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In  
the NEWS

“Flying the Chinese flag and saying that it represents Chinese Australians is like saying flying the Nazi flag in the 1930s and saying that it represents German Australians.”

Sky News host Andrew Bolt on the Box Hill Police Station's raising of the Chinese communist flag on Oct. 1

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## A JUDGEMENT

passed by the top EU court allows member states to force social media companies to remove content globally, raising concerns over freedom of expression.

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“The idea that with public order policing you send police forces out with live ammunition is preposterous. Before long, unless we are very, very lucky, people are going to get killed, people are going to be shot.”

Chris Patten, the last British Hong Kong governor, on the Hong Kong protests

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“As part of China's drive for global supremacy, they want to export this high-tech totalitarian system to the entire world.”

Bill Gertz, Senior Editor of the Washington Free Beacon, on China's surveillance network of more than 170 million cameras.

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ALEXANDER ZEMLIANICHENKO/AFP/GETTY IMAGES



Russian President Vladimir Putin and his Chinese counterpart Xi Jinping enter a hall for the talks at the Kremlin in Moscow on June 5, 2019.

## CHINA

# Russia Helping China to Build a Missile Defense System

Commentators say the move furthers military cooperation

NICOLE HAO

The Kremlin recently announced that Russia would radically enhance China's defense capabilities, just days after China showed off its missiles at its Oct. 1 military parade as part of festivities for the 70th anniversary of the Chinese Communist Party's rule. Commentators analyzed that the move signals Moscow and Beijing furthering their cooperation to

counter the United States.

Russian president Vladimir Putin said at the Valdai Discussion Club, an international discussion forum, held on Oct. 3 in Sochi that his government was helping China to build a missile defense system to detect and warn of ballistic missile launches, which would be composed of an ar-

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This is a very serious thing that will radically increase China's defense capability.

Vladimir Putin, President of Russia

AFP/GETTY IMAGES



Chinese elementary students in a school classroom in Hefei, Anhui, China, in September 2010.

## CHINA

# China Collecting DNA From Males Across Country, Prompting Eugenics and Privacy Concerns

EVA FU

China is building a massive DNA database by collecting sensitive information from citizens in various regions of the country, triggering widespread alarms.

A Sept. 20 notice from police in the Guiqing district of Guilin, a city in the

southern province of Guangxi, stated that authorities would be collecting blood samples from male residents in every neighbourhood through Dec. 31. The move was “in accordance with a coordinated arrangement from higher departments,” read a screenshot of the document circulating online.

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## IMPEACHING TRUMP

# Trump: We're Investigating Corruption, Not Campaigns

JANITA KAN

President Donald Trump reiterated on Oct. 4 that his request for Ukraine's assistance to look into former Vice President Joe Biden was made to investigate alleged corruption rather than to look for information on a political opponent to help his campaign.

“Everything, to me, is about corruption. We want to find out what happened with 2016. And, as you know, there's a lot of work going on, on that. I don't care about Biden's campaign, but I do care about corruption,” Trump told reporters at the White House on Friday, Oct. 4.

“What I want to do—and I think I have an obligation to do it, probably a duty to do it: corruption—we are looking for corruption. When you look at what Biden and his son did, and when you look at other people—

“Everything, to me, is about corruption. We want to find out what happened with 2016. And, as you know, there's a lot of work going on, on that. I don't care about Biden's campaign, but I do care about corruption.”

U.S. President Donald Trump

what they've done,” he added.

Trump's July 25 call with Ukrainian President Volodymyr Zelensky is at the centre of an impeachment

Continued on A6

SCOTT OLSON/GETTY IMAGES



A sign marks the location of a Costco store in Chicago, Illinois, on Dec. 12, 2018.

SPRING SALE

OUTDOOR COLLECTION

KONA 4PC MODULAR

REGULAR PRICE \$11,199

MEMBER PRICE \$8,499

SPECIAL PRICE \$3,899

OSMEN®

Outdoor Furniture

Alexandria Homemaker Centre

49-59 O'Riordan Street

Artarmon HomeHQ

1 Frederick Street

Auburn Showroom

276-278 Parramatta Road

Belrose Supa Centre

4-6 Nialgala Close

Chatswood Chase Sydney

Shop C062, Ground Floor 345 Victoria Avenue

Hills Super Centre

16-18 Victoria Avenue & Showground Road

Smithfield Warehouse & Showroom

134 Clippis Road

\*Via stock available. \*Exclude any special price. Only applies to member price. \*Memt fee \$99 applies. See staff for more information. T&C apply.

Accuracy  
& Integrity

The Epoch Times was founded in 2000 to provide honest and uncensored news coverage of China. Based in New York City, our newsroom is dedicated to restoring accuracy and integrity in media. We stand outside political interests and the pursuit of profit. And we stand against the systematic destruction of traditional culture by destructive ideologies such as communism.



# Outrage As Australian Police Station Raises Chinese Flag

HENRY JOM

The raising of the Chinese communist regime's flag alongside the Australian flag, at the Box Hill police station in Melbourne on Oct. 1, has been described as “problematic” and “insensitive,” according to City of Whitehorse councillor, Blair Barker.

Speaking with local radio station 3AW, Barker said that community members have legitimate concerns over the flag being raised at an Australian police station.

“My concern is that we’re seen to be promoting a regime that doesn’t support the democratic values and principles such as the rule of law, and people might associate our police service with the way the police services in that regime conduct themselves,” Barker said.

3AW’s radio talk show host Neil Mitchell described the event as a “police station honoring a police state.”

The flag raising event was organized by Box Hill police and a local business group, Barker confirmed in an email to The Epoch Times.

In attendance were state and federal ministers, local business representatives, as well as the local mayor, a Victoria Police spokesperson said.

Box Hill MP Paul Hamer raised the Chinese flag, while controversial Liberal MP Gladys Liu cut a celebratory cake at the police station, reported The Australian.

Victorian Police chief commissioner Graham Ashton defended the event while speaking to ABC radio, saying that it was held in recognition of China’s “national day” and marked the beginning of the local council Whitehorse’s Chinese New Year Festival. Every Oct. 1, the anniversary of the Communist Party’s takeover of China, is observed as a national holiday in China.

A spokesperson for Victoria Police added: “Box Hill police work closely with their local community and the raising of the flag, for one day, represents the commitment Box Hill police has in acknowledging what is an important day for many in their local area.”

### An ‘Insensitive’ Event

While the City of Whitehorse represents a diverse community, with Chinese-born citizens making up approximately 30 percent of the community, Barker said raising the Chinese flag was “insensitive.”

“I’m representing people who have Taiwanese heritage, Tibetan heritage, Uyghurs ... these people have real concerns, and indeed where people sought asylum in Australia after the Tiananmen Square mas-



Box Hill police station in Melbourne, Australia.

Our flag poles shouldn’t be a place where foreign rivalries and geopolitical tensions are played out.

Blair Barker, City of Whitehorse councillor

sacre [in 1989].” The Chinese regime claims Taiwan as part of its territory, despite it being a self-ruled island with its own democratically-elected government. Meanwhile, Tibetans and Uyghurs face severe persecution inside China for their religious beliefs.

Ironically, the police station is near a Uyghur restaurant only 400 meters down the road.

In December 2018, Barker sought to introduce a motion to have only the Australian national flag, the Aboriginal flag, the Torres Strait Islands flag, the flag of Victoria, and the City of Whitehorse flag raised at the Box Hill town hall after he received complaints from residents.

The motion was declared lost after 8 councillors voted against the motion, with Barker being the only councillor voting for the motion.

“I share the view that flying a flag of a foreign nation is potentially divisive and in direct conflict with our strategic direction, which is to be an inclusive community,” Blair said at the council meeting.

“Our flag poles shouldn’t be a place where foreign rivalries and geopolitical tensions are played out,” he added.

### Growing Condemnation

Victoria Police acknowledged concerns “by some people within the community,” and added that “the station will continue to assess the



Graham Ashton, Chief Commissioner of Victoria Police, in Melbourne on Feb. 4, 2019.

appropriateness of raising any flag at the police station.”

However, many have continued to express anger and frustration.

Liberal MP Michael O’Brien tweeted: “How many Chinese police stations would fly the Australian flag on 26 January? Zero. But Box Hill police station flew China’s flag for China’s national day.”

Another user tweeted: “Is Box Hill a Chinese colony now?”

One user tweeted out her formal complaint email to Box Hill police: “It is regrettable that Box Hill Police Station decided to raise the communist flag at a time when the news is full of images of police brutality been perpetrated by Hong Kong police onto their own people.” Hongkongers have staged mass protests to oppose Beijing’s growing encroachment over

local affairs after it reverted from British to Chinese rule in 1997.

In 2017, the Chinese flag was also raised at the Box Hill police station.

“Flying the Chinese flag and saying that it represents Chinese Australians is like flying the Nazi flag in the 1930s and saying that it represents German Australians,” Sky News host Andrew Bolt said.

“That’s how offensive it is to Chinese here who are not communists, and who oppose totalitarianism.”

Barker said while the flag raising could be seen as “a symbolic gesture to show that, yes, it’s a very multicultural place and we welcome all people...it’s people’s concern with that foreign regime that matters. It’s got nothing to do with Chinese people and our great multicultural area.”

# Labor Frontbencher Wants Party to Reduce Carbon Target and Adopt Coalition’s Policies

A federal Labor frontbencher will call on his party to match the Morrison government’s carbon emissions reduction target.

Shadow agriculture and resources minister Joel Fitzgibbon wants Labor to adopt the coalition’s carbon emissions target, according to an advance copy of his speech scheduled to be delivered in Sydney the evening of Oct. 9.

This would see Labor aim for a 28 percent reduction of 2005 levels by 2030.

The opposition went to the federal election this year with a 45 percent carbon emissions reduction target, while the Liberals set a 26-28 percent reduction goal.

Fitzgibbon will tell the Sydney Institute the government would be forced to act if the two parties were in agreement on a carbon reduction goal.

“The Prime Minister has largely avoided scrutiny and accountability

on this subject because all the focus has been on Labor’s more ambitious targets,” Fitzgibbon will say.

If there was policy certainty, investment confidence in the energy sector would return and power prices would drop.

“Labor needs to reach a sensible settlement on climate change. How many times are we going to let it kill us? Indeed, how many Leaders do we want to lose to it,” Fitzgibbon will say.

A less ambitious target would allow Labor to be “more ambitious on the road to 2050.”

Former opposition leader Bill Shorten said on Oct. 6 that his policies were responsible for Labor’s election loss, and the party had misread the mood of Australians by not putting jobs as the top priority.

“It pains me to realise after the election that I’d misread some of the mood in Queensland and Western Australia,” Shorten said. “There they saw some of our policies as being



Shadow Minister for Agriculture and Rural Affairs Joel Fitzgibbon speaks to the media during a press conference at Parliament House in Canberra on Dec. 4, 2014.

green-left, not for the worker, not for working people.”

But Labor’s climate change spokesman Mark Butler slapped down the proposal, telling media outlets it would breach the United Nation’s climate change agreements signed by Australia in Paris.

Opposition Leader Anthony Albanese also weighed in, saying he was proud Labor had consistently

supported strong action on climate change based on widely publicised science.

“That action will not only protect our environment but is also good for our economy,” he tweeted.

Energy Minister Angus Taylor told reporters in Sydney: “Labor went to the last election with a 45 per cent emission reduction target, which was going to slash jobs, slash wages, and slash the economy.

“They are clearly now recognising the error of their ways, but they’re in chaos. There are different points of view coming out from different people in Labor every day,” Taylor added.

Fitzgibbon will also reflect on the party’s election loss, saying Labor “confused and scared” the electorate and underestimated Prime Minister Scott Morrison.

Labor also opened itself up to a scare campaign with its economic policies, Fitzgibbon will say.

“Scott Morrison’s main cut-through message throughout the election campaign, and since, has been a promise to keep things just as they are,” Fitzgibbon will say.

“And in the midst of Labor’s busy and confusing messaging, it worked.”

By Finbar O’Mallon  
From AAP



# Turkey Bombs Iraq–Syria Border Ahead of Offensive, Official Says

JACK PHILLIPS

Turkey said its military struck the border of Iraq and Syria to prevent Kurdish forces from using the route to reinforce northeastern Syria.

Turkish officials told the Reuters news agency on Tuesday that it is ready to advance into northeastern Syria after the United States started to pull back troops from the region.

The strike, according to a Turkish official, was to cut off a transit route between Syria and Iraq that is often used by Kurdish forces “before the operation in Syria.”

“In this way, the group’s transit to Syria and support lines, including ammunition, are shut off,” the official told the news outlet.

The Kurdish fighters, who are known as the Syrian Democratic Forces (SDF), aided the United States in defeating ISIS in Syria. But the Turkish government views them as a terrorist insurgency linked to the Marxist Kurdistan Workers’ Party (PKK).

On Monday, President Donald Trump said the troop pullback was to stop U.S. involvement in the “endless wars” in the Middle East.

Hours later, he warned Ankara that sanctions would be applied should anything untoward happen.

“As I have stated strongly before, and just to reiterate, if Turkey does anything that I, in my great and unmatched wisdom, consider to be off limits, I will totally destroy and



NAZEER AL-KHATIB/AFP/GETTY IMAGES

Turkish-backed Syrian rebel fighters head to an area near the Syrian-Turkish border north of Aleppo on Oct. 8, 2019. The Kurdish-led Syrian Democratic Forces said in a statement that “US forces withdrew from the border areas with Turkey” in northeast Syria.

obliterate the Economy of Turkey (I’ve done before!),” Trump wrote on Twitter.

Administration officials also said that the pullback wasn’t a green light for Turkey to invade Syria.

“The Department of Defense made clear to Turkey—as did the President—that we do not endorse a Turkish operation in Northern Syria. The U.S. Armed Forces will

not support, or be involved in any such operation,” the Department of Defense said in a statement.

“In conversations between the Department and the Turkish military we have consistently stressed that coordination and cooperation were the best path toward security in the area. Secretary Esper and Chairman Milley reiterated to their respective Turkish counterparts that unilateral

action creates risks for Turkey. As the President has stated, Turkey would be responsible, along with European nations and others, for thousands of ISIS fighters who had been captured and defeated in the campaign lead by the United States,” the department added.

It’s not clear if Turkey’s bombing run along the Iraq-Syria border resulted in any casualties.

# EU Court Opens Door to Worldwide Social Media Censorship

PETR SVAB

A recent judgment by the top court of the European Union allows individual European states to force social media companies to remove content globally, raising a concern that one country can force removal even in countries where said content is legal.

The decision may have broad implications for freedom of expression, especially in the United States, where the Constitution guarantees extensive free-speech protections.

In the United States, caps on free speech are limited to actions such as incitement to imminent lawless action and defamation—for which the legal standard is comparatively high, especially when the target is a public figure. Some European countries, however, not only have broader defamation laws, but also criminalise “hate speech”—a category open to wide interpretation, some experts say.

The Oct. 3 judgment by the Court of Justice of the European Union stems from a case involving former Austrian lawmaker Eva Glawischnig-Piesczek, who was, until 2017, spokeswoman for the left-leaning Austrian Green Party.

On April 3, 2016, a Facebook user posted a news article from Austrian news site oe24.at headlined, “Greens: Guaranteed Minimum Income for Refugees Should Stay.”

“Lousy traitor,” the person commented in the post, according to an Austrian court document. “This corrupt klutz has not earned a single penny of honest labor in her entire life, but has blown our tax money on these invaders. Finally ban this green fascist party.”

While comments of the sort are not uncommon in global social media discourse, Glawischnig-Piesczek was able to get an Austrian court to order Facebook to remove the post for insult and defamation. Facebook responded by blocking access to the post from within Austria, but, on ap-



DENIS CHARLET/AFP/GETTY IMAGES

peal, an Austrian court ruled against such a measure.

When the Austrian Supreme Court asked the EU court whether global removal is permissible under European law, the EU court concluded that it is, as long as the local law is “consistent with the rules applicable at international level.”

“It is up to Member States to ensure that the measures which they adopt and which produce effects worldwide take due account of those rules,” the judgment stated.

Glawischnig-Piesczek also wanted any “equivalent” content to get deleted, which the judgment also green-lighted, as long as “differences in the wording of that equivalent content” wouldn’t require the social media company “to carry out an independent assessment of that content.”

The judgment “dealt a major blow to free speech, paving the way for a single nation to act as a global censor and require that online platforms act as its minions in doing so,” wrote Jennifer Daskal, American University law professor, in an Oct. 3 Slate op-ed.

Facebook spokesperson criticised the judgement for going “much further” than its own content policies.

“It undermines the long-standing principle that one country does not have the right to impose its laws on speech on another country. It also opens the door to obligations being imposed on internet companies to proactively monitor content and then interpret if it is ‘equivalent’ to content that has been found to be illegal,” the spokesperson said in an emailed statement.

“In order to get this right national courts will have to set out very clear definitions on what ‘identical’ and ‘equivalent’ means in practice. We hope the courts take a proportionate and measured approach, to avoid having a chilling effect on freedom of expression.”

The logos of mobile apps Facebook and Google on a tablet in Lille, France, on Oct. 1, 2019.

[The judgment] dealt a major blow to free speech, paving the way for a single nation to act as a global censor and require that online platforms act as its minions in doing so.

Jennifer Daskal, American University law professor

# Russia Helping China to Build a Missile Defense System

CONTINUED FROM A1

ray of ground-based radars and space satellites.

“This is a very serious thing that will radically increase China’s defense capability,” Putin said.

Putin claimed that the system would be able to detect the launch of an intercontinental ballistic missile, and “right now, only the U.S. and Russia have such systems.”

Missile defense systems can detect, track, intercept, and destroy attacking missiles.

China currently does not have a missile defense system that can cover the entire country, however it did purchase six batches of Russian-made S-400 Triumf air-defense systems in 2014.

Sergei Boyev, director-general of Russia’s major weapons manufacturer Vypel, confirmed to Russia’s state-run news agency TASS on Oct. 4 that Vypel was working on “modelling” the country’s missile defense system for China.

“We can’t talk in detail about it because of confidentiality agreements,” Boyev said.

TASS did, however, report that Boyev designed Russia’s missile attack warning system, which can detect attacks on state and military command posts; provide information to Moscow’s missile defense system; and warn about space objects.

Russia’s ground-based radar stations can detect missiles in flight in a range of up to 6,000 kilometers (3,728 miles), according to TASS.

## Purpose

Dmitry Peskov, the Kremlin spokesman, declined to tell reporters when the system that Putin described would be operational in China, but said that the move highlighted Russia’s close ties with China.

“Russia has special relations with China of advanced partnership.... including [in] the most sensitive [areas] linked to military-technical cooperation and security and defense capabilities,” Peskov said at a press conference on Oct. 4.

Russia and China share a 4,200-km (2,600-mile) border. The two countries have had a complex relationship, ranging from wariness to mutual cooperation.

## Joint Combat?

The Chinese communist regime just celebrated its 70th anniversary on Oct. 1, in which it arranged a grand

military parade and showed its muscle by displaying newly developed weapons, including the Dongfeng-41 (DF-41 or CSS-X-10) solid-fueled road-mobile intercontinental ballistic missile.

The DF-4 has an operational range of 12,000 to 15,000 kilometers (7,456 to 9,320 miles), which makes it the world’s longest-range missile and can cover almost all targets on earth from China, according to Chinese state-run media Xinhua.

U.S.-based commentator Tang Jingyuan told The Epoch Times that Russia and China has cooperated closely in recent months to counter the United States.

“It’s obvious that Chinese government and Russia are teaming up to compete in military with the United States,” Tang said.

Tang added that both countries have strained relationships with the United States: Beijing is struggling with Washington in trade talks, while Moscow is suffering from U.S. sanctions imposed after it occupied the Crimea region of Ukraine in 2014.

“Both the Kremlin and Zhongnanhai treats the White House as their enemy, and they are preparing to fight with it,” Tang said.

In recent months, Beijing and Moscow has announced more mutual deals. According to the Kremlin, the total bilateral trade between Russia and China reached \$108 billion in 2018, 25 percent higher than 2017. It was also the first time that trade between the two countries reached more than \$100 billion. China is also Russia’s largest trading partner.

In June, Chinese leader Xi Jinping visited Russia and called Putin his “best and bosom friend,” adding that he cherished their “deep friendship.”

PAUL GYPTEAU/AFP/GETTY IMAGES



Two Russian S-400 Triumf missile system at the Russian Hmeimim military base in Latakia province, in the northwest of Syria, on Dec. 16, 2015.



# NBA Does Damage Control After Team Executive’s Pro-Hong Kong Tweet Creates Tension

CONTINUED FROM A1

Hong Kong protesters. “Fight for freedom. Stand with Hong Kong,” read the caption of the since-deleted tweet by Morey, originally posted on Oct. 4. The phrase has become a popular slogan in the embattled city of Hong Kong, where protesters stage almost-daily demonstrations against Beijing’s creeping encroachment.

Houston Rockets owner Tilman Fertitta responded to Morey’s comment on Twitter, saying that Morey doesn’t speak for the organisation.

The NBA’s chief communication officer, Mike Bass, issued an official statement on Oct. 6 apologising for the “regrettable” tweet that “deeply offended” Chinese fans. The Chinese statement, posted onto the popular Chinese microblogging site Weibo, was worded more apologetically: “We are extremely disappointed for the ... inappropriate remarks. He has, without a doubt, seriously hurt the feelings of Chinese sports fans.”

Morey posted two tweets on Oct. 6 to stress that he didn’t intend to offend anyone and “was merely voicing one thought, based on one interpretation, of one complicated event.”

No one should implement a gag rule on Americans speaking out for freedom.

Sen. Chuck Schumer

James Harden (C) of the Houston Rockets talks with Clint Capela on the bench at Toyota Centre in Houston on Sept. 30, 2019.

BOB LEVEY/GETTY IMAGES



The NBA store in New York on Oct. 7, 2019.

While speaking in Tokyo on Oct. 7, Rockets’ star James Harden also apologised for Morey’s tweet. The team was in Japan for a series of games. “We apologise. You know, we love China, we love playing there,” he said.

### Commercial Interests at Stake

While NBA officials scrambled to minimise the tweet’s impact, the news sparked an immediate backlash in China.

The Chinese consulate in Houston said it was “deeply shocked by the erroneous comments” and demanded immediate action to “correct the error.”

The Chinese Basketball Association, chaired by Yao Ming, a former Rockets basketball star himself, was the first to cut business ties with the NBA team on Oct. 6, saying it was “suspending” cooperation with the team.

The Chinese association announced on Oct. 7 that it has canceled four planned NBA exhibition games set for later this month.

Sponsors such as Shanghai Pudong Development Bank Credit Card Centre and sportswear brand Li Ning also suspended their partnerships.

On the same day, the NBA’s exclusive online sports channel in

China, Tencent Sports, announced that it would temporarily halt all broadcasting and reporting related to the Rockets.

The Shanghai-based sports news and commentary platform Hupu deleted all content that had reported about Morey in the past.

The hawkish Chinese state-run media Global Times reacted to Morey’s comment with disdain in an Oct. 7 editorial for “impulsive words” that “invited trouble on himself.”

“Entities that value commercial interests must make their members speak cautiously,” it continued. “Morey’s freedom is at the expense of the Rockets’ huge commercial interests, which the team is unwilling to give up.”

**Censure at Home**

U.S. and UK officials denounced the NBA for prioritising its economic interests in China.

“China is trying to silence speech at UK universities, media, and now in US sports,” said Tom Tugendhat, chairman of the UK Foreign Affairs Committee.

Sen. Rick Scott (R-Fla.), who recently returned from a trip to Hong Kong and criticised the Hong Kong government for acting as a “pawn” for the Chinese regime, said it was

“shameful” to see the NBA “kow-towing to Beijing to protect their bottom line.”

“It’s clear that the NBA is more interested in money than human rights,” he wrote on Twitter.

Scott also released a statement on Oct. 7 requesting a meeting with NBA Commissioner Adam Silver “to discuss the NBA’s involvement in Communist China.”

“Men and women are risking their lives to fight for the same freedom we take advantage of in this country,” he wrote. “We must all put human rights above profit. And that means standing with Hong Kong.”

Sen. Chuck Schumer (D-N.Y.) similarly called the silencing of Morey “unacceptable.”

“No one should implement a gag rule on Americans speaking out for freedom,” he said.

Sen. Josh Hawley (R-Mo.) sent a letter to 30 NBA team owners on Oct. 7 calling on the organisation to “reverse course” and cancel all exhibition games in China.

“Remember that some things are more important than money. Remember your responsibility ... And for an American organisation to help the most brutal of regimes silence dissent in pursuit of profit is appalling,” he wrote in the statement.

# Hong Kong Official: City Could Ban Internet to Stop Protests

NICOLE HAO

A top Hong Kong official said on a local radio program on Oct. 7 that the government is open to banning people from accessing the internet if protests, now in their 18th consecutive week, continue unabated.

In an effort to quell the protests, the city government recently by-passed the legislature and enacted an anti-mask law. The regulation was invoked under a colonial-era Emergency Regulation Ordinance that gives the Hong Kong leader broad powers to enact rules, suspend communications, and make arrests.

The mask ban focuses on protesters who wear masks in order to protect their identity, for fear of reprisal from Hong Kong or Beijing authorities. Many also wear gas masks to protect themselves when police fire tear gas to disperse crowds.

Commercial Radio Hong Kong invited two officials, Ip Kwok-him and James To Kun-su, to its morning program, “Start On a Sunny Day,” on Oct. 7 to discuss the ban.

Ip is a non-official member of Hong Kong Executive Council, a cabinet-like organisation comprising 16 official and 16 non-official members who advise the city leader, as well as a local delegate to the Chinese communist regime’s rubber-stamp legislature, the National People’s Congress. To is a local pro-democracy lawmaker and lawyer.

Noting that the ban didn’t appear to be deterring protesters, To asked Ip whether the Executive Council evaluated the effectiveness of the

new law.

Ip said the government “absolutely doesn’t agree nor accept” protesters’ request to withdraw the anti-mask law, and that “the government will use all its energy to do whatever it can to control the situation.”

Ip added that the government is open to other measures to stop the protests. Then, the host asked him whether the government would consider an internet ban.

“If needed, we’ll do it,” Ip replied. “Any solution that can stop the rioting and has legal standing, we will do it.”

Ip didn’t elaborate.

The former British colony, which reverted to Chinese rule in 1997 under the express promise that its autonomy be preserved, is in the midst of its biggest political crisis, as mass demonstrations have been held since June against Beijing’s encroachment over the city’s affairs.

Ip’s comments drew concern among Hongkongers. According to a ranking of top downloaded apps in Hong Kong compiled by gaming news site Game Apps, NordVPN, a virtual private network app that allows internet users to anonymously appear to be anywhere they choose, became the fifth most downloaded smartphone app on Oct. 7.

The anti-mask law ignited more large-scale protests over the weekend, as thousands defied the ban and marched wearing masks, in opposition to the new law.

Two protesters—an 18-year-old university student and a 38-year-old unemployed woman—were charged for violating the mask ban.



Police chase a couple wearing facemasks in the central district in Hong Kong on Oct. 5, 2019.

The government will use all its energy to do whatever it can to control the situation.

Ip Kwok-him, non-official member, Hong Kong Executive Council

They appeared in court on Oct. 7 and were granted bail. Both were arrested while taking part in an unlawful assembly in the early hours of Oct. 5 at Kwun Tong District in Kowloon.

Meanwhile, lawmakers from Hong Kong’s pro-democracy camp have filed legal challenges to the law with the High Court. A hearing is scheduled for sometime in the second half of October.

On social media, many Hongkongers said the mask ban is further angering protesters who are

already upset with the government’s actions.

Chris Patten, the last UK governor of Hong Kong before the handover, similarly told British media Sky News on Oct. 7 that the ban was ill-advised and could provoke an escalation in tensions.

“The idea that with public order policing, you send police forces out with live ammunition is preposterous. ... Before long, unless we are very, very lucky, people are going to get killed, people are going to be shot,” Patton said.



# China Collecting DNA From Males Across Country, Prompting Eugenics and Privacy Concerns

CONTINUED FROM A1

The notice further said that the effort is part of the “public security’s basic information work” to “improve the precision and controllability of population management,” and the samples would be collected either by group or door-to-door.

The notice is just one of the most recent compulsory DNA collection initiatives, which critics of Chinese authorities say are a gross violation of privacy and serve to further the regime’s plan to control the genetic makeup of its population.

**Nationwide Campaign**

A July 29 post on the official website of the Haishu district of Ningbo City, Zhejiang Province, also announced that the local police there had begun DNA collection. The police went to rural villages and schools to promote the campaign.

On April 26, Hongta County police collected blood samples from male students in local middle and primary schools, according to Qinchu, a government-controlled news website.

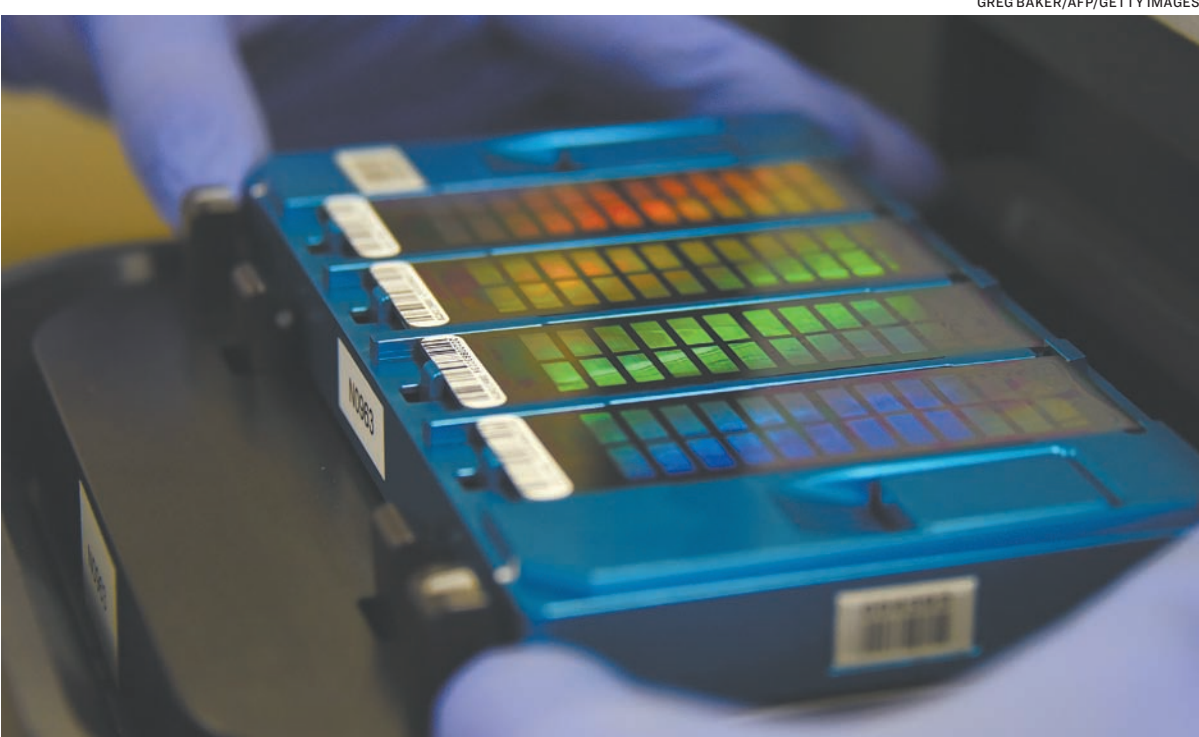
Blood sample collection also took place in Shapu village in Anhui Province in January, according to local media reports. Documents obtained by Bitter Winter, a magazine focused on religious and human rights in China, also found similar programmes in parts of Jiangxi, Shaanxi, and Fujian provinces over the past few months.

Government tender documents published online showed that more than a dozen provincial and regional police departments spent as much as 16 million yuan (about \$2.26 million) on testing tools and other supplies for local DNA labs, DNA databases, or “Y-STR database” in the past half-year. Y-STR is DNA information passed down along the male descendants of families.

In September 2018, the Sui County government in Hubei Province announced a plan to establish a regional Y-STR DNA database to “enhance population control.” The database will include information to cover at least five generations of a particular household. The DNA collection is set to be completed by the end of 2019, according to authorities.

Steven Mosher, an expert in population control, president of U.S.-based think tank Population Research Institute, and a Epoch Times contributor, said the term “population control” has always had an “eugenics element.”

The regime wants to ensure “quality births,” Mosher told The Epoch Times, adding that one way to achieve that is by tracing “who is related to whom,”



A technician places an array containing DNA information in a scanner at a Chinese genetics lab in Beijing, China, on Aug. 22, 2018.

Sarah Cook, a senior China analyst at U.S. human rights advocacy group Freedom House, expressed concern that DNA collection programs were the latest example of the Chinese regime “mapping out society for the purpose of controlling it.”



Students attend a class before a football training session in Shanghai on April 30, 2019.

so authorities can eliminate those carrying recessive genes that produce birth defects.

“With the advent of genetic testing, [this practice] is about to get a high-tech boost and become much more comprehensive,” he said.

Mosher added that it makes sense for some Chinese authorities to target males, which studies have shown have a higher tendency to commit crimes.

**Expansion of Xinjiang Model**

Authorities rolled out its first mass DNA collection programme in China’s northwestern region of Xinjiang, home to the largest Muslim minorities in the country.

In 2016, authorities in Xinjiang placed orders for DNA analysis equipment, which cost 80 million yuan

(\$11.23 million).

The regional government had been collecting biometric data such as blood type, fingerprints, iris scans, and voice samples, from all aged between 12 and 65, as part of the Chinese regime’s suppression and surveillance of Uyghur Muslim residents, according to a 2017 Human Rights Watch report.

The Chinese government has subjected millions of Uyghur Muslims in the region to a vast surveillance system, which includes a dense network of cameras enhanced with facial recognition technology and artificial intelligence to monitor residents for any “suspicious behaviour.” Authorities have used the pretext of combating “extremism” to justify the surveillance.

The same surveillance methods are

also being applied to dissidents and other religious minorities. On March 3, 2018, Li Wei, a Beijing-based activist, was taken from a hotel in Hangzhou to a police station, where authorities took his fingerprints and a saliva sample. A notice from the Zhejiang provincial police department said that such action was mandatory for all non-locals “with prior criminal records” who visit the area.

An underground church member from Shaanxi Province also recounted a similar experience to Bitter Winter, wherein plainclothes police forcibly pinned him down to collect his blood.

**Rights Concerns**

Officials have also used threats and deception to make residents comply with the DNA collection.

“Had I refused to undergo the testing, my pension would have been revoked. It’s not an option for me,” a villager from Nanchang City of Jiangxi Province told Bitter Winter.

Villagers also told the magazine that when they asked about the reason for the saliva testing, the police told them that it was to ensure they don’t contract any “infectious diseases.”

A local government official from the Weinan district of Shaanxi told the magazine that its biometrics collection programme was established to help create “a national blood database” for criminal investigations.

But critics are concerned about the broad privacy violations of such programmes.

Sarah Cook, a senior China analyst at U.S. human rights advocacy group Freedom House, expressed concern that DNA collection programmes were the latest example of the Chinese regime “mapping out society for the purpose of controlling it,” she said.

Cook also said the sensitive data could potentially be misused, as the Chinese regime rejects the rule of law.

Due to “the various ways that crimes are solved in China,” such as “confessions concerted through torture,” it would be “hard to give real credence to the idea that this is what Chinese police are trying to do to be able to solve crimes,” she said.

Mosher said that China’s DNA collection programmes are a violation of citizens’ rights, as governments have no right to collect DNA samples other than in actively investigating criminal suspects or convicts.

“Individuals have a natural right to ‘own’ their own DNA,” he said.

“The CCP’s [Chinese Communist Party] massive DNA collection programme treats the Chinese population as nothing more than slaves, with whom you can do exactly as you please.”

# Trade War Disrupts China’s Liquefied Natural Gas Supply

FAN YU

*News Analysis*

Natural resources are commodities that are often most sensitive to global trade disruptions.

The continuing U.S.-China trade war has weighed on the global liquefied natural gas (LNG) market, since the two parties also happen to be two of the world’s biggest LNG players—the United States as an exporter and China as a mass importer.

While the trade war has slowed U.S.-China LNG trade to a crawl, China recently moved to secure some much-needed supply. The San Diego-based Sempra Energy on Oct. 1 signed a deal to sell its ownership in Luz del Sur—Peru’s largest utility—to China’s state-owned China Yangtze Power International for \$3.6 billion. As part of the deal, Sempra also signed a multi-year agreement to sell LNG to a subsidiary of China Yangtze Power.

**Tariffs**

It’s the first U.S.-China LNG



Chinese state-run company Sinopec’s Tianjin terminal receives a liquefied natural gas cargo in Tianjin City, China, on Feb. 6, 2018.

deal in more than 12 months, as retaliatory tariffs China has placed on U.S. LNG cut U.S. shipments to China to a trickle. In September 2018, Beijing imposed a 10 percent tariff on U.S. LNG imports; the duties were subsequently raised to 25 percent in June 2019. It was one of the last product categories Beijing spared from retaliatory tariffs.

The deal—signed amid heavy tariffs—underscores China’s dependency on foreign LNG and how desperate it is to se-

cure supply.

The Chinese regime intends to curb the country’s reliance on coal as a primary fossil fuel. Its latest Five-Year Plan, announced in 2016, seeks to reduce the consumption of coal. In its place, gas was identified as a key replacement in the residential, power, and industrial sectors.

Typically, natural gas is delivered via pipeline networks, which are expensive to build and maintain, and the scope of the market is limited to the physical reach of the pipelines. LNG is natural gas that’s been cooled and compressed into liquid form (at minus 260 degrees Fahrenheit) so that it can be transported efficiently on ships and over land.

China’s demand for LNG has been soaring. It’s projected to be one of the world’s biggest consumers of LNG going forward. The U.S. Energy Information Agency (EIA) estimates that China’s demand for gas would increase to around 57 billion cubic feet/day by 2040 from 15 bcf/d in 2015, second only to the United States. A significant portion of that con-

sumption will be in the form of LNG.

**US Supply Pivot**

Recent tariffs have effectively halted U.S. LNG supply to China.

Discussions held in March 2019 between Sinopec and Houston-based LNG giant Cheniere Energy were put on hold due to the uncertain trade outlook.

“While a trade deal has not yet been reached [between U.S. and China], it is unlikely that Chinese buyers would firm up agreements for spot or short-term LNG supply,” an industry source told S&P Platts.

Industry sources told S&P Platts that PetroChina earlier this year diverted U.S. LNG tankers for a cargo swap to avoid paying tariffs. This year, China has taken custody of four cargo ships compared to 33 cargoes during 2018, a reflection of reduced LNG trade due to high levies.

U.S. shale gas production isn’t ceasing, however. Suppliers have actively been pivoting away from China to

new markets in Europe and Asia. President Donald Trump has been a key promoter of U.S. LNG supply when he’s met with other heads of state this year.

Demand from Europe is increasing, as many Western European nations are looking for ways to alleviate Russia’s effective gas monopoly over Europe. While 30 LNG import terminals are already operational across Europe, more terminals are coming online in 2020 to handle LNG tankers.

But with three new LNG plants going live in 2019 in the United States and increased production from Australia, LNG prices are expected to plateau and the usual winter price spike may be muted this year, according to experts.

“However, even with a strong fourth quarter, it seems China’s LNG demand growth will be considerably lower in 2019 than it was in 2017, when it jumped 48 percent on the year, and in 2018, when it increased by 41 percent,” according to an Oct. 3 Reuters report, citing Refinitiv data.



# Trump: We’re Investigating Corruption, Not Campaigns

CONTINUED FROM A1

ment inquiry launched by House Speaker Nancy Pelosi (D-Calif.) last week. An alleged whistleblower filed a complaint about the call, claiming that the president was leveraging his office to obtain “dirt” on a political opponent—2020 Democratic candidate Joe Biden.

A day after Pelosi launched the impeachment inquiry, the White House released a transcript of the Trump-Zelensky call. The transcript revealed that Trump had asked Zelensky to look into CrowdStrike, a technology firm that was hired by the Democratic National Committee, and look into Biden’s dealings with Ukraine while he was vice president. In 2018, Biden bragged that he pressured then-Ukrainian President Petro Poroshenko in 2016 to remove a prosecutor in charge of a probe of Ukrainian gas company Burisma, where Biden’s son was a board member.

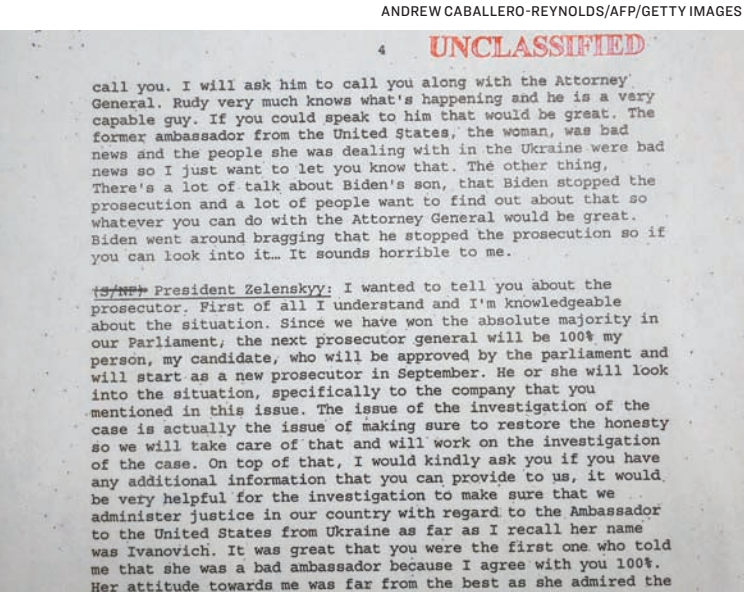
The president has repeatedly maintained that his phone call with the Ukrainian president was “perfect” and that he had asked Zelensky for help to investigate the alleged corruption around Biden’s dealings.

The commander-in-chief has also pointed out that it is his right as the president to investigate corruption and, as part of that duty, ask other

As President I have an obligation to end CORRUPTION, even if that means requesting the help of a foreign country or countries. It is done all the time. This has NOTHING to do with politics or a political campaign against the Bidens.

U.S. President Donald Trump

Page 4 of the declassified phone transcript released by the White House of a conversation between U.S. President Donald Trump and Ukrainian President Volodymyr Zelenskyy from July 25, 2019. The White House released the call transcript on Sept. 25, a day after Democrats launched an impeachment process against Trump.



U.S. President Donald Trump in the White House in Washington on April 3, 2018.

countries to help the United States in various probes.

“As the President of the United States, I have an absolute right, perhaps even a duty, to investigate, or have investigated, CORRUPTION, and that would include asking, or suggesting, other Countries to help us out!” Trump said late Thursday.

While speaking to reporters on Friday, he said that he was not interested in Biden’s campaign because he did not think the Democratic frontrunner had a chance at winning.

“We’re investigating corruption. We’re not investigating campaigns. I don’t care about his campaign. As I said, ... I didn’t think and I don’t think Biden is going to win,” he said.

“I didn’t think—because I’ve watched Biden over the years, and Biden is not the brightest person. I never thought he was going to win. I never felt he was going to win. If you look at his other two campaigns, he was a one-percenter,” he added.

He also said that his administration will be sending a letter to Pelosi to reject congressional requests un-

til she holds a vote to authorise the impeachment inquiry. Pelosi made the announcement to launch the inquiry but has not held a House vote, prompting Republicans to criticise her over it.

Earlier on Friday, Trump wrote: “As President I have an obligation to end CORRUPTION, even if that means requesting the help of a foreign country or countries. It is done all the time. This has NOTHING to do with politics or a political campaign against the Bidens. This does have to do with their corruption!”

Marc Ruskin, a former assistant district attorney in New York and an adjunct professor in criminal justice who is also a regular contributor to The Epoch Times, said it was normal for countries to ask each other for help in criminal matters.

“What [Trump did] is ask them to conduct an inquiry to find out whether or not a crime had been committed in the past,” he told The Epoch Times. “And that is not only not wrong, it’s just the opposite. ... It’s what countries do when they’re dealing with each other.”

Ruskin, also a 27-year veteran of the FBI and the author of “The Pre-

tender, My Life Undercover for the FBI,” said he thinks the impeachment inquiry is “an end result in search of a vehicle.”

“They’re putting the cart before the horse, they have a goal in mind, which is impeachment, and the goal has been in their mind since before election night, essentially,” he said. “So what they’ve been looking for is a vehicle to allow them to reach that goal and impeach the president.”

Ruskin said that the Democrats essentially want to circumvent the democratic process while they “grasp at straws.” He used Rep. Al Green (D-Texas) as an example. Green told MSNBC in May that he was “concerned” that “if we don’t impeach the president, he will get reelected.”

“[Green] was saying that the President might be elected by the democratic process, in other words, that he may be the choice of the American people and in order to circumvent that they need to impeach him,” Ruskin said. “So they want to circumvent the electoral process with their own judgment, rather than the will the people have expressed through elections.”

# US Video Gaming Company Suspends Player Over Hong Kong Comment

CATHY HE

U.S. video gaming company Blizzard Entertainment has suspended a Hong Kong-based player for expressing support for the ongoing pro-democracy protests in the city, the latest example of a foreign company curbing free speech in an attempt to appease the Chinese communist regime.

The suspension was triggered by statements Hearthstone player Ng Wai Chung made while giving a postgame interview.

Ng, better known by his online moniker “Blitzchung,” donned a gas mask and goggles—similar to what Hong Kong protesters wear during demonstrations—and repeated a common protest slogan: “Liberate Hong Kong. Revolution of our age!” For more than four months, Hong Kong has been rocked by mass protests against Beijing’s encroachment into the city’s autonomy.

In response, Blizzard, which owns the professional Hearthstone esports competition, said it was banning Ng from the competition for a year, adding that he will not receive any prize money from the matches he won so far in Grandmasters Season 2.

“I expected the decision by Blizzard,” Ng told IGN.com, a gaming

I’m not [regretful] of what I said.

Ng Wai Chung, Hearthstone player

industry news site. “I think it’s unfair, but I do respect their decision. I’m not [regretful] of what I said.”

Blizzard in a statement on Oct. 8 said Chung had violated a competition rule that prevents players from “engaging in any act that, in Blizzard’s sole discretion, brings you into public disrepute, offends a portion or group of the public, or otherwise damages Blizzard image.”

“After an investigation, we are taking the necessary actions to prevent similar incidents from happening in the future,” the statement read.

The company also re-posted the statement in Chinese on its official Weibo account, a Chinese microblogging site, adding, “We will, as always, resolutely safeguard the country’s dignity.”

The incident mirrors the controversy gripping the U.S. National Basketball Association (NBA), which earlier this week disavowed a since-deleted post made by Houston Rockets general manager Daryl Morey on Twitter: “Fight for Freedom. Stand with Hong Kong.”

The NBA’s response to the tweet, in which it expressed regret for offending “friends and fans in China,” prompted a firestorm of criticism from U.S. officials and fans. NBA Commissioner Adam Silver has since

said it supported Morey’s freedom of expression, adding that it was not up to the league to regulate what players, employees, and team owners say.

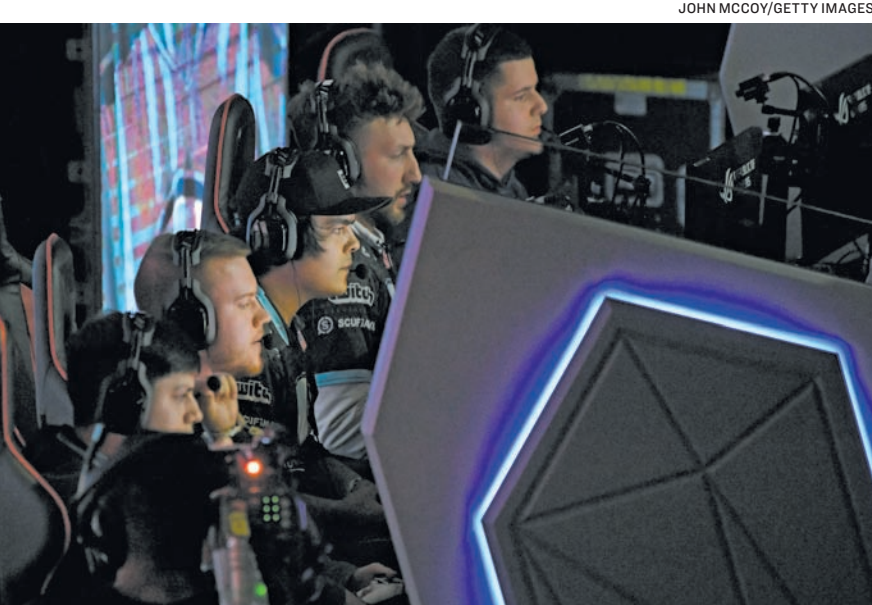
“As you know, there are serious protests in my country now,” Ng said in a statement to Inven Global, an esports news website.

“My call on stream was just another form of participation of the protest that I wish to grab more attention. I put so much effort in that social movement in the past few months

that I sometimes couldn’t focus on preparing my Grandmaster match. I know what my action on stream means. It could cause me lot of trouble, even my personal safety in real life. But I think it’s my duty to say something about the issue.”

Blizzard is partly-owned by Chinese internet giant Tencent. As of 2017, the company owns 4.9 percent of shares in Activision Blizzard Inc.

Reuters contributed to this report.



Gamers compete in the Call of Duty World League Championship 2019 at Pauley Pavilion in Los Angeles, California, on Aug. 16, 2019.



# Trump Administration Blacklists 28 China-Based Entities Over Human Rights Abuses in Xinjiang

WASHINGTON—The Trump administration on Oct. 7 placed 28 Chinese public security bureaus and companies—including video surveillance company Hikvision and seven other companies—on a U.S. trade blacklist over Beijing’s treatment of Uyghurs and other predominantly Muslim ethnic minorities.

Those added to the so-called “Entity List” include the Xinjiang Uyghur Autonomous Region People’s Government Public Security Bureau, 19 subordinate government agencies, and eight commercial firms, according to a U.S. Commerce Department filing.

The companies include some of China’s leading artificial intelligence firms such as SenseTime Group Ltd, and Megvii Technology Ltd, which is backed by Alibaba, as well as Hikvision, formally known as Hangzhou Hikvision Digital Technology Co. Ltd., Zhejiang Dahua Technology, IFLYTEK Co., Xiamen Meiya Pico Information Co., and Yixin Science and Technology Co.

Megvii filed for an IPO this summer of at least \$500 million in Hong Kong, while SenseTime raised \$620 million in a second round of funding in just two months last year and is one of the world’s most valuable unicorns in artificial intelligence.

While U.S. officials said the announcement was not tied to this week’s resumption of trade talks with China, the announcement sets the tone for a potentially more aggressive positioning by Washington in negotiations with Beijing to end a 15-month trade war between the world’s biggest economies.

Reuters reported on the planned additions earlier on Monday, before the Commerce Department made it official.

The department filing said the “entities have been implicated in human rights violations and abuses in the implementation of China’s campaign of repression, mass arbitrary detention, and high-technology surveillance against Uyghurs, Kazakhs, and other members of Muslim minority groups.”

“The U.S. Government and Department of Commerce cannot and will not tolerate the brutal suppression of ethnic minorities within China,” said



(L) Police patrolling as Muslims leave the Id Kah Mosque after the morning prayer on Eid al-Fitr in Kashgar, Xinjiang, China, on June 26, 2017.

(R) U.S. President Donald Trump (L) stands with Wilbur Ross after meeting at the Trump National Golf Club Bedminster clubhouse in Bedminster, N.J., on Nov. 20, 2016.

**The U.S. Government and Department of Commerce cannot and will not tolerate the brutal suppression of ethnic minorities within China.**

Wilbur Ross, U.S. Secretary of Commerce

Secretary of Commerce Wilbur Ross.

The list includes municipal and county public security bureaus and the Xinjiang Police College. In China, a public security bureau is a municipal office responsible for law enforcement, fire prevention, traffic control, immigration control and other matters affecting public security.

Being added to the “Entity List” bars companies or other entities from buying parts and components from U.S. companies without U.S. government approval.

The Commerce Department previously added Huawei Technologies and more than 100 affiliates to the Entity List. The Huawei listing hurt many of its U.S. suppliers that depended on the world’s largest telecommunications company for revenue and made it difficult for Huawei to sell new products.

Hikvision, with a market value of about \$42 billion, calls itself the world’s largest video surveillance gear maker. Reuters reported in August Hikvision receives nearly 30 percent of its 50 billion yuan (\$7 billion) in revenue from overseas.

A U.S. Hikvision spokesman said late on Monday the company “strongly opposes today’s decision by the U.S. government” and noted in January it retained a human rights expert

and former U.S. ambassador to advise the company on human rights compliance.

Senator Marco Rubio, a Republican, praised the Commerce announcement.

“The Trump administration is sending a strong, clear message that the United States will hold the Chinese government and Communist Party and their enablers accountable for Beijing’s large-scale, systematic and egregious human rights abuses against Uyghurs and other religious ethnic minorities in Xinjiang,” Rubio said.

The Chinese embassy in Washington also did not immediately comment.

China faces growing international condemnation for setting up facilities that have been described as mass detention centres holding more than 1 million ethnic Uyghurs and other ethnic and religious minorities.

In April, a bipartisan group of U.S. lawmakers urged the move against Chinese companies it called “complicit in human rights abuses” and specifically cited Hikvision and Dahua.

U.S. Secretary of State Mike Pompeo said last week at the Vatican that “when the state rules absolutely, it demands its citizens worship govern-

ment, not God. That’s why China has put more than one million Uyghur Muslims ... in internment camps and is why it throws Christian pastors in jail.”

John Honovich, founder of surveillance video research company IPVM, said Hikvision and Dahua both use Intel Corp, Nvidia Corp, Ambarella Inc., Western Digital and Seagate Technology as suppliers and that the impact on the Chinese companies would be “devastating.” Shares in Ambarella fell 12 percent in after hours trading on the news.

In August, the Trump administration released an interim rule banning federal purchases of telecommunications equipment from five Chinese companies, including Huawei and Hikvision.

The ban was included in the National Defence Authorisation Act (NDAA) passed last year, and restricted the use of federal money to purchase telecommunications equipment and services and video surveillance equipment from “covered” telecommunications companies, citing national security concerns that its products could be sabotaged by the Chinese regime to conduct espionage.

*By David Shepardson  
From Reuters*

# Chinese Company Making Costco Pyjamas Flagged for Forced Labour

CONTINUED FROM A1

one day based on allegations that people producing those items might be children, or adults subjected to forced labor. The orders are used to hold shipping containers at the U.S. ports of entry until the agency can investigate the claims of wrongdoing.

CBP did not release information about the companies that were importing the goods covered by last week’s detention orders. But The Associated Press tracked items to several buyers, including Costco.

Acting CBP Commissioner Mark Morgan said the orders, the most issued in a single day, “shows that if we suspect a product is made using forced labor, we’ll take that product off U.S. shelves.”

### Costco Pyjamas

One major case from last week involves China’s Hetian Taida Apparel, which AP reported last year was forcing Uyghur Muslims and other ethnic minorities to sew clothes for U.S. importers inside a Chinese re-education camp.

This was one of a growing number of internment camps in China’s far western Xinjiang region, where by some estimates 1 million Muslims are politically indoctrinated while detained and forced to give up their language and their religion. The Washington-based Worker Rights Consortium published further evidence this year that Hetian Taida was doing business both inside a camp, and at nearby state-subsidised factories where detainees are sent once they are released.

In response, Hetian Taida’s U.S.

Two layers of barbed wire fencing ring the “Hotan City apparel employment training base” where Hetian Taida Apparel Co. has a factory in Hotan in western China’s Xinjiang region, on Dec. 5, 2018. The Trump Administration is blocking shipments from Chinese company Hetian Taida Apparel, which makes baby pajamas sold at Costco warehouses, after the foreign manufacturer was accused of forcing ethnic minorities locked in an internment camp to sew clothes against their will.

**The Chinese government has created a human rights nightmare for the Uyghur people and Hetian Taida has been an active partner in Beijing’s brutality. The company’s use of forced labor is well documented and CBP is right to act.**

Scott Nova, executive director of Worker Rights Consortium



buyer Badger Sportswear, in Statesville, North Carolina, cut off imports and Hetian Taida stopped exporting to the United States, according to records published by ImportGenius, which tracks shipping activity around the world.

But last month, Costco Wholesale Corp. began importing baby pajamas made by the company. On Sept. 21 and again on Sept. 26, Hetian Taida sent shipping containers filled with 100 percent polyester blanket sleepers for babies and toddlers to the United States, labelled for Costco, according to shipping records.

In an interview with the AP, Costco officials said “we believe (the baby sleepers) were made in a factory other than the one that was the subject of the CBP detention order. As the facts develop, we’re prepared to consider what action we should take relative to the issue of a supplier to our supplier owning factories that may have problems.”

As of last weekend, the microfleece, zippered pyjamas, sold under the label Absorba, were seen by an AP reporter on some Costco shelves in packs of two, for \$14.99.

Scott Nova, executive director of Worker Rights Consortium, said he was shocked that Costco agreed to do business with a firm already associated with China’s re-education camps. “The Chinese government has created a human rights nightmare for the Uyghur people and Hetian Taida has been an active partner in Beijing’s brutality. The company’s use of forced labor is well documented and CBP is right to act,” said Nova.

Reached by phone on Oct. 7, Hetian Taida Chairman Wu Hongbo told the AP that the company will cooperate with U.S. Customs and provide the agency with any documents it needs. Wu declined to answer further questions and said he has chosen to reject all media interview requests.

Custom’s action last week is sending

ripples globally, with exporters now on notice to improve labor conditions. Domestically, some U.S. importers were shaken to learn their products might have been made by people forced to work against their will or under threat of punishment. Human rights experts warn as many as 25 million people globally are victims of forced labor. In recent years, investigations by media organisations and advocacy groups have tracked products suspected of being made by forced labor as they travel from manufacturers, through brokers and dealers, into the hands of American consumers.

“CBP’s announcement is significant because of the unprecedented number of actions and for the message that it sends across corporate supply chains,” said labor advocates at Humanity United and Freedom Fund in a joint statement. “We know that myriad imported goods U.S. consumers enjoy every day—from clothing to electronics to chocolate, fruits and vegetables, and other foods—are likely tainted by forced labor in their supply chains. Making real progress to change this will require a concerted effort across and outside of government, including through strong enforcement of existing laws like this.”

Until recently, the detentions orders used to block the shipments last week would have been almost impossible.

Under the law, U.S. importers have 90 days to prove no forced labor was used to produce their products. If they can’t, they can either ship their products to another country or surrender them to Customs.

*By Martha Mendoza  
From The Associated Press*



# THE WORLD

In Pictures



MICHAEL J. LUDZAK; KERRY MARSHALL/GETTY IMAGES; ALFREDO ESTRELLA/AP/GETTY IMAGES; ERIC FEEBERG/AP/GETTY IMAGES; AAP IMAGE/JASON O'BRIEN; HULTON ARCHIVE/GETTY IMAGES



(From top L-R) **A storm rolls over** Canowindra in rural New South Wales on Oct. 8. **Tall ships arrive** in Tūranganui-a-Kiwa and are greeted by waka in Gisborne, New Zealand, on Oct. 8. This year marks 250 years since the first onshore meetings between Māori and Europeans. **Aerial view of taxis** protesting against the private taxi company Uber and other Apps for alleged unfair competition along Reforma avenue in Mexico City, Mexico, on Oct. 7. **Carpenter apprentices** work on a roof truss matching one of Notre-Dame de Paris Cathedral's as part of their training at the "Compagnons du Devoir" in Gennevilliers, France, on Oct. 3. **Firefighters battle bushfires** at Busbys Flat in northern NSW on Oct. 9. **South Park has been scrubbed from the Chinese internet** after a recent episode touched on topics considered politically sensitive by the Chinese Communist Party. In Season 23 Episode 2, "Band in China," Stan Marsh's father is imprisoned in a forced labour camp after travelling to China for business. While imprisoned, he witnesses slave labour, "re-education," and other human rights abuses. In response to the ban, creators Trey Parker and Matt Stone tweeted, "Long live the great Communist Party of China. May the autumn's sorghum harvest be bountiful! We good now China?"



1998 "Kenny", "Cartman", "Kyle", and "Stan" are the characters in the hit series "South Park." Photo supplied by Online USA, Inc.  
ONLINE USA INC. P.O. Box 75, Beverly Hills, Ca. 90213. Phone 310 587 8025. Fax 310 587 8027



# Behind Chinese International Students’ Attack on Hong Kong Protesters

HENG HE

News Commentary

Last month, dozens of cities around the world staged protests in support of Hong Kong’s Anti-Extradition Law Amendment Bill Movement (Anti-ELAB Movement).

Insults and even physical attacks from pro-communist activists, including international students from China, have also appeared. Chinese students’ attack on Anti-ELAB Movement supporters’ “Lennon Wall” spread like an epidemic from The University of Queensland in Australia to The University of Auckland in New Zealand, then spread to Canada, UK, and the United States. The participants also spread from students to pro-communist communities and organisations, reminiscent of the violent attacks on pro-Tibetan protesters by pro-communist people in countries through which the Olympic torch relay passed in 2008 (ahead of the Beijing Summer Olympics).

While public opinion focuses on Chinese overseas students themselves, it is necessary to discuss the underlying causes behind these events.

Whether the Boycott by Chinese Students Is Spontaneous

“We will boycott you Hong Kong separatists without the Chinese embassy!” said one twitter user who had just registered for an account without a single follower.

Chinese consulates in Australia and New Zealand also claimed that those were “spontaneous patriotic acts.” I will not here discuss the fallacy that Anti-ELAB Movement equals Hong Kong independence, but it did raise a quite noteworthy issue: whether such reactions are spontaneous.

From the past experience of Chinese students studying abroad, the probability of spontaneous resistance is very high. After all, these people are all born in the 1990s, or the third to fourth generation educated after the founding of the Chinese Communist Party (CCP). From birth to kindergarten to university graduation, they were systematically brainwashed by the CCP culture while the Internet, with which they grew up, is a real local area network completely cut off from the free flow of information around the world.

When Chinese international students in Western countries display these aggressive actions that are contrary to the basic values of their host countries, many will ask: Why can’t they change their way of thinking when they get to the free world?

The answer is twofold. One, overseas students huddle among themselves. It’s not surprising that students from the same country often get together in the United States, but it’s easy for mainland Chinese students to form a relatively closed-off group given the large quantity of Chinese students. Secondly, their main sources of news and information are in Chinese and served by the CCP, as their two major sources of news come from the Chinese media and WeChat.

Chinese-language media all over the world are influenced by the CCP to varying degrees, with only a few exceptions. What the Chinese students receive abroad are the same CCP propaganda as those within China. It’s as if they haven’t gone abroad at all.

WeChat, commonly used by Chinese students studying abroad, functions both as a messenger and media source. For the vast majority of Chinese students studying abroad, WeChat is their only means of communication with their families and other Chinese students. Alternative messaging apps in China are all monitored similarly, while foreign social media communication tools are forbidden in mainland China.

What’s worse, WeChat is also the main source of news and information for Chinese students studying abroad. Even in the United States, all Chinese-language websites that offer free information are blocked on WeChat just as they are within China. Lastly, WeChat has actually been used by the CCP or its agents as the main means of communication to mobilise and prepare overseas



ANTHONY KWAN/GETTY IMAGES

espionage operations.

As a result most Chinese overseas students, unless they’re extremely willing to socialise with their foreign peers or are actively looking for unrestricted information, are the same as living in China. They are still inside China’s “great firewall.”

Of course, this “spontaneous patriotism” doesn’t have much to do with “patriotism.” It is more “refined egoism,” namely an active choice to seek advantages and avoid disadvantages, because it’s generally done to impress the Chinese consulate.

There are at least two phenomena which can prove this. During Hong Kong’s protests, a real issue of territorial sovereignty occurred. India changed Ladakh, a disputed border region with China, to a directly-controlled area.

This article will not discuss the attribution of the disputed area itself. With the CCP’s attitude toward the South China Sea and Diaoyu islands, this issue should be much more serious than Hong Kong’s Anti-ELAB protest. After all, there is no sovereignty involved, and Hong Kongers just want to protect themselves from being wronged by the Chinese judicial system. Yet no resistance has been heard online in mainland China or among overseas students regarding India. The reason is simply that the CCP didn’t express any anger.

Another phenomenon is that Chinese students’ anger does not come from themselves. Anti-ELAB supporters have a clear appeal. Every one of them can clearly state his or her reasons for protesting. However, Chinese students in Melbourne (and elsewhere) swear in unison. I don’t even think they understand what Anti-ELAB is. They don’t even know that they are ignorant. That’s why it’s a joke among some Chinese students in Australia advising those who support Hong Kong protests to “read more [information on] WeChat.”

But that is only a condition for “spontaneous acts of patriotism.” There is still a long way to go from intention to action.

Role of the University CSSA

Chinese Students and Scholars Association (CSSA) is probably the first place that Chinese students meet after they enroll.

Earlier this year, two separate sieges targeted Chami Lhamo, a Tibetan student, and Rukiye Turdush, a Uighur activist, at two Canadian universities. In these two incidents, CSSA members were revealed to have reported directly to the local Chinese consulate and obtained instructions from the CCP regime.

Although there’s no direct evidence at this time, on Aug. 9 when some students at the University of Sydney discussed joining the Anti-ELAB protest, there were Chinese students discussing on WeChat about how to respond and said they had reported them to the education office of the consulate.

Since the education office happened to have direct control of the CSSA, there is reason to believe that this

Pro-democracy protesters hold up a sign during a “human chain” demonstration from the Tsim Sha Tsui to Prince Edward neighborhoods, in Hong Kong on Sept. 30, 2019.

When Chinese international students in Western countries display these aggressive actions that are contrary to the basic values of their host countries, many will ask: Why can’t they change their way of thinking when they get to the free world?

Chinese student is the contact person between the CSSA and the Chinese consulate.

CSSA has a long history of acting on the CCP’s behalf to besiege their “enemies” overseas. In 2007, the CSSA of New York University (NYUCC) teamed up with the CCP, launching a campaign against New Tang Dynasty TV’s International Classical Chinese Dance Competition at a campus venue.

In the same year, CSSA separately organised Chinese students to protest and harass seminars which exposed the CCP’s forced organ harvesting from Falun Gong practitioners at both The University of Pittsburgh and Columbia University. CSSA of Columbia University (CUCSSA) claimed its protests would be full of “red flags with blood”. Its protest was co-sponsored by CSSAs of 25 universities in the greater New York area.

CSSA also has an important “internal” task: monitoring and ensuring that Chinese students stay within the CCP’s rules. Once someone shows disloyalty to the CCP, it will crack down on them and report them to the consulate.

In 2008, Wang Qianyuan at Duke University was directly besieged and bullied simply because he was neutral on the Tibet issue.

At University of Maryland’s graduation ceremony in 2017, Yang Shuping, who praised America’s fresh air, democracy, freedom, and citizens’ participation in politics, was besieged by CSSA’s bullying, which was later joined by Internet bullies from China after Global Times’ instigation.

CSSA’s role here is to create a red terror among Chinese students and force them to be the CCP’s tools, organising them to besiege other Chinese students who may be influenced by the ideas of democracy and freedom. When Australian Broadcasting Corporation (ABC)’s radio show “Four Corners” interviewed the president of CSSA at the University of Sydney, the president said bluntly that if there were Chinese students supporting or participating in democratic activities, they would be reported to the consulate. The involvement of Global Times in Yang Shuping’s case was likely to be an assignment from above after CSSA reported to the consulate.

Public Support from the CCP

Both Chinese consulates in Australia and New Zealand issued statements in support of Chinese international students’ actions after the incidents at the University of Queensland and the University of Auckland. It triggered Australian government’s condemnation of interfering in other countries’ domestic affairs.

There is no doubt that such public support contributed to an escalation of attacks and increasing level of organisation, including recent counter-protests by pro-communist Chinese students and groups in Melbourne, Sydney, London, and Japan, some of which were violent. Of course, in addition to public support, private organisation and mobilisation were also essential.

A Chinese student in Australia who took part in an Anti-ELAB protest has had his family in China immediately visited and threatened by National Security. That goes far beyond the powers of CSSA and the consulate, although they may have tried to identify and report on the protesters.

What Can Western Universities and Governments Do

The vast majority of CSSAs are not registered as official foreign government organisations or even NGOs, but only as student clubs on campuses. In other words, almost no law can govern them. There is certainly no problem if they are independent student associations on campus like other student organisations. However, all CSSAs around the world are led by local Chinese consulates’ Education Offices on a de facto basis. They directly implement the CCP consulate’s policies, and the universities can do little about it.

Some suggest that universities should take certain actions to stop the Chinese students’ actions, but that’s not feasible.

First of all, even without the infiltration pressure from the CCP, American and Australian universities are already suffering from a serious erosion of freedom of speech. Seldom do they seriously tackle with Chinese students’ infringement of others’ freedom of speech.

Secondly, Chinese international students are the main source of many universities’ tuition income. As long as they’re not too absurd, universities will try to avoid biting the “hand which feeds them.” Lastly, since it involves foreign embassies and consulates, which is beyond the jurisdiction of such universities, even if the universities want to control them, they are powerless to do so.

Any possible solution must involve the federal government. Relying only on universities doesn’t work. In the cases of Wang Qianyuan and Yang Shuping, these two universities didn’t investigate or punish any Chinese students or the CSSA responsible persons who caused serious injury to the victims.

What CSSA and some Chinese students say about campus politics is not a problem of freedom of speech, because they’re not expressing themselves. They don’t even have their own opinions.

What they’re doing is blocking other students’ freedom of speech, and the CSSA’s position comes from the CCP totalitarian regime. This is an issue of whether democratic countries should condone foreign governments directly interfering with freedom of speech at home.

Right after the Chinese consulate issued a statement supporting Chinese students’ attack on the “Lennon Wall,” Australian Minister for Foreign Affairs Marise Payne immediately warned the CCP’s diplomat to respect freedom of speech and the right to peaceful protest. David Seymour, a MP in New Zealand and leader of ACT New Zealand, asked the Consul General of China in Auckland not to exploit New Zealand’s internal affairs. These counterattacks are necessary and timely. The police also arrested at least two aggressive Chinese students, but these isolated actions are not enough to stop the CCP’s agenda broadly.

Because all of the harassing incidents have a background of the CCP manipulating Chinese students through CSSA, which didn’t happen in western countries even during the cold war, governments should strengthen law enforcement to protect the freedom of speech on campus, including the freedom for Chinese students to pursue universal values and to disagree with the CCP.

For countries that already have relevant laws like the United States and Australia, since CSSAs are subject of and funded by a foreign government, members must be made to register as known foreign agents.

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



# US Unprepared for Potential Space Conflict with China, Says Bill Gertz

IRENE LUO & JAN JEKIELEK



“The Chinese could cripple the United States—not just the military, but the entire U.S. society” with a surprise attack on America’s satellites, according to Bill Gertz, a national security columnist for The Washington Times and senior editor of The Washington Free Beacon.



China has built anti-satellite missiles and other weapons that make it capable of “severely disrupting or destroying” U.S. satellites in low earth orbit by 2020,

according to the Pentagon’s Joint Staff intelligence directorate. The United States heavily relies on satellites for communications, transportation, finance, and military data collection.

Space weaponry is just one aspect of the Chinese Communist Party’s (CCP) multi-faceted doctrine of unrestricted warfare—using a series of unconventional tactics to defeat a more powerful foe, the United States, without engaging in troop-on-troop combat.

Gertz details these diverse strategies and tactics in his new book “Deceiving the Sky: Inside Communist China’s Drive for Global Supremacy.” The book highlights how, in Gertz’ view, the CCP hoodwinked U.S. leaders into adopting a policy of engagement with China. But behind the scenes, the Chinese regime stole trade secrets, infiltrated and subverted the United States, and secretly developed powerful “assassins mace” weaponry, which is used by an inferior military to gain a military advantage.

“The United States faces a major strategic vulnerability in its satellites,” Gertz said in an interview with The Epoch Times for the “American Thought Leaders” program.

The United States has “as few as 30 anti-satellite missiles or ground-based lasers or orbiting killer robot satellites,” Gertz said. “China would conduct a surprise attack on the United States, and one of the first things they would do would be to disable the missile warning satellites that we have.”

“And by using a combination of deception and laser attacks, they could take out a satellite and then successfully conduct a surprise strategic missile strike, kind of what I describe as a global Pearl Harbor.”

Developing space weaponry is just one part of a much broader offensive against the United States, as the CCP seeks to amass power globally, according to the White House National Security Strategy. Beijing is seeking to corner the market on 5G, the next generation of communications technology, and also expand its global dominance through initiatives such as the “One Belt, One Road” initiative, “a Trojan horse of Chinese expansionism,” Gertz said.

“They will tell these poor developing countries: ‘We’d like to build a railroad for you as part of infrastructure development.’ They lend the money at an exorbitant interest rate, and when the country can’t pay the debt, the Chinese will then come in and say, ‘Well, that railroad is now ours.’”

“And in this way, they are literally buying up and taking over countries.”

**A Disastrous Gamble**

Since the 1980s, Chinese communist leaders have deceived U.S. leaders into believing that by engaging with communist China, China would evolve into a more benign and democratic power. But “this gamble has been an utter disaster.”

“At the very end of the Cold War in the late 80s, Ronald Reagan discovered that the Soviet Union was highly dependent on U.S. and Western technology. And so a major effort was put in place to block technology from going there. And it was very successful. It contributed materially to the collapse of the Soviet Union.”

“The Chinese communist government studied that, and they took a completely different approach. Their deception was: ‘We’re not a communist power,’” Gertz said. “They presented a friendly face. But behind the scenes, they were engaged in massive theft of American technology and know-how.”

Chinese theft of U.S. IP costs between \$225 and \$600 billion annually, according to a 2018 report by the United States Trade Representative.

Nearly 20 years ago, Gertz was one of the first to sound the alarm in his book “The China Threat: How the People’s Republic



SAMIRA BOUAOU/THE EPOCH TIMES

Bill Gertz, a national security columnist for the Washington Times and senior editor of the Washington Free Beacon, in Washington on Sep. 23, 2019.

China would conduct a surprise attack on the United States, and one of the first things they would do would be to disable the missile warning satellites that we have.

Bill Gertz

Targets America.”

“One of the real disasters of the engagement policy has to do with the spread of nuclear weapons,” Gertz said. As part of a Clinton administration initiative, Gertz said, the United States sent nuclear scientists to China, while China sent nuclear scientists to the United States.

According to the 1999 Cox Report, the Chinese regime stole through espionage classified information on seven warheads, including “every currently deployed thermonuclear warhead in the U.S. ballistic missile arsenal,” as well as the neutron bomb.

“Not only that, China shared this technology with Pakistan. And then Pakistan—through the AQ Khan nuclear supplier network—spread this technology to North Korea, Iran, Syria, and Libya. And we’re still dealing with the aftereffects of that,” Gertz said.

“So this is the kind of unfettered engagement that has been a disaster for American national security.”

**Communist Deception**

It took decades for the United States’ leadership to recognise the communist China threat, and this is, in Gertz’s view, a testament to the skill of the CCP to deceive Americans and infiltrate U.S. institutions.

In 2016, Ron Montaperto, a Defense Intelligence Agency analyst, pleaded guilty to passing classified information to Chinese military intelligence officials. According to Gertz, Montaperto was also a leader among pro-China intelligence officials in the U.S. government and academic community who claimed that China wasn’t a threat.

Through either traitors or spies, the CCP was also able to identify as many as 30 CIA-recruited agents inside China and elsewhere, and successively imprison or even execute them, between 2010 and 2012, according to former intelligence officials.

A likely suspect of the leak, in Gertz’s view, is former CIA officer Jerry Chun Shing Lee, who pleaded guilty in May to spying for China. During the FBI’s multi-year investigation, the FBI found two notebooks in his luggage with handwritten notes detailing the names and identities of recruited CIA agents.

Besides spying, the CCP has also engaged in aggressive campaigns to influence, bribe, or threaten politicians and business leaders, Gertz said.

The regime approaches U.S. companies doing business in China, and “they’ll say, ‘We don’t like this legislation that’s being drafted on Hong Kong. And we expect you as a friend of China and someone who is doing business in China—and if you want to continue to be doing business in China—you have to go to the Congress and lobby against this legislation.’ This is a common tactic.”

For think-tank researchers and academics, the Chinese regime can threaten them by restricting their access to the country. “You can’t get into the country if you don’t toe the friend-of-China line.”

A variety of such forms of coercion, bribery, and espionage fall under the United Front Work Department of the CCP, which spearheads the regime’s global influence-pedaling operations. “It’s essentially political warfare/intelligence operations, designed to promote the Communist Party of China’s strategic objectives.”

The Chinese regime has been actively working against Trump’s campaign for reelection in 2020, Gertz said.

In a speech in October 2018, Vice President Mike Pence said, “China has initiated an unprecedented effort to influence American public opinion, the 2018 elec-

tions, and the environment leading into the 2020 presidential elections.”

“There can be no doubt: China is meddling in America’s democracy,” he said.

Yet despite all this, the CCP has been able to skillfully manipulate the popular narrative about itself through deception, propaganda, and disinformation. One especially successful piece of propaganda is equating China and the Chinese people with the CCP, Gertz said. In doing so, the Chinese regime can thus attack critics of itself as anti-China.

“The China threat is not the Chinese people. It’s the Chinese Communist Party,” Gertz said, but the Chinese regime frequently conflates them as the same thing.

**‘High-Tech Totalitarianism’**

Domestically, the CCP has instituted a system of high-tech totalitarianism, and it wishes to also export that system abroad, Gertz said.

The CCP’s dystopian social credit system, which it first introduced in 2014, will rank citizens based on their compliance to the regime’s rules. If a person posts content on social media that the regime doesn’t like, for instance, his credit score would suffer. And as a result, he would potentially face restrictions on his travel, purchases, and job prospects.

In Xinjiang, in the northwestern part of China, the Chinese regime has put more than 1 million minority Uyghur Muslims in “concentration camps.”

“China is using technology, a lot of it stolen from the United States, for facial recognition to identify people,” Gertz said.

In September 2017, a state-run television program said the Chinese regime had built the world’s largest surveillance network, boasting more than 20 million cameras. In 2018, more than 170 million cameras were deployed as part of the Safe City program, and 400 million more cameras will be installed in the next two years all across China.

“As part of China’s drive for global supremacy,” Gertz said, “they want to export this high-tech totalitarian system to the entire world.”

**A Path Forward**

“The first thing is we need to be able to tell the truth about communist China, which is something we have not been able to do for many years,” Gertz said. “We’ve gone part of the way in identifying China as a strategic competitor or adversary, but not as a real enemy. And I think that we need to do that first. We need to be clear on the nature of the threat.”

“I’ve been urging the Trump administration, the most important thing they could do right now would be to publish a book-length white paper on the nature of the Communist Party of China.

“I dedicated the book to the Chinese people because they do not want to live under that system. The Party has no values other than its political support for the Communist Party.”

In his book, Gertz argues that the United States should begin withdrawing economically from China and establish a policy of strict reciprocity.

“For example, Chinese media operate freely here in the United States. And a large percentage of those personnel involved in state-controlled media are intelligence personnel,” Gertz said.

“So we should make it very clear that there has to be reciprocity, strict reciprocity, so that for every reporter that’s allowed to report here freely, the same access has to be provided to American and Western reporters in China. And if they don’t, then we should kick them out.”

Gertz also recommends the creation of a democratic parliament-in-exile. “Bring together democracy activists, whether they’re from Hong Kong or China or other places, and have them formulate free and open democratic policies for China. Have them meet once a year, record the proceedings, publish them, and then circulate them within China.”

“What China needs is democratic political reform. And that will never happen as long as the Communist Party of China is in power.”

*“American Thought Leaders” is an Epoch Times show available on Facebook, YouTube, and the Epoch Times website.*

*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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SPECIAL SERIES

# How the Spectre of Communism Is Ruling Our World

## Destruction of the Family

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

Chapter Seven (Cont.)

**b. Promoting Feminism and Spurning the Traditional Family (continued)**

**Results of the Feminist Movement: Broken Families, Degenerate Relationships, Confused Sex Roles**

Feminism is now prevalent in all sections of society. According to a public survey conducted by Harvard University in 2016, about 59 percent of women expressed support for feminist views. One major assertion of contemporary feminism is that apart from the physiological differences in male and female reproductive organs, all other physical and psychological differences between men and women, including divergences in behavior and personality, are social and cultural constructs. By this logic, men and women should be completely equal in all aspects of life and society, and all manifestations of “inequality” between men and women are the result of a culture and society that is oppressive and sexist.

For example, the number of men working as executives in large companies, high-level academics in elite universities, and senior government officials far outstrips the number of women in similar positions. Many feminists believe this is mainly caused by sexism, when in fact a fair comparison between the sexes can be made only when considering factors such as ability, hours, work ethic, and the like. Success in high-level positions often requires long-term, high-intensity overtime work—sacrificing weekends and evenings, attending sudden emergency meetings, traveling frequently for business, and so on.

Having children tends to interrupt a woman’s career, and women are inclined to reserve time to spend with their families and children instead of dedicating themselves completely to their work. In addition, people with the aptitude to fill high-level positions tend to possess strong personalities, whereas women tend to be gentler and more agreeable. These are the main reasons why females fill such a small proportion of high-level positions. However, feminists regard women’s tendencies to be gentle and to orient themselves around family and children as traits imposed upon them by a sexist society. According to feminism, these differences should be corrected by services such as public daycare and other forms of welfare.

Contemporary feminism cannot tolerate any explanation of inequality between men and women that bases its argument on natural physiological and psychological differences between men and women. All blame must be laid at the feet of social conditioning and traditional morality.

In 2005, Lawrence Summers, president of Harvard University, spoke at an academic conference to discuss why women are less likely than men to teach in the scientific and mathematics fields of top universities. In addition to highlighting the 80-some hours per week and unpredictable work schedules required for these positions (time most women would reserve for family), Summers proposed that men and women may simply differ in their competence when it comes to advanced science and math. Despite supporting his statements with relevant studies, Summers became the target of protests by the feminist organisation National Organisation for Women (NOW). The group accused him of sexism and demanded his removal. Summers was roundly criticised in the media and forced to issue a public apology for his statements. He then dedicated \$50 million to increasing the diversity of the Harvard faculty.

In 1980, Science Magazine published a study showing that male and female middle school students had significant differences in their mathematical reasoning ability, with boys performing better than girls. A subsequent

study that compared the SAT math test scores of males and females found that male test-takers were four times as likely to achieve a score higher than 600, as compared with females. This gap became even more extreme at the 700-point threshold, where 13 times more male test-takers reached this score than did females.

The same research team did another study in the year 2000, finding that both male and female SAT examinees who demonstrated mathematical genius on their SAT scores tended to obtain advanced degrees in science and math-related fields, and were satisfied with their achievements. Thus, Summers’s arguments were backed up by scientific data.

Some reports noted that Summers’s treatment following the 2005 conference mirrors the re-education policies used by communist regimes to suppress dissidents. Even as the causes of inequality had yet to be determined, equality of outcome was enforced by encouraging “diversity”—that is, ensuring there was a larger number of female instructors in math and scientific subjects.

It is simple to see the links between feminism and socialism. The 19th-century French diplomat and political scientist Alexis de Tocqueville said: “Democracy and socialism have nothing in common but one word, equality. But notice the difference: While democracy seeks equality in liberty, socialism seeks equality in restraint and servitude.”

None of this is meant to prove that men are superior to women in intelligence or ability, as men’s and women’s talents manifest in different competencies. Deliberate attempts to eliminate differences between the sexes run counter to common sense and prevent both men and women from fulfilling their potential.

While the reasons for psychological and intellectual disparities between men and women may not be immediately obvious, denying their physical and reproductive differences flies in the face of fact. In the traditional view of both the East and the West, men are protective figures. It’s normal that firefighters are overwhelming male. However, feminists, believing in absolute equality between men and women, demand that women take on traditionally male duties, with unexpected results.

In 2005, the New York Fire Department allowed a woman to become a firefighter without passing the physical trials, which typically include completing tasks while wearing oxygen tanks and other equipment weighing 50 pounds. Other firefighters expressed concerns about this, saying that colleagues who couldn’t meet the standards would inevitably create burdens and danger for the rest of the team and for the public.

The fire department eventually hired the woman so as to avoid a lawsuit: Feminist groups had long blamed NYFD’s high physical standards for the low proportion of women entering the firefighting force. The Chicago fire department faced similar challenges and was forced to lower the standard in order to increase the number of female firefighters.

In Australia, many city fire departments have implemented gender quotas. For each male applicant hired, a woman has to be hired as well. In order to meet this requirement, vastly different physical standards have been set for men and women despite their applying for the same dangerous, high-stress job.

This illogical campaign for equality of outcome didn’t stop there. The quotas created friction between male and female firefighters, who reported that their male coworkers blamed them for being unqualified and incompetent. Feminist groups latched onto this as “bullying” and “psychological pres-

sure.” The situation created yet another battle for feminists to fight in their ostensible crusade for equality.

But this absurdity is a deliberate step in the plans of the communist spectre: By challenging the supposed patriarchy—that is, traditional society—feminism undermines the traditional family in the same way that class struggle is used to undermine the capitalist system.

In a traditional culture, it is taken for granted that men should be masculine and women should be feminine. Men shoulder responsibility for their families and communities by protecting women and children—the very patriarchal structure that feminism challenges on the grounds that it confers unfair advantages to men while restraining women. Feminism has no place for the traditional spirit of chivalry or gentlemanly behavior. In a feminist world, the men aboard the sinking Titanic would not have sacrificed their places in the lifeboats so that the female passengers could have a better chance at survival.

Feminism’s crusade against patriarchy has also entered the realm of education. In 1975, a Pennsylvania court ruling on a lawsuit against the Pennsylvania Intercollegiate Athletic Federation ordered that schools must include both male and female students in all physical activities, including wrestling and American football. Girls were not allowed to abstain on the basis of their gender alone.

In her 2013 book “The War Against Boys: How Feminism Is Harming Our Young Men,” American scholar Christina Hoff Sommers argued that masculinity is under attack. She showcased the example of Aviation High School in Queens, New York, which primarily accepts students from low-income families. The school raised these children to high standards of academic achievement and was ranked as one of the best high schools in America by U.S. News and World Report.

The school specialises in teaching its students via hands-on projects such as constructing electrical mechanical aircraft, and unsurprisingly, the class body is overwhelmingly male. Girls, while forming a smaller percentage of students, also perform remarkably and earn the respect of their peers and instructors.

Nevertheless, Aviation High School faced increasing criticism and threats of lawsuits from feminist organisations demanding that more female students be admitted. Speaking at the White House in 2010, the founder of the National Women’s Law Center took specific aim at Aviation High School as a case of “gender isolation” and said, “We are hardly going to rest on our laurels until we have absolute equality, and we are not there yet.”

For feminists, raising boys to pursue masculine traits of independence and adventure, and encouraging girls to be gentle, considerate, and family-oriented, amounts to nothing more than oppression and sexist inequality.

Modern feminism is forcing society into a gender-free future by attacking the psychological characteristics of men and women that characterise their respective sex. This has particularly severe implications for children and young people who are in their formative years and among whom increasing numbers are expected to become homosexual, bisexual, or transgender.

This is already underway in some European countries, where more and more children report feeling that they were born in the wrong body. In 2009, the Gender Identity Development Service (GIDS), based at the Tavistock and Portman NHS Foundation Trust in London, received 97 referrals for sex transitioning. By 2017, GIDS was receiving over 2,500 such referrals annually.

See next edition for the next installment.



# Media Pretend That China Isn't Communist

DANIEL ASHMAN



*Commentary*  
“The greatest trick the devil ever pulled was convincing the world he didn’t exist.”  
This idea has often been used in a religious or philosophical sense, but it works equally well applied to geopolitics. The greatest trick that communists ever pulled was convincing the world they didn’t exist.

The devastation wrought by communists over the past century was possible because they convinced others that they weren’t true communists, lulling America into following a naive and self-destructive policy. Today, regarding China, the same delusion is advanced.

On the one hand, the matter seems straightforward. China is communist. They have a Central Committee, Politburo, and a General Secretary. China is ruled by the Chinese Communist Party (CCP), and the word “Communist” is right there in the name.

And yet, the mainstream media isn’t so sure, regularly downplaying the ideological nature of the CCP, while advancing the idea that China isn’t communist at all, but in fact, capitalist. For instance, The New York Times last year published an op-ed by a former prime minister Kevin Rudd classifying China as “authoritarian capitalism.” The Washington Post followed that this year with, “No, China and the U.S. aren’t locked in an ideological battle. Not even close.” The article explained that the CCP is “ideologically bankrupt,” and only “nominally Communist,” because it has “embraced capitalism.”

More recently, Forbes had an article titled, “China’s Economic Success Proves the Power of Capitalism,” in which the magazine explained that the CCP’s control over society is just a fading ghost of the past.

There seems to be an assumption underlying these claims that because China is experiencing growth, it can’t be communist. It’s an interesting definition that necessarily precludes anyone from worrying about communists. Either someone is communist, poor, and helpless, or, they’re rich, capitalist, and someone we can reason with.

But we know from history that that reasoning isn’t valid. In the darkest days of Stalin’s rule, complete with purges and collective farming, Russia was strong enough to conquer much of Europe and threaten the existence of the United States. A country can be both communist and strong.

It’s true that China has moved away from collective ownership towards private property. However, it is a misunderstanding of communist ideology to understand this as a rejection of communism and an embrace of capitalism. Communists are flexible. Adoption of limited free



Chinese soldiers sit atop tanks as they drive in a parade to celebrate the 70th Anniversary of the founding of the People’s Republic of China in 1949 at Tiananmen Square in Beijing, China, on Oct. 1, 2019.

markets, as long as they are under the control of the CCP, is entirely allowed inside of their ideology.

Consider these words of Lenin’s hero, Sergey Nechaev, an early Russian revolutionary. He explained that “the revolutionary may and frequently must live within society while pretending to be completely different from what he really is[.]”

The Chinese Politburo knows that it must pretend to be something it’s not to fit into the international community and strengthen itself. For now.

Nechaev also wrote, “For [the revolutionary], morality is everything which contributes to the triumph of the revolution.”

There is no absolute truth for the communist. There are only revolutionary truths. If China has to make use of capitalist tools to bring about their revolution, it is their moral duty.

China’s use of capitalism to further long-term communist goals becomes even clearer when understood within a historical context.

Look at the ultimate communist, Vladimir Lenin. He gave Russia the New Economic Policy (NEP):

stopping the move toward collective farming and encouraging private enterprise.

Would the pundits of today’s mainstream media have become giddy explaining that the Bolsheviks were actually crypto-capitalists? Many people, at the time, made claims along those lines. But in retrospect, it’s easy to see the absurdity of such thinking.

Renowned Russian historian Edward Radzinsky explained what was really happening. He called it “Rule Number 1” for communists: “statements by the Party’s leaders were only the product of tactical considerations, whereas the real, long-term plans, the Party’s strategy, had to remain hidden[.]”

The NEP was just a tactical consideration. It existed solely to serve the long-term plans of the party. Lenin’s plan worked brilliantly. The Bolshevik regime was revitalised. Investments flowed in from abroad. Anti-Bolshevik Russians, who had escaped the revolution, were duped into coming back, whereupon the Bolsheviks made use of them, or killed them, or both. The NEP lasted for years and then Stalin resumed Russia’s move towards collectivisation.

Stalin then introduced his own tactical considerations to pursue hidden long-term plans. He shelved the communist idea of world revolution in favor of “socialism in one country,” and patiently waited many years, before achieving large territorial gains for Russia and communism.

It is only within this ideological and historical context that China’s current policy can be understood.

Is China really eschewing communism to pursue capitalism, as the mainstream media often claims? Hardly. China is simply implementing Leninist tactics. The CCP allows private property, for the moment,

There is no absolute truth for the communist. There are only revolutionary truths. If China has to make use of capitalist tools to bring about their revolution, it is their moral duty.

because it furthers their long-term communist goals.

Last year, amid the implementation of China’s notorious social-credit system, General Secretary Xi Jinping gave an hour-long speech extolling the life of Karl Marx. Xi explained that “the life of Marx is a life of fighting to overthrow the old world and establish a new world.”

He then elaborated that Marxism was “profound and deep,” a true “scientific theory,” that is “always the guiding thinking for our party and the country. It helps us to know the world, manage the rules, seek the truth, and change the world.” He explicitly attributed China’s “unprecedented development miracle” to successful implementation of Marxism.

Perhaps free societies are losing ideologies they once held dear. But to project that same mindset onto the CCP, concluding that they are ideologically bankrupt, is dangerous indeed.

Daniel Ashman is an analyst from the suburbs of Massachusetts. He is the author of the book “Russian Agents: The Clintons’ Attack Against America.” His website is [AshmanReport.com](http://AshmanReport.com) and he can be found on Twitter @dashman76.

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



Chinese soldiers shout as they march in formation during a parade to celebrate the 70th Anniversary of the founding of the People’s Republic of China at Tiananmen Square in Beijing, China, in 1949, on Oct. 1, 2019.



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Pregnancy Insomnia Common but Not Normal

There are effective ways to treat insomnia without concerns about sleeping pills and the baby.

See B5

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Before Mulan, China had this Warrior Queen

The queen of the Shang Dynasty brought stability to her husband's empire with her battle axe and military prowess.

See B11

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Torre di San Niccolò (R) and the Arno River.

Florence Revisited

Exploring the treasures of the Tuscan capital beyond its most famous attractions

KRISTINE JANNUZZI

My love affair with Florence began 22 years ago, before I'd ever set foot there. I was a journalism student at NYU, and in that pre-Instagram, pre-Facebook, early-internet era, the slides projected onto the screen during my Renaissance art class and the photos in my textbook were my first visual exposure to the storied city.

Those often grainy but still dramatic images, coupled with my professor's vivid descriptions of architectural marvels and artistic masterpieces such as Brunelleschi's massive dome atop the cathedral and Ghiberti's gilded bronze "Gates of Paradise" on the baptistery, sparked a fascination with Firenze that intensified as I learned more about the people and stories behind them. Family rivalries, political turbulence, fiery egos, fierce competitions—Renaissance Florence was a cradle of drama and intrigue, not just art and culture, I discovered.

When I visited the city for the first time in 2000, I found the splendor, history, and contemporary reality—e.g., internet cafes in medieval palazzi—completely intoxicating. I realize I'm hardly the first person to have been seduced by Florence, but after a solo trip back in 2001, I was convinced I needed to move there. I returned that summer to take a three-week-long intensive Italian language class and stayed with a Florentine family.

Renaissance Florence was a cradle of drama and intrigue, not just art and culture, I discovered.



Mural at Ospedale degli Innocenti.

There is plenty to be explored in Florence, beyond the Duomo.



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Continued on B2





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# Florence Revisited

Exploring the treasures of the Tuscan capital beyond its most famous attractions

Continued from B1

I continued with weekly Italian lessons after work when I went back to New York, and a year later I quit my job and relocated to Florence.

The fact that I didn't really know anyone there when I moved turned out to be a blessing; I befriended locals and expats the old-fashioned way—in person, and often in a piazza. I tried to immerse myself in the Florentine lifestyle as much as possible, and started cooking much more than I ever had in the United States. I waitressed at an osteria and learned the essentials of cucina toscana by spending any downtime observing the chef at work in the kitchen.

Professional limitations ultimately forced me to make the difficult decision to move back to New York after about two years, but I've returned to Florence almost annually ever since. On my most recent trip there in May, I set out to explore places that I thought would be of interest to repeat visitors to Florence and to those who prefer to avoid the crowds of some of the most popular spots. I wouldn't dissuade first-time visitors from crossing the Ponte Vecchio or gazing in wonder at Michelangelo's David in the Galleria dell'Accademia, but Florence also offers plenty of lesser-known gems to behold and experience.

### Beyond the Duomo

Just a few blocks north of Florence's iconic cathedral, the Basilica of Santissima Annunziata is a stunning church that is often overlooked by tourists, which makes visiting it all the more pleasant. I walked in on a whim—no tickets are required—and nearly had the entire place to myself. The exterior belies the grandeur within, starting with frescoes by the great Florentine painters Andrea del Sarto, Jacopo da Pontormo, and Rosso Fiorentino in the atrium known as the Cloister of the Voti.

The breathtaking Baroque interior of the church features an ornately decorated golden ceiling and beautifully adorned chapels, the most famous of which is the Chapel of the Holy Annunciate, to the left just after you enter. According to legend, the fresco of the Annunciation preserved here was painted in 1252 by artist Friar Bartolomeo, save for the face of the Madonna, which was miraculously finished by an angel while he was asleep.

The piazza where the basilica is lo-

cated is one of Florence's prettiest squares, and here you'll find another of Brunelleschi's impressive architectural accomplishments: the Ospedale degli Innocenti (Foundling Hospital), which he designed in 1419 shortly before he took on the commission of the cathedral dome. The building was created to take in abandoned children and functioned as an orphanage for more than five centuries. I had passed by many times through the years and admired the elegant façade, but the inside wasn't accessible to the public until a museum opened within the complex in 2016.

The Museo degli Innocenti documents the history of the orphanage through exhibits, artwork, archival material, and video interviews with adults who were residents there. Until 1875, newborns were passed through the iron bars of a grated window that allowed them to be left anonymously. I found the most moving place in the museum to be a room with 140 identifying objects that parents left with babies in the 19th century. Beads, fragments of religious medals and crucifixes, scraps of fabric, coins, and other items were intended to help parents recognize their children if they returned to reclaim them in the future.

The museum is also home to a peaceful terrace cafe, Verone, which you can access even if you decide to skip the museum itself. The space was used to dry the children's clothes in the 15th century, and today offers a lovely view of the Florentine rooftops and hills, with Brunelleschi's dome in the backdrop.

### Across the Arno

One of my favorite areas in Florence is San Niccolò, situated within the district of Oltrarno, which translates to the "other side" of the Arno River. While this swath of the south bank isn't exceedingly far from the city center (about a 10- to 15-minute walk), it gets a bit less foot traffic from tourists, and the streets between the river and Piazzale Michelangelo overlooking the city are a delight to wander through.

I stayed in the heart of this neighborhood for the first part of my most recent visit, in Palazzo San Niccolò, a charming restored property that opened as a boutique hotel in 2017. The oldest part of the structure was once a 13th-century monastery, and you can still see several original arches that were part of its cloister. Behind the building, the private garden is a tranquil

KRISTINE JANNUZZI





The streets between the river and Piazzale Michelangelo overlooking the city are a delight to wander through.

oasis that made me feel as though I were staying at a friend's villa in the Tuscan countryside. The rooms and apartments are available for short- and long-term bookings, and if you prefer a more independent setting in an area that has a true local flavor, Palazzo San Niccolò is a great choice.

Just to the right of the Palazzo's main door on Via San Niccolò you can see one of Florence's peculiar buchette del vino ("wine windows"), small openings on the outside walls of palazzi that facilitated the discreet purchase

of wine directly from producers. Their origins likely go back to the 16th century, when aristocratic Florentine families began making wine on their lands to generate income. A customer would knock on the little door, insert a flask or glass along with a few coins, and receive the vessel filled with vino in return. Keep an eye out for the little niches, also known as wine tabernacles, throughout Florence; the Wine Windows Association has identified more than 150 of them around the city. Some have been walled in, painted over, or converted to intercoms or mailboxes, but others are quite well-preserved.

A Tuscan friend of mine suggested a walk through Le Rampe, a series of fountains, waterfalls, and grottos along the hill beneath Piazzale Michelangelo. Completed in 1876, the fountains and stonework had fallen into disrepair over the years, but after an extensive restoration, Le Rampe reopened in May. It's a scenic stroll along this path overlooking the Arno, with the impressive Torre di San Niccolò directly below. Built in the 14th century, the defensive tower was one of the gates in the walls that once surrounded and protected the city, and the only one still standing at its original height.

San Niccolò also boasts some excellent bars and restaurants. Have a morning cappuccino alongside Florentines at Il Rifrullo, or enjoy lunch at La Beppa Fioraia, where about 80 percent of the patrons are local. I recommend the restaurant's top-notch taglieri, boards brimming with local cheeses, meats, and housemade marmellate, accompanied by coccoli, pillowy puffs of fried bread dough that are a popular Tuscan antipasto indulgence (the name translates to "cuddles"). There's also a bucolic garden where diners can enjoy their meals in warm weather.

Aperitivo With a Vista

If you've avoided some of the more touristy spots during the day, there's nothing like taking them in from afar with a cocktail in hand in the evening.

From April through October, the terrace bar of the Grand Hotel Minerva in Piazza Santa Maria Novella is an ideal vantage point, with a gorgeous panoramic view of Florence. A rooftop pool (open in season to hotel guests until 7 p.m.) gives the outdoor space an almost resort-like atmosphere in the heart of the city.

The luxurious Grand Hotel Minerva is where I spent the second part of my stay, and the excellent service, ample amenities, and elegant, recently renovated interior made for a truly exceptional experience. This year marks the hotel's 150th anniversary, and for the rest of 2019, its piazza-side restaurant will offer a Degustazione 150 Anni tasting menu inspired by the traditional dishes of the late 1800s, when the hotel first opened.

The Minerva is centrally located just steps from the main train station, so it is especially convenient for those who may wish to take excursions to other destinations. But I think there's an abbondanza of options to fill your days and nights within Florence, whether it's your first or your 15th visit.

Kristine Jannuzzi is a bilingual (English and Italian) freelance writer, content creator, and social media strategist. Currently based in New York City, she is a frequent contributor to Culture: The Word on Cheese. Her work also has been published in Italy Magazine, British Heritage Travel, Listen, and NYU Alumni Magazine, and on the websites Italia Living and Snooth, among others.





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NAVIGATING AGING

# The Secret to Chronic Happiness as You Age

A mind inclined toward gratitude the best defense against age-related anxiety and depression

BRUCE HOROVITZ

By all rights, Fletcher Hall shouldn't be happy. At 76, the retired trade association manager has endured three heart attacks and eight heart bypass operations. He's had four stents and a balloon inserted in his heart. He has diabetes, glaucoma, osteoarthritis in both knees, and diabetic neuropathy in both legs. He can't drive. He can't travel much. He can't see very well. And his heart condition severely limits his ability to exercise.

On a good day, he can walk about 10 yards before needing to rest.

Yet the Brooklandville, Maryland, resident insists he's a genuinely happy guy—in part because he appreciates what he can do. "There's no question that as age impinges on your life, you do have 'black dog' days," said Hall. "I fight aging every day. But I never, ever give up. You have to work at keeping happy."

Hall focuses on the things that bring him joy: writing and listening to music and audiobooks. By juggling those pastimes throughout the day—every day—he ultimately feels a sense of contentment. "Every one of those things requires that I use my mind—which is a good thing."

Geriatric experts agree that Hall has pretty much figured out the right formula. "You have to be willing to accept your new reality—and move forward," said Dr. Susan Lehmann, director of the geriatric psychiatry day program at Johns Hopkins University School of Medicine. "Aim to have the best life you can where you are right now."

Living with chronic disease often complicates life. The majority of adults 65 and over have multiple chronic conditions that contribute to frailty and disability, according to a 2013–14 report from the Centers for Disease Control and Prevention. The percentage of people 65 and over with various chronic conditions has increased over time, too. The percentage of people reporting hypertension, asthma, cancer, and diabetes was higher in 2013–14 than in 1997–98, the CDC reports.

Chronic conditions can have a devastating impact on both men and women, according to the CDC report. About 57 percent of women and 55 percent of men age 65 and up reported hypertension. Another 54 percent of women and 43 percent of men reported arthritis. And a full 35 percent of men and 25 percent of women reported dealing with heart disease. At the same time, older women were more likely to report clinically relevant depressive symptoms than were older men. In 2014, 15 percent of women 65 and older reported depressive symptoms, compared with 10 percent of men.



**You have to be willing to accept your new reality—and move forward.**

*Dr. Susan Lehmann, Johns Hopkins University School of Medicine*



Living with chronic disease often complicates life.



**“It’s the small things in life that end up mattering most of all.”**

*Dr. Susan Lehmann, Johns Hopkins University School of Medicine*

Chronic pain, in fact, more frequently leads to depression than does anxiety, said Dr. Kathleen Franco, associate dean at the Cleveland Clinic Lerner College of Medicine. That depression then leads to additional pain and suffering, she said. "So you have an emotional and physical component."

That's why Hall clings dearly to his greatest passion: writing. When he retired at 65, his original plan was to travel with his wife, Tracey. His physical limitations curbed those goals, so he circled back to what has brought him the most happiness. He stays engaged in daily news by writing for two blogs—including one at-large column in which he espouses what he calls his "compassionate conservative" values.

Hall also adores reading, even though glaucoma has made it all but impossible. Not one to give up, he uses his Amazon Echo smart speaker to order audiobooks. He loves sitting on his balcony in the sunshine and listening to books such as *The Guns of August*. Similarly, he enjoys streaming both classical and country music, especially the Oak Ridge Boys and the country-rock group Alabama.

Hall also has learned to use Alexa, the Echo's built-in digital assistant, to help with seemingly simple tasks that are difficult with poor eyesight. To tell time, he simply asks Alexa.

Beyond that, he avoids getting trapped in any frustration loops, such as trying to troubleshoot computer issues. During a recent technological tussle, he simply shut down the machine and turned on PBS and Charlie Rose. "Watching that show keeps my mind active," he said. After taking time to de-stress, he was able to solve the tech issue.

Hall finds some excuse to get out of his house every day. Sometimes, he runs an errand, or he'll meet a friend for lunch. As a bird lover, he might just sit in a park listening to birds singing. "If I can combine a pleasant venue with the sound of bird symphonies, I'm a happy camper," he said.

This is Hall's version of what some experts call "mindfulness." Mindfulness, which often involves deep, slow breathing that's aimed at lowering your heart rate and calming you down, can be highly effective on older, ailing people, said Franco. "It's simple. It doesn't cost anything. You can do it and no one even knows you're doing it."

One other thing often works like magic: helping others. "Once you start giving to others, you tend not to get stuck in your own aches and pains," said Franco.

Anne McKinley knows this firsthand. Even at 85, she still volunteers for an ag-

ing advocacy group and sits on its board of directors.

McKinley copes with the debilitating effects of lifelong scoliosis. She, too, battles glaucoma, and her difficulties with visual perception affect her balance. She's had both knees replaced and more recently needed emergency surgery for an infection she contracted in the hospital following parathyroid surgery, which also affected her vocal cords.

The Evergreen, Colorado, resident said that keeping a very positive attitude—and constantly reaching out to family and friends—keeps her content.

"Feeling like I have control of my life is very important," she said. "The key is not to feel rushed. I can accomplish one thing in a day and feel good about it."

It's been a tough road since her husband, Cameron, died four years ago after 59 years of marriage. But with her master's degree in social work and experience as a social worker, she knew how to utilize social services for older people in her community. That includes a service that performs house-keeping and other chores for a modest fee.

McKinley still visits family in Florida—though she must use a cane or walker to get around. Her grandchildren frequently come to visit, "and we feast whenever they do," she said, typically on the cookies and pies she loves to bake. Above all, she said, she's always getting out of the house. She gets her hair cut every week. "It's my best-remaining feature," she said.

Then, there's her Siamese cat, Frankie, who joins McKinley every evening at 6 p.m. to watch the evening news while McKinley makes herself a snack and a martini. "My favorite part is the olives," she said.

She expresses how particularly grateful she is for what she has—including a home with a 20-foot-high ceiling on an 18-acre site, where she can look out any window and see the surrounding beauty.

The real key to happiness at every age and stage—particularly old age—is not material things, but gratitude for life's simple blessings, such as laughter among friends or watching a sunset with a loved one, said Lehmann, the Johns Hopkins doctor. "It's the small things in life that end up mattering most of all."

*Bruce Horovitz is a freelance journalist and regularly writes for Kaiser Health News, which first published this article. KHN's coverage related to aging and improving the care of older adults is supported in part by The John A. Hartford Foundation.*

The real key to happiness is gratitude for life's simple blessings.



# Insomnia in Pregnancy Is Common but It's Not Normal

There are effective ways to treat insomnia without concerns about sleeping pills and the baby

LIANNE TOMFOHR-MADSEN & IVAN SEDOV

Many pregnant women find themselves waking up in the middle of the night to go to the bathroom (for the third time) or struggling to find a comfortable sleep position.

Mildly disrupted sleep is common and bothersome but should not be confused with the much more serious problem of insomnia—which impacts more than 20 percent of women during their pregnancy.

Likely because mild sleep problems are so common during pregnancy, many health-care providers dismiss reports of insomnia, leaving women to manage the condition on their own and without resources they desperately need.

As clinical health psychologists, we often hear about women resorting to expensive sleep products (think body pillows) or taking herbal remedies which they hope will lull them to sleep. Unfortunately, the benefits of these interventions are often fleeting.

Use of pharmacological treatments is increasingly discouraged, and pregnant women in particular report that they are reluctant to take sleeping medication due to concerns about the potential impact on their developing baby.

The good news is that there is a highly effective behavioral treatment available.

### Cognitive-Behavioral Therapy

Exciting new research has demonstrated that cognitive-behavioral therapy for insomnia (CBT-I) can improve sleep during pregnancy.

This is a structured program that helps to replace unhelpful thoughts and behaviors that cause insomnia or worsen sleep problems. CBT-I helps to address the underlying causes of sleep problems with habits and thoughts that lead to deeper sleep.

CBT-I is delivered either in person, in a group or over the internet. Within four to five weeks of participating in therapy, most people experience the benefits of treatment. Unlike with medications, sleep problems typically don't return when the therapy is complete.

There are comprehensive books and resources available about using CBT-I, for those who would like to learn more.

Many of the sleep practices involved in this therapy are quite simple and you can



MONKEY BUSINESS IMAGES/SHUTTERSTOCK

There is a significant difference between insomnia and the normal sleeping problems experienced by pregnant women.

implement them at home by yourself today. The impacts will last beyond pregnancy. And many of them have the added benefit of equipping you with tools that will also help your children sleep well as they grow older.

### Keep Track of Your Sleep

One of the most common, and effective, sleep hygiene strategies is to set a regular sleep schedule. This suggestion is particularly true for setting a regular wake-up time, as there is no reason to crawl into bed if you don't feel sleepy.

Maintaining your standard wake time can serve as a hard reset of your biological rhythms. Your body will get used to waking up and falling asleep at a certain time—making mornings much easier. Your sleep and wake cycles are controlled by hormones and those particular hormones love a good routine.

By setting your wake-up time to be around the same every morning you are helping your body re-establish better sleep.

Another method of improving sleep is tracking it. We know from weight-loss and smoking-cessation research that simply keeping track of a behavior leads people to adjust it.

Start by keeping a record of your sleep using a paper sleep-journal or an app. The point of tracking is to notice patterns so that you can begin to use what you learn to adjust your behaviors to improve sleep.

### Use Your Bed Only for Sleep

And then brace yourself—one of the key reasons sleep therapy works can be one of the hardest to do. Use your bed only for sleep!

Our brains are learning machines. We can teach them to sleep when we get into bed, or we can teach them to do other things—like

worry. It all depends on what we actually do when we get into bed.

Unfortunately, the bed can become ground zero for a thousand other activities ranging from reading your iPhone, re-playing yesterday's arguments, or worrying about tomorrow's meetings.

So, things not associated with sleep (worrying, phones, tablets) should be scrubbed from your bedroom. Remember, you can just as easily scroll Instagram from your couch. If you're in your bed and not sleeping for more than 15 minutes at any point in the night, get up and do something boring until you feel sleepy.

### Insomnia in Pregnancy Is Treatable

Changing sleep habits can be hard, so draw on your social support. Pregnant women often share their beds with partners, other children, and even pets. It's important to get clear on the strategies you are going to try.

Having a plan about who will get your toddler a drink of water in the middle of the night or what time it is essential the electronics be turned off.

The time to have these conversations is not at 3 a.m. so plan ahead.

In the end, insomnia in pregnancy is a treatable condition. Women with more serious insomnia also need access to online or in-person sleep resources as they transition to parenthood—something that our research group is currently trying to solve.

*Lianne Tomfohr-Madsen is an associate professor of psychology at the University of Calgary in Canada, and Ivan Sedov is a doctoral student in clinical psychology at the University of Calgary. This article was first published on The Conversation.*



HALFPOINT/SHUTTERSTOCK

Just because you are aging doesn't mean you should feel out of energy and frail.

## Feeling Old? That Might Not Be a Normal Sign of Aging

MOHAN GARIKIPARITHI

Everyone has those days. You know, the ones where you're a little tired, moving slowly, and feeling weak. Some may call it feeling "old." But if you're feeling that regularly and are incapable of performing daily tasks, it's probably not a sign of healthy aging.

It's true that change comes with age. You've put more miles on your body and it might not be up to the tasks it used to be. Your strength has likely dropped, and hormones have had a way with you in one way or another. But

frailty is extreme, and new research indicates it is not a normal part of aging.

What is frailty? It's not so easy to define. It's generally diagnosed when a person displays three of the following traits:

- Low levels of physical activity
- Weak grip strength
- Low energy
- Slow walking speed
- Non-deliberate weight loss

Researchers recently analyzed 46 studies of more than 120,000 people aged 60 and over. They represented 28 countries and

all were living unassisted. The analysis concluded that slightly more than four percent in that age group will develop frailty each year and that women have a higher risk than men. This can present a significant challenge—and health concern—as population ages.

But frailty is not a natural or guaranteed outcome. Maintaining strength, activity, energy, and mobility are possible with some effort. Weight training and high protein diets (including protein supplementation) are ways to prevent or delay frailty. There is also some evidence that

these measures may reverse traits of frailty in some people.

So, how can you do this? The first thing is to include more protein in your diet. There are a number of opinions on the ideal amount, but one thing most professionals agree on is that the current dietary recommendation is far too low—especially for people of advanced age. Aiming for 1 gram of protein for every pound of body weight is a good guideline, and can be reached with supplementation.

Supplementation can be used to a point—perhaps up to 50/60 g per day—but you'll want to include a variety of sources in your diet. Egg whites and lean meats are terrific, high-protein options. Try to include protein in every meal and snack you have each day.

Resistance training three times per week is recommended, working at a moderate intensity. Perform multi-joint exercises for roughly 8-10 repetitions, hitting one set per body part. When the multi-joint movements are finished, you can do some isolation movements, like bicep curls or shoulder raises as well. Try to get some cardiovascular activity in each day too. A walk around the block should suffice.

You can delay the pitfalls of aging—and protect yourself from frailty—by eating right and exercising. It's always a good time to start thinking about the future.

Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). He practiced clinical medicine for over a decade. On a three-year communications program in Germany, he developed an interest in German medicine (homeopathy) and other alternative systems of medicine. He now advocates treating different medical conditions without the use of traditional drugs. This article was originally published on Bel Marra Health.



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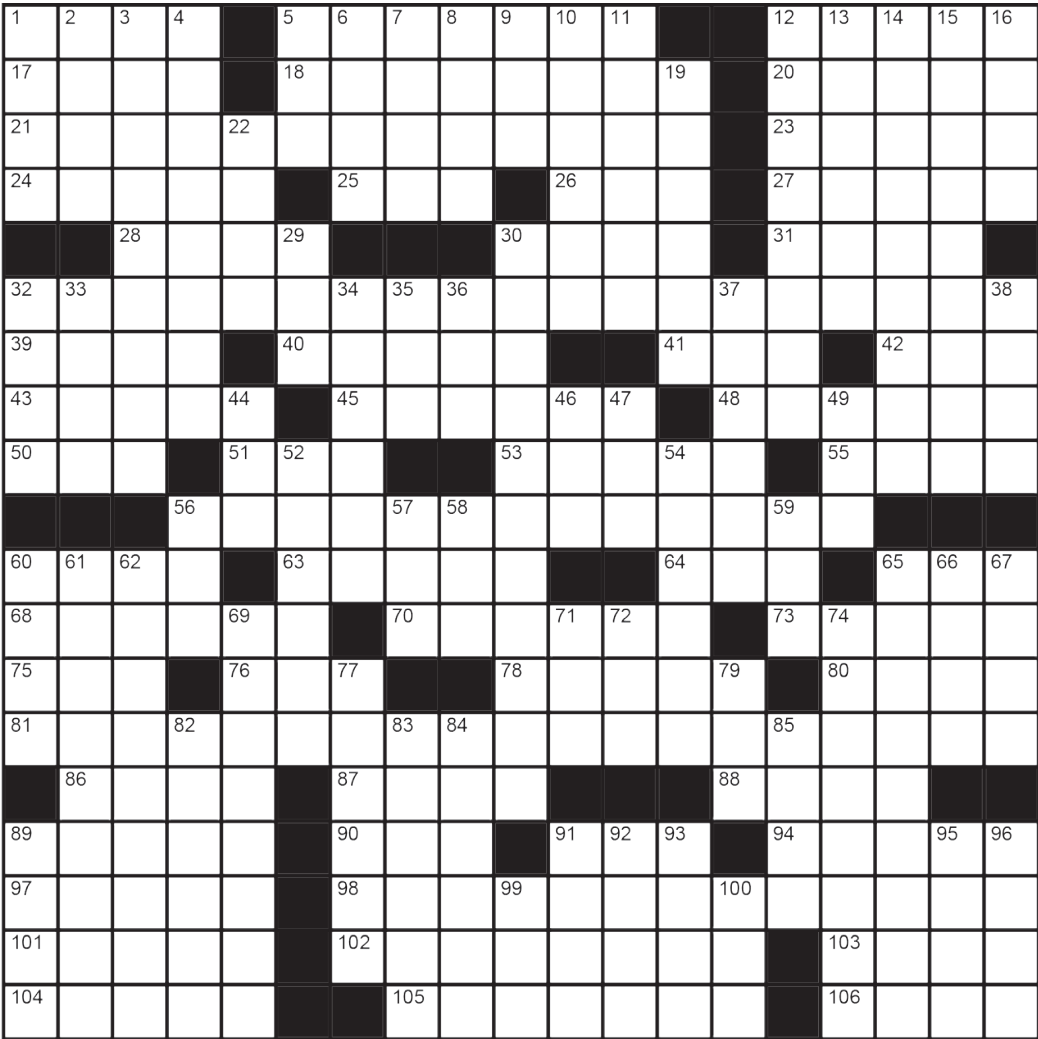
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\* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



Across

- 1. A marmoset
- 5. Natural
- 12. Lot
- 17. Delivered
- 18. Senior ladies
- 20. App writer
- 21. Noncom
- 23. Alpha’s opposite
- 24. Jury
- 25. Brand found in the kitchen
- 26. The “p” in m.p.g.
- 27. The end
- 28. Cottontail’s tail
- 30. Meal in a shell
- 31. Christmas tree decking

- 32. Decision-making technique
- 39. Result of overexercise
- 40. Golden
- 41. Cookie sellers
- 42. “Deed \_\_\_\_” (1948 hit for Lena Horne)
- 43. Busts
- 45. VLCC ship
- 48. Braid maker
- 50. Clairvoyance, e.g.
- 51. Part of HRH
- 53. Kind of fairy
- 55. Vespiary
- 56. Jimmy Buffett tune on “Barometer Soup”

- 60. Spin
- 63. Computer language
- 64. “Nice!”
- 65. Had a bite
- 68. Keeps the World Heritage Site list
- 70. Superior black teas
- 73. “The Simpsons” mouse
- 75. And more
- 76. New York’s capital airport code
- 78. Shipping weights
- 80. “God’s Little \_\_\_\_”
- 81. Symptom of psychosis
- 86. Emulates Eminem

- 87. Hit the bottle
- 88. Finnic language
- 89. Steal
- 90. “Lord,” in Turkish
- 91. Settle
- 94. Wreck
- 97. Cleanser brand
- 98. 2005 and 2009 NCAA basketball champs
- 101. Manifest
- 102. Cartoon Sam
- 103. Continuously
- 104. Clipped
- 105. Cracked, as a secret message
- 106. Uses a Singer

Down

- 1. Recipe amt.
- 2. Little bit
- 3. Port activity
- 4. Bugged?
- 5. Commercials
- 6. Some deer
- 7. Beginner
- 8. Endurance
- 9. 67.5 deg.
- 10. Be short with
- 11. Five Nations tribe
- 12. Fine skipper
- 13. Discourse
- 14. A purine nucleoside
- 15. Killers of kings
- 16. Notable times
- 19. 110 proof, e.g.
- 22. Mess up
- 29. High \_\_\_\_
- 30. Kids’ game
- 32. Give a hoot
- 33. Andean root vegetables
- 34. Large rodent
- 35. Memorable time
- 36. Flipper
- 37. Breathing challenge

- 38. Breed
- 44. That girl
- 46. Long period
- 47. “Arabian Nights” flyer
- 49. Night spot
- 52. Stroke causes
- 54. Movie preview
- 56. \_\_\_\_ publica
- 57. “Joy of Cooking” abbr.
- 58. One of the many ways to dye
- 59. Bigeye, on the Big Island
- 60. Like many a mistake
- 61. Blended together
- 62. Orator
- 65. Open
- 66. “Help Me Make It \_\_\_\_ the Night”
- 67. Ogler
- 69. Film or tape container
- 71. Dunce
- 72. Centimeter-gram-second unit
- 74. Chad rows while...
- 77. A science
- 79. “My gal” of song
- 82. Stimulants, slangly
- 83. Worn out
- 84. Spread out
- 85. Alliance acronym
- 89. Robert the Bruce
- 91. Jerk
- 92. Like gastric juice
- 93. Receipts
- 95. Once again
- 96. “Breaking the Waves” director \_\_\_\_ von Trier
- 99. Private eye
- 100. Cincy player

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. Forexample: 6 + (7X3) +1=28 and 1+ (7X3) +6=28

2033

14

230

+

−

×

÷

Hard 1 - 1 Solution

1331

14

1319

+

−

×

÷

Hard 2 - 1 Solution

56

24

16

+

−

×

÷

Easy 1 - 1 Solution

78

27

67

+

−

×

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

- BASIC

BOTANY

CODER

COMET

DECLAIMER

DECODED

DOYENNES

EMBOLI

FINIS

HOMILY

INFECTED

INTERWOVE
- ITCHY

OMEGA

OVERT

PANEL

PEKOES

RAIDS

SHARE

SNAP AT

SPARSE

SWIPE

TADPOLES

TANKER
- TARES

TERSE

TOOTH

TOTAL

TWINER

UNESCO

UPPERS

ARTLESS

ASTHMA

AURIC

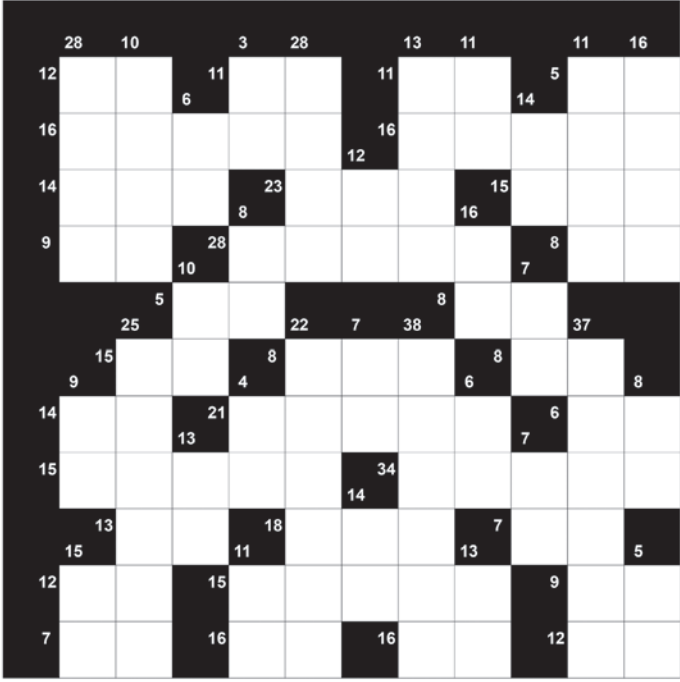
NUTRIA

KAKURO

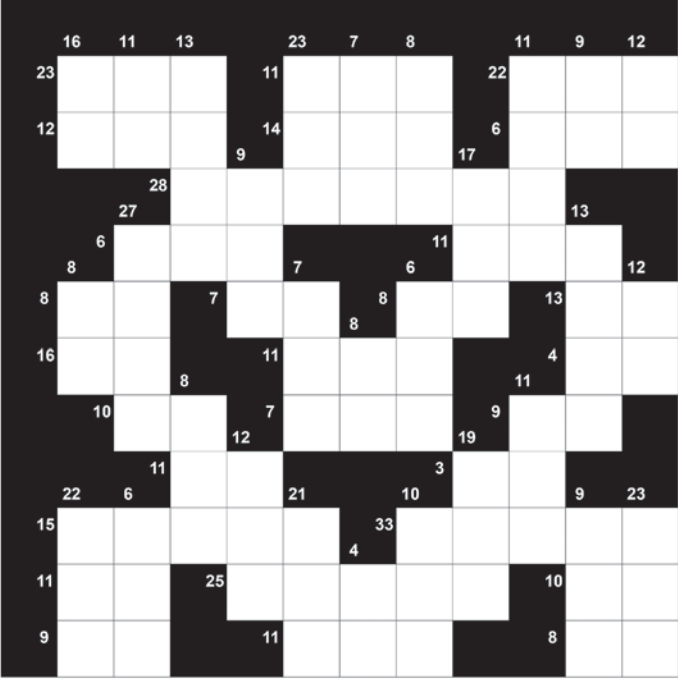
CONSTRUCTED BY EPOCH TIMES STAFF

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



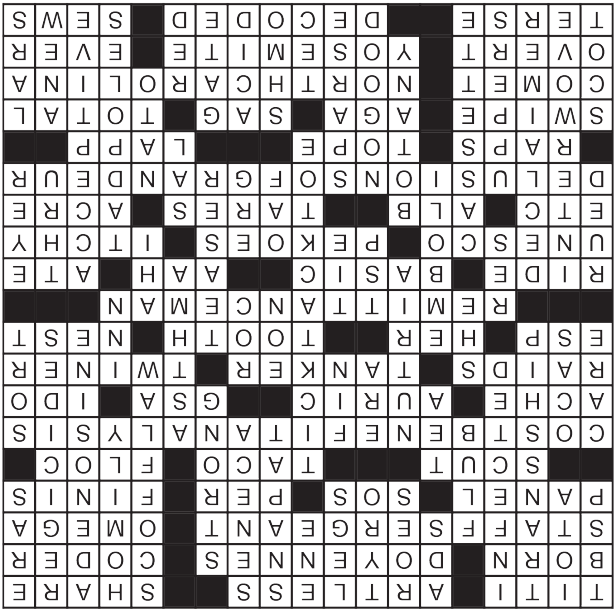
Large: Easy



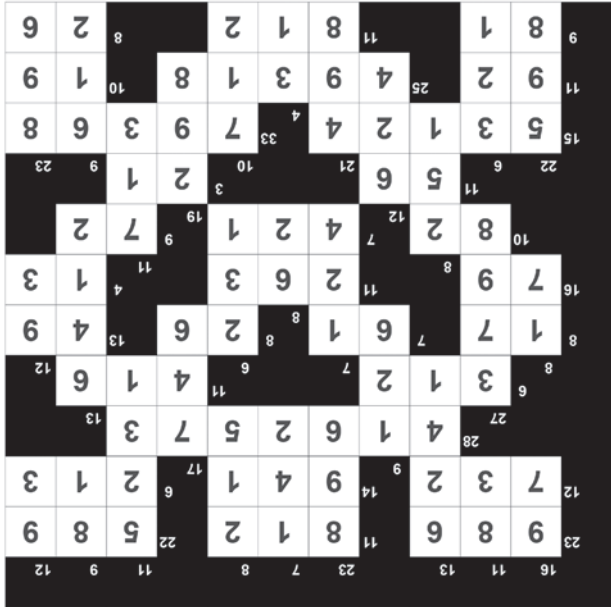
WORK SPACE

SOLUTIONS

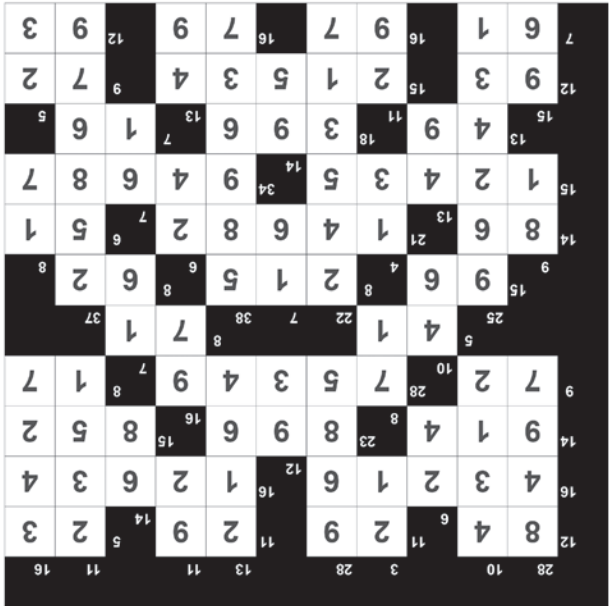
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1

$2 \times (-33) = -66$
- HARD 2

$18 + 13 + 13 = 44$
- EASY 1

$1 \times (-6) \times 6 = -36$
- EASY 2

$7 \times 6 - 8 - 7 = 1$



SUPERSUDOKU

CONSTRUCTED  
BY KANNAN SANKARAN

Fill in the boxes using numbers from 0 to 9 and letters from A to F so that each column, each row, and each 4x4 square contain all ten numbers and six letters only once.

		7	6	E			0		3	4			B	D	
E		D	F	A			5	8			1	C			
5			4			D					A			6	7
	9			1		3		C	B				2	4	F
	4	2						C	6			F		A	9
9				C	B	6	A	D	F	3					
F			D	2	7	1			0	A		6	E		
	6		A		F		3	E		B				C	8
8	3				4		1	B		E		9		0	
		4	E		5	A			8	9	6	3			B
					E	9	6	0	4	2	C				5
6	5		9		D	7							C	E	
D	0	6				E	8		7		F			3	
4	A			7					E			8			D
			8	4			D	6			2	1	F		E
	F	E			3	C		9			B	4	0		

SUDOKU

Hard

Fill in the boxes using numbers between 1 and 9 so that each column, each row, and each 3x3 square contain all nine numbers only once.

2						3			9
	6	9	7					5	
		4					1	6	
4			2		6			9	
				8					
	3		9		5				1
	7	2				5			
	9				8	7	4		
1			6						2

Easy

				1	9	8			
			3		5		1		
	5	8					6	9	
2				7	1	9			6
6	7			5	8	2		3	4
5				4	6	3			2
	4	2					5	8	
		6			2		4		
				8	4	1			

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.

Easy

	6		13				23		15		4
12							11				
4							13				
				22		16					
21											16
						10			14		
3		34					13				
31											
6						15					
					8				9	23	
			32								
10											
18								10			
10								8			

Hard

			23		4			23	34		16
	7						21				
4							29				
29											
12					18						
				4							
				4				12			
33		16						4			
28											
9					3				9	15	
				12							
30								9			
41											
8							4				



Guess  
the hidden saying,  
phrase or word(s)  
suggested  
by the picture!

SOLUTION BELOW



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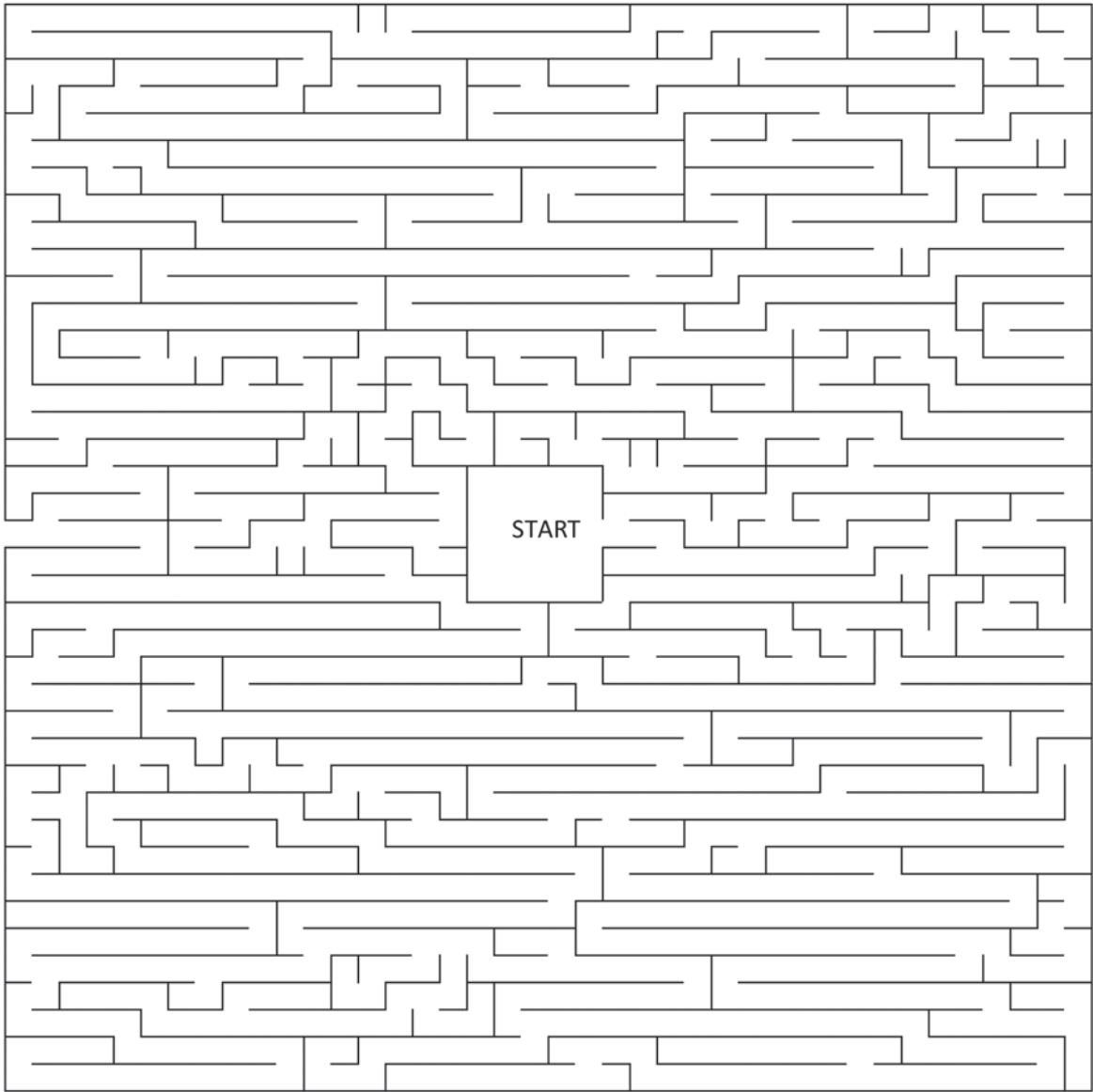


Presented By

**FREE THE CHILDREN**

children helping children through education

EPOCH ESCAPE MAZE



CRYPTIC QUOTE

Quote by: Aristotle

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

EPOCH DOKU

CONSTRUCTED  
BY EPOCH TIMES STAFF

40*	42*		19+	3-		3*
		6-		60*	2-	
2/					1-	180*
2-		4/				20+
4-		1-		2-	3+	
11+		2-	12+			
21+				1	3-	12+
	3+			4-		

WORK SPACE

KEN 算 KEN

1. Each row and each column must contain the numbers 1 through 6 without repeating. 2. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners. 3. Freebies: Fill in single-box cages with the number in the top-left corner.

2-		3-	5	3+	1-
3÷			5-		
6	1-			24x	3-
11+		5+			
	1-	4	1-		5-
		2÷		5	

SOLUTIONS

SUPERSUDOKU

7	F	E	1	6	3	C	3	0	7	9	0	5	A
3	C	9	8	0	B	0	7	2	5	2	1	F	E
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
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4	B	5	7	1	F	8	9	0	6	2	0	5	A
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1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
8	3	A	C	7	9	6	0	7	2	5	2	1	F
0	3	A	B	5	7	1	F	8	9	0	6	2	0
4	B	5	7	1	F	8	9	0	6	2	0	5	A
6	5	0	9	8	7	B	A	1	F	3	2	C	0
1	7	F	B	3	E	9	6	0	4	2	C	D	A
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Errol Flynn (R) as Peter Blood, a man of many virtues, in the 1935 film “Captain Blood.”

LITERATURE

# Swashbuckler: Lessons in Morality From Peter Blood, the Pirate

JEFF MINICK

For years, mention of the novel by Rafael Sabatini (1875–1950) about pirates in the Caribbean would pop up in my reading. These writers draped garlands of praise on “Captain Blood,” yet I never gave the novel even the courtesy of a glance. From its title alone, I figured this tale of a pirate on the high seas would offer little more than a hackneyed plot, cardboard characters, and overwrought prose. Ignorance and snobbery often walk hand in hand.

At any rate, I was recently browsing my copy of James Mustich’s splendid collection of brief reviews, “1,000 Books to Read Before You Die,” when up popped this line from his take on “Captain Blood”: “The book dares you to put it down. You won’t.”

That line sent me off to the public library in search of Sabatini.

And Mustich was correct. I picked the book up, and I didn’t put it down. After all these years, I read “Captain Blood.”

No, not read—I plunged through this romantic saga with all sails raised and a strong wind at my back.

Doctor, Slave, Pirate

As good a name for a doctor as a pirate, Peter Blood,

a physician and former soldier of fortune, is unjustly accused of treason during the turbulent reign of England’s James II. A kangaroo court finds the innocent Blood guilty of trying to overthrow the king, and he is shipped off as a slave to Barbados, where his medical talents soon win the respect of the ailing governor and a modicum of freedom for Blood. He also meets and feels a growing affection for Arabella Bishop, the niece of the nefarious Colonel Bishop, a slave owner with powerful connections.

During an attack by Spanish raiders on the colony, Blood leads a group of fellow slaves aboard the Spanish ship, seizes control of this vessel, turns the guns on the Spanish soldiers and sailors returning to the boat after their night of pillaging and murder on shore, and embarks on a career of piracy.

Blood targets Spanish ships, gains renown among foes and friends for his daring and chivalry, and soon becomes a legend among all who sail the seas in his part of the world. As the blurb on the back of the book rightly claims, “‘Captain Blood’ is a classic swashbuckler—filled with swordplay and adventure.”

But “Captain Blood” deserves a reading for reasons other than its storyline, vivid characters, and robust writing. If we take the time to scrutinize the character of Peter Blood, we find that he embodies the four cardinal virtues: prudence (practical wisdom), justice (morality), temperance (moderation), and fortitude (courage).



Olivia de Havilland as Peter Blood’s beloved Arabella, and Errol Flynn as Peter Blood in “Captain Blood.”

The 1922 dust jacket of Rafael Sabatini’s “Captain Blood: His Odyssey.”  
PUBLIC DOMAIN



A Man of Virtue

Blood’s courage is never in question. Whether confronting false accusations in a courtroom, rushing to the defense of a young girl in danger of violation by a Spanish soldier, or coolly commanding a ship under fire, he stands fast in the face of danger.

In judging others, including his enemies, Blood takes a temperate view, recognizing human foibles and extending mercy even to those who deserve a noose. Several times, for example, he has the opportunity to kill the vengeful and vicious Colonel Bishop, but he foregoes that pleasure, in large part because of his affections for Arabella.

Beset again and again with demands from his crew to take revenge on certain captured enemies, Blood nevertheless weighs the circumstances on the scales of justice. At one point he is tempted to do otherwise, thinking “he would cast out the maudlin ideals by which he had sought to steer a course; put an end to this idiotic struggle to make the best of two worlds.”

But morality is bred too deep within Blood’s heart, rendering it impossible for him to become “as bowelless, as remorseless, as all those who deserved those names” of thief and pirate.

Prudence is another of Blood’s virtues as a leader. He goes to extraordinary lengths to avoid sacrificing the lives of his men. When they find themselves beset by impossible odds—outnumbered on the sea, unable to escape the guns of a Spanish fort—it is Blood who thinks like a fox, crafts plans to fool the enemy, and leads his men to safety.

In addition, “Captain Blood” contains other gifts worthy of contemplation and relevant to our time.

A Man for All Times

Some among us try to bring down our enemies by inventing labels for them: racist or sexist, fascist, or communist. Blood finds himself falsely smeared as a traitor, but his worst experience with verbal branding occurs when he captures a Spanish ship. He is astounded to find Arabella Bishop onboard, a prisoner of Admiral Don Miguel de Espinosa.

Because of the twisted truths she has heard about Peter Blood, his beloved Arabella calls Blood “a thief and a pirate.” Later, agonizing over this label from the woman he secretly loves, Blood thinks: “She had no charity for him, no mercy. She had summed him up, convicted him and sentenced him in that one phrase.” We see this same tactic used daily by our politicians and by some in the media.

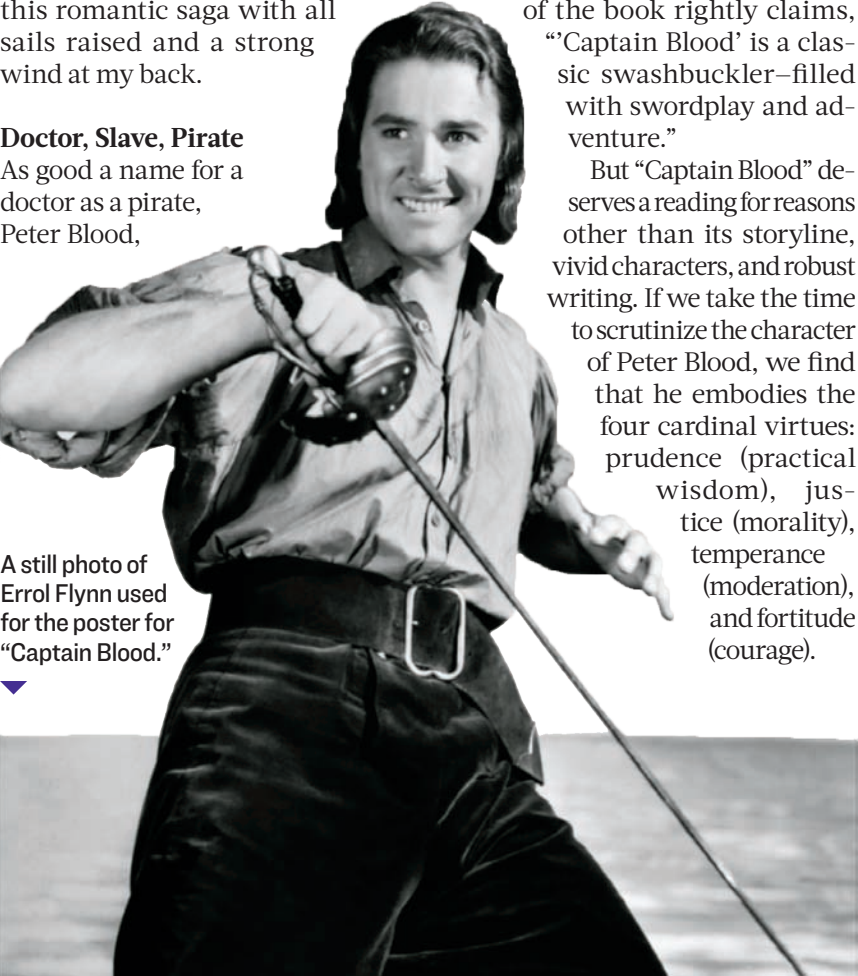
Furthermore, Peter Blood is a gentleman, a word that nowadays finds little employment. He is imbued with those qualities we associate with the Founding Fathers, with generals like Robert E. Lee and George Marshall, and with politicians like Daniel Patrick Moynihan and Robert Taft. Blood defends the defenseless, treats women with respect, and grants his defeated foes more dignity than they deserve. Like all gentlemen, he is a man of his word, even when his promises prove costly.

Finally, Peter Blood speaks with a candor missing in our politically correct culture. His is not a brutal or cruel honesty, except to those who deserve a rebuke. Instead, he uses logic, a cool demeanor, and considerable rhetorical skills to make his point. Whether addressing his band of buccaneers or a war council of French naval officers, he speaks what he regards as truth.

“Captain Blood” captures the spirit of the late 17th century, deftly grafts the speech of that time to our own, and tells a grand story. It is historical fiction at its best.

Most important of all, “Captain Blood” reminds us of what we might be and how we might behave. By reading this novel, all of us, young and old, can reacquire ourselves with heroism, gallantry, and the classical virtues. We may even discover in Peter Blood’s tale a sextant and compass to navigate the rough seas of our own lives.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. Today, he lives and writes in Front Royal, Va. See [JeffMinick.com](http://JeffMinick.com) to follow his blog.



A still photo of Errol Flynn used for the poster for “Captain Blood.”



MUSIC

# Leonardo Da Vinci: Portrait of the Artist as a Musician Is Slightly Off Key

TIM SHEPHARD

Leonardo da Vinci has attracted more than his fair share of speculative nonsense in the modern day. Not least several unlikely theories that have taken inspiration from his interest in music. According to one idea, the hands of Jesus and his disciples in Leonardo’s famous “Last Supper” should be seen as the note-heads of music notation, producing a hidden melody, although there’s no evidence that this is what Leonardo intended.

More musical “compositions” supposedly by Leonardo circulate on YouTube, a situation fueled by the existence of a much later Baroque composer who happens to be called Leonardo Vinci. In 2015, a “portrait” of Leonardo making music was identified, on what I consider to be insufficient evidence, in an engraving at the Cleveland Museum of Art.

So if this is all nonsense, what did Leonardo really have to do with music? As 2019 marks the 500th anniversary of the Renaissance polymath’s death, the cupboard of musical myths attached to this cultural icon is in need of a clear-out.

Music Versus Painting

Leonardo spent a good deal of time in his notebooks discussing the relative merits of painting, poetry, and music. Like many of his contemporaries, he enjoyed using the idea of musical harmony as a metaphor for any complex arrangement of elements that used rational(ish) principles to arrive at an orderly and attractive result.

He argued that a well-composed drawing or painting, or an elegant poem, could be harmonious just like a musical composition. But although he borrowed a musical metaphor, Leonardo wanted to show that painting was the superior art. To do this, he came up with two clever arguments.

First, he pointed out that harmony works best when you can see or hear all of the elements that go together to produce it at the same time. This happens in a painting, which is a harmony of colors, and in a musical chord, a collection of notes, but it doesn’t happen in poetry, which is just one voice.

Second, he felt strongly that harmony needs to be appreciated at length, and therefore the best art is one in which the harmony remains available for contemplation indefinitely. A painting presents its harmony forever, but musical sounds come and go in an instant.



Is this engraving really a portrait of Leonardo da Vinci playing an instrument called a lira da braccio? “Orpheus Charming the Animals,” circa 1505, by Marcantonio Raimondi. Cleveland Museum of Art, Dudley P. Allen Fund, 1930.

Mission accomplished: Painting is best. The accusation that musical sounds are fleeting and insubstantial would continue to plague music for centuries after. Thanks a bunch, Leonardo.

**The Food of Love**

Leonardo’s interest in representing the psychology of his portrait subjects is often discussed in relation to Mona Lisa’s enigmatic smile. But the “Portrait of a Musician”

attributed to Leonardo in the Pinacoteca Ambrosiana in Milan experiments with a different solution.

There’s no evidence at all to help identify the sitter, but we can be pretty sure of one thing: He wasn’t a professional musician. Around the time this painting was made, it was rapidly becoming very fashionable for rich young Italians to be painted making music.

For them, making music was all about being young, beautiful, and hopelessly in love.

Leonardo’s sitter holds up a musical score for us to inspect. Unfortunately, it is no longer legible, but it’s a safe bet that it was a love song.

Then, as now, music was thought of as a powerful way of expressing emotions and communicating them to others. Songs were seen as representations of the singer’s state of mind.

In this portrait, Leonardo pioneers the representation of music making as an easy way to give the viewer an insight into the sitter’s psychology. Over the next couple of decades, this would become a standard approach in Italian portraiture.

Like the man in his portrait, Leonardo was an enthusiastic amateur musician. There’s strong evidence that he enjoyed making up poems and singing them to the accompaniment of a stringed instrument called the lira da braccio. Leonardo’s musical hobby was not at all unusual. During his lifetime, writing love poems to sing to the accompaniment of a stringed instrument was the most popular amateur musical pastime for educated Italians.

Sound and Science

Much more unusual was Leonardo’s interest in the science of acoustics. Expert musicians paid little attention to acoustics in this period, focusing instead on the philosophy of music and the rules of musical composition. Leonardo, in contrast, approached music as a scientist interested in natural phenomena.

Using close observation, Leonardo explored how sounds moved through different kinds of materials, as Michael Eisenberg explains in his excellent short essay, “Sonic mapping in Leonardo’s ‘disegni’.” Leonardo used his insights to develop designs for new and improved musical instruments, although, like many of Leonardo’s inventions, few of them ever saw the light of day.

Leonardo’s innovations and inventions sometimes seem alarmingly prescient, and his practice of mirror-writing gives his notebooks an air of mystique and concealment. But the real Leonardo had no mysterious prophetic messages to pass down the centuries in song. Rather, he was a jobbing artist and engineer, thinking creatively from the real circumstances of the musical culture of his day to push the boundaries of arts’ practice and understanding.

*Tim Shephard is a senior lecturer in musicology at the University of Sheffield in the UK. This article was first published on The Conversation.*

ALBUM REVIEW

## World Premiere Recording of Leonardo Vinci’s ‘Siroe’

ROBERT HUGILL

Leonardo Vinci—not to be confused with the iconic painter and inventor—is one of the Italian composers from the generation following Handel who continued the art of Italian opera in Italy. It is only relatively recently that Vinci’s operas have appeared on disc, and that performers have grappled with them.

This new album from Dynamic is the first recording of Leonardo Vinci’s “Siroe, Re di Persia,” which sets a libretto by Pietro Metastasio.

It is also a collaboration between period and modern performance techniques, as it is presented by the Teatro San Carlo in Naples with the orchestra of the theater conducted by Antonio Florio (who created the edition of “Siroe” that is used) and the continuo, the accompanying part that includes a bass line and harmonies, provided by members of Florio’s Cappella Neapolitana ensemble.

**Metastasio’s ‘Siroe’**

Vinci’s “Siroe, Re di Persia” premiered in 1726 in Venice as an extra at the end of the season—a result of the popularity of his previous opera.

Vinci’s was the first setting of Metastasio’s libretto, with Giovanni Porta’s, Nicola Porpora’s, Domenico Sarro’s, Antonio Vivaldi’s, and George Frideric Handel’s following.

We tend to view Metastasio through Handel’s eyes. The encounters between Handel and Metastasio do not rank among the greatest of Handel’s operas. The sheer length of Metastasian libretti can be understood when you learn that Handel set half of the 1,284 lines of Metastasio’s “Siroe,” and still the opera is long by Handelian standards.

The plot involves the complex dynamics and family dynamics of King Cosroe, who has two sons: the noble and moral Siroe, and the less admirable Medarse. Things are complicated by love triangles. Emira, the daughter of one of Siroe’s enemies, is at court disguised as a man, Idaspe, plotting revenge on Cosroe but whom Siroe loves and whose identity he does not reveal. Laodice is loved by the king, but she loves Siroe.

**The Disc**

The trick in performing this opera is to persuade us that these

rather self-absorbed people actually matter. I don’t feel that the cast quite succeeds, though the singing is entirely creditable, even if only some of the arias rise up and capture our attention.

Listening to this disc, you are aware of just how much recitative there is; Winton Dean describes a Metastasian libretto like reading a novel. Thus, having a group of Italian-speaking singers on this recording is a great advantage and the recitative certainly rattles along.

The problem is that the work does not quite have the vividness of the Handel opera—certainly not the stage performances from the Göttingen Handel Festival. (Handel’s “Siroe” is available in a 2014 recording.) The drama here never seems to quite grip, and given the complexity and rarified nature of Metastasio’s plot that was originally intended for aristocrats, there are a few moments when you think: Why are we bothering with these people?

As for the vocalists, tenor Carlo Alemanno sings music from Monteverdi to Verdi, and his



voice sounds admirably non-specialist. He has some fine moments as Cosroe, notably in his Act 3 aria when he regrets having Siroe put to death. (Luckily, the order is not carried out.)

The treacherous Medarse, played by soprano Leslie Visco, gets the terrific aria that closes Act 1. It’s a simile aria about rays of good fortune in a storm and does not say much about the character or plot, but Visco carries it off well.

Soprano Roberta Invernizzi plays Elmira, who is disguised as Idaspe and bent on taking revenge on Cosroe. Her fine aria at the end of Act 2 articulates her dilemma between hating Cosroe and loving his son.

Siroe is impossibly noble and

▲  
The cover of a milestone recording of the opera “Siroe, Re di Persia.”

difficult to bring off, but mezzo-soprano Cristina Alunno does her best.

Daniela Salvo plays poor Laodice, who is torn between Cosroe and Siroe. Her powerful Act 3 aria arises when Cosroe refuses to let her plead for Siroe’s life.

Tenor Luca Cervoni is General Arasse whose refusal of Cosroe’s order to kill Siroe makes you think that he may be the only rational person in the opera.

Of course, the plot wasn’t silly to those who first heard it. In fact, as the opera itself was the first setting of this libretto by Metastasio, recording it on disc is a notable milestone.

This recording will be of great interest to those keen on Baroque Italian opera, but I’m not sure the performance will seduce or engage the casual listener, nor explain the opera’s original success.

*Robert Hugill is a composer, lecturer, journalist, and classical music blogger. He runs the classical music blog Planet Hugill, writes for the Opera Today website, and Opera Today and Opera magazines. This article, edited for clarity and length, is reprinted with permission from Planet Hugill.*



# Restoring the True Essence of Martial Arts

Cultivating one’s character is key for ‘wude,’ or martial arts virtue

CATHERINE YANG

In the sporting world, martial arts have climbed in popularity, but practitioners of the oldest forms existing say the true essence is being lost in the world today. To take on the insurmountable task of reversing this trend, traditional Chinese martial artist Youfu Li chairs a decade-old competition which aims to revive a lost culture.

“To be able to distinguish good from bad, and to be able to stop evil while helping the righteous, are the most important moral requirements on martial arts practitioners,” Li said.

Almost 70 competitors from around the world competed in the semi-finals and finals of the sixth NTD International Chinese Traditional Martial Arts Competition on Aug. 25.

Far from being concerned with displaying dazzling moves or fighting to win, the contestants quite unanimously expressed that the real purpose of traditional martial arts is “cultivation.”

“It’s not just movement—these days, people pay a lot of attention to movement, accurate technique this and that, but a lot of it is about the traditional ideas,” said bronze medalist Liu Zichuan. “You also focus on cultivation. That means how to improve yourself; what do you enlighten to, slowly in the process; and how you are in tune with everything else in the universe.”

“You have to spend your whole life trying to understand something so profoundly,” Liu Zichuan said.

Gold medalist Liu Ta-Yen, from Taiwan, said that’s an element unique to traditional Chinese martial arts, and a component some newer martial arts forms are missing.

“It’s not just about martial arts, it’s about

cultivating one’s character. There is this aspect of harmony between heaven, earth, and man. There’s the element of returning to one’s true path,” he said.

“It’s not a skill, it’s a way of life,” Liu Ta-Yen said, adding that his teachers teach this as well, that it’s something you learn all the way down to your bones.

### A Virtuous Path

Traditional martial arts, or wushu, are part of China’s 5,000 years of divinely inspired culture and can be traced back to the Yellow Emperor. It’s a form that was once passed on from master only to disciples, sometimes just one, of his choosing.

According to Li, who chairs the competition judging panel, teachers in the past would select their students based on their morals, or “wude,” a term meaning martial arts virtue, or the manifestation of morality in martial arts.

“This is the most important aspect of traditional martial arts,” Li told NTD. Li has served as chair of the competition since its inception in 2008.

“Martial arts virtue is simply to put a stop to evil and to take care of the kind,” he said. “In the past, when I was practicing martial arts and others asked me to compare my skills against theirs, everyone just went so far. But when you actually encounter life-threatening danger, and you truly have a kind of spirit of righteousness, where you would be willing to sacrifice your own life for others, this is the manifestation of a person’s fundamental virtue. If we are able to pass this down, the unhealthy atmosphere in society would improve a lot.”

### Way of Life, and Improving Health

At age 9, Chen Chang-Ke was crushed by a bus and subsequently bedbound in the hospital for a year, while virtually paralyzed.

“To be able to breathe without pain was my childhood wish—who would have thought I would be able to move this athletically today, keeping this tradition of Chinese martial arts alive?” the bronze winner said.

“It’s not just a sport! It’s not about winning or losing. ‘Wude’ is a very important thing, the most important thing,” Chen said. The martial arts virtue is an element of character, he said, and something that stays with you in your day-to-day, normal life—not just when you’re practicing martial arts on the mat.

“If [that virtue] only exists in this venue, what a pity,” he said.

Silver medalist Laura Franco Gomez has, in a way, been practicing martial arts since she was in the womb. Her father is a practitioner, as is her mother, and she started practicing martial arts at the age of 3.

But it wasn’t until she started practicing traditional Chinese martial arts a few years ago that she found what she was looking for.

“I have always leaned towards spirituality, and the traditional Chinese martial arts have a level of spirituality, of inner power and a lot of energy,” she said.

For Franco Gomez, it’s not the movement that is important, but how your energy is managed through the movement, through the traditional forms, and wude. She realized martial arts go beyond just the physical, and this opened a path for her spirituality.

Traditional Chinese martial arts also differ from extreme sports and other challenging athletics in that they meant to improve one’s physical health. The injuries common to most other athletes are virtually unseen in the field.

Eike Andreas Opfermann, a bronze medalist from Germany, recalled a skiing accident, and how he walked away practically injury-free, while most people involved in a similar fall are laid up for some time.

“You improve your physical condition; you don’t harm your body, you actually cure your body,” Opfermann said. “Wushu isn’t like extreme sports or challenging sports that aren’t really that good for your ankles and joints.”

There’s a physical limitation to wushu, but it’s not what you think.

“When you reach a certain level in your physical strength or condition, you can’t go beyond that if you don’t improve your moral quality, your inner quality of character, as well,” Opfermann said. “It’s important. To a point, it’s almost as important as training in the movements itself.”



Zhuang Zongting, 17, won a gold medal in the 2019 NTD International Chinese Traditional Martial Arts Competition.



Ellen Beat Opfermann in the finals of 2019 NTD International Chinese Traditional Martial Arts Competition.



Liu Ta-Yen in the finals of the 2019 NTD International Chinese Traditional Martial Arts Competition on Aug. 25, 2019.

### A Competition That Preserves Culture

Gold medalist Liu Ta-Yen said he really hadn’t ever participated in a competition quite like the NTD International Competition before.

“It really is a special event—being here is like seeing old friends again. And this atmosphere is something you can’t find anywhere else—at least, I haven’t seen it,” he said. “To be able to show the true traditional Chinese martial arts is gratifying.”

The word “traditional” in Chinese is comprised of two characters, the first which means to “pass on.”

“I’m really thankful for the competition, because they are truly considering how to preserve and pass on traditional Chinese martial arts. You can’t find this anywhere else,” he said.

He added that “wude,” the most important component in traditional martial arts, has the sort of ripple effect we should all want to see.

“Out of everything you learn, the most important thing is cultivating character. If you do this, your interpersonal relationships are harmonious, and to have this throughout society benefits society,” he said. “If you don’t have this, no matter what the context ... even in business, people cut corners, do bad things, harm other people.”

“I feel these things are being lost in modern society, there isn’t a focus on it anymore. But competitions like these, in the midst of this downstream current, bolster things like traditional Chinese martial arts,” Liu said.

Martin Alonso Valderrama Correa from Colombia was proud to represent his country, and grateful for China’s 5,000 years of divinely inspired culture in passing down the great teachings of ancient masters. Tracing the traditional martial arts he practices today all the way back, that would make Laozi, the founder of Taoism, his master as well, he said.

“The virtues of the martial arts is the best they can offer us, it is one of the millennia-old disciplines that, thank God, has not ended,” he said. “I hope that with these events continue, and for the sake of humanity these virtues continue on in humanity.”

Li told NTD, “The purpose of learning traditional martial arts itself is to have defense capability, a healthy body, an unyielding will, and also to cultivate bravery. Facing difficulties, you will be able to be fearless and step forward bravely to stop evil things.”

Shiwen Rong contributed to this report.





The queen was the first general in China's written history to apply ambush tactics in war.

CHINESE HISTORY

# Before Mulan, There Was Fu Hao, Warrior Queen

NTD TELEVISION

Established in 1600 B.C., the Shang Dynasty marked a golden age of early Chinese civilization. Ancient China emerges in the light of history for the first time, shown in the clear written records that remain.

The Shang Dynasty spanned over 500 years, and the kings, like many rulers of the ancient world, kept control by constantly waging wars. One of the monarchs, who grew up among the common folk, led the Shang to its pinnacle. He was Wu Ding, the 23rd king of the Shang Dynasty.

In his early years, Wu Ding was sent by his father to experience the life of an ordinary citizen. No one at his new home knew that he would one day be their king.

Eventually, Wu Ding reached the age of marriage. At the time, kings of the Shang would cultivate the allegiance of neighboring tribes through marriage alliances.

Wu Ding wondered what kind of woman he would marry.

Finally, the day of Wu Ding's grand marriage came. When the wedding procession reached the palace, Wu Ding saw his bride for the first time. She was Fu Hao, a princess from a neighboring tribe.

"She's so beautiful," Wu Ding thought.

**A Different Kind of Woman**

Their days together after marriage were happy. Then gradually, Wu Ding found his queen to be different from other women.

According to writings in ancient tomes, Fu Hao would cease all speech and laughter whenever she heard thunder, to show reverence for the gods. Although she would be surprised by the sound, her calm demeanor wouldn't waver.

When Wu Ding succeeded to the throne, the Shang Dynasty's strength was on the decline, with many internal and external factors threatening the stability of the empire.

When an enemy invasion came from the north, the border guards repeatedly sent urgent messages to the capital requesting aid. Wu Ding was worried because he couldn't find a general who could turn things around.

Unexpectedly, Fu Hao stood in front of him, dressed in full battle armor. She appealed to the king to let her lead a military campaign against the invaders.

Although Fu Hao demonstrated unusual courage and had received military training since she was young, Wu Ding was hesitant to send his beloved wife into the ferocious battle. But because of her persistence, Wu Ding decided to conduct a divination. The result of the divination revealed that it was auspicious for Fu Hao

**Unexpectedly, Fu Hao stood in front of him, dressed in full battle armor. She appealed to the king to let her lead a military campaign against the invaders.**

to join the war. Wu Ding accepted Fu Hao's request without further delay.

**Military Talent**

As soon as she entered the battlefield, Fu Hao revealed her outstanding military talent; the enemy was badly defeated and never again rose to challenge the Shang.

The bronze yue (or battle-axe) in the Shang Dynasty was not an ordinary weapon, but a symbol of military power. It is believed that the larger the size of the yue, the more power the owner wields. In 1976, two large bronze yue with the inscription "Fu Hao" were unearthed in the Yin Ruins. The largest yue is about 15 1/2 inches long, 14 3/4 inches wide, and weighs 19.8 pounds. It is engraved with a symbolic pair of twin tigers with mouths open around a human head.

Around the 13th century B.C., Shangqiu, a city of the Shang, was attacked by the Yinfang. Wu Ding led Fu Hao to defend Shangqiu. After arriving at the battlefield, Wu Ding decided to launch an assault in the middle of the night, but Fu Hao didn't join him. Instead, she quietly left the front lines. Alone, Wu Ding led a fierce charge against Yinfang's forces. Yinfang's front lines were broken. They fled from Wu Ding's pursuing forces and eventually arrived at a quiet valley.

But before Yinfang's army could catch their breath, Shang flags emerged at the top of the valley. There were two large characters written on the flags: "Fu Hao."

Faced with enemy soldiers on both sides, Yinfang's troops were thrown into disarray. Before long, the whole army was wiped out.

The queen was the first general in China's written history to apply ambush tactics in war.

But this was not Fu Hao's greatest accomplishment.

Starting the third millennium B.C., Indo-Europeans had been carrying out a massive migration to find new pastures where their animals could graze. Like most pastoralist peoples throughout history, they were fiercely warlike and would conquer, kill, or drive off the land's inhabitants in order to use their fields. The first advanced civilization of Europe, the Minoan civilization, was shattered. Later, one of the greatest civilizations in history, Chinese civilization, was also driven to the brink of extinction.

The group of Indo-European invaders that migrated southward into China was known as the tribe of Qiangfang. They invaded from the northwest of Shang when Wu Ding was battling against another tribe in the east. The attack from Qiangfang became a big threat to Shang's army. Wu Ding was in a perilous position.

Fu Hao was very worried, but she declined the idea of immediately sending

off the limited military power remaining. Instead, she walked into prison.

**New Recruits**

With several thousand criminal recruits and the remaining Shang soldiers, Fu Hao commanded a united force of more than 13,000 people to the battlefield. The criminal recruits fought hard. The invaders were terrified by their fierce attack, turned on their heels, and ran.

This was the largest battle fought during King Wu Ding's reign.

Fu Hao, who saved Chinese civilization, became known as a goddess of war.

One of the most important state affairs in the Shang Dynasty concerned military issues. Even more important was the worship of gods and ancestors, and performing divinations in attempts to predict the future.

The ancient kings would inscribe their name and the date of the divination on the bone, along with a question. They would then heat the bone until it cracked, and then interpret the shape of the crack, which was believed to provide an answer to their question.

The question and results of the divination would be carved into oracle bones after the ceremony. They were stored and regarded as interactive letters between the kings and the gods.

Fu Hao's name appeared more than 250 times in oracle inscriptions carved on bones and turtle shells inside a Shang tomb. Across 3,000 years of change and turmoil, these inscriptions still proclaim the king's unceasing affection for his most favored queen.

Fu Hao's existence is said to be one of the auspicious portents bestowed upon Wu Ding and the Shang people. She assisted Wu Ding in many military campaigns and massively expanded the Shang territory. Thus, Wu Ding's reign marked the time when the Shang Dynasty was most powerful. Then, Fu Hao quietly departed, having accomplished the mandate of Heaven.

Some speculated that Fu Hao was exhausted from fighting wars. Others thought her health had gradually worsened after giving birth.

Fu Hao died young, at the age of 33.

Wu Ding was devastated and could not accept his queen's passing.

On oracle bones, Wu Ding wrote: "Fu Hao is still here, isn't she? Can Fu Hao delay her death? Has she left?"

Even after her death, he asked the gods: "Can I sacrifice 10 cows as a tribute to Fu Hao?"

After Fu Hao passed away, Wu Ding had her buried in an area within his palace instead of the normal royal tomb areas, so that she could stay beside him and watch over her country.



BEHOLD THE BEAUTY

THREE  
BEAUTIFUL  
SOUTHERN  
Magnolia  
Blooms



NATIONAL GALLERY OF ART

LORRAINE FERRIER

A

still-life painting can tell a moving story. The painting may appear to be just an array of everyday objects on a tablecloth, but the objects and composition can be full of both real beauty and meaning. That in itself is a fine art.

Still-life compositions have been in existence since antiquity. Examples can be found in the murals of ancient Egyptian tombs and in ancient Roman homes, such as at Herculaneum and Pompeii. Still-life compositions vanished with the fall of Rome.

In the Renaissance, artists painted still-life compositions in the background of their paintings. It wasn't until the early 16th century, in Northern Europe, that still life emerged as a specific genre of painting. At that time, the Reformation engulfed the region, causing Protestant religious commissions to decline.

A still life  
picture can  
convey many  
stories.

Despite the seemingly simple compositions of everyday objects, a still-life picture can convey many stories. The symbology used can tell moral, spiritual, or political narratives. Of course, a painter's virtuosity in painting and drawing is overtly on show.

**Giant Magnolias on a Blue Velvet Cloth**

In Martin Johnson Heade's famous painting, simply described as giant magnolias on a blue velvet cloth, three magnolia flowers gently rest on a river of rich blue velvet. The magnolias are from Heade's neighborhood in St. Augustine, Florida, where in 1883 he married and settled.

Magnolia grandiflora, or Southern magnolia, is a North American native that originates from the Southeast.

Heade painted a number of velvet and magnolia still-life paintings. Only one of these has a date, although all are thought to have been painted around the same time: in 1888.

This painting, the giant magnolias on a blue velvet cloth, is thought to be the best still life of his oeuvre.

Heade's painting beautifully depicts the impermanence of life. One young bud is ready to bloom, another is slightly open, and in the foreground the third flower is in full bloom. The three flowers could even be the same flower at different stages of life.

When Heade died in 1904, he was relatively unknown. Now, he's recognized as the only 19th-century American painter to significantly contribute across the genres of landscape, marine, and still life.

According to the National Gallery of Art, no American or European artist, preceding Heade, painted still life like his reclining magnolia paintings.

*Giant magnolias on a blue velvet cloth is on display at the National Gallery of Art in Washington. To find out more, visit [NGA.gov](https://www.nga.gov)*

▲ Giant magnolias on a blue velvet cloth, circa 1890, by Martin Johnson Heade. Oil on canvas. Gift of The Circle of the National Gallery of Art in Commemoration of its 10th Anniversary.



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