 166-passenger Avalon Envision is the 13th Suite Ship in Europe from Avalon Waterways. The luxury cruise line offers river cruises in Europe, Asia, and South America.

River cruising is a growing industry, and ships and service are ever evolving. The next-generation Envision introduces several new design features—such as a dining room that offers unobstructed views from anywhere in the room—as well as innovative excursions and environmental initiatives.

According to Hoffee, Avalon listens carefully to their guests and looks to them for inspira-tion on new offerings. That’s especially clear in the company’s diverse selection of excursions.

When guests asked for more ways to ex-plore and connect with a destination, the river cruise line developed the Avalon Choice program, which has three different types of excursions, from classic sightseeing tours to

Best of all, the beds face the window, so you can lie in bed with the windows open and watch Europe float by.

immersive discoveries and active adventures.

With Classic Tours, local guides introduce visitors to iconic sites and local lore and leg-ends, while Discovery Tours allow guests to follow their interests or passions, such as tak-ing a cooking or painting class or learning about wine at a destination.

Active Tours offer a wide variety of energetic excursions, from bicycle tours or kayaking to unique experiences, such as exploring the cave system below Budapest. Avalon has added 16 bicycles on board, which are avail-able for guests to use at each port.

Guests can even bike between two ports. “Since we are often at one port in the morn-ing and at another in the afternoon, you can take a bike and join the ship in the next port,” said Hoffee.

Each Avalon ship has an Adventure Host on board. The Adventure Host leads exercise classes on board and assists guests with plan-

ning individual adventures ashore.

Onboard Envision

Though the Envision is long and narrow, it is surprisingly spacious. The ship is decorated with gray, gold, and violet decor inspired by Dutch interior designer Liane van Leeuwen, and it’s obvious that each room has been designed with views in mind. All common rooms have large spacious windows offering generous views.

Staterooms are a highlight on Avalon ships. The company’s entire fleet in Europe and Southeast Asia is comprised of Suite Ships, and each ship has two full decks of 200-square-foot, one-of-a-kind Panorama Suites. Pan-orama Suites have floor-to-ceiling windows across the entire outer wall of the stateroom. The windows open 11 feet wide in the com-pany’s Europe ships and 14-feet wide in their ships in Southeast Asia, creating the feel of an open-air balcony.

Best of all, the beds face the window, so you can lie in bed with the windows open and watch Europe float by. Avalon’s Com-fort Collections Beds can be personalized to one of four firmness levels, from very soft to very firm, ensuring you sleep well during the cruise.

Dining is a highlight on many cruises, and that’s certainly the case with Avalon Wa-terways. The food is innovative and fresh. Avalon’s FlexDining approach allows you to choose where and when you want to eat—from a leisurely four-course dinner in the Panorama Dining Room to a BBQ lunch at the Sky Grill.

Avalon river cruises are all-inclusive, which means all meals and excursions are included, as well as regional wine and beer at lunch and dinner. There are no formal dress require-ments during the cruise, and you can choose to sit where you like

There’s a wide variety of cuisine offered, including an Avalon Fresh option at every meal. Avalon Fresh meals are created in col-laboration with Austrian chefs Leo and Karl Wrenkh, well-known brothers on the Aus-trian restaurant scene.

The Envision will cruise the Danube on popular river cruise itineraries, such as the 10-day Danube Dreams (from \$3,821) and 12-day the Blue Danube Discovery (from \$3,599).

Janna Graber has covered travel in more than 45 countries. She is the editor of three travel anthologies, including “A Pink Suitcase: 22 Tales of Women’s Travel,” and is the managing editor of Go World Travel.



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# Quick Tips for Reading Nutrition Labels

From what serving sizes really mean to how much fiber should be in a food item

## MCKEL HILL

The “Nutrition Facts” label was created to give the consumer insight into what’s in our foods, from how much sodium and fiber is in a box of cereal, to how many servings are in a carton of milk. Knowing this information can help you track macronutrients, ensure you’re getting enough vitamins and minerals in your diet, and can even help in the management of certain chronic conditions. Whether you’re unsure of how to read the nutrition facts label, or want to understand how to make the best nutrition decisions when purchasing food, here are three dietitian-approved answers to the most common questions about nutrition labels.

### 1. How Many Servings Is That?

It’s easy to get confused between the serving size, servings per container, and portion size of a food. To get you started, here’s a quick rundown:

- Serving size is the size or portion of the product that equates to the amount of nutrients listed. All the information provided in the nutrition facts label is based upon the serving size listed.
- Serving per container is the total amount of servings per container.
- Portion size isn’t found on the nutrition facts label. It’s different for everyone based on their unique health goals and needs. Moreover, the recommended portion size for each person may not be the same as the serving size listed on the package, particularly if you’re managing a condition like diabetes.

Once you’ve identified the food item’s serving size,

located under the nutrition facts header, it’s time to consider what this means for the label as a whole. Let’s use a bag of pasta as an example. If the serving size says 1 cup of pasta, the nutrition information below the serving size (fats, carbohydrates, protein, sugars, fiber) only apply to that 1 cup of pasta. That said, serving sizes can be adjusted to meet specific health and weight goals. For example, if you’re an endurance athlete or wanting to gain weight, you may need to increase your portion size. This means you’ll also increase serving size. You might, instead, want to up your portion size to two servings (2 cups) rather than 1 cup. This means the nutrition info provided, per serving, also would be doubled.

### 2. Look for the Fiber

Most of us understand that fiber is an important part of our diet. But how many Americans are actually consuming the required amount of fiber on a daily basis? As it happens, not enough. And this is where a nutrition facts label can help. The recommended daily fiber intake depends on age, sex, and calorie intake. General guidelines from the National Academy of Sciences recommends the following daily fiber intakes: If under 50 years old:

- women: 25 grams
- men: 38 grams

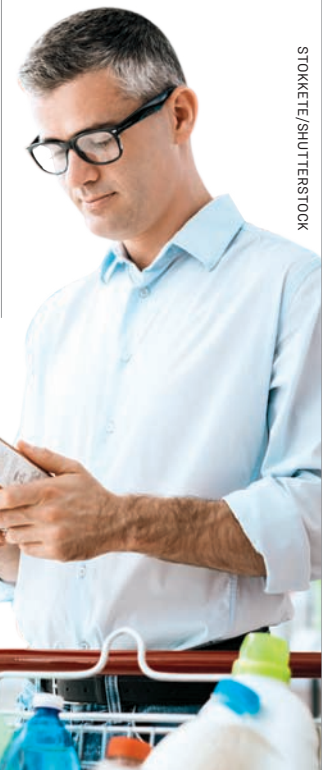
If over 50:

- women: 21 grams
- men: 30 grams

Pay attention to the grams of fiber per serving on a nutrition facts label. Aim for foods that have a higher fiber amount, at least 5 grams per serving. The nutrition facts label is designed to calculate the percentage of all nutrients in the product, including dietary fiber, based on the daily values (DV) percent. These percentages are calculated on the basis that a person eats a standard 2,000 calories per day. It’s important to remember that 2,000 calories per day is more of a guideline. Everyone’s dietary requirements are different. When you look at the percentages of any of the nutrients on a label, anything that’s 5 percent or less is considered low. Anything 20 percent or more is considered high. Fiber is one of those nutrients on the label that should ideally be in the higher range. In other words, look for foods with a fiber DV of around 20 percent per serving.

Serving sizes can be adjusted to meet specific health and weight goals.

Processed foods are best avoided, but no matter what you buy, you should know how to read what is actually in it.



STOKETE/SHUTTERSTOCK

### 3. Know Your Sugars

There’s still a lot of discussion around the issue of added sugar as it pertains to health. It can, however, be agreed upon that in general, a person’s daily total added sugar intake should be low. There is a difference between total sugars and added sugars. Total sugars are the total amount of sugars found in a product, both naturally occurring (like sugars in fruit and milk) and added. Added sugars refer to the amount of sugar that’s been added during the processing of the food product. Added sugars can include:

- high-fructose corn syrup
- table sugar
- honey
- maple syrup
- concentrated vegetable or fruit juices
- brown rice syrup

The American Heart Association recommends women consume no more than 24 grams of added sugar per day and men consume no more than 36 grams. In other words, this means:

- for women: 6 teaspoons of sugar, or 100 calories
- for men: 9 teaspoons of sugar, or 150 calories

That said, the 2015–2020 Dietary Guidelines for Americans are a little more lenient. They recommend the general public consumes no more than 10 percent of daily calories from added sugars. As is the case with most issues regarding nutrition, recommendations do vary based on the person and their needs. While it’s important to keep an eye on your daily added sugar intake, the reasons for doing so may differ from person to person. For some, it might be to maintain oral health. For others, it might be out of a need to manage or lower the risk of chronic conditions, such as diabetes and heart disease.

### Knowing How to Read Labels Can Help You Get the Nutrients You Need

Being your own health and label-reading detective adds another tool to help you take control of your own health and well-being. From understanding how a serving size affects the entire label to learning what the DV percent means, using this knowledge can indicate whether you’re fueling your body with enough of the nutrients it needs.

McKel Hill is the founder of Nutrition Stripped, a healthy living website dedicated to optimizing the well-being of women all over the globe through recipes, nutrition advice, fitness, and more. This article was first published on Healthline.

## WISE HABITS

# The Underestimated Importance of Encouragement in Habit Change

Focus on what you’ve accomplished so far when you inevitably fall down in your effort to improve yourself

## LEO BABAUTA

When we’re trying to change a habit—whether its exercise or meditation or writing or quitting smoking—there are two key factors whose power most people don’t understand.

### The 2 Factors are Encouragement and Discouragement

Let me walk you through an example. Michael wants to change his diet, and so he creates a healthy meal plan for himself and commits to sticking to that plan for a month. Here’s are some typical key points within that month of habit change:

1. He starts the first day and has a healthy breakfast as planned. He feels encouraged by this good start!
2. He has a healthy lunch too and feels encouraged. But then eats a couple of donuts that were in the office, and feels really discouraged. This might cause him to eat a burger with fries in the evening, which will get him further discouraged.
3. He asks some family and friends to keep him accountable in a private Facebook group, and they agree. He feels encouraged! He starts again.
4. When he eats a healthy breakfast, not only does he feel encouraged, he gets even more encouragement when he gets to post his success to his Facebook group. From this point on, every time he posts his successes, he feels encouraged, and it helps him to keep going.
5. The weekend comes, and he goes to a couple of parties and does not stick to the meal plan. He feels discouraged. He stops posting for a few days on the Facebook group because he feels bad.

6. Not posting to the group makes him feel even worse. He is discouraged. He keeps eating bad and gets more discouraged with every meal.

As you can see, the factors of encouragement and discouragement are the two key elements of the journey above. The more encouragement he gets, the better he’s likely to do. The more he feels discouraged, the less likely he’ll be to stick to things. Luckily for us, we can do things that increase encouragement and decrease discouragement!

### Ways to Increase Encouragement and Drop Discouragement

It’s not important to get this all perfect. We can all tolerate a bit of discouragement, and overcome the struggle. But the more we can move in the right direction of getting more encouragement, the better our chances of success.

So let’s look at some great ways to increase encouragement:

1. Get support from others (including joining my Sea Change Program) for your change—report to them regularly, ask them to encourage you.
2. When things go astray, talk to yourself with encouragement. “You can do this! Get back on track, take the smallest step.” And so on. It’s a key skill.
3. Put up motivational quotes, inspiration, success stories.
4. Chart your progress. Show how far you’ve come.
5. Reward yourself (don’t use food if you’re trying to change your diet, don’t use buying things if you’re getting out of debt).
6. Mindfully enjoy the actual habit (like finding mindful gratitude as you exercise).
7. Do the habit with others (go for a



PABLOBENII/SHUTTERSTOCK

Reach out to one person and ask for support and encouragement.

walk with other people). As you can see, these can be small encouragements. But they make a huge difference. Some ways to decrease discouragements:

1. When you mess up or go off your plan ... note when you’re feeling discouraged. Reframe this moment as less of a “failure” and more of an opportunity to practice two key habit skills: encouraging yourself and starting again. If you work on these two skills, you’ll get really good at changing habits.
2. When you miss reporting to people, note your discouragement.

Reach out to one person and ask for support and encouragement. Tell them you’re embarrassed you haven’t been reporting, and commit to doing one small step. 3. When you’re overwhelmed and feeling discouraged, focus on the smallest next step. 4. When you have a habit streak going (which is encouraging when it is happening), but then the streak breaks (it goes from 47 days in a row to 0!) ... notice the discouragement. Instead, think of the cumulative days you’ve been doing the habit, instead of the streak. Notice how much progress you’ve made. 5. When you feel like you’ve let yourself and others down, prac-

tice self-compassion. This is a truly great habit skill to practice. There are other good ways to decrease discouragement, but the main method is to notice when you’re discouraged and find ways to encourage yourself, to reframe it as an opportunity, to practice self-compassion, to ask for support, to pick one small step and start again. Leo Babauta is the author of six books, the writer of “Zen Habits,” a blog with over 2 million subscribers, and the creator of several online programs to help you master your habits. Visit ZenHabits.net



# The Nordic Diet is the New Mediterranean Diet

The Mediterranean diet has been promoted for decades but now the Nordic diet is getting some love



The Nordic diet can ... help people lose weight or maintain a healthy weight.

JULIA RIES

You may have noticed there’s a new diet creating a lot of noise in the health and wellness scene. It’s the Nordic diet, and some nutritionists think it may be one of the healthiest ways to eat. The diet was constructed when health experts set out to find why, exactly, Northern Europe had lower obesity rates than the United States. The Nordic diet was developed based on the traditional cuisine found in Denmark, Finland, Iceland, Norway, and Sweden.

**What is the Nordic Diet?** There’s no calorie counting or crash dieting—rather, the Nordic diet promotes a lifelong approach to healthy eating. It focuses on plant-based, seasonal foods and is packed with lean proteins, complex carbohydrates, and healthy fats. The new diet, which has actually been around for centuries, was adapted from the Baltic Sea Diet Pyramid in 2004 to include more flavors and nutritional value. The new version promotes more food from wild landscapes, fewer food additives, organic produce whenever possible, and more home-cooked meals. Additionally, it places an emphasis on planning each meal around winter vegetables—such as kale, cabbage, broccoli, and Brussels sprouts. Eggs and fish are more of an aside.

**How Does It Stack Up Against the Mediterranean Diet?** The Nordic diet is quite similar to the well-known Mediterranean diet. Both include plenty of fish, root veggies, fruit, and whole grains—such as oats and barley—and limit the consumption of red meat, dairy, sugars, and processed foods. One major difference is in the oily fats. While the Mediterranean diet suggests olive oil, the Nordic diet opts for rapeseed oil, aka canola oil. Both oils promote a healthy heart by boosting good cholesterol and trimming away bad cholesterol.

“Both are plant-based oils with high amounts of omega-3. Since canola oil has less saturated fat than olive oil, it is considered healthier, however, both have a different recommended use in the kitchen,” Dr. Nancy P. Rahnama, a bariatric physician based in Los Angeles, told Healthline. For example, olive oil, which is higher in antioxidants, is more flavorful and is typically used for salads and toppings whereas canola oil can withstand more heat, so can be used when cooking and baking at higher temperatures.

**The Long List of Health Benefits** One of the main reasons dietitians have been so fond of the Nordic diet is because of all the research-backed health benefits it’s been linked to. The World Health Organization found that both the Mediterranean and Nordic diets reduce the risk of cancer, Type 2 diabetes, and heart disease. Other studies have revealed that the Nordic diet can lower systolic and diastolic blood pressure levels, normalize cholesterol levels, and help people lose weight or maintain a healthy weight. Additionally, because the diet is quite similar to anti-inflammatory diets—which traditionally consist of fruits, vegetables, lean protein, and healthy fats—it’s been shown to reduce inflammation in fatty tissues and, consequently, obesity-related health risks.

**Because the Nordic diet focuses on consuming what’s in season, it doesn’t break the bank.**

It may even help women who are trying to get pregnant. “This lifestyle falls in line with the recommendations I give my clients when [they’re] trying to conceive,” Lauren Manaker, a registered dietitian and owner of Nutrition Now Counseling, said. “A diet that is low in processed foods and refined carbohydrates, along with eating mostly plant-based and seafood-based proteins along with high consumption of fruits and vegetables, is correlated with increased chances of pregnancy.”

**It’s Good for the Planet Earth, Too** Additionally, the Nordic diet is environmentally sustainable, as it focuses on the consumption of fresh, local ingredients. As a result, fewer greenhouse gases are emitted. “Plant-based diets create less pollution because they use fewer natural resources than meat-heavy diets,” fitness expert Lauren Cadillac, a registered dietitian and certified personal trainer, said. “We can also reduce energy consumption and food waste by eating locally produced food.” “A large reason I like this diet is that it takes the focus off of calories and puts it on quality food,” Cadillac added.

**A Well-Balanced, Affordable Option** While the Mediterranean diet has been more heavily researched, growing interest in the Nordic diet has already found that the diet is just as healthy, if not more. Not to mention, because the Nordic diet focuses on consuming what’s in season, it doesn’t break the bank. Seasonal produce tends to be a bit cheaper, as it’s more widely available. So, if you’re looking to do some good for your body, the Nordic diet may be well worth a try. It’s packed with a ton of nutrients, vitamins, and minerals your body needs to survive and thrive.

*Julia Ries is a freelance health and wellness writer. This article was first published on Healthline.*

# How Our Sense of Taste Changes as We Age

Like our eyesight and hearing, our sense of taste is also subject to the ravages of time

ANITA SETAREHNEJAD & RUTH FAIRCHILD

Taste is a complex phenomenon. We do not experience the sensation through a single sense (as we would when we see something using our sense of sight, for example) but rather it is made up of the five senses working together to allow us to appreciate and enjoy food and drink. Initial visual inspection of food indicates if we would consider consuming it. Then, when eating, smell and flavor combine to allow us to perceive a taste. Meanwhile, the mix of ingredients, texture, and temperature can further impact how we experience it. Unfortunately, this means that losing any of our senses, particularly smell or taste, can reduce our enjoyment of food. Think of the last time you had a cold or a blocked nose. It’s likely that the temporary loss of smell changed the way you tasted food, lowered your appetite, or might even have caused you to overconsume as a means of seeking satisfaction and satiation. A similar phenomenon happens when we get older. The way we perceive taste starts to change by the age of 60—when the sensitivity of our sense of smell also starts to diminish—becoming severe from the age of 70.

**Contributing Senses** As set out above, when our sense of smell functions less and is not able to detect and discriminate between different smells, it affects our taste perception. The decline in sensitivity of sense of smell with age is due to several factors, including a reduction in the number of olfactory receptors—which recognize different odor molecules—in the back of the nasal cavity, as well as a declining rate of regeneration of the receptor cells. Another reason for the impairment of the sense of taste with aging is due to structural changes in the taste papillae. These bumpy structures host taste buds in the mouth, on the tongue and palate. One type of these papillae, fungiform, which contain high levels of taste buds, decrease in number as we age and also changes in shape, becoming more closed. The more open the papillae, the easier it is for chemicals in food to come into contact with the receptors to create

taste. Closed papillae reduce the contact surface between food compounds and receptors resulting in less perception of food tastes.

**Changing Tastes** Poor chewing is another factor that contributes to the low detection of tastes. Due to aging or poor oral health, some people lose their teeth, with many resorting to dentures. But dentures, particularly if ill-fitting, can affect the quality of chewing and breaking down of food compounds. This can then reduce the dissolution of the food compounds in saliva and reduces the contact levels with the sensory receptors in the taste buds. In addition, saliva secretion also can decline as a result of aging. This means that there is less fluid to carry food compounds to the taste receptors, and less liquid available to help food compounds to dissolve, so the taste is more poorly received. General health also plays an important role in our sense of taste at any age. Head injuries, medicinal drugs, respiratory infections, cancer, radiation, and environmental exposure such as smoke and particulates can all contribute to an impaired sense of taste. Exposure to many of these factors increases as we get older. Not everyone’s sense of taste declines in the same way, however. Changes are known to be diverse among different people and sexes, and not everyone shows the same level of impairment as they age. Though some things are inevitable, there are things that we can all do to at least reduce the loss of taste. Our preliminary research has indicated that keeping a healthy diet, an active lifestyle, and ensuring a low to moderate consumption of the five tastes—sweet, sour, salt, umami, and bitter—could help to slow down the changes in papillae.

*Anita Setarehnejad is a senior lecturer in food science and technology at Cardiff Metropolitan University in the UK. Ruth Fairchild is a senior lecturer in nutrition at Cardiff Metropolitan University. This article was first published on The Conversation.*



The way we perceive taste starts to change by the age of 60.



ESSENCE  
OF  
CHINA



DANIEL TENG

The “Three Character Classic,” or “San Zi Jing,” is the best-known classic Chinese text for children. Written by Wang Yinlian (1223–1296) during the Song Dynasty, it has been memorized by generations of Chinese people, young and old. Until the 1800s, the “Three Character Classic” was the first text that every child would study.

The text’s short, simple, and rhythmic three-character verses allowed for easy reading and reciting, while the content covered a broad range of topics. It not only helped children learn common Chinese characters, grammar structures, and lessons from Chinese history but also, above all, enabled them to develop an understanding of traditional Chinese culture and the upright ways of conducting themselves as good people.

The very first lesson in the “Three Character Classic” teaches children about their original pure nature:

People at birth  
Are good by nature.  
Their natures are much the same,  
Their habits become widely different.

In other words, people are born innately good. Infants may vary in their personality, but by and large they share similar qualities of innocence and purity.

However, as the young grow up and are influenced by different people, environments, and experiences, they develop priorities and habits that can lead them to become very different individuals.

For example, some learn to value family and filial piety as being of the highest importance; others learn to cherish money above all things. Some find gratification through material gains; others find meaning in spiritual pursuit.

**Same Background, Different Values**

The following anecdote illustrates how two people who grew up together can turn out very differently. A Chinese writer relates how her father, a carpenter named Jing, was a kind, honest, and respectful man who was well liked by everyone in his vil-

lage for his good character.

Jing had an old classmate and friend named Wang. One day, Wang invited Jing to his house for dinner.

As they were chatting, Jing saw that an old man who looked like a servant was cooking for them and serving them tea and wine. He asked Wang, “Who is this elderly man?”

When Wang replied, “That’s my father,” Jing was shocked.

Jing jumped up and said to Wang’s father, “Uncle, please sit down.” He helped the elderly man into his seat, poured him a glass of wine, and respectfully said, “Uncle, please forgive my rudeness.”

Then, turning to Wang, Jing said, “I am no longer your friend. You don’t know how to respect your elders.” He picked up his tools and walked out the door.

Jing had learned from a young age that one must be respectful to one’s elders and teachers. Wang, on the other hand, never learned to take this principle seriously. Despite growing up as old friends, the two had developed widely different characters and values.

**Kou Zhun Receives a Lesson Beyond the Grave**

So what makes a person become like

Jing instead of Wang? The answer lies in the next stanza of the “Three Character Classic”:

If foolishly there is no teaching,  
The nature will deteriorate.  
The right way in teaching  
Is to attach the utmost importance in thoroughness.

A person’s innately good nature is maintained through teaching and guidance throughout one’s life. Without guidance, however, this good nature can become corrupted.

The story of Kou Zhun, a prime minister who lived during China’s Northern Song Dynasty, offers an example.

Kou was born into a family of intellectuals. However, his father died when Kou was young, and he was raised by his mother, who wove fabric to help them get by.

Despite their poverty, Kou’s mother taught and urged Kou to work hard so that he could one day make great contributions to society.

Kou proved to be extremely intelligent, and at 18, he passed the national examinations with outstanding results. He was thus among the few to be selected by the emperor to become a government official.

The good news spread to Kou’s mother, who was seriously ill at the time. As she lay dying, she gave a faithful servant a painting she had made.

“Kou Zhun will one day become a government official,” she whispered. “If his character starts to go astray, please give him this painting.”

**Tempering Extravagance**

Kou Zhun eventually became prime minister, but fame and luxury began to go to his head. To show off his wealth and status, he decided to host an extravagant birthday celebration, replete with a banquet and opera performances.

Noticing that the time had come, the servant presented Kou with his mother’s painting. Kou saw that it was a painting of himself reading a book under an oil lamp, with his mother weaving cloth by his side. Written next to the image were these words:

Watching you endure the hardship of studying under a dim light,  
I hope you will become a good person and benefit many others in the future.  
Your devoted mother has taught you the virtue of thrift,  
In times of wealth, never forget those who are poor, like we once were.

Reading his mother’s words, Kou burst into tears. It was clear he had not lived up to her expectations. He called off the banquet.

The reminder from Kou’s mother beyond the grave saved him from a downward spiral toward greed and corruption. From then on, Kou lived frugally, treated others generously, and carried out his official duties with high morals and integrity. He eventually became one of the most famous and beloved prime ministers of the Song Dynasty.

This story not only illustrates that guidance and teaching are necessary for grooming one’s character, but it also carries a deeper message: As people are innately good, even those who have gone astray can rediscover their good nature and return to their original true selves. As long as they realize their mistakes and are determined to change, it’s never too late.

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