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In
the NEWS

Cheap, banned and
DANGEROUS

Chinese contraceptive pills with zero to 100 times the normal dose of hormones have silently flooded the Kenyan market, causing a spate of unusual symptoms and unplanned births.

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Absolutely, there is systemic risk. Do you know how many banks have connected inter-bank lending with Hengfeng?

Alicia García Herrero, Asia-Pacific chief economist for investment bank Natixis, on China's bail-out of its third bank in three months.

US | A5

It's 22 good deeds in memory of each of the victims who were killed in El Paso.

Ruben Martinez, 11, challenges El Paso residents to do good deeds for each other after the recent mass shooting that claimed 22 lives.

US | A7

Patience and
PROSPERITY

are linked, according to a 76-nation study that found the more patient people are and the more they save, the wealthier and more productive they become.

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REUTERS/THOMAS PETER

Police clash with anti-government protesters at the airport in Hong Kong on Aug. 13, 2019.

HONG KONG

Trump Warns of Chinese Troops as Beijing Ramps Up HK Rhetoric

US cites intelligence showing Chinese troops moving to Hong Kong border; Chinese regime increases rhetoric against protesters

CATHY HE & NICOLE HAO

President Donald Trump said Aug. 13 that U.S. intelligence has informed him that the Chinese regime is moving troops to the border with Hong Kong.

“Our Intelligence has informed us that the Chinese Government is moving troops to the Border with Hong Kong,” Trump wrote. “Everyone should be calm and safe!”

A day earlier, Chinese state-run media outlets posted online videos of armored vehicles moving through Shenzhen, the mainland Chinese city

that borders Hong Kong, claiming that they were assembling in preparation for “large-scale exercises.”

Trump’s tweet comes as Beijing’s rhetoric and protests by Hongkongers have intensified.

“I hope it works out for liberty,” he told reporters earlier. “I hope it works out peacefully. I hope nobody gets hurts. I hope nobody gets killed.”

On Aug. 13, thousands again occupied terminals at Hong Kong International Airport to oppose

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Our Intelligence has informed us that the Chinese Government is moving troops to the Border with Hong Kong. Everyone should be calm and safe!

U.S. President Donald Trump



GREG BAKER/AFP/GETTY IMAGES

Uygher men arriving before Eid al-Fitr prayers, marking the end of Ramadan, outside the Id Kah mosque in Kashgar, in China's western Xinjiang region on June 5, 2019.

CHINA

US Mulling Sanctions For Chinese Tech Firms Involved in Xinjiang Suppression

FRANK FANG

Chinese tech companies involved in the oppression of Uyghurs in the northwestern region of Xinjiang could be subjected to U.S. sanc-

tions, U.S. Ambassador-at-Large for International Religious Freedom Sam Brownback said in an interview.

Brownback told Japanese newspaper Nikkei that U.S. sanctions are

Continued on A5

POLITICS

Protecting Individual Freedoms a Theme at First-Ever CPAC Australia

MIMI NGUYEN LY

Notable speakers at Australia’s first-ever Conservative Political Action Conference (CPAC) observed that individual rights and freedoms are at constant threat of being taken away if citizens do not continue to defend them.

The conference, which took place Aug. 9-11 at Rydges World Square Hotel in the heart of Sydney’s CBD, saw multiple speakers praising the numerous freedoms that Australians have always enjoyed, but also cautioning that such freedoms are at risk of being taken away.

According to the event’s website, CPAC Australia “is a conference for those that despaired at the prospect

INSTITUTIONAL ABUSE

More Than 220 in Guam Sue Over Alleged Clergy Sex Abuse

BOWEN XIAO

More than 220 former altar boys, students, and Boy Scouts are suing the Catholic archdiocese in the U.S. island territory of Guam over alleged sexual assaults perpetrated by 35 clergy, teachers, and scoutmasters.

Thousands of pages of court documents reviewed by The Associated Press, along with extensive interviews, tell a story of systemic abuse

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EPSTEIN CASE

Trump on Epstein: ‘I Want a Full Investigation’

JANITA KAN

President Donald Trump said on Aug. 13 that he is demanding a “full investigation” into the death of financier Jeffrey Epstein, a day after Attorney General William Barr said there were “serious irregularities” at the prison that held the alleged sex trafficker.

“Basically what we’re saying is we want an investigation. I want

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UMA SANGHVI/PALM BEACH POST VIA AP, FILE



Jeffrey Epstein in court in West Palm Beach, Fla., on July 30, 2008.

“**The fight all over the world is ultimately about your individual liberty vs. authoritarian regimes.**

Dan Schneider, Executive President of the American Conservative Union

of a Shorten [Labor] government controlled by militant unions and influenced by the Greens.

“Australia dodged a socialist arrow this time,” but “now is not the time to be complacent. Now is the time to get involved,” it said.

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Accuracy
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Protecting Individual Freedoms a Theme at First-Ever CPAC Australia

CONTINUED FROM A1

Rowan Dean, editor of The Spectator Australia, said on the first day of the conference that over the past couple of years, conservatism appears to be “really noticeable in the country and probably as much because of the effectiveness of the Left in marching through all our institutions.”

“But sane, common sense, every day, normal decent people, have had enough of it. They said ‘no no no’ and are looking for alternatives,” he added.

Hosted by the American Conservative Union (ACU) and local libertarian organisation LibertyWorks, and modelled on the popular American event, CPAC Australia is seen by organisers as a rallying point for those who identify with conservative or libertarian values that favor small government to gather and share their vision for the nation’s future.

“Can people govern themselves?” Dan Schneider, the executive president of the ACU, posed as a question to the crowd as he elaborated on the values of classical liberalism, which he said were core to what conservatives are dedicated to protecting.

“[Classical liberalism] is the idea that each person is unique, deserving of equal dignity and respect, that your rights are naturally yours. The government doesn’t give you your rights, the government should respect your rights.

“The fight all over the world is ultimately about your individual liberty vs. authoritarian regimes,” he said. “If individuals don’t stand up and fight for their individual rights, and protect their national sovereignty, we lose.”

Among the individual freedoms—speech, religion, and association—freedom of speech was frequently referenced and lauded by multiple speakers.

“Free speech is the single most important principle in a functioning democracy,” Janet Albrechtsen, chairman of the libertarian think tank Institute of Public Affairs (IPA), a major sponsor of the conference, told the audience.

“It’s that piece of intellectual machinery that allows for a contest of ideas and that contest—those disagreements, those debates—underpin our progress, our innovation, our ability to find the best ideas, the best



Ross Cameron (L), Mark Latham (C) and Rowan Dean (R) at the CPAC Australia conference in Sydney, Australia on Aug. 9, 2019.

[Ronald Reagan] said that we are only one generation away from extinction of the freedom that we enjoy today. He said it’s not passed down in our bloodstream to our children. He said we have to fight for it, we have to protect it.

Liberal MP Craig Kelly

solutions and the best policies.”

Speakers also raised their concerns for Australians losing their jobs and the rising cost of living.

Daniel Wild, director of research at the IPA, observed how the Labor party’s agenda for the nation would have attacked Australians’ culture and way of life.

“[The Labor Party] wanted to transform our economy with radical, unrealistic, unattainable, unachievable climate policies that would make no difference to the global temperature, no difference to the global environment, but it would impose significant and irreparable economic damage on working-class, middle-class Australians,” he said.

“They wanted to hold a referendum that would ask Australians to divide themselves by race. They wanted more limitations on freedom of speech, more limitations on freedom of religion,” he said. “They wanted higher taxes, retrospective taxes, taxes on self-funded retirees.”

Liberal Senator Amanda Stoker addressed the issue of improving Australia’s productivity and said doing so is a moral imperative because it delivers more jobs, higher wages, and reduced the cost of living for Australians who need it most.

“It’s also a political imperative because if we don’t create real improvements in wages and help people cope with the cost of living, which we know is very high in Australia, we will ultimately pay a political price for it,” she said, noting that it was “part of the reason that the Coalition was entrusted with government over [left-leaning] Labor’s hard-taxing agenda.”

Liberal MP Craig Kelly praised the importance of low-cost energy and said that this, combined with true free-market capitalism, are what have guaranteed Australians’ prosperity.

He said that had Shorten won, Australians would now be being taxed for air travel in order to meet the 45

percent emissions reductions target proposed in the lead up to the May election under Labor’s mandate to reduce carbon emissions.

Kelly encouraged the crowd to raise their voice for issues they care about.

“[Ronald Reagan] said that we are only one generation away from extinction of the freedom that we enjoy today. He said it’s not passed down in our bloodstream to our children. He said we have to fight for it, we have to protect it. That’s what I call everyone in this room to do. To stand up for these issues,” Kelly reminded the crowd.

“Stand up and don’t be frightened to say stuff if you think it’s politically incorrect.

“Don’t be frightened to say stuff if you know some lefties are going to criticise you and attack you. Because it’s only by all of us using our voices together that we’re going to win this battle, to protect our freedom and prosperity for our kids and grandkids for generations to come.”

Aussie Underage Drinking Declining

The number of young Australians choosing not to drink has increased by more than 50 per cent since 2013.

The International Alliance for Responsible Drinking (IARD) has analysed data from 63 countries trying to understand whether underage drinking is going up or down globally.

It reports that it has declined in more than two-thirds of the nations studied. Britain has seen a 46 per cent drop in consumption, while 20 per cent of New Zealand 15-17-year-olds are also drinking less.

However, among the most significant findings is a 55 per cent increase in Australian under-18s who are opting out of drinking altogether.

According to Dr. Michael Livingston from La Trobe University’s Centre for Alcohol Policy Research, people around the world are looking at the findings and “scratching their heads.”

“It’s not just something that’s happening in Australia, there are similar trends in around the high-income world ... so immediately that rules out anything particular that we’ve done here,” he said.

Researchers have an abundance of theories but none are backed up conclusively by data, Dr. Livingston says.

Some studies from Europe and Australia point to changes in parenting with carers less likely to sup-



ply alcohol to kids, more concerned about drinking among teenagers and more aware of the potential harms of drinking.

While other substances may be an option for some, it might not necessarily explain why the young are abstaining from alcohol either.

According to an Australian Institute of Health and Welfare study, the proportion of those aged 12-24 who have experimented with illicit

Woman enjoys a mocktail.

drugs also dropped between 2001 and 2016.

Those aged 18-24 recorded the biggest fall of almost nine per cent.

There’s also various conjecture about the impact social media has had on underage drinkers.

“There are more risks of being out of control when you’re 15 because your photo can be put up on Facebook and Snapchat,” Dr. Livingston said.

It’s not just something that’s happening in Australia, there are similar trends in around the high-income world.

Dr. Michael Livingston, academic at the La Trobe University’s Centre for Alcohol Policy Research

According to a 2018 World Health Organisation report, since 2000 the percentage of people who drink around the world has decreased by almost five per cent.

There is a “reshaping of the market” going on, Dr. Livingston says. Some lower-income countries like China and India who don’t have a long-standing drinking culture are experiencing a rise in alcohol consumption.

“If you’re an industry, that’s where you want to be selling your product,” he said.

The IARD is a not-for-profit organisation dedicated to reducing alcoholism and concerned by the association between underage drinking, impaired brain development, increased mental health problems and increased risk of alcohol dependence in later life.

By Taylor Thompson-Fuller
From AAP

BRENDAN SMIALOWSKI/AFP/GETTY IMAGES

Trump Will Meet With Kim Jong Un on Denuclearisation in the ‘Not Too Distant Future’

ZACHARY STIEBER

President Donald Trump said he plans to meet with North Korean leader Kim Jong Un soon to discuss the denuclearisation of the communist nation.

Trump said the dictator sent a letter that included a “small apology” for North Korea’s recent missile tests, in addition to complaints about the joint military exercises held by South Korea and the United States. The testing will stop when the exercises stop, Kim apparently wrote.

“In a letter to me sent by Kim Jong Un, he stated, very nicely, that he would like to meet and start negotiations as soon as the joint U.S./South Korea joint exercises are over,” Trump wrote on Twitter early on Aug. 10.

“It was a long letter, much of it complaining about the ridiculous and expensive exercises. It was also a small apology for testing the short-range missiles, and that this testing

We have a system. It’s the old-fashioned system. You don’t have to worry about leaks.

U.S. President Donald Trump



U.S. President Donald Trump and North Korea’s leader in the Korean Demilitarised Zone in Panmunjom, on June 30, 2019.

would stop when the exercises end. I look forward to seeing Kim Jong Un in the not too distant future! A nuclear-free North Korea will lead to one of the most successful countries in the world!”

Trump told reporters Aug. 9 that he received a hand-delivered three-page letter from Kim the day prior, calling it “a very positive letter.”

“It was a great letter. He talked about what he’s doing. He’s not happy with the testing. It’s a very small testing that we did. But he wasn’t happy with the testing; he put that in the letter. But he also sees a great future for North Korea. And so we’ll see how it all works out,” the president said, noting he wouldn’t disclose the letter’s exact contents at this time.

“It was hand-delivered and it wasn’t touched by anybody. They literally take it from North Korea to my of-

fice. We have a system. It’s the old-fashioned system. You don’t have to worry about leaks. Something nice about that system,” he said. Trump downplayed North Korea’s missile tests, saying they weren’t nuclear.

“In the meantime, I say it again: There have been no nuclear tests. The missile tests have all been short-range. No ballistic missile tests. No long-range missiles,” he said.

Trump cited progress between the countries, including North Korea returning three U.S. hostages and beginning to return some of the remains of American troops who died during the Korean War. He said he’d like to end the “war games” that are held by South Korea and the United States, citing the cost.

Trump, who became the first sitting U.S. president to step into North Korea, on June 30, reacted after North

Korea fired short-range ballistic missiles into the sea on July 25, the first weapon launches in more than two months. The country fired two more missiles into the sea on July 31.

“The North’s repeated missile launches are not helpful to efforts to ease tensions on the Korean Peninsula, and we urge [North Korea] to stop this kind of behaviour,” South Korea said in a statement.

The United States is seeking the complete, verifiable, and irreversible denuclearisation of North Korea before lifting crippling sanctions imposed by the Trump administration. Kim is attempting to negotiate for a path by which Washington gradually lifts sanctions as Pyongyang takes steps to denuclearise.

Ivan Pentchoukov contributed to this report.



JUNG YEON-JE/AFP/GETTY IMAGES

People watch a television news screen showing a file footage of North Korea’s missile launch, at a railway station in Seoul on Aug. 6, 2019.

Potentially Harmful Chinese Contraceptives Wreaking Havoc in Africa

DOMINIC KIRUI

KAYOLE, Kenya—For women in Kenya who choose to take an unlicensed Chinese contraceptive pill, there may be some serious side effects they don’t know about.

Ann Mwende, a resident of Kayole, an informal settlement in the outskirts of Kenya’s capital, Nairobi, takes a contraceptive pill branded “Sofia” that was introduced to her by a friend. She admits that she doesn’t know the actual ingredients in it.

“I have heard of the side effects, but I have not experienced any in the two months that I have taken it,” Mwende told The Epoch Times.

“I know of a friend who experienced very heavy bleeding after three months of using the pill, but I will not stop since the other methods are expensive for someone like me who depends on casual jobs for a living,” the 24-year-old mother of two said.

According to Business Daily, laboratory tests found the pill to contain widely varying hormone levels, with some having 100 times the recommended dose of a form of oestrogen, and others having no hormone content at all and offering no contraceptive effect. This could explain some cases of women becoming pregnant while on the pill.

The pill is taken once a month. Commonly reported side effects include “nausea, tender breasts, palpitations, ‘heavy’ legs, tiredness, and a feeling of false pregnancy,” according to Business Daily.

Because of the high levels of oestrogen, breastfeeding children under the age of 3 have been reported with enlarged breasts and an overdeveloped uterus, the Health Ministry said. Some children had swollen feet, knock-knees, painful muscles, and stunted speech development.

Children whose mothers were on the pill when they conceived



TONY KARUMBA/AFP/GETTY IMAGES

People walk in front of Kenya’s Kenyatta National Hospital in Nairobi on Jan. 23, 2018.

Kenya banned the Chinese pill 10 years ago, but it’s been secretly returning to the market since then.

are born with defects such as enlarged breasts or even pubic hair, Dennis Odero, the head of the crime investigation and enforcement unit at the Kenya Pharmacy and Poisons Board, told The Epoch Times.

Unregulated

Kenya banned the Chinese pill 10 years ago, but it’s been secretly returning to the market since then, according to a report by Kenyan newspaper Business Daily. The contraceptive pills are sold in Kenya and many other African countries under the guise of herbal medicine, and many women are choosing them since they are cheap and accessible. But the content of the pills is unregulated and potentially harmful.

When banning the pill from the Kenyan market in 2009, the Ministry of Health’s director for medical services at the time said it contained very high levels of the synthetic hor-

mones levonorgestrel and quines-trol, and the dose in each tablet is “about 40 times” what is supposed to be given.

Side Effects

Ten years ago, Kenya’s Health Ministry raised the alarm over the existence of the “herbal” contraceptive drug, whose harmful effects were seen in women and the children of mothers who were taking the pill while breastfeeding.

“Since the Chinese have their own herbs and foods back in their country, sometimes they are allowed to come in with them without regulation, and some unscrupulous businessmen take advantage to sneak in these pills in the name of being herbal,” Odero said. They “then sell them to the locals who have no knowledge at all what they are getting into.”

In Zambia, health officials have warned citizens of the pill’s side

effects.

While acknowledging the presence of the pill in the capital Lusaka, Ludovic Mwape, the public relations officer at the Zambia Medicines Regulatory Authority, said the contraceptives are common but haven’t been approved for use in Zambia.

“The fact that the language on the package is in Chinese confirms that the pill has not been approved,” Mwape told the Global Press Journal in 2016. “One of the prerequisites for registering and approving medicine is that the name and instructions must be in English.”

Black Market

Getting the pill within these cities and other parts of Africa where it has been declared illegal has to be via someone the seller trusts.

In Nairobi, for example, a woman can walk into an “herbal clinic,” or call a number, or order online if she cites a customer that the seller already knows. With no other checks, she can start receiving once-a-month pills for as little as 200 Kenyan shillings (\$2) per pill.

A report by the Inter Press Service news agency in 2010 said customers had to take the pill at the clinic and weren’t allowed to take them off the premises. This method of distribution makes it hard for officials to make arrests and curb the spread of the drug. Odero said it wouldn’t make sense to prosecute someone who is caught with one pill, but instead, the agency is focusing on the source and how the pills are being smuggled into the country.

“I wouldn’t like to see my child suffer and become deformed as a result of my using of this pill,” said Mwende. “The government should then regulate the importation of such drugs, but give us an alternative through a pill that we can take once a month and is cheap. That way, we will stop using Sofia.”

Trump Warns of Chinese Troops as Beijing Ramps Up HK Rhetoric

CONTINUED FROM A1

the city government’s response to protests sparked by a controversial extradition bill, causing flights to be suspended for a second day.

The mass protests began more than two months ago in opposition to a Beijing-backed extradition proposal that would allow people to be transferred to mainland China and face trial. Amid fears that the measure, which has now been suspended, would leave people vulnerable to the Chinese regime’s opaque legal system, protesters have continually called for the bill to be withdrawn.

As clashes between police and protesters have intensified in recent weeks, the unrest has presented a huge challenge to the communist leadership in Beijing.

Signals

On Aug. 12, China’s state-run hawkish newspaper Global Times posted a video on Twitter showing armored vehicles of China’s People’s Armed Police assembling in Shenzhen.

On Weibo, China’s equivalent to Twitter, the outlet also posted the following message in Chinese: “If Hong Kong rioters cannot read the signal of having armed police gathering in Shenzhen, then they are asking for self-destruction.”

Meanwhile, the Chinese Communist Party’s mouthpiece People’s Daily posted on social media that the Chinese Armed Police are in Shenzhen to prepare for “riots, disturbance, major violence and crime, and terrorism-related social security issues.”

‘Foreign Forces’

Another state-run media outlet, Xinhua, escalated the verbal attacks by publishing a commentary on Aug. 13 that listed several so-called “harmful Hongkongers” who have cooperated with “foreign forces” to manipulate the protesters. The Chinese regime has consistently pushed the narrative that foreign governments are behind the protests challenging Beijing’s authority.



Hong Kong police arrest a man during protests in the Tsim Sha Tsui neighborhood on Aug. 11, 2019.

The singling-out of individuals is unusual even for the most hawkish of Chinese state media reports.

The commentary named several activists and pro-democracy figures, including Anson Chan, former chief secretary—a second-in-command position—during both the British colonial government and the Hong Kong government after the territory was returned to Chinese sovereignty in 1997; Martin Lee Chu-ming, barrister and founder of the Democratic Party in Hong Kong; Joshua Wong, student activist and leader of the Demosisto political party; Nathan Law, an activist and former lawmaker who was disqualified from office after Beijing took issue with the manner in which he took his oath; Jimmy Lai, founder of Next Media, a media company that often supports pro-democracy protests; and Davin Kenneth Wong, president of the Hong Kong University Student Union. All have either participated in protests or expressed sympathy for them.

The article doubled down on the “foreign interference” claim, portraying those individuals as colluders with the U.S. government to foment violence in Hong Kong.

For example, it described Chan’s, Lee’s, and Lai’s visits to the United States this year to discuss the extradition bill with U.S. lawmakers and administration officials as the behavior of “traitors who sell out the country for their own glory.”

“These Hongkongers’ behaviors are shameful, their motivations should be exterminated, and their sins must be punished,” the article read.

The commentary also mentioned a recent meeting between Wong, other pro-democracy activists, and Julie Eadeh, a staffer at the U.S. Consulate General in Hong Kong, as reported by the local pro-Beijing newspaper Ta Kung Po last week. Xinhua called them “Hong Kong minions” who are asking for guidance from the U.S. government.

After the media report, the U.S. State Department responded sternly

If Hong Kong rioters cannot read the signal of having armed police gathering in Shenzhen, then they are asking for self-destruction.

Chinese state media

by calling Beijing a “thuggish regime” for singling out the U.S. diplomat.

“I don’t think that leaking an American diplomat’s private information, pictures, names of their children—I don’t think that is a formal protest, that is what a thuggish regime would do,” U.S. State Department spokesperson Morgan Ortagus said last week.

The State Department also rejected the claims by Beijing that the United States was “interfering in Hong Kong’s affairs,” saying that the protests “reflect the sentiment of Hongkongers and their broad concerns about the erosion of Hong Kong’s autonomy.”

U.S.-based commentator Tang Jingyuan noted that Chinese state media reports purposely omit information about police officers using aggressive tactics to arrest protesters, such as shooting rubber bullets and tear gas canisters at close range, and about pro-Beijing mobs that attacked protesters in the North Point district this past weekend.

Death Toll Rises to 49 as Typhoon Lekima Wreaks Havoc in Eastern China

BEIJING—The death toll from typhoon Lekima in eastern China rose to 49 people on Aug. 13 as the storm continued up the coast, racking up billions of dollars in economic losses and widely disrupting travel.

An additional 17 people were recorded dead from the storm, including seven from Zhejiang Province and five from Shandong, with 16 people missing, according to data from provincial emergency bureaus and state media.

State broadcaster CCTV had put the death toll at 32 on Sunday.

Typhoon Lekima made landfall early on Saturday in China’s Zhejiang Province, with winds gusting up to 187 kilometres per hour. The center of the storm has since trav-

Many of the earlier deaths occurred when a natural dam collapsed in Zhejiang.



Rescuers and paramilitary police officers search in the rubble of damaged buildings after torrential rain caused by Typhoon Lekima, at Yongjia in Wenzhou, Zhejiang province in China on Aug. 11, 2019.

eled north through Shandong and off the coast.

Many of the earlier deaths occurred when a natural dam collapsed in Zhejiang after a deluge of 160 mm of rain within three hours.

The Shandong Emergency Management Bureau said more than 180,000 people were evacuated in the province, adding to an earlier evacuation of roughly 1 million people in Zhejiang and Jiangsu

provinces as well as the financial hub of Shanghai.

The latest update from Shandong brings the total estimated economic toll of the storm to 18 billion yuan (\$2.55 billion) in China, including damage to 364,000 hectares of crops and more than 36,000 homes. Shandong alone estimated the total economic impact on agriculture was 939 million yuan.

Qingdao, a popular tourist hub in eastern Shandong, issued a red alert on Sunday, closing all its tourists sites and suspending 127 trains and all long-distance bus services, according to official media.

Lekima is China’s ninth typhoon this year. China’s state broadcaster said on Sunday more than 3,200 flights had been cancelled but that some suspensions on high-speed railway lines had been lifted.

The typhoon was expected to weaken as it heads northwest off the coast of Shandong into the ocean east of China’s capital, Beijing.

By Cate Cadell
From Reuters

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Sanctions on Chinese Tech Firms Involved in Xinjiang Suppression a ‘Possibility,’ US Ambassador

CONTINUED FROM A1

“never off the table” and “always a possibility.”

The Chinese regime monitors Uyghurs in the northwestern region of Xinjiang through a sprawling surveillance system that includes an extensive network of security cameras, many enabled with facial-recognition and night-vision capabilities, and frequent security checkpoints.

The U.S. State Department and experts have estimated that more than 1 million Uyghurs and other Muslim minorities are detained in internment camps in the region, as part of the regime’s crackdown on “extremism.”

Brownback said the issue of sanctions on Chinese tech companies involved in mass surveillance in Xinjiang was brought up during a recent meeting with Chinese rights advocates alongside U.S. Vice President Mike Pence.

Pence met with representatives of

The future of oppression may not have as many people incarcerated, but you’ll have more people marginalised in the society, that they can’t get certain jobs if they’ve got a bad social credit score or they can’t go certain places if they have a bad social score.

Sam Brownback, U.S. ambassador-at-large for international religious freedom



Security cameras are seen on a street in Urumqi, capital of China’s Xinjiang region on July 2, 2010.



Schoolchildren walk below surveillance cameras in Akto in the Xinjiang region of China, on June 4, 2019.

three persecuted religious groups in China—Christians, Uyghurs, and Falun Gong practitioners—along with other advocates for religious freedom in his ceremonial office in the Executive Office Building on Aug. 5.

Falun Gong, also known as Falun Dafa, is a meditation practice with spiritual teachings that has been persecuted by the Chinese regime since 1999.

The advocates reportedly urged the Trump administration to sanction Chinese officials involved in the religious persecution, as well as Chinese companies that have helped the regime build surveillance systems to carry out its oppression.

Brownback told Nikkei that advances in surveillance technology and artificial intelligence may transform how the regime suppresses religious groups.

“You’ve got a high-tech system being used to monitor people, where you’ve done massive data collection of DNA samples of the entire population, where you implement a ‘social credit score’ system to prohibit people from getting certain places,” Brownback said.

“So the future of oppression may not have as many people incarcerated but you’ll have more people marginalised in the society, that they can’t get certain jobs if they’ve got a bad social credit score or they can’t go certain places if they have a bad social score.”

The regime has begun rolling out a “social credit” system, under which authorities monitor citizens’ activities, including online purchases and behaviour in public spaces, and assign them a “trustworthiness” score.

Local authorities also compile “blacklists” for individuals with bad

credit scores, who are then banned from services such as boarding a plane or buying a train ticket.

The system, parts of which were rolled out in 2014, is set to be implemented across all of China in 2020. Critics, however, have voiced concern that the surveillance could be used by authorities to track political targets or dissidents.

“So, what you end up having is a system where individuals are marginalised from participating in the economy and in the culture,” Brownback said.

In April, more than 40 U.S. lawmakers signed a letter to U.S. President Donald Trump’s top advisors that condemned two Chinese video surveillance firms, Hikvision and Dahua Technology, for being “complicit in human rights abuses,” and called for tighter U.S. export controls over such companies.

Beijing Nationalises Third Bank in Three Months

FAN YU

News Analysis

A crisis of confidence has gripped China’s regional lenders, as Beijing moved to nationalise its third major financial institution since May.

Hengfeng Bank Co., a regional lender based in Shandong Province, received official approval for restructuring by taking a lifeline from an entity affiliated with the Shandong provincial government, as well as Central Huijin Investment Ltd., according to a report by Chinese financial magazine Caixin on Aug. 10.

Central Huijin Investment is a subsidiary of China’s sovereign wealth fund China Investment Corp., and will take a stake of less than 20 percent, the magazine said. Established in 2003, Central Huijin’s mission is to invest in major state-owned financial enterprises on behalf of the state, according to its website.

Hengfeng’s bailout is the third nationalisation of a bank since May, and the biggest in size. The first occurred on May 24, when Inner Mongolia-based Baoshang Bank was nationalised and put under the management of China Construction Bank. Baoshang’s bailout was the first of its kind in 20 years.

Only two months later, the Bank of Jinzhou in Liaoning Province was bailed out by a consortium of the Industrial and Commercial Bank of China and two of China’s biggest state distressed-asset managers.

Troubled Lenders

Until recently, nationalisation of banks has been rare in China, which underscores rising concerns among regulators regarding indebted smaller lenders, especially as the country’s domestic economy slows.

The People’s Bank of China late last year conducted a risk review of the country’s banks and determined that



A bank employee counts out 100 yuan notes at a bank in Shanghai on Aug. 8, 2018.

The People’s Bank of China late last year conducted a risk review of the country’s banks and determined that one in 10 lenders had failed its test.

one in 10 lenders had failed its test.

And regulators are taking no chances in seeking to avoid a domestic financial crisis. The continuing trade war and slackening international economic growth have slowed China’s economic growth and the financial health of its businesses, resulting in a reduced ability to service debts and leading to more small-scale defaults. These souring business loans are especially destructive to the capital buffer at China’s regional and local banks.

Hengfeng Bank had also failed to disclose its financial reports for two consecutive years, including 2018. In the most recent period disclosed, Hengfeng Bank had 1.2 trillion yuan (\$170 billion) in total assets at the end of 2016, according to its annual report.

The bank’s bailout has also affected overseas investors. United Overseas Bank Ltd., a Singaporean multinational lender, had bought 13 percent

ownership in Hengfeng in 2008. It’s unclear how United’s stake was treated in the bank’s restructuring.

There’s another layer to Hengfeng Bank’s bailout. The bank is no stranger to controversy—two of its top former executives have come under investigation for alleged embezzlement. Jiang Xiyun, who served as chairman of Hengfeng Bank from 2008 to 2013, was charged with embezzling 750 million yuan (\$106 million) worth of the bank’s stock.

Cai Guohua, Jiang’s successor at the bank’s helm, fared no better. Cai himself came under investigation later for embezzlement.

In addition, Hengfeng is the second Chinese bank bailout—Baoshang is the other—linked to billionaire Xiao Jianhua’s Tomorrow Group, which holds stakes in hundreds of Chinese banks and financial institutions. Xiao—who was taken into custody in Beijing in 2017—is known to handle financial transactions for Chinese

Communist Party elites and their kin. Xiao was wanted by the Xi Jinping regime to assist in its investigation into corruption of high-ranking officials, especially those linked to former CCP regime leader Jiang Zemin, according to an earlier Epoch Times report.

‘Systemic Risk’

More Chinese bank failures lie ahead.

At the end of March, the amount of non-performing loans (NPL) at China’s commercial banks reached 16-year highs. NPLs amounted to 2.16 trillion yuan (\$306 billion), or 1.8 percent, according to official statistics released by the China Banking and Insurance Regulatory Commission.

China’s real NPL figures, according to most experts, are likely orders of magnitude higher than the official metrics.

Despite that backdrop, Chinese authorities are pushing banks to ramp up their lending to small and medium-sized businesses to help combat slowing economic growth. In addition, regulators have drafted legislation to reduce loopholes for banks to hide their non-performing loans. One example is to force banks to mark all loans more than 90 days overdue as NPLs, regardless of the underlying collateral quality.

All of this means that banks will be forced to disclose their real health and liquidity issues, accelerating any necessary government bailouts before wide systemic problems emerge.

“Absolutely, there is systemic risk,” Alicia García Herrero, the Asia-Pacific chief economist for French investment bank Natixis, told the Financial Times on Aug. 9.

“Do you know how many banks have connected interbank lending with Hengfeng? The point is that other lenders know there is systemic risk and do not want to lend to them.”

Trump on Epstein: ‘I Want a Full Investigation’

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a full investigation. And that’s what I absolutely am demanding. That’s what our great attorney general is doing; he’s doing a full investigation,” Trump told reporters in Morristown, New Jersey.

Epstein was found unresponsive in his cell in the Special Housing Unit at the Metropolitan Correctional Center in New York City at 6:30 a.m. on Aug. 10. The 66-year-old was recently denied bail while awaiting trial on sex trafficking charges. Authorities said he had sexually abused and exploited dozens of girls, some of them as young as 14.

Thousands of documents relating to his alleged wrongdoing were unsealed just a day before he was found unresponsive.

Speaking to reporters, Trump commented on a retweet of a post on Twitter that had alleged the Clintons were involved in Epstein’s death.

“He’s a highly respected conservative pundit. He’s a big Trump fan. That was a retweet. That wasn’t from me. That was from him,” the president said. “He’s a man with half-a-million followers, a lot of followers, and he’s respected.”

Trump’s comments follow Barr’s statement on Aug. 12 where he confirmed that the FBI and the Office of Inspector General are conducting a “thorough investigation” into Epstein’s death.

“I was appalled, and indeed the whole department was, and, frankly, angry,” Barr said, speaking at an event in New Orleans on Aug. 12. He called it a “failure to adequately secure this prisoner.”

“We are now learning of serious irregularities at this facility that are deeply concerning and demand a thorough investigation. The FBI and the Office of Inspector General are doing just that.

“We will get to the bottom of what happened, and there will be accountability. But let me assure you that this case will continue on against anyone who was complicit with Epstein. Any co-conspirators



President Donald Trump speaks to the press on the South Lawn of the White House before departing Washington on Aug. 9, 2019.

We will get to the bottom of what happened, and there will be accountability.

William Barr, U.S. attorney general

should not rest easy. The victims deserve justice, and they will get it.”

Barr said that the case involving Epstein is a priority for the department.

“This sex trafficking case was very important to the Department of Justice and to me personally,” he said, noting it was also important to agents working on it and to victims “who had the courage to come forward and deserve the opportunity to confront the accused in the courtroom.”

Epstein was previously found

injured and semi-conscious in his prison cell with marks on his neck on July 24, but it was unclear whether that incident was a suicide attempt or an assault by another inmate. Following the incident, he was placed on suicide watch but was later taken off, according to reports.

A source told Reuters that the financier wasn’t on suicide watch at the time of his death. The source also said that at the facility, two jail guards are required to check on all inmates every 30 minutes,

but added that the “procedure was not followed overnight.”

The Washington Post, citing an unnamed source, reported that corrections officers had not checked on Epstein for “several” hours before he was found unresponsive in his cell. He was also supposed to have had a cellmate, but—for reasons that are still being investigated—he did not have one at the time of his death, the newspaper reported.

Epoch Times reporter Zachary Stieber contributed to this report.

‘Most Ambitious’ Reform of Endangered Species Act Goes Forward

MATTHEW VADUM

Secretary of the Interior David Bernhardt said Aug. 12 the Trump administration is moving forward with a business-friendly regulatory overhaul of the Endangered Species Act (ESA) that officials say “without compromising conservation” will ease some of the burdens landowners and businesses face when operating in areas affected by the almost 46-year-old federal law.

A Supreme Court ruled last year that the federal government overreached when it limited the development of private land in Louisiana to help save a rare frog that doesn’t actually live there. This appears to have set in motion the newly unveiled regulatory changes affecting how the Endangered Species Act will be administered.

The new regulations would clarify the standards used in listing and reclassifying species, as well as designating a “critical habitat,” a term used in the statute to describe “specific geographic areas that contain features essential to the conservation of an endangered or threatened species and that may require special management and protection.”

One change brought about by the frog case would do away with a more expansive definition of critical habitat used in recent years that refers to areas not currently occupied by the species but deemed to be needed for its recovery.

Another would prevent government officials from treating “threatened” species, which are, as the label implies, in less urgent danger of extinction, the same as endangered species deemed to be in more im-



The Environmental Protection Agency in Washington on Dec. 12, 2018.

minent danger of extinction.

In *Weyerhaeuser Co. v. U.S. Fish and Wildlife Service*, the Supreme Court ruled unanimously Nov. 27, 2018, that abusive land grabs under the Endangered Species Act will not stand. In the case, lawyers for Seattle-based Weyerhaeuser Co. and landowner Edward Poitevent challenged the government’s critical-habitat designation for the dusky gopher frog, which is found only in Mississippi.

The problem arose when the Interior Department designated land in Louisiana a critical habitat. Agency officials wanted to use existing ephemeral ponds and dig new ones throughout the Deep South to prevent the frog’s extinction. An ephemeral or vernal pond is a seasonal pool of water that supports animal and plant life. The plan was

This is a clear win for our clients, landowners, and endangered species across the country.

Jonathan Wood, attorney, Pacific Legal Foundation

to move some of the frogs to the new ponds and protect the land surrounding them.

Pacific Legal Foundation (PLF), a public interest law firm based in Sacramento, California, represented Poitevent in the court case, and petitioned the government to change how ESA is enforced.

The new regulations constitute “the most ambitious reforms in a generation to the way the Endangered Species Act is implemented,” Jonathan Wood, a senior attorney at the Pacific Legal Foundation, told The Epoch Times.

There are three major rule changes in the reform package, Wood said.

In the 1970s, the Commerce Department—but not the Interior Department—extended the protections provided to endangered species to also protect species merely considered threatened, he said. One of the new rules reverses this policy at Commerce, about which the PLF had filed rulemaking petitions in 2014 and 2015.

The old rule “was illegal and unfair to property owners and undermined incentives to protect species,” Wood said. Currently only 3 percent of species listed as endangered end up being “recovered,” meaning their situation improves enough that they’re removed from the list. So the current system protects species, but doesn’t improve their status, he said.

“This is a clear win for our clients, landowners, and endangered species across the country,” Wood said. “For the first time, we might actually see a rise in the recovery rate of endangered species.”

The second new rule changes the way agencies designate critical habi-

tats for endangered species. Going forward, there will be a presumption that officials have to examine occupied areas before they can begin looking at areas where the species isn’t found, he said.

The third, highly technical, rule change attempts to improve how the agencies work with each other in administering the ESA, he said.

Landowner and business advocates have been receptive to the proposed changes while environmentalist groups say the Trump administration is trying to gut the ESA.

The ESA was signed into law by President Richard Nixon on Dec. 28, 1973, to protect species from extinction as a “consequence of economic growth and development untempered by adequate concern and conservation.”

The statute was created to protect both the species and “the ecosystems on which endangered species and threatened species depend.” In *Tennessee Valley Authority v. Hill* (1978), the Supreme Court found that “the plain intent of Congress in enacting” the law “was to halt and reverse the trend toward species extinction, whatever the cost.”

At a press briefing this week, Bernhardt unveiled the changes to ESA regulations that he said would increase transparency and effectiveness and modernise enforcement of the law.

“The best way to uphold the Endangered Species Act is to do everything we can to ensure it remains effective in achieving its ultimate goal—recovery of our rarest species. The Act’s effectiveness rests on clear, consistent and efficient implementation,” Bernhardt said.

More Than 220 in Guam Sue Over Alleged Clergy Sex Abuse

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going back to the 1950s and of repeated collusion by predator priests. Seven men have publicly accused Archbishop Anthony Sablan Apuron of sexual assaults they endured as children. One of the accusers is Apuron’s own nephew.

Apuron was convicted in a secret Vatican trial and suspended in 2016. Now the alleged victims are suing the archdiocese, which filed for bankruptcy protection earlier this year. The archdiocese estimated at least \$45 million in liabilities. Survivors have until Aug. 15 to file for a financial settlement.

The suit in Guam comes amid a rash of Roman Catholic dioceses in the United States opening investigations into clergy child sex-abuse claims. More than half of the 187 Roman Catholic dioceses have done so or have announced plans to do so.

The recent barrage of investigations in the United States marks an extraordinary, renewed shift into scandals plaguing the church.

Apuron, now 73, denies the allegations, but in April, the Vatican revealed that Pope Francis had upheld the findings of the secret church trial that Apuron was guilty of sex crimes against children.

“He believed he was untouchable, more powerful than the governor,” Walter Denton, a former U.S. Army sergeant who alleges he was raped by Apuron 40 years ago as an altar boy, told AP. “But it was me against him, and I had nothing to lose.”

Apuron remains a bishop and receives a monthly \$1,500 stipend from the church, although he has been removed from public ministry and effectively exiled from Guam. AP found Apuron recently registered to vote in New Jersey, despite

residents at the address he listed saying he doesn’t live there and that they don’t know him. The Guam archdiocese said it didn’t know where Apuron was.

To this day, no member of the Catholic clergy on Guam has ever been prosecuted for a sex crime, including Apuron. Secret church files that could have helped provide evidence for prosecutions are alleged to have been burned. Guam has yet to issue a list of priests whom the church deems credibly accused of sexual assault.

Clergy Lists

Dioceses in the United States have been continually releasing names of priests and other clergy accused of sexually abusing children.

In April, the Archdiocese of New York released a list of 120 clergies “who have been credibly accused of sexually abusing a minor or possessing child pornography.” The list included only archdiocesan clergy, which consists of bishops, priests, and deacons who were incardinated in the Archdiocese of New York.

Even though the misconduct of some priests has already been exposed, Laura Ahearn, a New York attorney in private practice who has represented clergy abuse victims for nearly 20 years, told The Epoch Times previously it’s still not enough.

“I think it is a significant underestimation of the number of priests. I think the dioceses should release all the names,” Ahearn said. “The community has to understand the Catholic Church has facilitated the largest cover-up of the victimisation of children in our history.”

Ahearn said she still receives phone calls from child sex-abuse victims every day, including those abused by priests or clergy. She said



A view of a church window in this file photo.

Guam has yet to issue a list of priests whom the church deems credibly accused of sexual assault.

the average age of victims ranges from 50 to even 82, because the trauma has kept them silent for so many years.

“Four individuals contacted me yesterday. This happens pretty regularly,” Ahearn said. “There are individuals who are contacting me out of the country as well. Yesterday, I had an individual contacting me from Puerto Rico.”

In many of the lists released by dioceses, the priests have already passed away.

Michael Dolce, an attorney at Cohen Milstein Sellers & Toll, who represents child victims and adult survivors of clergy abuse, repeatedly

emphasised a key sticking point in bringing perpetrators of child sex abuse to justice: the statute of limitations.

Statutes of limitations stop prosecutors from having the power to charge someone a certain number of years after a crime is committed or when the victim has reached a certain age. Dolce told The Epoch Times previously that the statute has “prevented many criminal or civil actions from going forward,” calling it the “main legal impediment.”

The Associated Press contributed to this report.

11-Year-Old Started ‘El Paso Challenge’ to Encourage Kindness After Mass Shooting

VENUS UPADHAYAYA

An 11-year-old was so impacted by the El Paso shooting where 22 people lost their lives that he decided to not move out of his home. Prodded and encouraged by his mother he came up with El Paso Challenge that’s now encouraging people to do good deeds for others.

Sixth-grader Ruben Martinez is a “loving and caring child” and the tragedy of El Paso shooting saddened him so much that he didn’t want to move out of his home in Texas.

“After the shooting, he went through some anxiety. He asked if we could just stay home and get a delivery service to deliver everything from now on so that we didn’t have to ever go back to a store,” explained Martinez’s mother, Rose Gandarilla in a text interview with The Epoch Times.

“The following day, I still could not get him to leave the house. We talked about things and I reminded him that most people in the world are good and asked him to think of what he could do to help,” said Gandarilla.

The mother told The Epoch Times in about 30-minutes her son came back with a list of ideas scribbled in his notebook. “It’s 22 good deeds in memory of each of the victims who were killed in El Paso,” said Gandarilla.

The first line scribbled with a pencil on the notebook read: “Purpose: To honor the people who got killed in our city.”

The second line read: “How: I’ll challenge each person in El Paso to do 20 good deeds for each other.”

This text is then followed by a paragraph that describes “examples” of various acts of kindness which include “pay for someone’s lunch or dinner, donate to families in need, write someone a letter and tell them how great they are, hold the door for everyone, comfort someone when they are sad or stressed ...”

Martinez was quick to lead by example. Messages and pictures



Ruben Martinez, 11, has a challenge for El Paso residents that he hopes will help them heal after the Walmart shooting.

shared on Gandarilla Twitter show him holding the door at a gas station for people. Others followed suit.

Gandarilla told The Epoch Times that they have got an amazing response to the challenge. “The response has been amazing. Way more than we ever expected,” she said.

The campaign has had a ripple effect way beyond El Paso. “Not in El Paso but can we take the challenge too?” a Twitter user wrote to Gandarilla.

“We cleaned up litter at the beach in California. What a wonderful inspiration!” wrote another user.

“Personally, we plan to continue to push kindness indefinitely. For the last couple of years, Ruben has also participated in Operation Santa during which we adopt families in need for Christmas. We also have been paying for someone’s meal at random once a month for years,” said Gandarilla.

Martinez has a message for everyone who wants to make the world a better place. “Be kind to each other ALL day, ALL night; EVERY day, EVERY night,” his mother shared with The Epoch Times.

The following day, I still could not get him to leave the house. We talked about things and I reminded him that most people in the world are good and asked him to think of what he could do to help.

Rose Gandarilla, Ruben’s mother

JANITA KAN

Universal Pictures has cancelled the release of a film that shows “liberal elites” hunting “deplorables,” following widespread criticism regarding the film’s premise.

In a statement on its website, the film company wrote, “While Universal Pictures had already paused the marketing campaign for ‘The Hunt,’ after thoughtful consideration, the studio has decided to cancel our plans to release the film. We stand by our filmmakers and will continue to distribute films in partnership with bold and visionary creators, like those associated with this satirical social thriller, but we understand that now is not the right time to release this film.”

“The Hunt,” which was scheduled to open in theatres on Sept. 27, shows people hunting “deplorables,” a term that failed presidential candidate Hillary Clinton used to describe supporters of then-candidate Donald Trump during the 2016 presidential campaign.

The producers of the movie faced extensive backlash after its promotion.

“The very development & filming of ‘The Hunt’ shows just how sick the liberal left in Hollywood are. That they would spend money to make such a violent, politically-charged film like this, considering the state our country is in, is inconceivable,” Franklin Graham, the president of the Billy Graham Evangelistic Association, wrote on Twitter.

“Interesting how everyone in Hollywood is screaming gun violence, yet at the same time releasing a film called ‘The Hunt,’ where people are hunting deplorables and killing them. Hollywood when are you going to take responsibility for your push of violence into the minds of youth?” Kaya Jones, a member of the Trump campaign advisory board, wrote on Twitter.

According to the official description, the movie, which is rated R, shows 12 strangers waking up in a

Interesting how everyone in Hollywood is screaming gun violence, yet at the same time releasing a film called ‘The Hunt,’ where people are hunting deplorables and killing them.

Kaya Jones, member of the Trump campaign advisory board

clearing. “They don’t know where they are, or how they got there. They don’t know they’ve been chosen—for a very specific purpose—The Hunt.”

Universal had paused its marketing following the two mass shootings in Ohio and Texas last weekend.

Trump slammed the entertainment industry on Aug. 9 with a series of tweets seemingly focused on “The Hunt”.

“Liberal Hollywood is Racist at the highest level, and with great Anger and Hate! They like to call themselves ‘Elite,’ but they are not Elite. In fact, it is often the people that they so strongly oppose that are actually the Elite,” he said.

“The movie coming out is made in order to inflame and cause chaos. They create their own violence, and then try to blame others. They are the true Racists, and are very bad for our Country!”



Betty Gilpin stars in “The Hunt,” which had been scheduled to open in U.S. theaters next month; the film’s release has been cancelled.

THE WORLD

In Pictures



(From top, L-R) **Super rare** white lion cubs lie in their basket at the “Caresse de tigre” conservative refuge in La Mailleraye-sur-Seine, northwestern France on Aug. 11, 2019. The two cubs, named Nala and Simba, were born at the end of July 2019. **Chinese police officers** take part in a drill in Shenzhen in China’s southern Guangdong province, across the border from Hong Kong on Aug. 6, 2019. Another video has emerged of anti-riot drills in the Chinese mainland, raising questions of a possible intervention in the ongoing civil unrest in Hong Kong. **El Paso local**, Abel Valenzuela, meditates in front of the makeshift memorial for shooting victims at the Cielo Vista Mall Walmart in El Paso, Texas on Aug. 8, 2019. The El Paso community is still reeling from the trauma of a mass shooting which left 22 dead and dozens injured. **Protesters walk** on a highway near Hong Kong’s international airport following a protest against police brutality and a controversial extradition proposal. **Egyptian Muslims** try to catch balloons after performing the Eid Al-Adha morning prayer outside al-Sedik mosque in the northeastern suburb of Sheraton in the capital Cairo, on Aug. 11, 2019. Muslims across the world are commemorating prophet Abraham’s sacrifice of a lamb after God spared Ishmael, his son. **Troops assist residents** to evacuate as floodwaters submerged areas of Ye township in Mon State, Burma, on Aug. 11, 2019. **President-elect Alejandro Giammattei** speaks during an interview in Guatemala City on Aug. 12, 2019. The centre-right businessman said he will not seek confrontation with the United States and hopes that the relationship will be based on respect and reciprocity. **A medical examiner’s car** is parked outside Manhattan’s Metropolitan Correctional Centre where financier and convicted pedophile Jeffrey Epstein was being held, on Aug. 10, 2019. Epstein was found unresponsive in his cell from “an apparent suicide” while awaiting trial on charges of child sex trafficking, sparking an FBI investigation.



LOJEN/GETTY IMAGES; STRIA/GETTY IMAGES; PAU RAYE/GETTY IMAGES; VIKERAK/ASAP/GETTY IMAGES; KHALID DESOUKI/AP/GETTY IMAGES; YEJUNGTU/AF/GETTY IMAGES; JOHAN DROEZE/AF/GETTY IMAGES; DON EMMERT/AF/GETTY IMAGES

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Warren Buffett in Washington on Oct. 13, 2015. Buffett is one of the shrewdest investors of them all.

Patience: A Principle for Prosperity

MARK HENDRICKSON



A recent 76-nation study found a noticeable correlation between patience and prosperity. Indeed, a world map depicting the degree of patience in countries bears a striking similarity to Transparency International’s Corruption Perceptions Index.

The more patient and less corrupt a country is, the more prosperous it tends to be.

The authors of the new study equate “patience” with a willingness to adopt a long-term viewpoint. In contrast to the 1960s flower child song “Let’s Live for Today,” prosperous people are generally those who, though they may not literally “worry about tomorrow” as the song says, nevertheless think about their tomorrows and plan ahead. They accumulate savings rather than debt and are content to patiently build wealth over years and decades rather than get drawn into get-rich-quick schemes.

The researchers who performed this study found that “patient individuals ... not only were more likely to save but also had higher education levels,” according to the Christian Science Monitor. “The more patient people are and the more they save, the more they can invest in equipment and education—and they become that much more productive and rich,” study author and economics professor Armin Falk of the University of Bonn told German news-paper Handelsblatt.

None of this is revelatory or a new theoretical breakthrough in economics. What’s now called “patience” used to be called “deferred gratification.” The willingness to curb or postpone present consumption and patiently build a financially secure future has prospered both individuals and societies.

You would be justified in drawing the conclusion that the short-term outlook of politicians may be hazardous to our long-term economic well-being.

The willingness to defer consumption and build up savings was one of the central pillars of German sociologist Max Weber’s famous theory about “the Protestant work ethic.” Weber, in his 1905 book “The Protestant Ethic and the Spirit of Capitalism,” called it “thrift.”

The social ramifications of thrift/patience/deferred gratification are well known and pronounced. One of the identifying sociological characteristics of a poor society is that their populations have short time horizons (the “live for today” attitude). Contrariwise, in affluent societies, people tend to have longer time horizons (the “save up



A man in a hardware store. One of the identifying sociological characteristics of affluent societies is that people tend to have the “save for a rainy day” mentality.

for a rainy day” mentality).

There’s another segment of the human population that shares poor people’s short-term horizons: politicians. They focus on winning the next election instead of addressing long-term problems, such as the solvency of Medicare or the burden of mega-debt on our children. You would be justified in drawing the conclusion that the short-term outlook of politicians may be hazardous to our long-term economic well-being.

Advice for the Young

I’ll turn now from the political aspect of this issue to the individual dimension. What follows is unsolicited financial advice for individuals, particularly young people. [Full disclosure and disclaimer: I’m neither a certified financial advisor nor a planner. Nothing written here is actionable investment advice. My goal is simply to share a few life lessons that I learned along the way in the hope of sparing you a couple of painful bumps in the road.]

Principle #1: Yes, be patient. Remember Aesop’s fable about the hare and the tortoise—slow and steady wins the race. Don’t be in a hurry to get rich. In fact, don’t fall into the trap of thinking that you have to be literally “rich” to enjoy life. Numerous studies have shown that once individuals have risen above poverty, their personal happiness varies little whether their annual income is \$70,000, \$700,000, or \$7 million.

Principle #2: Always live within your means. Spend less than you make. Whatever you earn, set aside 10 percent—more on higher incomes.

Principle #3: Never go into debt for consumption (with the possible exception of a house, which should always be regarded as a consumer good, not an investment). Borrowing for production, on the other hand, can be the right thing to do if you have a realistic chance of launching an income stream that repays the loan over and over again.

Unfortunately, saving is trickier than it used to be. We live in a bizarre era in which the central bank is deliberately trying to

depreciate the dollar by 2 percent per year at the same time it’s holding interest rates so low that you can’t really increase the purchasing power of your nest egg by putting it into a safe savings account.

In today’s financial environment, you probably need professional help, so find an advisor you can trust. There are many ways to play the stock and bond markets, some of which even produce positive returns. Here’s a valuable secret: The easiest way to end up with \$1 million in your stock account is to start with \$2 million. That sounds silly, I know, but you need to get it into your head fast that investment markets are treacherous. If you’re not careful, you’ll grow poorer instead of richer.

The investments you want to avoid touching with the proverbial 10-foot pole are

Warren Buffett has demonstrated great patience. He waits until stock prices of solid companies fall and then he buys and holds them.

those that a stranger calls you out of the blue about, telling you they’re the next great stock. Stop and ask yourself this question: What’s so special about me that a perfect stranger has sought me out to give me such an apparently valuable tip? Answer: They’ve generally been paid shares of this stock to sell shares to suckers; then, when the suckers bid up the price, the guy on the phone and his buddies will sell at the inflated price, causing the stock price to plunge and leaving you holding the bag.

Real, successful companies don’t need to go out trolling for investors; instead, savvy investors seek out businesses with rising revenues and growing profits, and buy their shares. One of the shrewdest investors of all, Warren Buffett, has demonstrated great patience. He waits until stock prices of solid companies fall (in effect, go on sale) and then he buys and holds them. Should you do that? Maybe. Ask a trusted financial advisor.

An old proverb says, “All things come to those who wait”—that is, those who are patient. There’s truth in those words, but success isn’t guaranteed. The best one can claim is that patience and thrift greatly improve your chances of growing your wealth. Good fortune and best wishes.

Mark Hendrickson, an economist, recently retired from the faculty of Grove City College, where he remains a fellow for economic and social policy at the Institute for Faith & Freedom.

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



▲ Turkey's President Recep Tayyip Erdogan (C) amongst soldiers wearing traditional army uniforms from the Ottoman Empire, at the Presidential Palace in Ankara, Turkey, on Jan. 12, 2015.

Turkish President Erdogan the Man: Friend or Foe?

BRAD JOHNSON



Turkish President Recep Tayyip Erdogan describes himself as a conservative democrat, but time has shown there's nothing democratic about him. As Erdogan's powers have been consolidated, he's become more and more dictatorial and has proven that the old adage remains true: "Absolute power corrupts absolutely."

Oddly, his career began as a soccer player before he was elected as the mayor of Istanbul in 1994. His four years as mayor ended with being banned from politics and a short stint in jail for his already extremist Islamic politics. After only a few years, Erdogan reentered politics as head of his own newly formed political party, and, after a series of significant political victories, he became prime minister and later president of Turkey in 2014.

However, he had learned the lesson not to be truthful about his real position on issues and plans in order to advance his extremism. Erdogan took a deeply revealing public position in late 2008, when he came out in opposition to a campaign to recognise the Armenian Genocide. Long before, late in the reign of the Ottoman empire, during World War I, the Ottomans reacted harshly to the Armenian minority siding with the Russiafns. They rounded up all the Armenians (men, women, and children) they could get their hands on and marched them off into the desert without supplies, where they died of thirst and the elements by the tens of thousands.

In his opposition, Erdogan stated, "We did not commit a crime and therefore, we do not need to apologise." Understand, he didn't dispute the killing of the Armenians, he disputed whether that was a crime.

He went on to state: "It is not possible for those who belong to the Muslim faith to carry out genocide." To be absolutely clear, this represents the radical Islamist view that killing non-Muslims by definition can neither be genocide nor a crime.

There can be no doubt that Erdogan will happily slaughter people by the thousands to achieve his goals. That's not the kind of person who will ever be a friend to the United States or the world.

Widely reported audio recordings surfaced in 2013-14 of Erdogan and his son allegedly discussing how to hide very large sums of money. The regime instituted full control over the internet in Turkey, allowing the government to block any sites reporting the corruption, and yet gave the Turkish government full access to everyone's private information. The regime also moved immediately to block Twitter in Turkey, although it wasn't particularly effective and was later lifted. Erdogan has threatened to block Facebook as well.

In mid-2016, the Turkish military reportedly attempted a coup in order to oust Erdogan from power. The coup was put down immedi-



▲ People hold photographs of Armenian genocide victims at a flower laying ceremony at the Tsitsernakaberd Memorial, in Yerevan, Armenia, on April 24, 2015.

ately under extraordinarily suspicious circumstances, leading some to suggest that the coup was, in fact, staged by Erdogan.

However, even more suspicious was that within days, the regime arrested more than 200 journalists, closed more than 120 media outlets, and fired approximately 160,000 government employees from every Turkish government agency, including judges. In all cases, those arrested or fired were those not loyal to Erdogan, and they were quickly replaced with loyalists.

The sheer magnitude of arresting and firing that many people and replacing them with loyalists would have required many months of preparation in order to put together such comprehensive lists, so much so that it's almost impossible for the so-called coup to have been anything other than a blatant power grab by Erdogan.

Regardless of who organised the possible coup attempt, Erdogan used the event to consolidate his power in the entire country, including the media, and now holds complete dictatorial power in Turkey.

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Erdogan is far more advanced in reestablishing the Ottoman Empire with himself as caliph than anyone in the West is willing to admit.

Erdogan has worked to reestablish a number of Ottoman customs and traditions, including a reintroduction of Ottoman terms not used in nearly 100 years. For example, when meeting with foreign leaders, he reportedly uses an Ottoman-style reception with guards dressed in period costumes based on 16 Great Turkish Empires of the past. Worth noting as a backdrop to those receptions, Erdogan built a lavish 1,150-room presidential palace at the cost of well over a half-billion dollars. It's the largest presidential palace in the world.

While Erdogan has made many comments that imply his desire to return to the Ottoman caliphate, he remembers his lessons of the past and hasn't said so publicly. That said, some of his close associates and other regime loyalists have done so, and there's no doubt of his inten-

tions nor of his actions.

The regime has openly supported the Muslim Brotherhood for nearly a decade and has been a sanctuary for their exiled leadership and is now their largest benefactor. Erdogan has also aligned himself with Islamic extremists in Iran, Libya, and Syria, as well as the terror group al-Qaeda. The regime is able to use the Muslim Brotherhood as leverage against Saudi Arabia, Egypt, and other countries in the Middle East. His support for them in Syria is designed to give him direct control of the regions they occupy.

Perhaps most importantly, Erdogan is absorbing Muslim Brotherhood infrastructure in Europe and the United States, which allow him to control and influence the flow of information.

The Turkish International Defense and Consulting Company (SADAT) is headed by Adnan Tanriverdi, who is a former Turkish military officer and remains a senior military adviser to Erdogan. SADAT's stated goal is to create an Islamic army in the Middle East, so that the Islamic world can take its rightful place as a world superpower. This can mean only one thing: the reconquest of Europe and beyond.

There are several Turkish-backed and controlled organisations that effectively represent Erdogan's policies and goals in Europe, such as the Turkish-Islamic Union for Religious Affairs (DITIB), Union of European Turkish Democrats (UETD), and Turkish-Islamic Union for Cultural and Social Cooperation in Austria (ATIB), and the Grey Wolves affiliates.

In a similar fashion, Erdogan uses other types of groups, such as Osmanlı Ocakları (Ottoman Hearths), Kurdish Hezbollah, and even mafia-style crime boss Sedat Peker and the Grey Wolves. German and Austrian authorities have widely reported that DITIB, UETD, and ATIB are actively involved in espionage activities in support of Turkish intelligence.

Erdogan's efforts aren't limited to Europe or the Middle East. The Youth and Education Service Foundation (TÜRGEV) and Ensar Foundation together established the Turken Foundation in New York in 2014.

Erdogan is far more advanced in reestablishing the Ottoman Empire with himself as caliph than anyone in the West is willing to admit. He's a budding new Hitler, our implacable foe, and an enemy to the free world. He will have to be stopped sooner or later, one way or another. We have to set aside politics and deal with the reality that faces us. Removing Turkey from NATO and containing its expansionist efforts would be a good start, but only the beginning.

Brad Johnson is a retired CIA senior operations officer and a former chief of station. He is president of Americans for Intelligence Reform.

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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ABOUT US

The Epoch Times is a media organisation dedicated to seeking the truth through insightful and independent journalism.

Standing outside of political interests and the pursuit of profit, our starting point and our goal is to create a media for the public benefit, to be truly responsible to society.

We endeavor to educate readers about today’s most important topics, seeking to broaden and uplift minds. We believe that rational, balanced debate is key for fostering a healthy democracy and a compassionate society.

As an independent media outlet, we use our freedom to investigate issues overlooked—or avoided—by other media outlets. We seek to highlight solutions and what’s good in society rather than what divides us.

We report respectfully, compassionately, and rigorously.

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

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

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

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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

The Revolt Against God

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

Chapter Six

Introduction

Almost all the peoples of the world have their own ancient myths and legends that discuss man’s creation by their gods, in the image of God, and which lay the foundation of morality and culture for that people. These traditions leave a path of return to Heaven for those who believe in their gods. In the East and West, there are records and legends about how Nüwa and Jehovah created their people.

Gods admonish man to follow the commandments of gods or else be punished by them. In times of widespread moral decay, gods destroy man in order to preserve the purity of the universe. Many races in the world have legends about how great floods destroyed civilizations. Some were recorded in detail.

In order to maintain the morality of human beings, there are times when enlightened beings or prophets incarnate in the human world to rectify people’s hearts, to stop them from being destroyed, and to lead those civilizations to develop and mature. Such individuals include Moses and Jesus in the West, Laozi in the East, Sakyamuni in India, and Socrates in ancient Greece.

Human history and culture help people understand what Buddhas, Taos, and gods are; what it means to believe in God; and how to practice cultivation. The different schools of practice teach what is righteous and what is evil, how to distinguish truth from falsehood and good from evil, and finally, they teach man to await the Creator’s return to Earth before the end of the world in order to be saved and return to Heaven.

Once people sever their connection with the god that created them, their morality will quickly deteriorate. Some races thus disappeared, such as the legendary Atlantis civilization, which was buried in the sea overnight.

In the East, especially in China, beliefs are rooted in the hearts of people through traditional culture. Therefore, it is difficult to deceive the Chinese people into accepting atheism with simple lies. In order to uproot the 5,000 years of beliefs and culture, the communist evil specter used large-scale violence to slaughter the elites who had inherited traditional culture and then used lies to deceive young people from generation to generation.

In the West and other parts of the world, religions and beliefs are the main forms of maintaining contact between man and gods, and are also important cornerstones for maintaining moral standards. Although the communist evil specter failed to establish communist tyranny in these countries, it achieved its goal of destroying orthodox religions and corrupting human beings by deception, deviance, and infiltration.

1. The East: A Violent Revolt Against God

a. How the Soviet Union Destroyed Orthodox Religions With Violence

The Communist Manifesto calls for the destruction of the family, the church, and the nation-state. Obviously, eliminating and subverting religions is one of the important goals of the Communist Party.

From believing in gods to becoming a follower of Satan, Marx knew clearly the existence of gods and the devil. He also knew clearly that unvarnished demonic teachings were hard for people—especially religious people—to accept. Therefore he advocated atheism from the start, declaring that “religion is the opium of the people,” and “communism begins from the outset with atheism,” and so on.

People don’t need to worship the devil, but as long as people no longer believe in gods, the devil can corrupt and occupy the soul and eventually drag people toward Hell. That is why communist parties sing: “There has never been any savior of the world, / Nor deities, nor emperors on which to depend. / To create Human-kind’s happiness / We must entirely depend on ourselves!”

Marx vilified religions and righteous gods in theory, while Lenin was able to

use the machinery of the state to attack them after seizing power in 1917. Lenin used violence and other high-pressure tactics to oppress orthodox religions and righteous faith in order to force people to depart from gods.

In 1919, Lenin began the large-scale elimination of religion under the name of prohibiting spreading old thoughts. In 1922, Lenin passed a secret resolution stipulating that property of value, especially from the very richest religious institutions, must be carried out “with ruthless resolution, leaving nothing in doubt, and in the very shortest time.” He declared: “The greater the number of representatives of the reactionary clergy and the reactionary bourgeoisie that we succeed in shooting on this occasion, the better because this ‘audience’ must precisely now be taught a lesson in such a way that they will not dare to think about any resistance whatsoever for several decades.”

As many as 42,000 priests were tortured to death in Stalin’s Five-Year Plan of Atheism. By 1939, there were just over 100 Orthodox Churches in the entire Soviet Union open to the public.

For a time, a large amount of church property was looted, churches and monasteries were closed, a large number of the clergy were arrested, and thousands of the Orthodox clergy were executed.

After Lenin died, Stalin followed Lenin and started an extremely cruel cleansing in the 1930s. Apart from Communist Party members, intellectuals and people in the religious field were included in the cleansing. Stalin ordered the whole country to implement the Five-Year Plan of Atheism. He declared that when he completed the plan, the last church would be closed, the last priest would be destroyed, the Soviet Union would become a fertile land for communist atheism, and one would not find a trace of religion any longer.

According to conservative estimates, as many as 42,000 priests were tortured to death in the campaign. By 1939, there were just over 100 Orthodox Churches in the entire Soviet Union open to the public, while there were more than 40,400 before the Soviets seized power. Ninety-eight percent of Orthodox Churches and monasteries in the entire Soviet Union were closed. Catholic Churches were also eradicated. During this period, cultural elites and intellectuals were sent to the Gulag or shot dead.

During World War II, to take advantage of the church’s financial resources and manpower to resist Germany, Stalin seemed to pause in the persecution of the Orthodox and Catholic churches, giving the impression that he might rehabilitate these religions. But he had a baser goal in mind: to exercise strict control over the restored Orthodox Church and Catholic Church as a tool to undermine traditional religions.

Alexy II of the former Soviet Union was promoted to bishop of the Orthodox Church in 1961 and became archbishop in 1964. He became Patriarch of Moscow in 1990, before the Soviet Union’s disintegration. After the Soviet Union collapsed, it briefly opened the KGB archives, which revealed that Alexy II worked for the KGB (Komitet gosudarstvennoy bezopasnosti, or Committee for State Security, effectively the Soviet Union’s secret police agency).

Later, Alexy II confessed that he had

been compromised and was an agent of the Soviets. He openly repented: “Defending one thing, it was necessary to give somewhere else. Were there any other organizations, or any other people among those who had to carry responsibility not only for themselves but for thousands of other fates, who in those years in the Soviet Union were not compelled to act likewise? Before those people, however, to whom the compromises, silence, forced passivity or expressions of loyalty permitted by the leaders of the church in those years caused pain, before these people, and not only before God, I ask forgiveness, understanding and prayers.”

Religion was thus made a tool for brainwashing and deceiving the public, under the control of the communist evil specter.

The Communist Party of the Soviet Union did not keep the adulterated religion to its own territory, but systematically extended its malignant influence to the world.

b. The Chinese Communist Party’s Destruction of Culture, Religion, and Severance of the Connection Between Man and God

The CCP Destroys Traditional Chinese Culture

Although China does not have a single religion for all people as in other countries, the Chinese people also have a firm belief in gods and Buddha. China’s religious life is unique: Unlike other regions rife with religious conflicts, Confucianism, Buddhism, Taoism, and even Western religions have coexisted peacefully in China. These beliefs are the foundation of China’s traditional culture.

Despite the great flood that caused the destruction of mankind, China preserved a complete civilization. Since then, the Chinese nation continued to develop. It has kept a continuous record of its 5,000-year history and created a splendid and magnificent era that earned the esteem of many nations. China was called “the Celestial Empire.” Its culture deeply influenced the entire East Asian region and led to the formation of a Chinese civilizational sphere. The opening of the Silk Road and the spread of the four great inventions (papermaking, the compass, gunpowder, and printing) to the West promoted global civilization and influenced the development of Europe and even the world.

China’s splendid culture and beliefs have been integrated into the marrow of the Chinese people in the course of 5,000 years—and this made it the target the communist evil specter wanted to destroy. However, simply deceiving and tempting the Chinese people to give up thousands of years of traditional culture and beliefs and accept the Western ideology of communism was impossible. Therefore, the CCP used all manner of evil tactics over decades of persistent political campaigns. Starting with violent slaughter, the CCP undermined the essence of religion, persecuted intellectuals, and destroyed traditional Chinese culture, including its material culture (architecture, temples, cultural relics, antique paintings, ancient curios, and the like). The Party sought to sever the connection between God and man to achieve its goal of destroying traditional culture and destroying human beings.

While destroying traditional culture, the Party also systematically established the evil Party culture and used it to cultivate and train those who were not killed in order to turn them into tools to undermine traditional culture. Some followed the communist specter to slaughter others.

The CCP understands well how to use economic interests, political brainwashing, and other means to make people succumb to manipulation. Repeated political movements, suppression, and slaughter have made the CCP increasingly familiar with these tactics, and have allowed it to get ready for the final battle between the righteous and the evil in the human world.

See next edition for the next installment.

TIMOTHY A. CLARY/AFP/GETTY IMAGES



U.S. President Donald Trump addresses the 73nd session of the United Nations General Assembly at the U.N. headquarters in New York on Sept. 25, 2018.

International Law and the Threat to Sovereignty

RONALD J. RYCHLAK

Commentary

In 1947, the U.N. General Assembly established the International Law Commission (ILC) and gave it the mandate to promote the progressive development of international law and its codification.

The ILC meets annually (usually in Geneva), to carry out that mandate. It then reports to the U.N. Sixth Committee, the primary forum for the consideration of legal questions in the General Assembly. The 71st session concluded in Geneva on Aug. 9.

Keeping track of international law is important, and can be difficult. Unlike domestic laws, international law doesn't pass through a legislative process. Much of international law is derived from treaties. The Geneva Conventions would be examples of treaty-based international laws.

The four 1949 Conventions have been ratified by 196 countries, each of which has agreed to abide by certain rules for the humane treatment of wounded or captured military personnel, medical personnel, and non-military civilians during a war or armed conflict. Failure to follow those rules is a violation of international law, and grave breaches can be prosecuted at the International Criminal Court (ICC).

Other multi-state agreements that have established international law include the 1979 Convention on the Elimination of All Forms of Discrimination against Women, and the 1989 Convention on the Rights of the Child. With conventions such as these, national laws effectively become international, and treaties may delegate jurisdiction to supranational tribunals, such as the International Court of Justice, the European Court of Human Rights, or the ICC.

When Obligations Become Laws

A different type of international law isn't treaty-based but rather is obligatory because the practice in question has been recognised as "customary international law" (CIL).

This type of international law results from a general and consistent practice that nation states have followed out of a sense of legal obligation. One example of CIL is the doctrine of non-refoulement. This law prevents nations from forcibly sending a refugee or asylum-seeker back to an area where he or she faces persecution due to race, religion, nationality, membership in a particular social group, or political positions.

Thailand's forcible repatriation of 45,000 Cambodian refugees at Prasat Preah Vihear in 1979 is a notorious example of refoulement, as refugees were forced at gunpoint across the border and down a steep slope into a minefield. Those who refused were shot. Approximately 3,000 refugees died in the process.

Another example of CIL is the granting of immunity for visiting heads of state. This

type of immunity is based on the mutual respect of states for sovereign equality and state dignity. If a nation's officials are to be tried, it will be in their own courts.

Thus, in 2002, U.S. practitioners of the Falun Gong spiritual movement brought a suit against then-Chinese Communist Party leader Jiang Zemin, alleging torture, genocide, and other major human-rights abuses. The U.S. government, however, intervened in the case on the side of Jiang, arguing that as a recognised head of a foreign state, he was entitled to immunity. The federal trial court accepted the government's argument, and the case against Jiang was dismissed.

If it's permitted to grow organically, international law can be a good thing, despite its apparent threat to national sovereignty.

The point of CIL is that states have followed these practices regularly and routinely, and have done so out of a sense of requirement as a matter of law, that they have become recognised as international law. That means customs and practices must be monitored in order to determine whether any of them have become laws.

That's the role of the ILC: It studies areas of potential international law and reports to the U.N. This year, the ILC reported on crimes against humanity; provisional application of treaties; protection of the environment in relation to armed conflicts; protection of the atmosphere; and more.

Real-World Implications

According to the U.N. charter, the General Assembly is mandated to encourage the progressive development of international law and its codification. It does so through the ILC, which monitors practices and prepares reports on activities that aren't already regulated by treaties or CIL. These progressive development drafts aren't recognised as binding international law, but they can be seen as suggestions toward that end.

Of particular interest this year was the proposal to add two topics to the ILC's future agenda: sea level rise and universal jurisdiction. Sea level rise, of course, is tied to the concept of carbon-based global warming. If that becomes a matter of international law, foreign nations could be granted the right to pursue legal actions against carbon-producing nations.

Perhaps that is a good thing, as it would make it harder to externalise the cost of air pollution, but it also means that questions regarding the science of global warming will no longer be academic; they will have real-world implications. A scandal such as "Climategate," in which climate scientists were found doctoring the results, or a very inaccurate graph such as the notorious

JUAN VRIJDAG/AFP/GETTY IMAGES



The International Criminal Court in The Hague, Netherlands, in this file photo.

"hockey stick graph" of temperature and CO2 emissions, could have enormously serious consequences.

The development of the doctrine of universal jurisdiction is equally concerning. Universal jurisdiction allows states to claim criminal jurisdiction over an accused person, regardless of where the alleged crime was committed and regardless of the accused's nationality, country of residence, or any other relation with the prosecuting entity. In fact, it seems likely to conflict with the already-established CIL with regard to immunity for heads of state.

Piracy was the first crime for which universal jurisdiction was recognised. Pirates represented such a serious threat that the nations of the world branded it a crime that any nation could suppress, regardless of the nationalities of the parties involved. Some commentators would still limit universal jurisdiction to piracy, but the past 20 or so years have seen the concept develop rapidly.

In 1991, the High Court of Australia confirmed the authority of the Australian Parliament to exercise universal jurisdiction over those who have committed war crimes. Then, in 1993, Belgium's Parliament passed a "law of universal jurisdiction," allowing it to judge people accused of war crimes, crimes against humanity, or genocide, regardless of where the crime took place. In 1998, a Spanish magistrate indicted Gen. Augusto Pinochet for human-rights violations committed in his native Chile.

He was arrested in London and was held for a year and a half before finally being released. That marked the first time that European judges had applied the principle of universal jurisdiction, and had applied it to a former head of state who had been granted a lifetime of amnesty at home.

Shaping Behaviour

If it's permitted to grow organically, international law can be a good thing, despite its apparent threat to national sovereignty. That, however, brings us back to the concept of progressive development. A most interesting insight came during an event where members of the ILC had an

exchange with members of the U.N.'s Sixth Committee.

The presentation began with the ILC commissioner from the United States, professor Sean D. Murphy of George Washington University Law School, addressing recent ILC reports. He argued that the ILC was taking on too many issues, making it hard to study them fully. He also said that the ILC should delineate between codified laws and progressive development suggestions in its report. Both suggestions seemed eminently reasonable.

Another panelist, however, argued strongly against distinguishing between codified laws and progressive development suggestions. His reasoning was that if people knew that the progressive development matters weren't law, they wouldn't follow them, and, therefore, they would never become CIL. In other words, the experts had come up with a good idea and it was best to let others think that it was already codified as international law so that they would follow it, and they would in that manner create CIL.

That type of thinking should raise serious concerns about threats to national sovereignty. International law isn't inherently superior to the laws of any given nation. It may be deemed better when based on agreement/treaty or when so widely recognised that it becomes CIL.

When, however, officials withhold knowledge so as to shape behaviour and to influence the structure of the law, people from all nations have a right to be concerned about the progressive development of international law and about their national sovereignty.

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

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

AIR TRAVEL

How to Overcome Fear of Flying

Approaching the situation rationally, equipped with a toolbox of fear-fighting strategies, can help.

See B2

COURTESY OF BRITISH AIRWAYS



GAUDILAB/SHUTTERSTOCK



WORK WELL

Self-Nurturing Your Success

Taking care of yourself can keep you productive—but only if your mind is on board.

See B11

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LIFE

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PUBLICDOMAIN

REACHING WITHIN: WHAT TRADITIONAL ART OFFERS THE HEART

Leonardo
and the Strength of
Meekness

SHARON KILARSKI

Art has an incredible ability to point to what can't be seen so that we may ask "What does this mean for me and for everyone who sees it?" "How has it influenced the past, and how might it influence the future?" "What does it suggest about the human experience?" These are some of the questions we will explore in our series *Reaching Within: What Traditional Art Offers the Heart*.

If just one work by Leonardo da Vinci sings for me the word genius—genius, that is, in the original sense of the word, which describes a life guided by a spirit or even a higher power—it is his drawing "The Virgin and Child With Saint Anne and Saint John the Baptist."

Scholars don't agree when the work was created; some say as early as 1499 to 1500 and others as late as 1506 to 1508. Some just throw up their hands and say a range that encompasses the extremes of those dates.

▲
Leonardo da Vinci's "The Virgin and Child With Saint Anne and Saint John the Baptist."

Continued on B4

SKYE SHERMAN

If you’ve ever wiggled your way out of a long-distance trip, neglected to visit faraway loved ones, or passed up a vacation because you didn’t want to have to board a plane to get there, you may have a fear of flying.

Fear of flying is relatively common. Estimates say just 2.5 percent to 6.5 percent of Americans have a full-blown phobia of flying, but general anxiety or nervousness around flights is more widespread.

While the concept of boarding a giant metal tube and ascending 30,000 feet into the air does seem a little wild, in truth, flying is a prudent and reliable way to travel. Steering clear isn’t keeping you any safer—just holding you back from experiences and trips you might love.

When it comes to overcoming the fear of flying so you can say “yes” to taking to the skies, who better to advise you than a professional who operates multiple flights a day, with thousands upon thousands of hours in the air? Tips from pilots prove sound, insightful, and trustworthy for people who avoid planes like the plague.

Pilots’ Advice

As one pilot points out, a fear of flying doesn’t have one single root cause, and thus there’s no one-size-fits-all solution.

“One person might be afraid the maintenance hasn’t been done correctly, another is bothered by turbulence, and somebody else wants to know the experience levels of their pilots,” says Brett Manders, international airline pilot and author of the book “Behind the Flight Deck Door: Insider Knowledge About Everything You’ve Ever Wanted to Ask a Pilot.”

Because every person’s fear stems from a different concern, it’s important to reflect on what, exactly, you’re afraid of, and then tackle the fear from there.

What some fear is not the experience of flying itself, but the possibility that they will panic or be overcome by anxiety during a flight—a deeply unpleasant, even traumatizing, experience with no way out. The enclosed space, lack of freedom, occasional turbulence, and decidedly unluxurious environment all feed into that fear, creating a perfect storm that can cause people to eschew flying altogether for years or even lifetimes. (And that’s not to mention the dramatic headlines of rare crashes and catastrophes.)

It’s true that once you’re in the air, it’s not up to you whether you land, fly, sit, or stand. But what is within your realm of control is you. Practicing meditation, receiving therapy for the phobia, conducting breathing exercises, or having some sort of comfort—be it religious or secular—to which you can cling is essential in combating anxiety and panic. For some, medication may be required; a medical professional will be able to advise specific routes of treatment.

In other cases of aviophobia, approaching the situation rationally, equipped with a toolbox of fear-fighting strategies, can help.

Tom Bunn, a retired captain and licensed therapist, cites some indisputable facts. “We

How to Overcome Fear of Flying

TIPS FROM PILOTS



Captain Steve Allright has run the British Airways’ Flying with Confidence courses for 24 years.

pilots would not be doing this job unless it was safe enough,” he says. “And insurance companies are no fools; they sell pilots insurance at the same rates as non-pilots.”

Bunn has been helping nervous flyers overcome their fear for more than 35 years through his program SOAR and website FearOfflying.com. His top tip is something he calls the 5-4-3-2-1 Exercise, a meditative method that helps passengers self-soothe and intensely focus on something other than their fear.

Start by saying “I see” and then name something in your peripheral vision; make five of these statements before moving on to “I hear” and naming five things you hear. Your final round is saying “I feel” and naming something you feel—something external, like your leg touching the seat, rather than something internal, such as your racing heart. After you complete a cycle of five statements for each, begin again but make four statements for each sensation, then three, and so on. When you complete the exercise, you can begin again and keep going until you feel calmer and see that your nervousness is manageable.

You can also download the SOAR app for informative videos and advice for getting through the flight, including Bunn’s “Take Me Along” recording that coaches you

through a flight, which he says is “like having your own pilot with you.” The app also has a built-in G-Force meter to prove that the plane remains within its mechanical limits, as well as links to turbulence and weather forecasts for your trip.

Turbulence

Tracking turbulence may help ease anxiety for some travelers, as they prefer to know what to expect and when to expect it. Many people are terrified when turbulence hits, imagining that the quick lifts, drops, and shudders signal that the plane is losing control or is in danger in some way. While bumpiness in the air can be an uncomfortable feeling, it’s important to know that turbulence is not a risk to the plane or to the flight.

Captain Steve Allright, a British Airways training captain and director who has ran the airline’s Flying with Confidence courses for 24 years, says, “Remember that turbulence is uncomfortable but is not dangerous. It is a perfectly normal part of flying, caused by nature.”

Planes do not crash because of turbulence; it’s merely an aberration in airflow, and it doesn’t bother the plane in the slightest. Still, you can opt for a seat at the front of

the plane or over the wings to limit how much turbulence you feel.

Education

British Airways has offered the Flying with Confidence course for more than three decades; the one-day program has helped more than 50,000 nervous flyers overcome their fear. It is held regularly at venues around the world and ends with a short flight aboard a British Airways jet, accompanied by a team of pilots, cabin crew, and psychologists. An extra pilot on board provides a commentary on the various phases of the flight.

Lastly, remember that pilots are humans, too—in fact, some of them once battled flying fears of their own before embarking on an airborne career path.

Knowing what to expect and getting educated on the flight process can make a world of difference.

Charles Cunningham, who works at aviation technology company ARGUS International and has 15 years in the aviation industry, says, “I used to fear flying before I became a pilot, and I have a brother who fears flying, who I have to coach every now and again.”

“For me, education was the biggest help with overcoming the fear of flying. Once I understood how an airplane works, many misconceptions related to safety and risk went away,” he says.

Knowing what to expect and getting educated on the flight process can make a world of difference. However, he points out, subduing fear requires working in accordance with your personality and specific fears around flying.

For the number-driven and analytical, looking at the statistics, facts, and science around flying might help, while a person who likes to be in control may be helped by being able to choose their seat, paying attention to what’s going on around them, or even talking to the pilot and seeing the cockpit.

“If all else fails, having good distractions that are immersive or require a high level of concentration nearby, such as movies and games, helps almost everyone,” says Cunningham.

Whatever your fear, there’s one thing you can know for sure. At the end of the day, Manders advises, “Remember your pilots; we have family and friends we want to get home to see also. We are not going to fly an unsafe aircraft or let anything bad happen.”

Skye Sherman is a freelance travel writer based in West Palm Beach, Fla. She covers news, transit, and international destinations for a variety of outlets.

Back on the Map: Lebanon Hopes for Best Tourist Season in Years

BEIRUT—Ibrahim Zeeb is visiting Lebanon for the first time in years. He says it’s the food he’s missed the most.

“The best breakfast we’ll find anywhere is here,” Zeeb said, as he waited with his children at Beirut airport for a relative flying in from Saudi Arabia to join them.

Lebanon is hoping for its best tourist season since 2010, because of a rise in European visitors and a return of Saudis, whose government lifted a travel warning this year.

Once a mainstay of Lebanon’s economy, tourism has been in the doldrums since 2011, when conflict erupted in neighboring Syria.

Political disputes in Lebanon and travel warnings against Gulf Arabs flying to the Mediterranean country have added to the industry’s woes.

This year’s promising season marks a rare ray of light in an otherwise gloomy outlook for Lebanon’s economy, which is struggling with massive public debt after years of low growth. In the first half of 2019, the number of Saudi visitors has doubled from a year earlier, Tourism Minister Avedis Guidanian says.

“The warnings and so on, that’s

The tourism ministry expects 40 percent more European travelers this year than in 2010.

what kept us away before. But we have big love for Lebanon,” said Zeeb, whose family will spend most of the summer here.

Revenue from tourism will exceed \$7 billion in 2019, nearly 46 percent more than last year, Guidanian told Reuters.

“Airlines, hotels, and car rental bookings, they all point to very high growth,” he said in an interview at Beirut airport. “So 2019 could be the best year for tourism in Lebanon.”

He credits the boost to better security, efforts to tap into new markets, and a thaw in relations with Saudi Arabia.

Ties to Gulf states took a hit in recent years as the Iran-backed Hezbollah movement’s influence grew in Lebanon.

Before the travel bans, Beirut had long been a favorite for Gulf Arabs escaping the stifling summer temperatures at home.

Lebanon is also looking further afield, beyond relying on Gulf tourists, to draw more people to its nightlife, UNESCO world heritage sites, mountain scenery, and the Mediterranean coast.

The tourism ministry expects 40 percent more European travelers this



Tourists walk past a shop selling traditional sweets in the port city of Sidon, Lebanon, on July 9, 2019.

year than in 2010.

“I thought which country can I go to see Arab culture? Then I came across Lebanon and thought why not? It’s safe to go,” said Casper Boks, 21, a student from Amsterdam strolling down Beirut’s busy Hamra Street with a friend.

“We’re just walking around the city. ... I’m really enjoying it. It’s so different [from] Europe, and it’s also so close.”

There are more Western tourists roaming around Beirut’s gleaming city center, which was rebuilt from the ruins of the 1975–90 civil war.

Though the peace has held since then, there are occasional lapses—most recently a deadly shooting in the

popular Chouf Mountains, involving followers of rival Druze leaders.

Guidanian described the incident as a hiccup that Lebanon will soon overcome. He has pleaded with politicians not to let tensions flare, warning that would ruin the summer forecast.

“There’s progress from the past years, ... though not as much as our ambitions,” said Pierre Achkar, head of the Lebanese Hotel Association. “We’ve suffered, and the losses built up, but today, we’re at the start of the ascent.”

By Ellen Francis
From Reuters

Long Commutes by Car Hard on Our Health

Walking and cycling to work makes commuters happier and more productive, find researchers

LIANG MA & RUNING YE

In Australia, more than 9 million people commute to work every weekday. The distance they travel and how they get there—car, public transport, cycling, or walking—can influence their well-being and performance at work.

Our study, involving 1,121 full-time workers who commute daily to work, made several important findings:

- Those who commute longer distances tend to have more days off work.
- Among middle-aged workers, those who walk or cycle performed better in the workplace.
- Those who commute short distances, walk, or cycle to work are more likely to be happy commuters, which makes them more productive.

In Australia, full-time workers spend 5.75 hours a week on average traveling to and from work. Among them, nearly a quarter of commutes can be classed as lengthy (travel for 45 minutes or more one way).

Long commutes cause physical and mental strains on workers and may also affect their work participation, engagement, and productivity.

Australia's pervasive urban sprawl means most workers commute by car. It's a problem reflected in other major urban centers such as Los Angeles or Toronto, where public transit is unable to adequately cover commuters. Unfortunately, driving has been found to be the most stressful way to commute.

Driving to work is associated with a series of health problems and lower social capital (smaller social networks with less social participation), which all affect work performance and productivity.

What Did the Study Look At?

Our research investigated how and to what extent our daily commuting can influence workplace productivity. We surveyed 1,121 employees from Sydney, Melbourne, and



Driving has been found to be the most stressful way to commute, with longer commutes associated with higher stress and more absent days.

Brisbane. These employees are all employed full-time, have a fixed place of employment, make regular commuting trips, and work in different industries and occupations.

We found that workers with a long-distance commute have more absent days.

Two reasons can explain this result. First, workers with long commutes are more likely to become ill and be absent. Second, workers with long commutes receive less net income (after deducting travel costs) and less leisure time. Therefore, they are more likely to be absent to avoid commuting cost and time.

The average commuting distance for Australian capital cities is about 15 kilometers (9 miles). Workers with a commuting distance of 1 kilometer have 36 percent fewer absent days than those commuting 15. Workers who commute 50 kilometers have 22 percent more absent days.

This study also finds that middle-aged (35 to 54) commuters who walk or cycle—known as active travel—have better self-

reported work performance than public transport and car commuters. This result may reflect the health and cognitive benefits of active travel modes.

Finally, this study finds the short-distance and active travel commuters reported they were relaxed, calm, enthusiastic, and satisfied with their commuting trips, and were more productive.

How Does Commuting Affect Productivity?

Urban economic theory provides one explanation of the link between commuting and productivity. It argues that workers make trade-offs between leisure time at home and effort in work. Therefore, workers with long commutes put in less effort or shirk work as their leisure time is reduced.

Commuting can also affect work productivity through poorer physical and mental health. Low physical activity can lead to obesity as well as related chronic diseases, significantly reducing workforce participa-

tion and increasing absenteeism. The mental stress associated with commuting can further affect work performance.

A growing number of studies have found active commuting by walking and cycling is perceived to be more “relaxing and exciting.” By contrast, commuting by car and public transport is more “stressful and boring.” These positive or negative emotions during the commute influence moods and emotions during the workday, affecting work performance.

Finally, the commuting choice could influence work productivity through cognitive ability. Physical activity improves brain function and cognition, which are closely related to performance. So it's possible that active travel commuters might have better cognitive ability at work, at least in the several hours after the intense physical activity of cycling or walking to work.

What Are the Policy Implications?

Employers should consider types of commuting as part of their overall strategies for improving job performance. They should aim to promote active commuting and, if possible, to shorten the commuting time. For example, providing safe bike parking and showers at work could significantly increase cycling to work.

As for governments, in most states of Australia, only a tiny portion (less than 2 percent) of transport funding is devoted to bicycling infrastructure.

By contrast, in the Netherlands, most municipalities have specific budget allocations to implement cycling policies. Australia should allocate more transport infrastructure funding to active travel, given the economic benefits of walking and cycling to work.

Liang Ma is a vice chancellor's postdoctoral research fellow, RMIT University in Australia. Runing Ye is a research fellow at Melbourne School of Design at the University of Melbourne in Australia. This article was first published on The Conversation.



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REACHING WITHIN: WHAT TRADITIONAL ART OFFERS THE HEART

Leonardo and the Strength of Meekness



“Holy Family with Saint Anne and the Infant John the Baptist,” 1503, by Bernardino Luini. Pinacoteca Ambrosiana.

Continued from **B1**

The drawing is not a typical cartoon, which most often was a preparatory work for a painting or fresco. It bears no pricked holes along the sketched lines that would have been dusted with charcoal to transfer the image onto a canvas or wall. So it may be that Leonardo intended it as a completed work.

It is similar in subject matter to his painting “The Virgin and Child With Saint Anne,” now in the Louvre. But little St. John does not appear in that

painting. Instead, the toddler Jesus is playing with a lamb, meant to symbolize the sacrificial lamb he is destined to become.

Bernardino Luini, who is said to have worked with Leonardo, certainly based his own painting “Holy Family With Saint Anne and the Infant John the Baptist” on Leonardo’s cartoon but added Jesus’s father, St. Joseph, as well.

From Motherhood to Motherhood Leonardo said a lot by setting these figures, as they are, in one nearly static

pose. The drawing tells a story of motherhood through time—for nothing suggests the mother-child bond more aptly than a child on a mother’s lap.

Over the generations, from lap to lap to lap, mothers hold their children until they see them off and into the world to embark on their own journeys. Of the two mothers, the larger and more substantial one is St. Anne, who holds her child Mary as an adult: Mary as a mother herself.

Mary cradles her own child, still a babe, as he reaches out. He is almost crawling away from her, out to his own future meeting with John the Baptist.

The tight grouping, especially of those in the family—Anne, Mary, and Jesus—shows clearly the bonds between them. But even more so do their expressions. Our eyes follow St. Anne’s. She looks adoringly at her daughter, who in turn gazes at her son.

Reclaiming Meekness Overall, it is Mary’s face that transfixes me. Was there ever a face with such sweetness, composure, innocence, and compassion? The longer I look, the deeper I feel these qualities have been immortalized.

Mary, who exemplifies feminine virtues such as gentleness, modesty, deference, and nurturance, has long been a symbol of meekness, characterized, for example, in the Christmas carol “Silent Night” as “tender and mild.”

But while meekness can mean submissiveness, its synonyms include patience and forbearance, and even adjectives like long-suffering and resigned.

Anyone who’s been a mother or has closely watched a mother knows that patience is crucial to the role. But unless a child has turned wayward, we don’t often think of mothers as long-suffering.

But aren’t they? In the course of rearing a child and even in the years beyond those early ones, mothers are likely to endure the pain that their children do, whether it’s a cat scratch, doing poorly on a test, a romance turned sour, or bouts of chemotherapy. Every trial the child faces, the mother, in some measure, does as well.

What tremendous strength this requires! How strange that we should see these attributes as weakness. In the attributes of patience and forbearance, we can see in Mary the wisdom to gracefully submit to a power greater than her own. This, however, takes strength of character.

Leonardo makes just this point. Taking another look at Mary and Anne, we see that these women are not meek in the sense of weakness. Irrespective of the soft expressions on their faces, Leonardo embodied them with tremendous strength: These legs are more

than sturdy. These laps are solid and can bear the weight of the world.

Of course, this is not just a painting about motherhood and children. Not only are these biblical figures, but St. Anne’s index finger points to heaven.

Radiant With Compassion Somehow, with just touches of white chalk, Leonardo managed to show a soft light on St. Mary and the Christ child and around Mary’s head, and the light seems to emanate from within them. And both of these faces share the same three-quarter perspective.

Anne and John, who both face and mirror Mary and Jesus, are slightly shaded, likely because the master artist wanted to acknowledge the lack of their spiritual status in comparison to that of the Madonna and child.

Baby Jesus seems to be wriggling out of Mary’s arms as she patiently watches him give a benediction to St. John, who one day will baptize him and set him on his journey as savior.

Taken together—in a visual arc moving from Anne to Mary to Jesus to John—this is an image of human love meeting God’s compassion as it pours forth, beyond the family, to the world, as represented by Jesus’s benediction to John.

Strength and Compassion The image of Anne’s finger pointing to heaven seems almost out of place in this intimate scene. As Anne gazes at her daughter, why is her hand telling us something else? It seems unconnected to the story of family love and God’s compassion.

I believe Leonardo shows us a way to better ourselves spiritually. The finger is pointing to heaven for our sake.

How can what is depicted in this drawing speak to us? First, of course, we can understand that Anne and Mary represent more than mothers. It is not only mothers who can empathize with the pain of their children; fathers can as well. And, going one step further, the ability to show empathy and compassion is not reserved for parents alone.

Since every life in its course must submit to troubles, illnesses, and death, on this point, all humanity is one family. And we can, as all traditional spiritual paths remind us, treat each other with compassion as we suffer through life together.

But doing so requires patience to endure insults, disregard faults, and allow ourselves to feel each other’s troubles as our own.

How well Leonardo’s drawing reveals that enduring for others is the same thing as compassion. When we reach within for the strength to endure, we approach the sublime, and rest there in perfect composure and peace.

CLASSICAL MUSIC

The New Asia Chamber Music Society

Blending classical Western music with Asian culture

ANGELA FENG

The performance has come to an end; the musicians’ bows remain fixed in the air as their last note rings into the awed silence of the chamber hall. Then, all at once, the trance is broken as the audience snaps out of its dazzled stupor and breaks into spirited applause.

The New Asia Chamber Music Society, or NACMS, has hosted dozens of concerts over the years, bringing together top musicians from all over the world. Among the talented artists are Wei-Yang “Andy” Lin and Nan-Cheng Chen, the association’s co-founders. Andy currently holds the position of artistic director, while Nan-Cheng is the executive director. Together, they have set the stage for a new generation of young and gifted virtuosi.

Twenty-two years ago, Andy left his home in Taiwan to come to the United States and study music at the Idyllwild Arts Academy in California. At the time, he was only 13 years old. He went on to pursue his undergraduate and master’s degrees at the prestigious Juilliard School, where he majored in piano and minored in viola and the erhu. Afterward,

he received his doctorate degree in musical arts from SUNY Stony Brook.

Nan-Cheng also received his undergraduate degree from Juilliard. He and Andy met back when they were in high school. The two were quick to bond over their shared experience as Taiwanese immigrants and their passion for music, striking up a friendship that has lasted nearly 20 years (and counting). Together, they have accumulated numerous awards and are widely recognized as top musicians in the industry.

In 2010, Andy and Nan-Cheng founded the New Asia Chamber Music Society together. They started out with two additional co-founders; however, one ended up returning to Taiwan, while the other got married and quickly became busy with other responsibilities.

All four of the original members happened to be from Taiwan, but they didn’t want to limit the organization to just Taiwanese musicians. Therefore, the name “New Asia” was conceived. “We came up with the phrase ‘New Asia’ because we want to showcase a new generation of Asian musicians, as well as the integration of Asian and Western culture,” Andy explained.

Andy Lin believes that through playing music, one can cultivate self-discipline, concentration, and endurance.



Andy and Nan-Cheng founded the organization with relatively low expectations. In the beginning, they were mainly looking to have fun and meet other musicians. In the first few years, they would do three or four concerts a year at most, with a few smaller, local performances in between. It wasn’t until three years ago that Andy and Nan-Cheng really picked up steam and began taking NACMS more seriously.

The reason for the initial lull was Andy’s involvement in the award-winning Amphion String Quartet, which took up most of his time. The group was very successful, and it had contracts with various record companies



ALL PHOTOS IN PUBLIC DOMAIN

Mary exemplifies feminine virtues such as gentleness, modesty, deference, and nurturance.

“The Virgin and Child With Saint Anne” by Leonardo da Vinci. Louvre.



ALL PHOTOS BY NEW ASIA CHAMBER MUSIC SOCIETY



(Left) Wei-Yang “Andy” Lin, one of the founders of the New Asia Chamber Music Society, was a member of the renowned string quartet Amphion. He is a master of Western instruments such as the piano and viola, as well as the traditional Chinese erhu.

(Middle) Three of the New Asia Chamber Music Society’s directors—(L-R) violinist Tien-Hsin “Cindy” Wu, cellist Nan-Cheng Chen, and violist Andy Lin—perform on the same stage.

(Right) Nan-Cheng Chen, co-founder of the New Asia Chamber Music Society, graduated from The Juilliard School of Music in New York.

as well as a three-year contract with Lincoln Center. However, due to personal issues, the group ended up disbanding. Following the disbandment, Andy decided to focus all his energy on NACMS. He and Nan-Cheng began by holding a fundraising dinner for the organization. It was massively successful and raised over \$80,000, thus kickstarting NACMS’s subsequent success. To Nan-Cheng, “music is a special language.” Classical music training has not only taught him to truly understand music but also to appreciate all the behind-the-scenes workings. “I feel very grateful that I was given this opportunity to pursue my

passion,” he said. Both Andy and Nan-Cheng were trained in Western classical music, but their Eastern identity remains an important part of their career. In addition to recording classical Western music, NACMS has invited composers to create melodies that use traditional Asian instruments, as well as combinations of Chinese and Western instruments. Over the years, NACMS has faced many challenges. Its status as a nonprofit makes it reliant on volunteers, which often makes things difficult. However, both Andy and Nan-Cheng are grateful to have the opportunity to build community and bring people

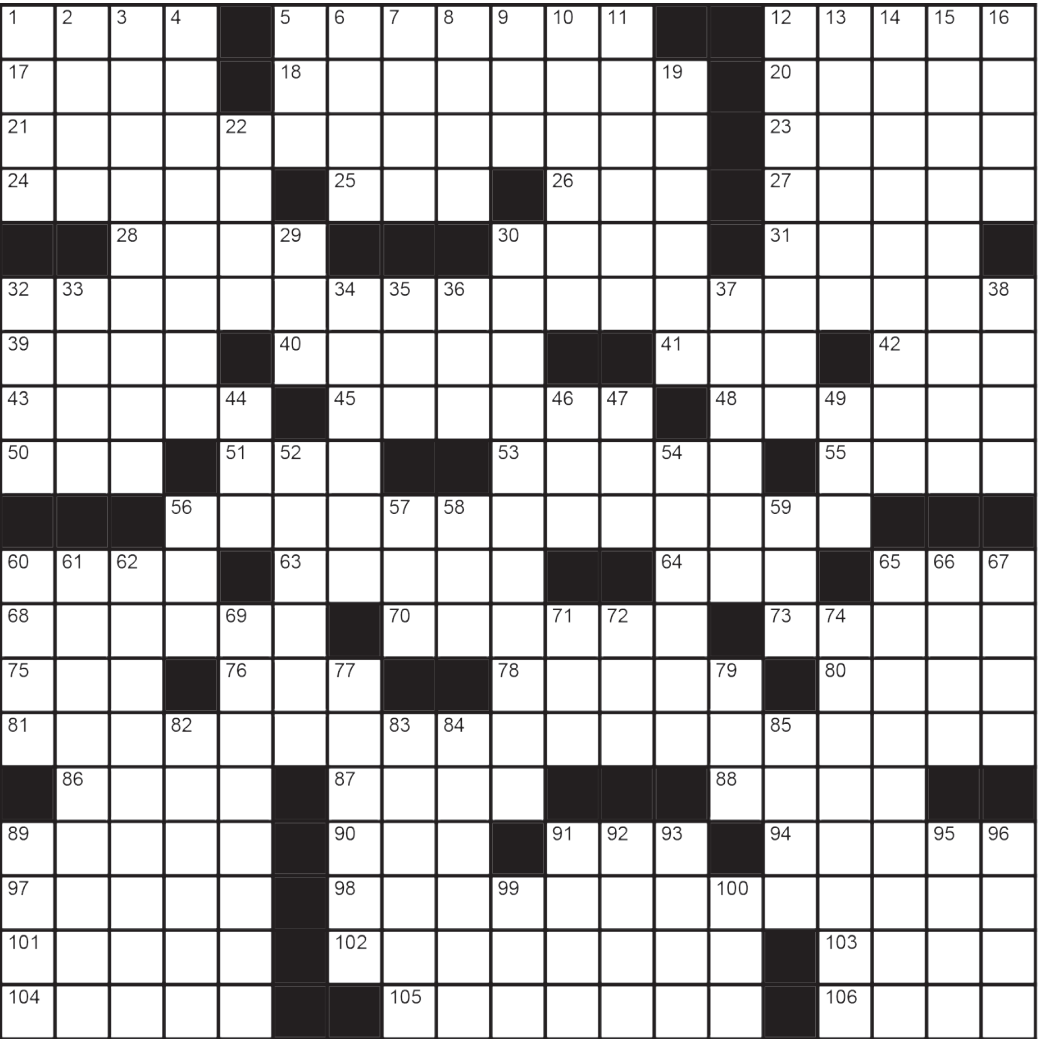
together. The organization has grown from a small group of friends with a shared passion into a world-class association that has performed at Carnegie Hall, Lincoln Center, and more. Looking back, Andy definitely recognizes the positive impact that music has made on his life. “Musicians dedicate countless hours to practicing an instrument or learning a new song. When you play an instrument, you aren’t just mindlessly repeating the same motion over and over—you have to have coordination and concentration,” Andy said. “There are so many little details you must pay attention to.” He believes that through playing music, one can cultivate self-discipline, concentration, and endurance. Nan-Cheng says that even as a top musician, he has yet to have a “perfect” performance. “You will never have a perfect day; you need to accept that there will always be imperfections,” he said. To him, music is a never-ending journey of refinement and self-improvement. Over the years, Andy and Nan-Cheng have grown from passionate teenagers to esteemed artists at the top of their field. Through establishing NACMS, they have created a platform for young musicians all over the world to come together and share their talent and passion. While being a musician is often demanding and challenging, the two have never regretted their choice. “For me, work is my life because I love what I do,” Andy said.

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* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

1. Distort
5. Disparaging term for rotund people
12. Spectrum maker
17. A tablet maker
18. Like depression without mania
20. Pop
21. “Once upon a midnight dreary...” style
23. Prefix with red
24. Midmorning prayer
25. Grassland
26. Spa spot
27. Arctic ____
28. Controversial apple spray
30. Fertilizer ingredient
31. Part of GMC: Abbr
32. Rehabilitation e.g.
39. No longer working: Abbr.
40. Avian chatterbox
41. “Velvet” attachment
42. Life story, in brief
43. Siesta
45. “____ Weapon”
48. More authentic
50. Outdated
51. Pump
53. More than plump
55. Moistureless
56. Joints
60. Fall mo.

63. “Reduce, ____, recycle!”
64. 180 degrees from WSW
65. Unkempt hair
68. Organism with pseudopods
70. Reseeds
73. “10” director Edwards
75. Legal thing
76. Common connector
78. Newspaper section
80. Folklore fiend
81. Occurring between religious groups
86. Fertilizer

87. Meter reading
88. Coupling
89. Supersized
90. Airport posting: Abbr.
91. Whistler, at times
94. Exams
97. “The ____” (‘80s TV action show)
98. CCP regime
101. Combine
102. Dissertation
103. “The Iron Chancellor” von Bismarck
104. German industrial city
105. Artsy one
106. “A ____ of robins in her hair” (line from Joyce Kilmer’s “Trees”)

Down

1. “... who only stand and ____”: Milton
2. Bad marks
3. Took back remark, officially
4. Rule out in advance
5. Kicks
6. Very picky
7. 10-point Q, e.g.
8. Lively
9. “How exciting!”
10. Front wings in beetles
11. “Malone Dies” author Beckett
12. About 5 million years ago
13. Ill will
14. Can go without saying
15. More pugnacious
16. Aim
19. Sales lure
22. Bring in
29. “...and one ____ for a burnt offering” (Lev.16:5)
30. Not good for you

32. “... ____ I’m told”
33. Kind of phone
34. “Cimarron” (‘31 version) notably
35. “Holiday on ____”
36. A word before meal
37. Immediately after this
38. Auld lang syne
44. Hole goal
46. Grp. concerned with defense
47. Rent
49. Dunderhead
52. Hair piece
54. Rest of the afternoon
56. Messed
57. Rotter
58. Treat badly
59. Colo. neighbor
60. Bengalese wrap
61. Corrects text
62. Attention seekers
65. Bead stone
66. Gumbo
67. Rind
69. Lightermen
71. Kimono sash
72. Carry the day
74. Attestant
77. Overpower
79. Porcine abode
82. Hire
83. Character
84. Spiels
85. Letter after theta
89. Hobbling
91. David Lee of Van Halen
92. Keystone State port
93. Pugilist’s weapon
95. “Ink Master” creations, for short
96. “No, it’ ____!”
99. Monopoly token
100. “Time out!” signal

4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

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

17

27

70

5

19

+

−

×

÷

Hard 1 - 1 Solution

28

36

18

7

33

+

−

×

÷

Hard 2 - 2 Solutions

3

7

49

1

4

+

−

×

÷

Easy 1 - 1 Solution

9

10

60

4

10

+

−

×

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

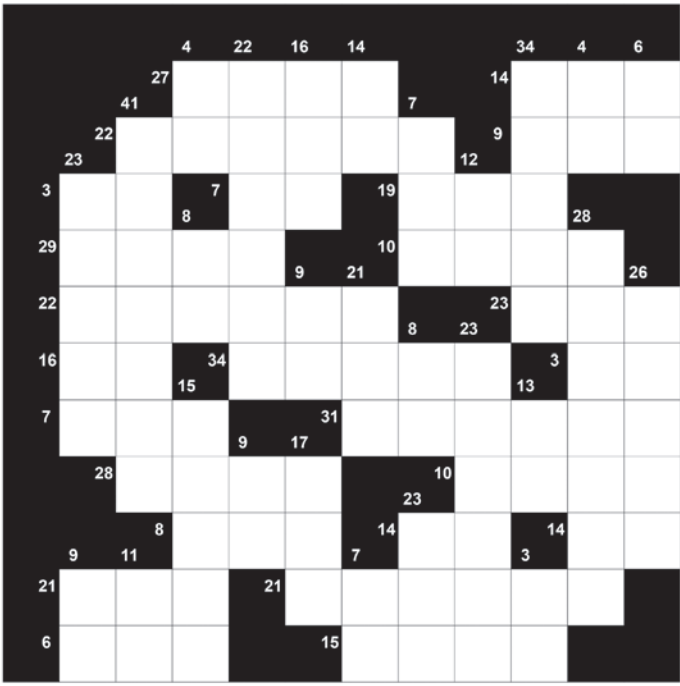
- DEFEAT
- ELYTRA
- ENGAGE
- ESSEN
- FATSOES
- HEREON
- INFERABLE
- INFRA
- LANCE
- LARGE
- LETHAL
- LOOKER-ON
- MACAW
- MAGNESITE
- MERGE
- NATURE
- OBESE
- OBITS
- OCEAN
- ORATES
- PRECLUDE
- PRISM
- RANCOR
- REALER
- REBATE
- RESOWS
- REUSE
- SAMUEL
- SIESTA
- SLEEP
- STRAND
- TERCE
- TESTS
- AMOEBAS
- BARGEMEN
- BLAKE
- ESTHETE

KAKURO

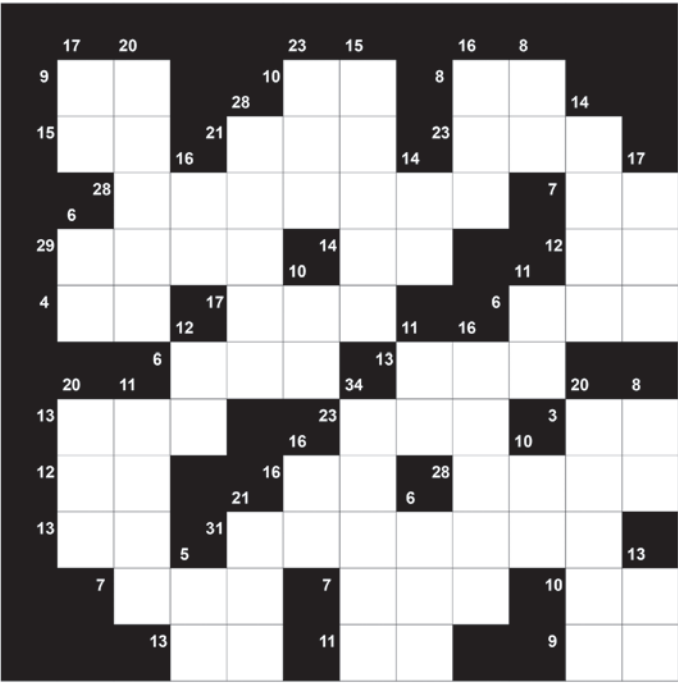
CONSTRUCTED BY EPOCH TIMES STAFF

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

Large: Hard



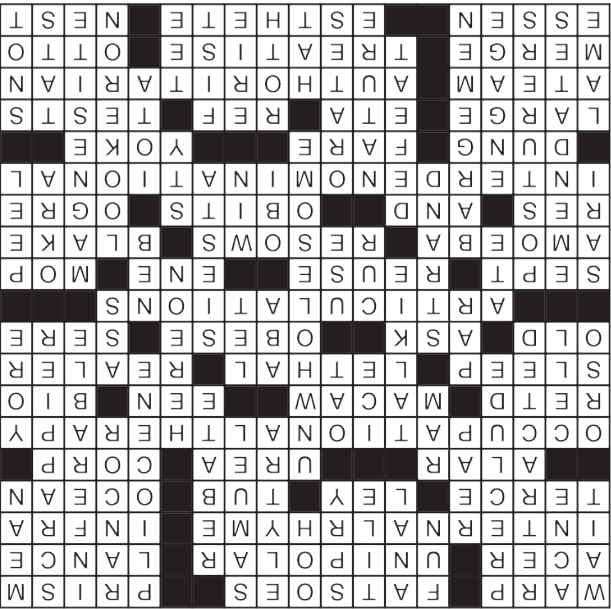
Large: Easy



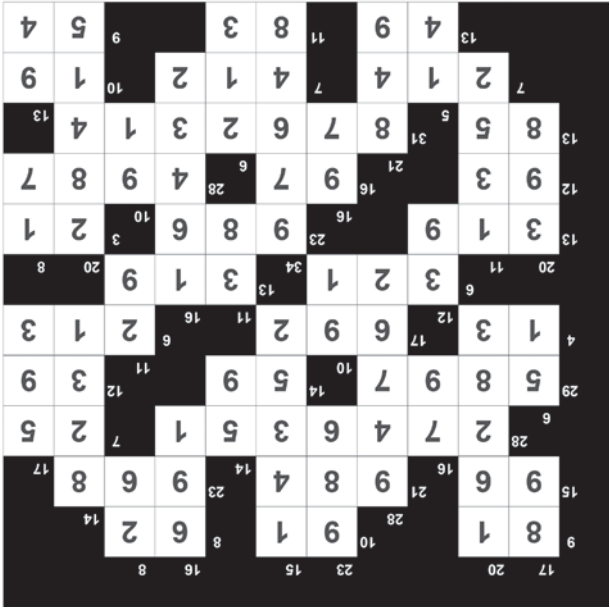
WORK SPACE

SOLUTIONS

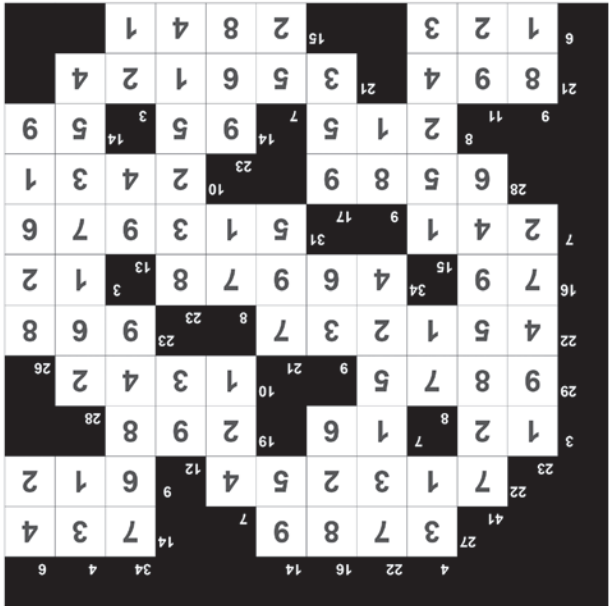
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**
5 ÷ 5 = 1 (19 ÷ 17 + 1 × 7) 19
- HARD 2**
36 ÷ (28 ÷ 7 + 3) = 7
33 + 28 - 36 = 7
- EASY 1**
1 × 7 × 3 = 21 (4 + 3) + 1
- EASY 2**
10 + 10 + 4 = 24 (9 - 4)

10 Places You Must Visit in Prague

MILAN KAJINEK &
ONDREJ HORECKY

Prague brims with history and hides a wealth of stories; it has also been home to many historical figures. The Czech capital is so enchanting that it's no wonder it's been chosen as a setting for a number of movies.

Here is our list of places you must visit:

1. **Prague Castle**
Founded around 880, Prague Castle is the largest coherent castle complex in the world, according to the Guinness Book of World Records. Today, it is the most significant Czech monument, consisting of palaces and ecclesiastical buildings.
- Make sure to see the different parts of the complex, such as the magnificent St. Vitus Cathedral, Golden Lane with its small houses, as well as the castle gardens (note that some of them are closed in 2019).
- To get there, catch a tram No. 22 stopping at "Prazsky hrad" (Prague Castle), which is the nearest stop, or use other means of public transport.
2. **Charles Bridge**
Charles Bridge is the oldest bridge in Prague. Construction was started in 1357 by Charles IV and completed 45 years later. The structure was one the most monumental bridges of its time.
- The bridge has since become one of the city's icons and a must

- for every tourist visiting Prague. There are fortified towers at each end that are open to the public, and they provide a nice view of the surroundings.
- Just a few steps from the bridge stands the Charles IV Monument. From there you can walk under the bridge to a quay where you can catch a cruise.
- A number of museums are located in the vicinity of the bridge, such as the Charles Bridge Museum, the Museum of Bedrich Smetana, a renowned Czech composer, or the Franz Kafka Museum.
3. **Old Town Square**
Old Town Square is the most prominent square in the Old Town area. Built in the 12th century, many major historical events have taken place there.
- The main attraction of the square, apart from the picturesque houses, is the "Orloj"—a very unique astronomical clock inside a gothic Old Town Hall tower. This piece of art constructed in 1410 delights passersby with the sight of 12 moving apostles every time the hour strikes.
4. **Clementinum and Astronomical Tower**
Founded in 1556 by Jesuits, the Clementinum is the second-largest complex of buildings in the metropolis, after Prague Castle. The jaw-dropping Baroque Library Hall, with some 20,000 books, is a definite must-see. Take the guided tour and you will get a great deal of

The Czech capital is so enchanting that it's no wonder it's been chosen as a setting for a number of movies.

historical background.

Another highlight of the Clementinum is the 223-foot-tall Astronomical Tower. With its 172 steep, winding stairs, climbing up takes some strenuous exercise, but it is well worth the effort.

The tower was used for astronomical and climate observations, hence its name. Besides the original astronomical devices, visitors can enjoy a great view of the city of Prague.

5. **Municipal House and Powder Tower**
The Municipal House is the most spectacular Art Nouveau building in Prague. It has been the venue of many concerts and exhibitions as well as important historical events, such as the proclamation of an in-

dependent Czechoslovak Republic on Oct. 28, 1918, or the meetings between the collapsing communist regime and pro-democracy activists in November 1989.

The interior is decorated with Czech art from the early 20th century.

The whole area around the Municipal House is rich in architectural styles, from Gothic to neo-Renaissance to functionalism. One of the most striking structures is the Powder Tower, constructed in the Gothic style. Completed in 1475, it served as a gunpowder store and is now open to the public as a viewing point, at 144 feet.

6. **Prague Theaters**
Prague boasts a number of theaters and concert halls that played

(Right) The Charles Bridge.
(Below) The Baroque Library Hall in the Clementinum.



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an important part in the history of the country and local culture. The oldest of them is the Estates Theatre, where W. A. Mozart's opera Don Giovanni premiered in 1787.

The National Theatre, built in 1883, is one of the most important cultural institutions in the Czech Republic. Whether it's drama, opera, ballet, or symphony concerts, you are sure to find something to your taste. Works by Czech composers Smetana, Dvorak, and Janacek are regularly presented here.

The beautiful State Opera is currently undergoing a major reconstruction but will re-open on Jan. 5, 2020.

If you're a fan of classical music, attend a concert at the Rudolfinum, Prague's most prestigious concert

Since its opening in 1884, Slavia has become a hub for the local cultural and intellectual elite.



The Rudolfinum.

hall and the home of the Czech Philharmonic.

the oldest and most interesting in Europe. Visit early or late in the day to avoid crowds of tourists.

7. Royal Game Reserve Stromovka
Stromovka is a large park with ponds and trees located well outside the Old City area, so you need to catch a tram to get there. The park's history dates back to the 13th century when it served as a game reserve. Nowadays, it's a great place to relax, have a picnic, or go for a jog.

8. Prague by the River
River Moldau embankments are called "Náplavky." There are several of them, the liveliest being Rasinovo Embankment. Apart from getting a great view of Prague Castle, you can experience the buzz of local happenings, from farmers markets to sports, culture, and foodie events. Many embankments also offer boat rentals.

9. Old-New Synagogue
Constructed in the 13th century, the Old-New Synagogue is the oldest historic building in the city's Jewish Quarter, and one of the oldest synagogues in Europe. There are heaps of legends surrounding the building.

One of them tells a story of Rabbi Loew who created Golem, a being made of clay that could be brought to life through supernatural means. Not far from the synagogue is the fascinating Old Jewish Cemetery,

10. Café Slavia
Prague has no shortage of restaurants and good places to eat, but this one is a bit special. If you happen to be around the National Theatre, head toward this café, which is located just across the road from the theater's main entrance.

Since its opening in 1884, Slavia has attracted many prominent Czech figures, becoming a hub for the local cultural and intellectual elite. The likes of composer Bedrich Smetana, writer Karel Capek, former President Vaclav Havel, as well as many poets, journalists, and ac-

tors have spent time here.

If Slavia is full, try the buzzing Café Louvre on the same street. This French-style café is very popular with locals and tourists alike. The majority of the Czech restaurants and pubs offer lunch menus during the workweek, and you can get a three-course meal for a few dollars. (Note that portion sizes are much smaller than in the United States).

One More Place: Saints Cyril and Methodius Cathedral
This Czech and Slovak Orthodox Church was the scene of dramatic events during World War II. In 1942, seven Czechoslovakian paratroopers trained in Britain assassinated Reinhard Heydrich, the ruthless Gestapo leader and one of the main architects of the Holocaust, who acted as the Reich-Protector of Bohemia and Moravia at that time.

The men ran away after the attack, finding shelter in the crypt of the church. Infuriated Germans arrested thousands of people and leveled two villages, massacring all the men and deporting the women and children to concentration camps. Eventually, the attackers' hideout was revealed, and German troops stormed in. After a fierce gun battle, two paratroopers were killed while the rest committed suicide.

Today, you can find a museum inside the church dedicated to Operation Anthropoid.



Prague's Municipal House.



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Therapists guide people through some of the most personal and painful experiences of their lives.

Why Should You Go to Therapy?

Psychotherapist Lori Gottlieb explains what therapy does for you, what it reveals about the trials of being human

JILL SUTTIE

If you’ve never been to a therapist, you might wonder what people get out of talking to a stranger about their problems once a week. Plenty, it turns out.

Therapists guide people through some of the most personal and painful experiences of their lives, helping them to overcome depression, accept loss, and stop self-destructive behavior, among other issues. But, while the results of therapy are often impressive, the process can seem mysterious—even miraculous—when you don’t understand what’s happening in the room.

Enter Lori Gottlieb’s new book, “Maybe You Should Talk to Someone.” Gottlieb, an experienced psychotherapist and author of The Atlantic’s weekly “Dear Therapist” advice column, gives readers front-row access to what goes on in therapy, by following the narratives of four of her clients. We see how she approaches her interactions with them, using her empathy, skill, and humanity to encourage their healing and growth. At the same time, she shares her own life struggles that led her to seek therapy herself, helping to illuminate the difficulties of adapting to loss and the power of human connection.

Part memoir, part advocacy for the profession, the book is not only profound but also a gripping read. I spoke with Gottlieb recently about what therapists actually do and how we can all relate better to our emotions

JILL SUTTIE: Why did you want to write this book?

LORI GOTTLIEB: I was originally supposed to be writing a book about happiness, but writing the happiness book was making me miserable. Believe me, the irony wasn’t lost on me. Every day, when I sat down to write it, I felt depressed—what I was writing about couldn’t capture all of the richness and nu-

ances of what I was seeing as a therapist. Eventually, I canceled that book contract and decided to just do what I wanted to do, which was to bring [readers] into the therapy room.

MS. SUTTIE: Many people think of therapists as akin to medical doctors—people who diagnose and offer advice. But your book speaks to the importance of listening more and letting people struggle to find their own answers. Why that approach?

MS. GOTTLIEB: We all have answers within ourselves, but sometimes, we need a guide to help us find them. That’s what the best therapy does: It gives you agency over your own life. So many times, people come in and they say, “Tell me what to do.” And that’s not very helpful, because we want to help you learn to trust yourself, to understand why some of the choices you’ve made before haven’t worked out the way you wanted them to. What are your blind spots? What are the ways you keep shooting yourself in the foot?

So many times, people will make choices that basically guarantee their unhappiness. And they don’t see that they’re doing that. So, they feel like they can’t make decisions for themselves. But what they need is someone to help them see themselves more clearly so that they can make better decisions.

MS. SUTTIE: You write a lot about listening to what’s not being said and slowing down the process in the therapy room. Why is that important?

MS. GOTTLIEB: We don’t get enough of that in the outside world—to just have someone listen to us. So, when people think about what therapists do, it sometimes seems like a superhuman feat.

Of course, therapists are not just listening. There are so many misconceptions about therapy that I was trying to get rid of in this book; one of them is that a thera-

The relationship between the therapist and the client is an extremely rich, emotional experience.

We take so many people’s behavior personally, but it’s often really about them.

pist is just going to listen to you and then you leave. That’s not true—it’s a very active process. We’re making eye contact; we’re letting silences breathe. We’re letting people pause, so they can hear themselves think and let themselves feel—something people normally cover up with words or a phone or a screen. The relationship between the therapist and the client is an extremely rich, emotional experience.

MS. SUTTIE: Several of your clients seem to be punishing themselves for past mistakes or wrongdoing. What’s the role of self-compassion in moving out of this pattern?

MS. GOTTLIEB: Self-compassion is important because the one thing we all struggle with is being kind to ourselves. I asked one client to write down everything she said to herself over the course of a few days and bring it back to me, and she was embarrassed to read it. She said, “Oh my god! I didn’t know that I talked to myself like this! I am such a bully!” If we ever talked to our friends like that, we’d never have any friends. We’re so hard on ourselves.

That doesn’t mean that we shouldn’t take responsibility for things that we need to change, or for things we wished we’d done differently, or that are just flat-out wrong. It’s a combination of accountability and vulnerability: You want to be able to say that this is something you want to change or you wish you hadn’t done, but also say, “What can I learn from this experience, and how can I take responsibility without beating myself up?” You will gain a lot more and grow a lot more from the experience if you don’t self-flagellate while you’re taking responsibility for it.

MS. SUTTIE: Many of your clients are also grieving loss, though not always a loss of life. Could you talk a little about the role of grieving in therapy?

MS. GOTTLIEB: We experience loss throughout life, whatever that may look like. And it may be something literal, like a death, but it could also be the death of a dream or the loss of a narrative we wanted for our lives. What happens so often is that people minimize their grief; they feel like if it isn’t something tangible, like death, it’s not worth our attention. But that’s not true.

There’s a myth in our culture about Elisabeth Kübler-Ross and her stages of grieving—like we’re going to go through these stages of grieving and then get to a place of acceptance or closure. Grief doesn’t work like that—it’s integrated into the fabric of our lives. When people have feelings of grief, they may want to get rid of them. But I try to help people live with the loss, to acknowledge it, and not get submerged by it—to integrate it into the joy and other things in their life. That’s what’s most helpful.

MS. SUTTIE: One of the clients you describe in the book, John, seems to be narcissistic; he’s putting you down, being rude and disagreeable. How were you able to find empathy or compassion for him?

MS. GOTTLIEB: I think of people’s behaviors as a way of protecting themselves from something threatening or painful. So, in his case, his behaviors were all about pushing people away. When he’s being very abrasive and insulting and difficult to like, I know that’s a barrier he puts up to the world. There’s going to be something else underneath to explain why he’s behaving in such an off-putting way. I don’t take that personally, because I know he’s finding a way to cope in the only way he knows how.

Out in the world, we take so many people’s behavior personally, but it’s often really about them and the ways they’re managing whatever struggles they’re going through. People’s behavior is data—it gives you infor-



We’ve lost that sense of community that used to be so inherent—at least in my parents’ generation—where you had neighborhoods, and you’d go outside and kids would play.

ALL PHOTOS BY SHUTTERSTOCK



We experience loss throughout life, whatever that may look like.

mation about them. In John’s case, it gave me information about him: There’s some pain he’s experiencing. I don’t know what it is yet; I don’t know if he’ll ever tell me what it is. But there’s something very painful, and this is how he’s coping with it.

MS. SUTTIE: If you could wave a magic wand and change our society so people are less likely to need therapy, what would you change?

MS. GOTTLIEB: Lack of connection. No matter what people come in with, there’s an underlying sense of loneliness, disconnection—even if they have friends and family or are surrounded by people. I think people are feeling a lot of depression and anxiety because they aren’t being nurtured by connection. We’ve lost that sense of community that used to be so inherent—at least in my parents’ generation—where you had neighborhoods, and you’d go outside and kids would play. I’m not idealizing the past, but I think the one thing the past did have was a greater sense of organic community.

Nowadays, because we move around so much, we don’t necessarily put down roots in the same way. And each family becomes its own little silo. We aren’t just in each other’s lives organically. Then add technology to that, and people are not having many “I/thou” interactions, where you make eye contact and you’re not distracted by your phone on the table ping-pong or vibrating or by the screen on the wall in the restaurant. We lose that unstructured downtime, where we might run into people and get in a conversation or go take a walk. I’m not anti-technology, but I think that people feeling disconnected contributes to a lot of the low-lying depression and anxiety I see.

MS. SUTTIE: If readers were to take away one lesson from your book, what would you want it to be?

MS. GOTTLIEB: There’s a great Joseph Campbell quote that comes to mind, where he says that life is a wonderful opera, except that it hurts. I love that quote because I feel like people need to understand that we are more the same than we are different. We all go through very similar things, even though we imagine that our lives are very different from others’ lives.

With my book, I tried to say, “Come on in and visit for a little while. I want to connect with you, the reader, and I want you to connect with me and with the people I’m going to tell you about.” I hope doing so will inspire them to connect with the people in their own lives in a different way...in a more fulfilling way. I want people to realize that when you connect with others, everybody feels better.

Jill Suttie, Psy.D., is Greater Good’s book review editor and a frequent contributor to the magazine. This article was originally published in the Greater Good Magazine online.

THINK WELL, WORK WELL

The Secret to Self-Nurturing Success

JEFF GARTON

After struggling with work issues, you decide it’s time to start treating yourself better, a little self-care as they say.

You go online and for suggestions and find ideas like congratulating yourself, mantras to boost your confidence, and how to have more compassion for yourself.

But as you road test these ideas, you find something missing. You don’t really find yourself feeling better about your work—or yourself.

If you don’t pay attention to your thoughts while trying to use mantras or other methods to feel better, you may find your thinking undermines whatever approach you use.

That’s because these approaches often overlook the most important thing you need to do: supervise the manner in which you think and the resulting emotions your thoughts create.

Not only is this a reliable means of self-nurturing, it’s the root foundation to maintaining your mental health, emotional well being, and personal effectiveness. This isn’t something you just do once during a self-nurturing session, but something you do throughout your entire lifetime.

Having compassion for self or doing nice things for yourself is not the same as thinking in a supervised manner, though you can do these while thinking in a supervised manner.

But if you don’t pay attention to your thoughts while trying to use mantras or other methods to feel better, you may find your thinking undermines whatever approach you use.

For example, let’s say you decide to nurture yourself but without supervising your thoughts. Here’s what inevitably happens.

As you begin a day of relaxation with some soft music and an intention to tell yourself good things, you start to hear yourself think. “These suggestions won’t work,” you think, with doubt creeping in. “Maybe I’m wasting my time,” you say and fear bubbles up. “I thought doing these things was supposed to help me,” you complain and anger emerges. “I don’t think anything will help me,” you fleetingly believe and suddenly there is worry. “Why do I have to struggle through life when others don’t,” you consider as envy blooms.

Oh my, look at that stockpile of unhelpful emotions. This isn’t self-nurturing. It’s self-sabotage.

The emotions your thoughts create have a biochemical expression

that can affect your motivation and performance. Emotions and the chemistry that goes with them are like an internal power plant. Unsupervised thinking is like pulling the controller out of an electrical device. At that point, it will run erratically, not working on what you want it to, and depleting your energy as it runs amok.

You don’t intend for emotional turmoil to happen, but you’re still responsible for allowing it to happen. You allow yourself to think habitually in a negative manner when ideally you should always attempt to think intentionally in a non-negative manner.

Don’t underestimate the difficulty of this responsibility. And don’t make excuses for not doing it. This is the defining line between a person who controls themselves, and a person who is controlled by thoughts that can come from anywhere—from advertisers to political actors hoping to drive a certain response, from misguided ideas from parents, to negative influences in popular culture.

This is the only means you have to self-regulate how well you feel and perform, particularly when faced with adversities.

To think non-negatively doesn’t mean you should think positively. That doesn’t work when you know there’s nothing positive about your situation. You may as well engage in wishful thinking, which can be irresponsible for an adult with adult responsibilities.

Thinking non-negatively relies on thoughts that are both realistic and optimistic.

Try thinking positively about harassment, discrimination, bullying, harmful gossip, poor job fit, or mean and unfriendly people you sometimes have to work with. Good for you if you can, but in the heat of a negative situation, summoning positive thoughts may seem ridiculous, inappropriate, or even dangerous.

Thinking non-negatively relies on thoughts that are both realistic and optimistic. View your situation, as it really is, not how you want it to be. Acknowledge that it could be worse and could get better. Be aware of any ideas you have that this situation should be a certain way. Take it as it is, not as you measure it against some imaginary ideal. Examine the beliefs you have about the situation.

This is not an effort to become a Pollyanna, the storybook character with gobs of optimism who looked for the good in everything. Instead, you want to avoid extreme thinking. Don’t just look for the good which is not always there, or just the bad, then chances are you’ll find it. Look for the agree-

able middle ground between these two extremes. See the situation for what it is.

Sometimes that means changing the context you view that thing within. If you having a terrible run at work, consider how this will temper you for the future. Place that difficulting within a five-year perspective and consider if it is something so terrible, or just a passing situation. Maybe you want to consider the difficulty others are having within that situation so you don’t get caught feeling sorry for yourself and can instead focus on others, an act of compassion that can immediately lift your spirit.

Look for the light at the end of the tunnel, not just the long dark tunnel. And on the job, look longer-term at the opportunity for career contentment, an emotion you control. Don’t just look for the near-term job satisfactions or dissatisfactions you don’t control.

It’s not surprising that stress in the workplace contributes to higher instances of mental health issues like depression and anxiety. What is surprising is that research still attributes these issues to the strain associated with your challenges and hardships.

Why this conclusion is surprising is that we’re in the midst of a worldwide awakening to the power of mind to heal the body. Research in this area tells us our challenges and hardships don’t cause depression or anxiety. Rather, these often emerge because of the way we allow ourselves to think about these matters.

If you are experiencing emotional or mental difficulties consider this for an extended period of time: What you think causes how you feel. Then examine the quality of those thoughts. This has enabled numerous patients to self-correct their issues without medication. For more insight, see The Three Principles and The Enlightened Gardener by Sydney Banks.

Maybe your boss really is a jerk. Your work hours may really be unreasonable. Your income really is unfair. There really can be frustrating injustices in your life, but by allowing these unsupervised thoughts to dominate your mind, you submit yourself to the emotional turmoil these thoughts create. This exacerbates and prolongs your suffering.

Then to ease your suffering, you search on Google for self-nurturing suggestions that you later discover don’t provide the relief you were hoping for. The relief you want is waiting for you when you take responsibility for supervising how you think.

Jeff Garton is a Milwaukee-based author, certified career coach, and former HR executive and training provider. He holds a master’s degree in organizational communication and public personnel administration. He is an originator of the concept and instruction of career contentment.



A better work life begins with paying attention to how you think.



Cookbooks are meant to be used, dirtied, loved.

The Cookbook Caper

The making—and ‘ruining’—of a family cookbook

MARY ELLEN MCGINTY COLLINS

My family’s best memories revolve around my mother’s cooking prowess, so I decided to give my sisters and brother a collection of Mom’s signature recipes for Christmas a few years ago. In an uncharacteristic attempt to keep things simple, I planned to assemble our top 12 favorites in practical three-ring binders. But then my usually project-averse husband, John, picked up an illustrated, spiral-bound restaurant menu one day and said, “It would be cool to do your mother’s recipes like this.” Two weeks later, he had another brainstorm: “It would be really cool if you made the food and then I photographed it.” That did it. We both leapt into Project Cookbook. Beginning in April, we spent every weekend cooking, baking, and photographing. I taught myself graphic design and hunted for illustrations that fit my 50s theme, and quotes

that fit Mom. We scoured antique stores to find familiar kitchen items that added authenticity to our photo-shoots, and John spent hours glued to Photoshop. I already had all of the recipes I needed, except the one for fruitcake, so I let Mom in on the secret—partway. I stayed mum about the cookbook and told her I was going to surprise Carol, Susan, and Kevin with a collection of neatly typed recipes. “That’s great,” she said. “I’ve been wanting to get rid of some old cookbooks. I’ll just tear out the recipes and send them to you. I assume you want the ones for applesauce and jelly and all of the canned things.” Uh, sure. “Absolutely! That would be wonderful!” I already had one of Mom’s fruitcakes in the freezer, so all we had to do was thaw and photograph it. But to avoid having to give myself a crash course in canning to get pictures for these new additions, I told another little lie. “By the way, we’re fresh out of 14-day pickles and applesauce.” A care package of full, photo-ready Mason jars from Mom’s fruit cellar arrived within a week. Several days later, I received a thick packet of recipes, some on notecards in my mother’s perfect printing and others in faded type on brittle scraps of paper. And suddenly, my book of 37 recipes called for a table of contents and more hours searching for additional quips and clips. I impressed myself by creating dishes I had eaten often, but never made. I overcame my fear of yeast and conquered cinnamon rolls; made stuffed cabbage that would have impressed my Slovak ancestors; and whipped up a batch of ham barbecues when I discovered a local deli guy who could almost duplicate authentic Pittsburgh chipped ham. Thanksgiving weekend finally found us at Office Depot, beaming at our stack of perfect, 68-page labors of love. We weren’t with my family for the holidays, so I waited to hear from them after their traditional Christmas Eve gift opening. When they called and handed the phone from person to person, I heard reactions alternating among tears, dis-

belief, and exclamations of recognition over “the plaid plate!” and “the little blue bowl!” I basked in the glow of inspired gift-giving until I realized I was afraid to use the cookbook myself. The trepidation lasted until April, when I finally worked up the nerve to make a couple of our traditional Easter favorites. Within minutes of opening the book to the apricot cookie page, I spilled a spoonful of gloppy fruit filling right in the middle of the recipe. After berating myself into an “I ruined it!” tizzy, I wiped up the spill and tried to erase the stain. No luck. There was nothing left to do except make the cookies—which turned out perfectly, with the sweet-tart apricots wrapped in flaky pastry that was rolled in sugar. Then I moved on to hrutka, a Slovak dish that involves stirring eggs and milk together for a very long time. I folded the cookbook so I was just looking at the page with the recipe while I stirred. And I didn’t realize until I finished that I had set the book down on the wet counter, where it stuck. When I picked it up, the rrrriiipping sound told me that most of the hrutka photograph remained behind, which made me cry. It took most of the day before I could rationalize that the stain and torn page constituted a baptism rather than a tragedy. I remembered that most of Mom’s cookbooks had stained, torn, and stuck-together pages because those were the ones she used the most often to feed our family. She never would have griped about what they looked like because she was a “don’t sweat the small stuff” kind of person, long before that term came into being. Mom had her priorities straight then, and she still does today, at 93. Those pristine copies of “Evelyn’s Kitchen” made a memorable first impression, but they weren’t meant to sit on a shelf, unspoiled and unused. It was a relief to realize that their value will increase with every rip and splatter that helps our family keep Mom’s culinary traditions alive—one mess or accident at a time.

Mary Ellen McGinty Collins is a freelance writer whose personal essays have appeared in *The Arizona Republic*, *The Christian Science Monitor*, *Angie’s List Magazine*, *Notre Dame Magazine*, *Outdoor Life*, and *Writer’s Digest*. Her website is MaryEllen-Collins.com

APRICOT COOKIES
MAKES APPROXIMATELY 36 TO 40 COOKIES
1 bag or box of dried sulfured apricots
3/4 cup sugar, plus more for rolling cookies
1–2 tablespoons lemon juice
Cornstarch, as needed
3 sticks butter
3 cups flour
3 egg yolks
1 cup sour cream

Apricot cookies, a family classic.

For the filling: Place dried apricots in a bowl and add water until they are just covered. Soak overnight.

Drain apricots the next day. Transfer to a saucepan and cook, without water, over a stovetop until they soften, about 1/2 hour. Stir as needed.

Add sugar to taste, approximately 3/4 cup sugar to 1 box of apricots. Stir.

Add 1 to 2 tablespoons lemon juice. Add a little cornstarch if filling is too runny.

For the dough: Combine butter and flour using a pastry cutter.

Combine egg yolks and sour cream in a separate bowl.

Add liquid to dry ingredients and mix with a wooden spoon. (NOT a mixer.)

Roll out dough and cut into squares with a pizza cutter, 3 x 3 inches or a little smaller.

Place about a teaspoon of apricot filling in the middle of a square. Fold one corner of the dough over the filling and press lightly, and then fold the opposite corner over and press. Roll cookie in sugar.

Bake at 400 degrees F for 12 to 15 minutes.

THE EPOCH TIMES

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