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In NEWS



Brazil's

#### **SCANDAL RIDDEN**

Socialist Workers' Party maintained its power through ties with the São Paulo Forum, an organisation dedicated to socialism and fostering organised crime in Latin America, Fernando De Castro writes.

WORLD | A2

"Nothing in the past year has put on display the Chinese **Communist Party's** antipathy to liberty so much as the unrest in Hong Kong."

U.S. Vice President Mike Pence

US | A6

"The SDF will get more money if we can modernise the oil fields. We're not going over there to enrich America. We're over there to help our allies, deny our enemy resources."

U.S. Senator Lindsay Graham on the deployment of troops to Syrian oil fields operated by American energy corporation ConocoPhillips.

US | A7

#### Rather than uphold **WORLD PEACE**

the U.N. is concerned with establishing global governance and power, writes Brad Johnson.

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#### **INSIDE**

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Mind & Body...

Travel...





U.S. President Donald Trump announces at the White House on Oct. 27 that Abu Bakr al-Baghdadi, the leader of the ISIS terrorist group, was killed in a military operation.

FIGHT AGAINST TERROR

# ISIS Leader Killed in Raid by US Forces in Syria

U.S. President Donald Trump says America will 'continue to pursue the remaining ISIS terrorists to their brutal end'

#### **BOWEN XIAO**

he fugitive leader of the ISIS terrorist group is now dead, President Donald Trump announced at the White House on Oct. 27, adding that capturing or killing Abu Bakr al-Baghdadi was a top national security priority under his administration,

The president noted that no U.S. personnel died in the risky nighttime raid carried out by Special Operations forces in northwestern Syria over the night of Oct. 26. A large number of Baghdadi's fighters and companions were killed along with him.

"Last night, the United States brought the world's No. 1 terrorist leader to justice," Trump said. "Abu Bakr al-Baghdadi is dead. He was the founder and leader of ISIS, the most ruthless and violent terror organisation in the World."

Baghdadi died after fleeing into a dead-end tunnel, Trump said, adding that during his final moments, the ISIS leader was "whimpering and crying and screaming."

The terrorist leader had dragged three children with him into the tunnel, and as he reached the end of it, he detonated the explosive vest he was wearing, killing himself and the children.

"His body was mutilated by the blast, but test results gave certain and positive identification," Trump

Baghdadi lived his final moments in "utter fear, panic, and dreadterrified of the American Forces bearing down," Trump said. Last month, his administration announced the killing of Hamza Bin Laden, the son of Osama Bin Laden, Continued on A6

A brutal killer, one who has caused so much hardship and death, was violently eliminated—he will never again harm another innocent man, woman, or child.

U.S. President Donald Trump



ISIS leader Abu Bakr al-

Baghdadi.

#### **SPYGATE**

TASOS KATOPODIS/GETTY IMAGES

#### **US** Justice Department Spygate Review Turns Into Criminal **Investigation: Reports**

#### **IVAN PENTCHOUKOV**

The Justice Department's internal review of spying on the Trump campaign has evolved into a criminal investigation, according to anonymous sources who spoke to the Associated Press and The New York Times.

Attorney General William Barr assigned U.S. Attorney John Durham on May 13 to review the origins of the Obama administration's counterintelligence investigation of the Trump campaign.

The designation as a formal criminal investigation gives Durham's team the ability to issue subpoenas, impanel a grand jury, compel witnesses to give Continued on **A6** 

ALY SONG/REUTERS



A Google sign is seen during the China International Import Expo (CIIE), at the National Exhibition and Convention Centre in Shanghai, China on Nov. 5, 2018.

#### **BIG TECH**

#### **Google Carries Chinese Communist** Party's Message **About Religion**

#### **EMEL AKAN**

WASHINGTON-The official press office for the spiritual practice Falun Gong is sounding a warning: Beijing attempts to influence U.S. public opinion by using a distorted and biased narrative that portrays an ideal view of the Chinese Communist Party when it comes to religious freedom.

The Party employs this strategy using major search engines, including Google, Bing, Yahoo, Ask, and Duckduckgo, researchers say.

When asked about Google's role in spreading Communist Party propa-Continued on **A7** 

#### **CHINA**

#### **Insiders Reveal Upcoming Personnel Changes at Chinese Communist Party** Conclave

#### **NICOLE HAO**

The Chinese Communist Party (CCP) holds its fourth plenary session from Oct. 28 to 31. Following tradition, Party leader Xi Jinping will make political rearrangements, including changing senior officials' positions.

An insider told the Chineselanguage Epoch Times in a recent interview that Xi will replace top Beijing officials in charge of managing Hong Kong affairs, including Wang Zhimin, current director of the Hong Kong Liaison Office, and Zhang Xiaoming, director of the Hong Kong and Macau Affairs Office within China's State Council, a cabinet-like agency.

The plenary session is a closed-door meeting, with roughly 370 elite CCP officials attending. Beijing usually keeps details secret until after the Continued on A4

#### **MIDDLE EAST**

#### Lebanese Prime Minister Quits Amid Anti-Government **Protests**

BEIRUT–Saad Hariri resigned as prime minister of Lebanon on Oct. 29, bowing to one of the central demands of anti-government demonstrators shortly after baton-wielding Hezbollah supporters rampaged through the main protest camp in Beirut, torching tents, smashing plastic chairs, and chasing away

Hariri said he was stepping down after hitting a "dead end" in trying to resolve the crisis, which has paralysed the country for nearly two weeks. The protesters erupted in cheers at the news.

The resignation plunges Lebanon deeper into turmoil and uncertainty as it grapples with a severe economic and financial crisis that Continued on A2



Australian Defence Minister Marise Payne speaks during a news conference at the Royal Hospital Chelsea in London, Britain, on Sept. 9, 2016.

**AU-CHINA** 

#### Morrison Government Says It Will Hold China Accountable on Human Rights

SYDNEY-Australian Foreign Minister Marise Payne said Canberra will hold China to account on issues such as human rights, insisting that staying quiet on sensitive issues is not in Australia's national interests.

Relations between Canberra and its most important trading partner have deteriorated in recent years amid accusations that China is meddling in Australian domestic affairs. Canberra Continued on **A8** 

A2 WORLD OCTOBER 31-NOVEMBER 6, 2019 THE EPOCH TIMES

# Secret Alliances and Corruption: How the Socialist Workers' Party Maintained Its Power in Brazil

#### **FERNANDO DE CASTRO**

News Analysis

This article is the first in a multipart series about the rise of socialism in Brazil and South America.

RECIFE, Brazil—The election of conservative president Jair Bolsonaro in 2018 brought an end to the left-wing government of the Workers' Party, first elected to power in Brazil's 2002 general election.

Luiz Inácio Lula da Silva was the president of Brazil from 2003 to 2010 and was succeeded by Dilma Rousseff, who was reelected in 2014. However, her mandate was interrupted in 2016 after her party had been in power for 13 years.

Rousseff was impeached for allegedly manipulating budget accounts. Vice President Michel Temer of the centrist Brazilian Democratic Movement Party assumed power, remaining in office until 2018. Former president Lula has been imprisoned since April 2018 for corruption and money laundering.

The Workers' Party was the source of various corruption scandals during the time that Lula and Rousseff were in office, even though the party gained fame in the 1990s for fighting against corruption and for a policy of more transparency and honesty with the public.

The Workers' Party also formed many partnerships with Latin American communist dictatorships and through the São Paulo Forum, including Revolutionary Armed Forces of Colombia (FARC), known internationally for their terrorist and drug trafficking activities. The organisation denies any formal ties with the FARC, however, interviews and records of leaders with the organisation have shown FARC taking part in their events.

Created by Lula and Cuban communist leader Fidel Castro in 1990, the São Paulo Forum is an international entity composed of approximately 200 socialist and communist parties from Latin America.

In 1995, a law was passed in Brazil that requires the cancellation of the registration of political parties that were subordinated to foreign entities or governments. But nothing was done to cancel the registration



Brazil's former president, Luiz Inacio Lula da Silva talks with then-Brazilian President Dilma Rousseff as he is sworn in as the new chief of staff in Planalto Palace in Brasilia, Brazil, on March 17, 2016.

Lula said in 2005 that the organisation enables him to get involved in politics in other countries without it looking like political interference. of the Workers' Party or other leftist parties that are demonstrably part of the São Paulo Forum.

#### Held Hostage By a Criminal Group

According to Olavo de Carvalho, a Brazilian philosopher and specialist in Marxism, the Workers' Party's fight against corruption in 1990 was intended to divert people's attention away from the alliances being formed with the São Paulo Forum.

Carvalho has studied Marxism for over 50 years and is considered one of the most prominent thinkers in Brazil. He is the author of 28 books and teaches an online course in philosophy.

In the 1990s, Carvalho was a columnist for various newspapers, but when he exposed documents that proved the union of the Workers' Party with communists, terrorists, and narcotics groups, he lost his jobs in the media and was accused of having created a conspiracy theory.

In an interview with The Epoch Times, Carvalho said that the São Paulo Forum is the biggest political group that has ever existed in the Americas, and its aim is to implement socialist dictatorships in Latin American countries by fostering organised crime.

"The problem was not only the corruption of the forum, but its purpose, which sought to finance criminals, strengthen the disarmament of the population, and create even more aggressive communism in Latin America," Carvalho explained.

#### Contradictions

The official line from São Paulo Forum is that the FARC is not formally a member of the organisation, and that they have been prevented from attending some meetings. However on previous occasions, the terrorist organisation has attended Forum's activities, as cited by then-FARC spokesperson Raul Reyes in an interview in 2003, published in a Brazilian publication.

Reyes said that he met Brazil's Lula at a São Paulo Forum event in 1996, and he also met the late Venezuelan leader Hugo Chavez

São Paulo Forum also officially claims to be an organisation that

allows debates between leftist parties. However, Lula said in 2005 that the organisation enables him to get involved in politics in other countries without it looking like political interference.

The organisation's meetings typically conclude with the adoption of a series of guidelines, dubbed "Final Declaration," with the expectation that member states adopt those points of mutual agreement.

#### **Hidden From Public**

The Brazilian press, according to Carvalho, has actively tried to prevent the actions of the forum from being disclosed to the public.

"Brazilian newspapers have always hidden the existence of the São Paulo Forum, so that the population would not know about the true face of the Workers' Party, which has always sought to ally with drug traffickers and dictators to gain power," he said.

When the Workers' Party was in government, the philosopher said that their goal was to prevent the Latin American communist regimes from being extinguished.

"The communist dictatorships were all broke and Lula provided financial support to them to prevent communism from ending. It was because of this that in 2007 the FARC sent a letter to the then Brazilian president, congratulating him for saving Latin American communism," Carvalho added.

According to historian and Social Liberal Party state deputy Ana Caroline Campagnolo, the Bolsonaro government has sought to combat socialists by ending funding for leftist NGOs and introducing new public policies.

"Bolsonaro is bringing new ideas to his government and is seeking to confront the socialists to prevent them from sabotaging his government, and in that sense conservatives need to occupy the spaces in the public debate to prevent leftists from coming back into power," she said.

As a way of presenting an alternative to socialist discourse, several conservative groups are emerging in Brazil, offering studies by conservative authors and providing political support to President Bolsonaro.

### Lebanese Prime Minister Quits Amid Anti-Government Protests

#### CONTINUED FROM A1

has led to a scarcity of hard currency and the local currency losing value for the first time in more than two decades. Lebanon is facing a deep-running fiscal crisis as it staggers under one of the highest debt ratios in the world–\$86 billion, or more than 150 percent of the country's gross domestic product.

The Hezbollah rampage marked a violent turning point in the protests, which have called for the resignation of the government and the overthrow of the political class that has dominated the country since its 1975-1990 civil war and is blamed for the current economic crisis. The government is dominated by factions allied with Hezbollah, the most powerful armed group in the country and which is designated by the United States as a terrorist organisation.

Hariri had reluctantly worked with those factions as part of a national unity government that had failed to address an increasingly severe economic and fiscal crisis.

"I tried all this time to find an exit and listen to



Today, to be honest with you, I have hit a dead end.

Lebanese Prime Minister Saad Hariri the voice of the people and protect the country from the security and economic dangers," Hariri said. "Today, to be honest with you, I have hit a dead-end, and it is time for a big shock to confront the crisis."

Hariri's resignation fulfills a key demand of the protesters but plunges the country into even greater uncertainty, with no clear path toward the fundamental political change they are demanding. The economy, which was in the grip of a major fiscal crisis even before the protests began, is now at risk of collapsing, with banks, schools and many businesses having been closed for two weeks.

A proposed tax on the WhatsApp messenger service ignited protests Oct. 17, sending hundreds of thousands of people into the streets in the largest demonstrations in more than a decade.

Similar demonstrations erupted in Iraq this month, calling for the overthrow of the political class that became entrenched there after the 2003 U.S.-led invasion during the Bush administration. The protests there have been much more violent, with security forces

firing tear gas and live fire. At least 240 people have been killed.

Lebanon's protests were largely peaceful, with only occasional minor scuffles with security forces, but that changed early Oct. 29 when groups of men began confronting protesters who were blocking roads.

The men initially presented themselves as disgruntled residents frustrated by the country's paralysis, but they later could be heard chanting, "At your service, Hussein," a Shiite religious slogan, and "God, Nasrallah, and the whole Dahiyeh," referring to Hezbollah leader Hassan Nasrallah and the group's stronghold in the southern suburbs of Beirut

They launched their attack about midday on the main protest camp in Beirut, where demonstrators have been staying for nearly two weeks. The rallies swell at night, but there were only a few dozen protesters in the square when the Hezbollah supporters arrived.

Soldiers and riot police initially moved in to separate the groups but were unable to prevent the Hezbollah supporters from storming Martyrs' Square in central Beirut, the main protest site. Hezbollah supporters lashed out at reporters covering the melee, kicking some of them, and reaching for their cameras.

It was unclear how many people were wounded. Fights broke out in places and security forces could be seen beating some people with batons.

Nasrallah had criticised the protests last week, accusing unspecified foreign powers of exploiting them to undermine his group and saying they threatened to drag the country into civil

Hezbollah was the only armed group in Lebanon to maintain its weapons after the civil war, saying they were needed to defend the country from Israel, which occupied parts of southern Lebanon from 1982 until 2000. Hezbollah later fought Israel to a stalemate during a ferocious

monthlong war in 2006. Hezbollah is widely seen as being more militarily powerful than even the Lebanese armed forces.

It wasn't clear if Hezbollah directly ordered the Oct. 29 attack, but the group hasn't disavowed the behaviour of its supporters.

It was an ominous sign, raising the possibility that one or more of Lebanon's many sectarian factions could resort to violence as the crisis deepens.

The protesters welcomed Hariri's resignation, but it's unclear what comes next. He could stay in office as a caretaker prime minister, with the pro-Iran factions strengthened.

Lebanon has gone through long periods of paralysis before. A complex powersharing arrangement distributes power and high offices among Shiites, Sunnis, and Christians. That has prevented the country from sliding back into civil war but has spawned networks of patronage and nepotism, and has made it virtually impossible for the government to take major decisions or even provide reliable public services.

The protesters have called for sweeping change to the political system that would produce non-sectarian governments capable of addressing the country's many challenges.

By Andrea Rosa & Bilala Hussein From The Associated Press

### Luxury Carmaker Maserati Toes Beijing's Line on Taiwan

#### **FRANK FANG**

TAIPEI, Taiwan–Italian luxury carmaker Maserati, bowing to pressure from Beijing, has aligned itself with the Chinese Communist Party's claim of sovereignty over its democratic neighbour Taiwan.

Maserati announced that recent Chinese media reports about its sponsorship of the Golden Horse Awards held in Taiwan originated from a decision made by a local dealer in Taiwan, and that it doesn't reflect the official position of the company, in an Oct. 23 statement published on the Chinese Twitterlike platform Weibo.

The Golden Horse Awards, founded by the Taiwanese government in 1962, is considered the most prestigious awards show for Chinese-language films, earning it the nickname of the "Chinese Oscars."

Beijing claims Taiwan as part of its territory, despite it being a de facto independent country with its own military and democratically elected officials. In recent years, it's sought to diminish Taiwan's sovereignty by pressuring governments and companies to accept the "One China" policy," which stipulates that mainland China and Taiwan are inalienable parts of a single "China."

Over the years, actors, directors, and films from across the Chinese diaspora have participated in the show. However, in August, China's Film Administration banned all mainland movies and actors from participating in this year's awards show. A Chinese official said it was because Beijing disapproves of Taiwan's ruling party, the Democratic Progressive Party (DPP).

Maserati said it has demanded that the local dealer end all forms of cooperation with the Golden Horse Awards. The Italian carmaker says it respects the Chinese regime's territorial integrity, history, and culture,



A worker dusts off a Maserati on the eve of the Beijing Auto Show in Beijing on April 24, 2018.

China's Film Administration banned all mainland movies and actors from participating in this year's awards show.

and "firmly upholds the one-China principle."

It added that it will tighten its management and "resolutely put an end to all similar problems."

Wen Tien-hsiang, executive director of the Taipei Golden Horse Film Festival Executive Committee, confirmed to local media that Maserati ended its partnership with the show, on Oct. 24.

The show film festival runs from Nov. 7–24; the highlight event, the awards ceremony, will be held on Nov. 23.

Beijing's ire may have to do with

last year's ceremony, when Taiwanese film director Fu Yue, whose film won best documentary, said in her acceptance speech that she hoped Taiwan would one day "be treated as a truly independent entity." Her comments angered many nationalistic netizens in China.

On Oct. 17, French luxury brand Christian Dior also voiced its support for the "one-China principle" in an apology over an incident whereby a map of China shown by the company during a business presentation did not include Taiwan.

U.S. Vice President Pence called

out Beijing's bullying of Taiwan during his policy speech on the future of U.S-China relations on Oct. 24.

Pence also said that the current administration "recognised Taiwan's place as one of the world's great trading economies and beacons of Chinese culture and democracy."

He added: "The international community must never forget that its engagement with Taiwan does not threaten the peace; it protects peace on Taiwan and throughout the region."





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Artarmon HomeHQ 1 Frederick Street

Auburn Showroom 276-278 Parramatta Road **Belrose Supa Centre** 4-6 Niangala Close

**Chatswood Chase Sydney** Shop G062, Ground Floor 345 Victoria Avenue

**Hills Super Centre** 16-18 Victoria Avenue & Showground Road

Smithfield Warehouse & Showroom 134 Gipps Road



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A4 | CHINA OCTOBER 31-NOVEMBER 6, 2019 THE EPOCH TIMES

# Insiders Reveal Upcoming Personnel Changes at Chinese Communist Party Conclave

#### **CONTINUED FROM A1**

meeting ends.

#### **Hong Kong**

Hong Kong is in the midst of unprecedented unrest, after the government led by Carrie Lam tried to launch a controversial extradition bill that would allow mainland China to transfer individuals from Hong Kong to face trial in CCP-controlled courts.

Since June, millions of Hong-kongers took to the streets against the extradition bill, viewing it as an encroachment into the city's autonomy, as guaranteed by the CCP after the territory reverted from British to Chinese rule in 1997.

In May, insiders told the Chineselanguage Epoch Times and other media that the Hong Kong Liaison Office, the representative agency of Beijing located in Hong Kong, initiated the proposal to draft an extradition bill.

Though the bill was recently shelved amid public pressure, relations between the Hong Kong government, police, and citizens remain tense, as protesters continue to call for an independent investigation into police use of force during demonstrations and universal suffrage in the city's elections. The central government have sent troops to Shenzhen, the mainland Chinese city bordering Hong Kong, in an act of intimidation.

An anonymous insider who is familiar with the thinking of senior officials at the CCP headquarters, Zhongnanhai, told the Chineselanguage Epoch Times that Beijing is planning to replace Lam next year, with Wang and Zhang replaced sometime before that.

"It's highly possible that Wang won't come back to Hong Kong after he participates in the fourth plenary session," the insider said. "Zhang will be replaced in the near future."

He explained that both Wang and Zhang are members of a faction loyal to former Party leader Jiang Zemin, who are opposed to Xi's leadership.

The insider added that Beijing was considering two candidates to replace Wang: Chen Dong, the current deputy director of the Liaison Office, originally from Fujian province; and Liang Jianyong, the provincial propaganda director of Fujian.

Xi worked in Fujian from 1985 to 2002. The insider said both Chen and Liang are in the pro-Xi camp.

But the insider did not know who would replace Zhang.



Chinese leader Xi Jinping walks past senior officials during a welcoming ceremony at the Great Hall of the People in Beijing, China, on Oct. 25, 2019.



### 州-深圳-香港」高速鐵路(香港段)開通儀式

ing Ceremony for "Guangzhou – Shenzhen – Hong Kong" High Speed Rail (Hong Kong Section)

(L-R) Vice-chairman of the National Committee of the Chinese People's Political Consultative Conference Leung Chun-ying, Governor of Guangdong province Ma Xingrui, Hong Kong Chief Executive Carrie Lam (C), vice-chairman of the Chinese People's Political Consultative Conference Tung Chee-hwa, and Director of the Hong Kong and Macau Affairs Office Zhang Xiaoming attend the opening ceremony of the West Kowloon terminus in Hong Kong on Sept. 22, 2018.

It's highly possible that Wang won't come back to Hong Kong after he participates in the fourth plenary session.

Anonymous insider of the Chinese communist regime

#### 'Ideological Innovation'

Usually, each fourth plenary session, is focused on political reform.

Reuters quoted two anonymous CCP officials and reported on Oct. 25 that Beijing's prepared communique will focus on "ideological innovation."

novation."

One of the insiders added that the

plenum will discuss policy reforms to improve governance: "They [CCP officials] need to transform the overall state governance capacity and adapt to changes in global rules and withstand stress tests from external risks," adding that the trade war with the United States had been a major source of pressure.

#### Rumours

On Oct. 21 and 22, the CCP announced that 27 officials were recently sacked and placed under investigation for their corruption and other wrongdoings. They include Li Biao, deputy mayor of Zhaotong City in Yunnan Province; Li Yong, vice president of the Shandong provincial high court; and Wu Junding, Party secretary of Tianjin City's statistics bureau.

Recently, several Taiwanese and Hong Kong media, citing insiders, also reported that Hu Chunhua and Chen Min'er, both members of the 25-member elite Politburo, will be promoted to the Politburo Standing Committee, the Party's highest decision-making body, presumably because Xi wants to increase the Standing Committee membership from seven members to nine.

The Standing Committee has fluctuated in numbers throughout the Party's history. It had less than seven members during the Party's early years. The number varied under Mao's rule after the Party's takeover, then settled into seven members in the 1980s and 1990s. It was increased to nine members in 2002, then changed back to seven members in 2012 when Xi came to power.

Several Hong Kong media reported that the No. 6 member of the Standing Committee Zhao Leji may be punished because he was allegedly involved in a corruption scheme involving building luxury villas in the famed Qinling Mountains nature reserve, as well as a botched coal mine court case when he was Party boss of Shaanxi Province from 2007 to 2012. The corruption scandals were revealed in 2018 and 2019.

Commentators had different opinions on the results of the plenum.

U.S.-based China affairs commentator Shi Shi told the Chinese-language Epoch Times on Oct. 25 that it's hard to say whether the Party would reorganise personnel since Xi just amended China's Constitution in March 2018, which lifted the ban on Chinese leaders' term of office.

U.S.-based commentator Wang He published a commentary on Chineselanguage Epoch Times on Oct. 25 and analysed: "It's not important whether these rumours are real or not; the key point is the direct impact of these rumours [on the Party]."

Wang believed that these rumours were leaked to the media by different Party factions intentionally, in an attempt to influence the results of the plenum.

### Xi Rolls Out New Governance Concept as Key Party Conclave Begins

#### NICOLE HAO

Chinese leader Xi Jinping opened the fourth plenary session of the Chinese Communist Party (CCP)'s 19th Central Committee with a speech about the need for Beijing to "modernise its state governance," which observers say could be part of the CCP's strategy to export the Chinese socialism system to the world.

The four-day political conference, where top officials usually discuss personnel changes and political reforms, began at the Jingxi hotel in Beijing on Oct. 28. Some 372 members of the Party elite have the right to attend, as incumbent and alternate members of the CCP's Central Committee.

But Beijing and state-run media usually don't disclose how many of the qualified officials attend.

#### Xi's New Concept

Chinese state-run media Xinhua reported on Oct. 28 that Xi spoke about how to "perfect socialism with Chinese characteristics, promote The so-called 'modernisation of the state governance system and governance capability' is in actuality the CCP's digital totalitarian system.

Tang Jingyuan, China commentator

modernisation of the state governance system, and governance capability."

The report used the phrase "China style of governance" to describe the system that Xi promoted in his speech, noting that Xi set the goal of having it "generally implemented" by 2035 and "fully implemented" by 2049.

Xinhua didn't elaborate on the concept, simply quoting Xi using Party jargon to emphasise that the Party would seek "the stability of society, and the long-term peace and stability of the country."

Xi also repeated his "Two Centenaries" goals, an idea laid out in October 2017: by the centenary of the CCP's founding, he hoped to build the country into a "xiaokang society" by 2021, meaning a doubling of the 2010 per capita income figures; and by the centenary of the CCP's takeover of China in 2049, to build the country into a "modern socialist country."

#### Purpose

"The so-called 'modernisation of the state governance system and governance capability' is in actuality the CCP's digital totalitarian system," Tang Jingyuan, a U.S.-based commentator, said in an interview. "It's an announcement that the CCP won't adopt democracy, freedoms, or other universal values in China."

Tang explained that the Party has used similar wording to describe its high-tech surveillance and monitoring of Uyghur Muslims in Xinjiang. It also used such wording in 2014 to introduce the social credit system, under which all citizens would have their public activities tracked, recorded, and assigned a score of "trustworthiness" by authorities.

"The system monitors Chinese society from all angles, including through the social credit system on people and companies," Tang said. "It will perfect the system with the most advanced technologies, including artificial intelligence (AI), big data, facial recognition, and so on"

He added that the Party is using phrasing such as "China's style of governance" to legitimise its Orwellian surveillance.

Western countries have raised concerns about the security risks involved in Chinese tech products and companies. But the Party wants to prove that hightech surveillance can help it maintain its rule and China's economic development, eventually "expanding the system to other countries," such as through One Belt, One Road initiatives.

Such infrastructure projects throughout Asia, Europe, and Africa often involve contracts to use Chinese IT infrastructure, such as equipment supplied by the tech giant Huawei.

Tang added that the Party has introduced another concept called the "community of a shared future for mankind," which he says has similar connotations to a global system based on China's model of governance.

#### Changes

Just before the opening of the plenary session, the Party's rubber-stamp legislature unexpectedly announced on Oct. 26 that two top military generals were dismissed from their positions and their membership in the congress. They are Lt. Gen. Rao Kaixun, who was deputy commander and chief of staff of the People's Liberation Army (PLA) Strategic Support Force, and Maj. Gen. Xu Xianghua, who was deputy commander of the Western Theatre Command

Western Theatre Command. On Oct. 25, state-run media Xinhua reported that several Party boss positions were being reshuffled: Li Jiheng would be swapped out of his role as provincial Party secretary of Inner Mongolia and become minister of civil affairs, following the retirement of the previous official, while Shi Taifeng will take the post in Inner Mongolia and move out of his Party boss role in Ningxia Province. Since Inner Mongolia is a wealthier province, the move is considered a promotion. Chen Run'er replaces Shi, leaving his post

The Party secretary is a more powerful position than the governor. The changes are believed to involve factional power moves ahead of the plenum.

as Henan Province governor.

#### recognition, and so on."

# Taiwan Deports Second Chinese for Damaging Pro-Hong Kong 'Lennon Wall'

#### FRANK FANG

TAIPEI, Taiwan—Another mainland Chinese tourist has been kicked out of Taiwan after he was charged with intentionally destroying a "Lennon wall" put together by locals to show their support for Hong Kong protesters.

The 35-year-old man, only identified by his last name of Hu, was arrested by local police after he was caught taking down posters plastered on walls at an underpass in the central Taiwanese city of Taichung, on Oct. 27.

There are multiple Lennon walls in Taiwan, most of them located on college campuses. These walls are large mosaics of posters and Post-it notes that convey messages of solidarity with Hong Kong protesters.

Hu lives in the Chinese city of Wuhan, the capital of central China's Hubei Province, and came to Taiwan on a business visa, according to local broadcaster ETToday. He was originally planning to stay in Taiwan for a week, prior to his deportation.

Mass demonstrations in Hong Kong started in June against a controversial extradition bill that many feared would erode the city's judicial independence. While the bill was formally withdrawn on Oct. 23, protests in the city have continued as protesters call for greater democracy.

Hongkongers' pushback against Beijing's encroachment upon Hong Kong affairs has resonated with many Taiwanese, who are increasingly expressing their displeasure at Beijing's tactics to diminish the island's sovereignty and its military manoeuvres to intimidate the Taiwanese people.

Taiwanese have shown their support for Hong Kong protesters by taking part in local solidarity rallies, while others have donated helmets and gas masks to protesters.



People put up post-it notes on a "Lennon wall" in Taipei, Taiwan, on Sept. 29,

Hu was fined NT\$30,000 (A\$1,440) and must attend a legal education session before leaving the island. Local police referred Hu to Taichung's prosecutor's office on one count of damage to property. According to Taiwan's government-run Central News Agency (CNA), Hu was fined NT\$30,000 (US\$928) and must attend a legal education session before leaving the island.

On Oct. 28, Taiwan's National Immigration Agency deported Hu based on a local regulation governing cross-strait relations, according to CNA. The agency also imposed a five-year ban that prevents Hu from entering Taiwan.

Denis Chen, one of the organisers of the "Lennon wall" in Taichung,

wrote on his Facebook page on Oct. 27 that "the damage to the posters is a minor issue, but damage to Taiwan's democracy is major."

"Using violent means to hurt [the island's] freedom of speech, and ignoring how Taiwan is a country with rule of law is something that cannot be tolerated," Chen said.

Taichung city councilor Chiang Chao-kuo was quoted by CNA as saying that Taiwan doesn't welcome mainland Chinese who are "not adapted" to freedom and democracy. He said Chinese people shouldn't come to Taiwan seeking to destroy the island's freedom of speech.

Hu is the second Chinese deported this month for damaging a Lennon wall. Earlier this month, Li Shaodong, 30, was arrested for damaging a wall on the campus of National Taiwan University; he was also fined \$30,000 and slapped with a five-year travel ban.

Media have also reported Chinese exchange students damaging other Lennon walls in Taiwan. In one incident, a Chinese exchange student at I-Shou University attacked his schoolmate from Hong Kong after the latter tried to stop him from removing Post-it messages in support of Hong Kong protests.

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### Pence Voices Support for Hong Kong, Taiwan in Policy Speech

#### EVA FU

U.S. Vice President Mike Pence slammed the Chinese regime for curtailing "rights and liberties" in the city of Hong Kong while reaffirming the U.S.'s commitment to standing up for those values, during a major policy address on Oct. 24.

In a roughly 40-minute speech on the future of U.S.-China relations, Pence admonished Beijing for its unethical trade practices and human rights abuses, while stating that the United States would push for a cooperative relationship with China based on "fairness, mutual respect, and the international rules of commerce."

"Nothing in the past year has put on display the Chinese Communist Party's antipathy to liberty so much as the unrest in Hong Kong," Pence said at the Woodrow Wilson International Centre in Washington.

"Hong Kong is a living example of what can happen when China embraces liberty," Pence said, while noting the city's status as an international financial hub, its legal institutions, and "lively free press" are things that people in mainland China do not enjoy.

"And yet, for the last few years, Beijing has increased its interventions in Hong Kong," he said. The territory reverted to Chinese rule from British administration in 1997, with the express guarantee that its autonomy and freedoms would be preserved.

Pence said that the United States supports the protesters in their fight for liberty. President Donald Trump has previously warned Beijing that a trade deal would be more difficult if Beijing decided to violently suppress the ongoing protests, he added.



U.S. Vice President Mike Pence speaks on the future of the relationship with China at the Wilson Centre's inaugural Frederic V. Malek Public Service Leadership lecture, in Washington on Oct. 24, 2019.

Nothing in the past year has put on display the Chinese Communist Party's antipathy to liberty so much as the unrest in Hong Kong.

Vice President Mike Pence

#### Trade

Pence made the remarks as the two economic superpowers are working on a new round of trade negotiations. On Oct. 11, Trump announced that the two sides had reached a partial deal on intellectual property, financial services, and agriculture.

The United States doesn't seek to "de-couple" from China, but rather seeks a level playing field, Pence said.

He said that the "phase one" agreement could be signed "as soon as the APEC Summit in Chile," scheduled on Nov. 16-17, but that "a whole range of structural and significant issues"—China's intellectual property theft, state-directed hacking operations, and exporting of fentanyl and other deadly opioids—"also must be addressed."

He added that the Chinese Communist Party was "de-coupling" itself from the free world with its oppressive practices, its persecution of religious believers, internet censorship, and military aggression in the South China Sea.



Commitment to American Values

Pence also scolded U.S. corporations for falling for China's money, allowing its "muzzling [of] affirmative expressions of American values."

Nike stores in China pulled Houston Rockets merchandise from their shelves after the National Basketball Association (NBA) team's general manager, Daryl Morey, sent a seven-word tweet: "Fight for freedom. Stand with Hong Kong," a popular slogan expressing solidarity with Hong Kong pro-democracy protesters, who oppose the Chinese regime's encroachment in the city's affairs.

The tweet has ignited a political firestorm in mainland China, where state media have painted the protests as a separatist movement fomented by foreign countries.

"Nike promotes itself as a so-called 'social justice champion,' but when it comes to Hong Kong, it prefers checking its social conscience at the door," Pence said.

He then criticised NBA star players, team owners, and league officials for toeing Beijing's line. 22, 2019.

"In siding with the Chinese Communist Party and silencing free speech, the NBA is acting like a wholly owned subsidiary of the

Anti-Chinese

Party protest-

ers gather out-

tre where free t-shirts were dis-

ing Hong Kong

ahead of the

Lakers vs Clip-

pers NBA sea-

son opener in Los

Angeles on Oct.

side Staples Cen-

tributed support-

Communist

authoritarian regime," Pence said. He added that Beijing's pressure amounted to exporting censorship in order to shape U.S. public opinion. He then urged American corpora-

He then urged American corporations to "stand up for American values here at home and around the world."

Pence also reaffirmed the United States' support for Taiwan and the island's "hard-won freedoms" in the face of Beijing's increased intimidation. Over the past year, Beijing has pressured two of Taiwan's Pacific nation allies into switching ties, which Pence has called "checkbook diplomacy."

He also stressed that American values such as individual liberty and freedom of religion stemmed from the nation's founding and will continue to serve the country's global interests.

"America is reaching out our hand to China. We hope that, soon, Beijing will reach back ... with renewed respect," he said.

# SHEALAH CRAIGHEAD/THE WHITE HOUSE

U.S. President Donald Trump is joined by Vice President Mike Pence (2nd L), national security advisor Robert O'Brien (L), Secretary of Defence Mark Esper (3rd R), Chairman of the Joint Chiefs of Staff U.S. Army General Mark A. Milley (2nd R), and Deputy Director for Special Operations for the Pentagon Brig. Gen. Marcus Evans in the Situation Room of the White House on Oct. 26, 2019, where the president was monitoring developments as U.S. Special Operations forces closed in on ISIS leader Abu Bakr al-Baghdadi's compound in Syria.

#### Trump Announces ISIS Leader Dead After US Raid in Syria

#### CONTINUED FROM A1

and in March, the ISIS "caliphate" was destroyed.

#### 'Must Remain Engaged'

The key now for the United States is to ensure it remains engaged in the war on terror, because Baghdadi's death could spur an immediate reaction from his supporters, Patrick Gerard Buchan of the Centre for Strategic and International Studies (CSIS) said.

"Baghdadi died the coward that he always was," Buchan, who is director of CSIS's U.S. Alliances Project, told The Epoch Times. "ISIS has been crippled. But as we have seen, whether its from al-Qaeda to ISIS, groups do morph and change, they change names, they change geographic locations, so you have to continue to cut the head off the snake.

"Declaring victory and walking away from the war on terror will not work. The United States must remain engaged to ensure that another leader doesn't rise again."

Trump said the death of the ISIS leader was another reminder that the United States will "continue to pursue the remaining ISIS terrorists to their brutal end."

The day before the announcement, Trump hinted there would be major news coming, saying on Twitter, "Something very big has just happened!"

Mark Cancian, senior advisor at the International Security Programme at CSIS, told The Epoch Times that while the death of Baghdadi is significant, the fight against ISIS is not over.

"The killing of Baghdadi brings justice to the world's foremost terrorist and sends a message to his organisation that it is failing and that there is no place to hide," he said via email.

"However, we must keep in mind that the killing of a terrorist leader, no matter how prominent, does not signify the end of the conflict. Osama bin Laden has been dead for eight years, yet his organisation lives on."

U.S. forces stayed in the area for approximately two hours after the mission was done, where they took "highly sensitive material and information from the raid," Trump said. Baghdadi has led ISIS for the last five years.

A reporter asked Trump following the announcement if he had notified House Speaker Nancy Pelosi of the news ahead of time. He replied, "I wanted to make sure this was kept secret."

The president told reporters he watched the raid as it happened, with Vice President Mike Pence and others in the White House Situation Room.

#### Global Support

Trump said in his speech that those who oppress and kill innocent people will not sleep soundly, "knowing that we will completely destroy them."

"These savage monsters will not escape their fate—and they will not escape the final judge ment of God," he said.

The president said the raid was conducted impeccably and noted it could only have been done "with the acknowledgement and help of certain other nations and people."

"I want to thank the nations of Russia, Turkey, Syria, and Iraq, and I also want to thank the Syrian Kurds for certain support they were able to give us," Trump said.

"Thank you as well to the great intelligence professionals who helped make this very successful journey possible."

Trump also thanked the American soldiers and all those involved in the operation, calling them the "very best there is anywhere in the world."

"Last night was a great night for the United States and for the World. A brutal killer, one who has caused so much hardship and death, was violently eliminated—he will never again harm another innocent man, woman, or child," Trump said.

"He died like a dog. He died like a coward. The world is now a much safer place."

#### US Justice Department Spygate Review Turns Into Criminal Investigation: Reports

#### CONTINUED FROM A1

testimony and bring federal criminal charges.

It is unclear what potential crimes are being investigated and when the inquiry turned into a criminal one.

Top Obama-administration officials were involved in several forms of spying on the Trump campaign, including the use of a maximally intrusive Foreign Intelligence Surveillance Act warrant of Trump-campaign associate Carter Page. The government also deployed at least two spies and used intelligence collected by overseas sources.

The FBI's counterintelligence investigation of the Trump campaign began in late July of 2016 and eventually evolved into Robert Mueller's special counsel probe. Peter Strzok, the agent who led the FBI probe, sent messages expressing animus against Trump, spoke of stopping Trump from becoming president, mentioned an insurance policy in case Trump was elected, and mentioned impeachment shortly after joining the Mueller team.

Mueller concluded the Russia investigation earlier this year, finding insufficient evidence to establish that anyone colluded with Russia to influence the 2016 election.

Durham's inquiry spans across several countries, including the United Kingdom, Italy, and Australia. The official rationale for opening the investigation of the Trump campaign, codenamed Crossfire Hurricane, involved people and events in all three countries.

John Brennan, the CIA Director at the time of the Crossfire Hurricane probe, confirmed early this month that he was to be interviewed by Durham. Brennan told lawmakers in 2017 that intelligence he received from overseas sources was used to start Crossfire Hurricane.

The Justice Department has said Trump recently made several calls at Barr's request to foreign leaders, including Australian Prime Minister Scott Morrison, to help the attorney general with the Durham investiga-



John H. Durham, U.S. Attorney for the District of Connecticut since February 2018.

Durham to Italy in August and September, and the two met with Italian intelligence officials

to seek infor-

mation about

the activities

Barr also

traveled with

ruary 2018. of FBI agents assigned there, Italian Premier Giuseppe Conte said on Oct. 23.

The Justice Department recently obtained two cellphones formally owned by Joseph Mifsud, the Maltese professor who played a crucial role before the Russia investigation.

role before the Russia investigation. Mifsud's lawyer, Stephan Roh, confirmed to The Epoch Times that the DOJ obtained the cellphones. Roh said that Mifsud used the phones to communicate with "at least one person in the U.S." He would not say who handed the phones over to the DOJ

Mifsud met with Trump-campaign associate George Papadopoulos at the Link Campus University in Rome. Mifsud later told Papadopoulos that Russia had "dirt" on Hillary Clinton. The FBI formally opened the Crossfire Hurricane investigation based on a tip that Papadopoulos had relayed the rumor to an Australian diplomat.

The existence of the phones was revealed in a court motion as part of the lawsuit against former National Security Advisor Michael Flynn. The first indictment in the Mueller investigation targeted Flynn.

News that Durham's investigation is a criminal one surfaced as the Department of Justice Office of Inspector General (OIG) is in the final stages of preparing the release of a reportedly voluminous report into the FISA warrant on Carter Page. Some of the potential crimes Durham is investigating may have been referred by the OIG's investigators, who do not have the power to file criminal charges.

# Trump Says US Withdrawal From Syria Has 'Nothing to Do With' al-Baghdadi Operation

#### KATABELLA ROBERTS

President Donald Trump has said his decision to withdraw U.S. troops from Syria earlier this month has nothing to do with the operation to capture or kill ISIS leader Abu Bakr al-Baghdadi.

The president made the comments during his press conference at the White House on Oct. 27 in which he shared details about the successful mission carried out by U.S. Special Operations forces on Oct. 26.

When questioned by reporters over his decision to pull U.S. troops from Syria, Trump said: "No, the pullout had nothing to do with this. In fact, we found this out at a similar time."

Trump told reporters that capturing or killing al-Baghdadi had been a top national security priority under his administration and added that the former leader had died "like a coward."

He continued: "This is the biggest one, perhaps, that we've ever captured, because this is the one that built ISIS, and beyond, and was looking to rebuild it again ... very, very strongly looking to build it again.

"That's why he went to this province; this is why he went to this area."

Following Trump's remarks, Senator Lindsay Graham said in his own press conference that he can understand the president's decision to withdraw troops from Syria. The Senate Judiciary Committee Chair had previously criticised Trump over the move

Speaking at the White House, Graham said: "When it comes to what's happening in Syria, I like what I see. The president's position and my position is really not that far off.

"We really don't need a bunch of Americans in the safe zone. The international community should do that." Graham praised the president for "changing the rules of engagement" when it came to the war on terror

"When it comes to terrorism, the president changed the rules of engagement," he said. "Do you think the caliphate destroyed itself? He made

and his determination to destroy the



A convoy of U.S. armoured military vehicles leave Syria on a road to Iraq in Sheikhan, Iraq on Oct. 19, 2019.

... the Trump
administration now
has a plan in place
to prevent Syrian
oil from falling back
into the hands of
remnants of ISIS
and also reduce
the presence of U.S.
troops within the
country by allowing
the local people to
get their "skin in the

game."

a conscious decision when he went to Iraq to change the game when it came to destroying ISIS. He's had a determination to destroy the caliphate unlike anyone I've ever met."

Graham said the Trump administration now has a plan in place to prevent Syrian oil from falling back into the hands of remnants of ISIS and also reduce the presence of U.S. troops within the country by allowing the local people to get their "skin in the game."

He added: "What I see happening in Syria makes sense to me, the president destroyed the caliphate, he's asking others to do more and he's right when it comes to Turkey. I think the invasion has been disruptive but at the end of the day, if we can continue to partner with the Kurds, secure the oil revenues—for their sake, not Iran's sake, not for ISIS's sake—and help pay the costs of operations, [it] makes imminent sense to me.

"The SDF will get more money if we can modernise the oil fields.

We're not going over there to enrich America. We're over there to help our allies, deny our enemy resources."

Graham's remarks came as the New York Times reported that the successful al-Baghdadi mission had "occurred largely in spite of" Trump's decision to withdraw U.S. troops from Syria, citing numerous unnamed officials.

According to the New York Times: "Trump's abrupt withdrawal order three weeks ago disrupted the meticulous planning underway and forced Pentagon officials to speed up the plan for the risky night raid before their ability to control troops, spies and reconnaissance aircraft disappeared with the pullout, the officials said."

However, Defence Secretary Mark Esper on Oct. 27 said this had not been the case.

Speaking to CNN, he explained: "The withdrawal was prompted by the fact that President Erdoğan of Turkey made a decision that he was going to attack, regardless, and seize a safe zone, if you will, between Tur-

key and Syria. And we were opposed to that, vehemently, and protested as much."

U.S. Marine Corps tactical vehicles are seen driving along a

northeastern Hasakeh province on Dec. 21, 2018.

road near the town of Tal Baydar in the countryside of Syria's

DELIL SOULEIMAN/AFP/GETTY IMAGES

He continued: "Our concern was that Turkey's actions, as unwarranted as they were, would cause us, them, others to lose focus on the defeat ISIS mission.

"That's the reason why we went in, and that's the reason why we're still there."

Esper said that he had deliberated options for the operation in meetings with the president, along with the commander of central command, Kenneth F. McKenzie, and Chairman of the Joint Chiefs of Staff, General Mark A. Milley. He said the decision to proceed with this operation was made late last week.

"There's concerns always when you have a target like this that it's fleeting. And that's why I think as the stars aligned over the past week, the decision was made to go after him.

"And as a new leader and leaders pops up, we'll go after them as well," Esper said.

### Google Features Chinese Communist Party's Message About Religion

#### CONTINUED FROM A1

caliphate.

ganda that distorts the Party's record on religious freedom and attacks Falun Gong, U.S. Ambassador-at-Large for International Religious Freedom Sam Brownback put the issue in a larger context. He said China's growing influence has become a major concern in the United States and may demand a response from Congress or the administration.

"There's a robust debate in the country right now, whether it's the tech companies or sports entities. This is a big, robust debate. These issues should be brought up and they should be discussed," he said at a press briefing on Oct. 25, ahead of International Religious Freedom Day.

Oct. 27 marked the 21st anniversary of the International Religious Freedom Act of 1998, which was passed to endorse religious freedom as a foreign policy of the United States.

"We stand for freedom of speech. We stand for freedom of religion," Brownback said, noting that the government should protect those basic human rights. But these principles also apply to individuals and companies in the United States, he said.

Brownback said the "robust discussions" are important for "reaffirmation of these basic principles" and may sometimes prompt Congress or the administration to take action.

#### Religious Freedom in China

The Chinese regime tries to exploit Google, the world's leading search engine, to influence the American public, according to Falun Dafa Information Centre (FDIC) researchers.

For example, when a user search-

For example, when a user searches for "religious freedom in China,"

Practitioners of Falun Gong join a rally in Manhattan, New York City, on May 16, 2019.



It's my hope that the Chinese will agree at some point in time to start directly addressing with us and with other communities around the world their horrific record on religious freedom, on religious persecution that they're doing.

Sam Brownback, U.S. ambassador-at-large for international religious freedom Google guides the user by presenting the "People also ask" box. In this box, Google typically lists the most common questions matched up with what the search engine deems to be the most credible answer.

One of the questions presented by Google is "Does China have freedom of speech and religion?"

And the response to the question is: "The 1982 Constitution provides its citizens the right to believe in any religion, as well as the right to refrain from doing so: Citizens of the People's Republic of China enjoy freedom of religious belief."

A similar issue arises when searching for "Falun Gong," an ancient spiritual discipline brutally suppressed in China. Google lists the question "Is Falun Gong Buddhist?" and the top answer takes the user to a Chinese regime website that attacks the meditation practice, according to FDIC spokesperson Erping Zhang.

"This is akin to directing users to a

neo-Nazi website to learn about the finer points of Judaism," said Zhang. "These answer boxes are supposed to direct you to what Google considers to be the foremost authority on any given topic. Does this mean Google believes the Chinese regime to be the most 'authoritative' on the topic of Falun Gong and religion?"

Zhang said FDIC raised that issue with Google a few weeks ago and still hasn't received a response.

Google's search results for "Falun Gong" in the UK include the same Chinese Communist Party-controlled websites as appear in searches in the United States.

For searches in the Chinese language, the results are even more slanted toward the Chinese regime's views. On some pages, Chinese Communist Party-controlled sites make up the majority of search results. This pattern is observable across several search engines, including Bing, Yahoo, Ask, and Duckduckgo, according to FDIC.

#### Increased Pressure on Beijing

The Trump administration has stepped up its criticism of China in recent months for its detention of more than a million Uyghur Muslims in so-called re-education camps in China's northwestern region of Xinjiang.

Brownback said the United States would continue to press China to end the persecution of not just Muslims but also Christians, Tibetan Buddhists, and Falun Gong practitioners. He hoped that these pressures would yield results.

"It's my hope that the Chinese will agree at some point in time to start directly addressing with us, and with other communities around the world, their horrific record on religious freedom, on religious persecution that they're doing," he said.

The Trump administration made religious freedom a priority at this year's United Nations General Assembly (UNGA), and China was the main target. Brownback said it was the first time a state hosted a religious event at the UNGA.

Vice President Mike Pence in a recent policy speech also raised concerns about China's human rights abuses and its growing influence on U.S. companies.

"Today, China is not only exporting hundreds of billions of dollars in unfairly traded goods to the United States, but lately, China has also been trying to export censorship—the hallmark of its regime," he said on Oct. 24. "By exploiting corporate greed, Beijing is attempting to influence American public opinion, coercing corporate America."

Pence scolded U.S. corporations such as Nike and also the National Basketball Association for siding with the Chinese regime.

# Morrison Government Says It Will Hold China Accountable on Human Rights

**CONTINUED FROM A1** 

also fears China is seeking undue influence in the Pacific region.

Souring relations have strained bilateral trade, prompting some business executives to call on Australia's conservative government to prioritise economic policy above social advocacy.

However, Payne said during a speech to the University of Sydney's U.S. Studies Centre on Oct. 29 that Australia would not be silenced.

"We must respect each other's sovereignty, but we will consistently continue to raise issues such as human rights, including, as I have said, with China," she said in the foreign policy speech.

"We will do so not just because we believe individual rights should apply to all people, but because we believe that nations that uphold such principles domestically are more likely to cooperate in ways that promote the common good globally.

"We are an open democracy. China is a Communist Party state. We have different political, economic and cultural systems, and values.

"Turning a blind eye to all human rights violations means an acceptance of behaviour that undermines the foundations of international peace and stability. Where there is no challenge, there is no progress.

"Our long-term interests depend on our taking a firm stand, even if it displeases some of our counterparts, some other countries, in the short term," Payne said.

She added that Australia would continue "deepening our engagement with regional and like-minded powers," going on to name the United States as an important ally.

"Our relationship with the United States is firmly fixed in our history and our values.

"It is the case that some Australians will query the approaches taken at times by the current administration. Let me simply say this though: the United States has a record unmatched in modern times of leading an international system aimed at benefitting all people, not just its own.

"Precisely because it has built a reputation over many decades as a country that looks to express its power internationally for the broader good, we reflexively look to the U.S. to take responsibility when there is a problem. That is still the case. The world has high expectations of the superpower."

Her comments are likely to draw a response from China.

Payne's comments came as Australia joined 22 other countries, including the UK, U.S., Germany, Japan, and Canada, to condemn China's treatment of Uyghurs in China's re-



Australian Foreign Minister Marise Payne speaks at a news conference with Chinese Foreign Minister Wang Yi at the Diaoyutai State Guesthouse in Beijing, China Nov. 8, 2018.

Turning a blind eye to all human rights violations means an acceptance of behaviour that undermines the foundations of international peace and stability. Where there is no challenge, there is no progress.

Marise Payne, Australian Foreign Minister mote Xinjiang province at the United Nations. The joint statement raised concerns over "credible reports of mass detention" and persecution of ethnic and religious minorities in Xinjiang

"We call on the Chinese government to uphold its national laws and international obligations and commitments to respect human rights, including freedom of religion or belief, in Xinjiang and across China," it said.

China has been widely condemned for setting up complexes in Xinjiang that it claims are "vocational training centres" needed to stamp out "extremism" and give people, including retired citizens, "new skills." The United Nations says at least 1 million ethnic Uyghurs and other Muslims have been detained.

Beijing is Australia's largest trading partner, with bilateral trade worth more than \$180 billion in 2018.

However, several Australian law-makers in recent weeks have also ratcheted up criticism of the Chinese Communist Party (CCP).

Minister for Home Affairs Peter Dutton said earlier this month that the CCP was targeting political parties and universities, triggering a strong rebuke from Beijing.

"We have a very important trading relationship with China, incredibly important, but we're not going to allow university students to be unduly influenced," Dutton said. "We're not going to allow theft of intellectual property and we're not going to allow our government bodies or nongovernment bodies to be hacked into.

"Our issue, as I've said before, is not with the Chinese people, not with the amazing Chinese diaspora community that we have here in Australia. My issue is with the Communist Party of China and their policies to the extent that they're inconsistent with our own values.

"In a democracy like ours, we encourage freedom of speech, freedom of expression, thought, and if that's being impinged, if people are operating outside of the law, then whether they're from China or from any other country, we have a right to call that out."

The Chinese embassy responded by labelling Dutton's comments as "anti-China rhetoric."

"We strongly condemn his malicious slur on the Communist Party of China, which constitutes an outright provocation to the Chinese people," the embassy said in a statement. "Such ridiculous rhetoric severely harms the mutual trust between China and Australia and betrays the common interests of the two peoples."

After seizing power in 1949, the CCP has used nationalism to strengthen party rule. However, despite nationalistic propaganda that dominates Chinese schooling, large numbers of Chinese have fought against the CCP: dissidents who have advocated for democracy; hu-

man rights lawyers who have sought to bring the rule of law to China; farmers who have sought to keep their land; house-church Christians, Tibetan Buddhists, Uyghur Muslims, and others who have fought for their freedom of belief; and Falun Gong practitioners who have waged an unprecedented civil disobedience campaign, telling the Chinese people about their practice, about the persecution they suffer, and about the hope that Chinese people can reclaim their identify back from the CCP.

Reuters reported in September that Australian intelligence had determined China was responsible for a cyber-attack on the national parliament and three largest political parties before a general election in May, according to five people with direct knowledge of the matter.

China's Foreign Ministry denied involvement in any hacking attacks and said the internet was full of theories that were hard to trace.

Payne's comments came just hours before she travelled to the Solomon Islands, which switched diplomatic ties to Beijing from Taiwan in September.

Australia has moved in recent years to challenge China's expansion of financial and political influence in the Pacific, which Canberra considers its historical domain.

By Colin Packham. Epoch Times staff contributed to this report. From Reuters

### Former Intelligence Officer Roger Uren Arrested in Canberra

A former Australian intelligence official faced court accused of illegally dealing with classified documents in breach of national security laws on Oct. 24.

Former Office of National Assessments (ONA) assistant director Roger Uren could face years in jail if convicted.

It is alleged Uren was involved in the unauthorised removal and retention of classified intelligence information from his place of employment.

Uren appeared in ACT Magistrates Court on Oct. 23 after being arrested at his Canberra home on Oct. 16.

An Australian Federal Police spokesman told AAP the 30 charges included "numerous offences" under the Intelligence Services Act and the Australian Security Intelligence Organisation Act.

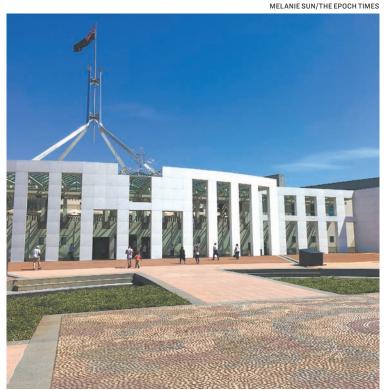
Uren was granted police bail and is next due to appear in court on Feb. 5, 2020

A cache of classified files were found during a raid on Uren's home in late 2015. Despite four years passing, Uren's prosecution was not approved by Attorney-General Christian Porter until mid-this year, Nine newspapers have reported.

"My consent was required as the charges relate to alleged offences under section 40J of the Intelligence Services Act 2001 and section 18A of the Australian Security Intelligence Organisation Act 1979," Porter said in a statement. "Each of these offences have specifically required the Attorney's consent for a prosecution to proceed since they were introduced in 2014."

introduced in 2014."

The raid was related to the 2015



Parliament House in Canberra, Australia.

arrest of his Chinese-American wife, Sheri Yan, in New York over a bribery scandal involving the former president of the United Nations General Assembly John Ashe.

Ashe died before he could be pros-

The raid was related to the 2015 arrest of his Chinese-American wife, Sheri Yan, in New York over a bribery scandal involving the former president of the United Nations General Assembly John Ashe.

ecuted in 2016, from "traumatic asphyxia" in an apparent weightlifting accident when the barbell he was lifting fell on his neck.

ONA, now known as the Office of National Intelligence, is the key agency which provides intelligence advice to the prime minister.

Uren resigned from the ONA in 2001. He was said at the time to be a potential Australian Ambassador to China.

By Paul Osborne. Epoch Times staff contributed to this report. From AAP

**OPINION** THE EPOCH TIMES OCTOBER 31-NOVEMBER 6, 2019



A general view of the U.N. Human Rights Council room during a debate in Geneva, on June 26, 2019.

#### **OPINION**

# Venezuela's Admission to Human Rights Council Tells Us More About UN

#### **BRAD JOHNSON**

On Oct. 17. Venezuela was elected to one of the 47 United Nations Human Rights Council (UNHRC) seats by popular vote. Following the election, Venezuela's foreign minister said, "We celebrate, once again, the Bolivarian diplomacy of

peace at the U.N."

There are two lessons to be learned from this turn of events. First, "Bolivarian peace" is defined as peace obtained through an iron-fist dictatorship, which rules against the will of the people, has no problem with widespread starvation of its population, and will kill anyone who complains or disagrees.

Venezuelan opposition leader Juan Guaidó has openly accused the Stalinist regime of Nicolás Maduro of killing a member of Guaidó's party, Edmundo Rada. Rada's body was found on Oct. 17, shot twice in the neck, with a bag covering his face, and partially burned; his death is likely considered a suicide by Bolivarian peace standards.

The second lesson learned is that socialist and communist regimes just simply have no sense of irony.

Two of the world's most consistent abusers of human rights, China and Cuba, have routinely been elected to be members of the UNHRC, which is supposed to investigate allegations of human rights abuses in U.N. member states. Yet, many member countries such as Cuba, China, Venezuela, and Turkey, for example, have thousands of political prisoners sitting in jail and, in some cases, hundreds of thousands living in exile to avoid political persecution.

The process at the U.N. has brought us to the point where countries with terrible human rights records ... control or influence attempts to investigate and halt the infliction of cruelty.

Unknown to most of us, the UNHRC was only established by the U.N. General Assembly in 2006. It was created to replace the U.N. Commission on Human Rights (UNCHR) because the UNCHR kept putting countries with poor human rights records on the commission. The new UNHRC has been criticized for using its authority to attack Israel and has passed more resolutions condemning Israel than the entire



rest of the world combined.

In 2018, the United States withdrew its UNHRC membership, based in part on the 2017 Office of the High Commissioner on Human Rights' eighth annual report about what happens to people who report to the U.N. on human rights violations. The report noted that a total of 29 countries persecuted people who work with the U.N. on human rights issues; nine of the countries had been elected to the

Those nine UNHRC members were Burundi, Egypt, Rwanda, Cuba, Venezuela, China, India, Saudi Arabia, and the United Arab Emirates. China and Saudi Arabia have been on the list in six of the previous reports. The other 20 countries were Algeria, Bahrain, Eritrea, Honduras, Iran, Israel, Mauritania, Mexico, Morocco, Burma, Oman, Pakistan, South Sudan, Sri Lanka, Sudan, Tajikistan, Thailand, Turkey, Turkmenistan, and Uzbekistan.

Unfortunately, an organization such as the United Nations, which was formed on the heels of World War II to keep world peace, has become a dismal failure, as we see with the reelection of Venezuela to the

The U.N. isn't the first organization of its kind to fail. Following World War I, the League of Nations was established for exactly the same reasons and did nothing to prevent World War II. Since World War II clearly established that the League had failed, it was dissolved and later replaced by the U.N.

The process at the U.N. has brought us to the point where countries with terrible human rights records–particularly those such as Cuba, China, and Venezuela-control or influence attempts to investigate and halt the infliction of cruelty, so that these forms of social injustice can continue unabated as a method of political control.

(Left) Venezuelan regime leader Nicolas Maduro in Caracas, Venezuela, on Sept. 30, 2019. (Right) Venezuelan interim president Juan Guaido in Caracas on Oct. 17, 2019. Guaidó has openly accused the Stalinist regime of Maduro of killing a member of Guaidó's party, Edmundo



Human nature always wins, and once again, we see that absolute power corrupts absolutely, and those in authority at the U.N. think only of their own benefits and how to expand their position of power. Let's not forget the Oil-for-Food program scandal as another example.

The Oil-for-Food program suffered from alleged widespread corruption, and some profits were unlawfully diverted to Iraqi and other officials. In another such case, the United Nations Population Fund has been accused of providing support for programs that have promulgated forced abortions and coercive sterilizations, for what appears to be politically motivated reasons.

Instead of dealing with the real problems of the world and fulfilling the U.N.'s basic mandate of working to maintain world peace, the organization is concerned with establishing global governance and thereby giving themselves absolute power.

At an April 2018 conference in China, U.N. Secretary-General António Guterres stated, "I am deeply convinced that globalization is irreversible. Our destination must be a fair globalization that leaves no one behind as a pathway to peace and sustainable development."

The word "fair" is clearly defined in this usage to mean everyone must participate in the system, even against their will in order to obtain peace. Or, in other words, the U.N. wants to establish a worldwide "Bolivarian peace."

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

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

**OPINION** OCTOBER 31-NOVEMBER 6, 2019 THE EPOCH TIMES

# China: A Constitutional Monarchy

#### **DAVID FLINT**



Commentary China today could be as much under the rule of law and as free as Hong

Kong was guaranteed to remain under the 1997 Joint Declaration.

It could also be enjoying the institutions of representative democracy that the British normally gave to their colonies but did not give to Hong Kong, no doubt out of fear this would provoke the wrath of the communists.

The British were probably right to have been prudent; the communists would never have accepted the example of an increasingly democratic Chinese entity on their doorstep. This would have proved a far too attractive alternative.

#### A Successful Model

Of all constitutional models that have been exported to the world, constitutional monarchy has proved remarkably successful across a range of cultures. Apart from the UK and 15 other Commonwealth realms, including Canada, Australia, and New Zealand, there are a swathe of countries across Europe that are constitutional monarchies, as well as countries such as Jordan and Morocco. Then there are countries that were once constitutional monarchies in what seniors often recall as a golden age, such as Afghanistan and Iraq, and to a lesser degree, Egypt and

Apart from offering a proven form of government that works well and that unleashes wealth without diminishing freedom, constitutional monarchy can be especially consistent with societies based on traditional values, and especially where some form of monarchy is already a national institution. As such, it may well already be a centre of interest, tradition, and of national unity.

The fact today is that, by any measure, constitutional monarchies are disproportionately found among those countries that enjoy the highest standard of living, the longest life expectancy, and the best education, as well as being the freest. Of course, it's not that sound republics cannot similarly prosper–Switzerland being a classic example to say nothing of the United States-but being a republic as such is no guarantee of

Over many centuries, England was more inclined against absolute monarchical rule than most. The proposition that the king was not absolute but under the law emerged even before the Magna Carta. The 17th struggle between

Parliament and the king led to civil war, the trial and execution of the king, the emergence of a republic, a restoration, and finally-in the Glorious or Bloodless Revolution of 1688-constitutional monarchy Mark 1.

This brought those checks and balances that are the antidote to Lord Acton's timeless warning, "power corrupts and absolute power corrupts absolutely." Without so designing it, Montesquieu saw that it incorporated for the first time the separation of the three powers, executive, legislative, and judicial.

As the Anglo-American scholars Daron Acemoglu and James Robinson have persuasively argued, probably the most important factor in national success is in having sound institutions. If ever this has been well demonstrated, it has been in the domination of the world over the last 300 years by the Anglo-

We are now frequently told that by adopting state capitalism without the rule of law on the Hitler and Mussolini models, the Maoists have done wonders, lifting millions of Chinese people out of poverty. But this was after decades of imposed poverty, a reign of terror, and the enslavement and the killing of millions. The system continues as an increasingly harsh dictatorship through the Chinese Communist

The fact is that, had the mainland long been under the same system as Hong Kong, the per capita income would today be up with rich countries such as Singapore and Hong Kong itself, instead of averaging one fifth of that. In addition, the people would be free and not slaves of

In this context, it's fascinating to consider how close China came in the late 19th century to becoming a constitutional monarchy and how different history could have been.

#### A Different History

Among those calling for developing late 19th century imperial rule into a modern constitutional monarchy were two advisors to the Emperor Guangxu, Liang Qichao and his mentor Kang Youwei. They were behind the Hundred Days of Reform in 1898, which, if they had been entrenched, would have modernised China.

But reactionary elements led by the Dowager Empress Cixi engineered a coup d'état, placing the emperor in seclusion and killing his advisors. Liang and Kang escaped to Japan where they set up a loyalist society, the Baohuang Hui, and campaigned valiantly to set up a Chinese constitutional monarchy.

Liang accepted an invitation

MANDEL NGAN/AFP/GETTY IMAGES

Liang was impressed by the markedly peaceful way in which federation in Australia had been achieved and how closely the people had been involved in the process ... all of this was revolutionary, with Liang seeing valuable lessons in this experience for China.



Painting of Guangxu Emperor, 11th Emperor of the Qing dynasty (1871-1908)

to speak in Australia and came just as the six colonies federated into one country. He stayed six months, was received by governors and politicians, and met Australia's first prime minister, Edmund Barton. He gave lectures both in English and Chinese and was feted wherever he went. Liang was impressed by the

markedly peaceful way in which federation in Australia had been achieved and how closely the people had been involved in the process, both in the election of the constitutional convention, in wide consultations with it, and in the approval of the resulting constitution through referendums in each of the colonies, two in most. All of this was revolutionary, with Liang seeing valuable lessons in this experience for

Unfortunately, the forces in the imperial family were too reactionary to allow this development and the new republic too weak for the various forces plotting to take control. Had a Chinese constitutional monarchy survived, history could have been so different. Instead, the monarchy was destroyed and the republic taken over by warlords.

#### Australia's Republican Movement

As a footnote, it's relevant to recall that most major republican movements in Australia have been by people who could be called "fake republicans." That is, their aim has not been to improve the governance of Australia, but to achieve some ulterior purpose.

In the 19th century, when the British encouraged open immigration, republicans in New South Wales and Victoria wanted to establish a white republic. In the 20th century, the communist party, of no electoral significance but powerful in the unions, planned to establish a sovietstyle republic, a dictatorship acting in Stalinist interests.

In 1999, when there was a republican referendum, the model would have neutralised the checks and balances vested in the president, who was to replace the governor-general. It would have been the only republic in which

Portrait of Liang Qichao in 1910.

the prime minister could dismiss the president without notice, without grounds, and without any right of appeal. The president would have been completely under the control of the prime

Accordingly, the "No" case named the model "the politicians" republic. Despite wide political, media, and celebrity support, this republic was defeated nationally, in every state (a national majority and a majority of states is required), and in 72 percent of federal electorates.

It's interesting how many prominent proponents of the 1999 republic seem to be supporters of the People's Republic of China, with, for example, former prime minister and leader of the Australian Labor Party Paul Keating saying in 2017: "That government of theirs has been the best government in the world in the last 30 years. Full stop."

Emeritus Professor David Flint AM is a former chairman of the Australian Press Council and Australian Broadcasting Authority. He is the national convenor of Australians for Constitutional Monarchy, the organisation which led the "No" case in the 1999 Australian republic referendum. Their 20th National Conference will be held at Parliament House, Sydney, on the 20th anniversary of the referendum, Nov. 6, 2019.

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





A portrait of China's Dowager Empress Cixi in the Arthur M. Sackler Gallery in

Washington on March 26, 2019.

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

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We report respectfully, compassionately, and rigorously.

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

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**SPECIAL SERIES** 

# How the Specter of Communism Is Ruling Our World

#### Destruction of the Family

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

Chapter Seven (Cont.)

#### 6. How the Chinese Communist Party Destroys Families

#### a. Breaking Up Families in the Name of Equality

Mao Zedong's slogan "Women hold up half the sky" has now made its way to the West as a trendy feminist catchphrase. The ideology that men and women are the same, promoted under the rule of the Chinese Communist Party, is essentially no different from Western feminism. In the West, "gender discrimination" is used as a weapon to maintain a state of "political correctness." In China, though it differs in practice, the label "male chauvinism" is used to similar destructive effect.

The gender equality advocated by Western feminism demands equality of outcome between men and women through measures such as gender quotas, financial compensation, and lowered standards. Under the CCP's slogan that women hold up half the sky, women are expected to show the same ability in the same work that is done by their male counterparts. In China, those who attempted to perform tasks for which they were hardly qualified were lauded as heroines and awarded titles such as March 8th Red Banner Holder.

The CCP's Politburo Standing Committee never has any female members, for fear that this would encourage a social movement for more political rights, such as democracy, which would pose a threat to the Party's totalitarian rule.

Propaganda posters in the 1960s or '70s typically portrayed women as physically robust and powerful, while Mao Zedong enthusiastically called on women to turn their love for makeup to military uniforms. Mining, lumbering, steelmaking, fighting in the battlefield—every type of job or role was opened up to them.

On Oct. 1, 1966, the People's Daily carried a story titled "Girls Can Slaughter Pigs, Too." It described an 18-year-old girl who became a local celebrity working as a slaughterhouse apprentice, where studying Mao Zedong Thought helped her to work up the courage to slaughter pigs. She said, "If you can't even kill a pig, how can you expect to kill the enemy?" [33]

Although Chinese women "hold up half the sky," feminists in the West still find China's gender equality lacking in many areas. The CCP's Politburo Standing Committee, for example, never has any female members, for fear that this would encourage a social movement for more political rights, such as democracy, which would pose a threat to the Party's totalitarian rule.

Out of similar concerns, the Party also refrained from publicly supporting homosexuality, instead taking a neutral stance on the issue. However, seeing it as a convenient tool in the destruction of humankind, the Party encouraged homosexuality to grow in China by using the influence of media and popular culture. Since 2001, the Chinese Society of Psychiatry no longer lists homosexuality as a mental disorder. The media also quietly substituted the word "gay" with "comrade," a term with more positive connotations. In 2009, the CCP approved the first Chinese LGBT event—Shanghai Pride Week.

The approaches may vary, but everywhere the devil pursues the same goal: to abolish the traditional ideal of a good wife and loving mother, to force women to abandon their gentle character, and to destroy the harmony between men and women that is needed to create a balanced family and bring up well-adjusted children.

b. Using Political Struggle to Turn Husbands and Wives Against Each Other Traditional Chinese values are based on family morality. The devil knows that the most effective way to undermine traditional values is to start from sabotaging human relations. In the continuous political struggles started by the CCP, family members reported each other to the authorities in the mad competition for a better political status. By betraying those closest to them, they could demonstrate a firmer, more loyal stance in favor of Party orthodoxy.

In December 1966, Mao's secretary Hu Qiaomu was dragged to the Beijing Iron and Steel Institute, where his own daughter took to the stage and shouted, "Smash Hu Qiaomu's dog head!" Although she did not actually smash her father's head, there were others who did just that. At the time, there was a "capitalist" family in the Dongsi subdistrict of Beijing. Red Guards beat the old couple nearly to death and forced their middle-school-age son to beat them. He used dumbbells to smash his father's head and went insane afterward. [34]

Often, those condemned by the Party as "class enemies" would disown their families so as to spare them from implication. Even "class enemies" who committed suicide would first have to break off family ties lest the CCP hound their family members after their suicide.

For example, when the literary theorist Ye Yiqun was persecuted and driven to suicide in the Cultural Revolution, his parting letter read, "Going forward, the only thing that is required of you is to resolutely listen to the Party's words, stand firm on the Party's position, gradually recognize my sins, stir up hatred against me, and unwaveringly break off our familial ties." [35]

The persecution against the spiritual practice Falun Gong, which has continued since 1999, is the largest political campaign launched by the CCP in the modern era. A common strategy the authorities use against Falun Gong practitioners is to coerce their family members to aid in the persecution. The CCP imposes administrative harassment, financial penalties, and other forms of intimidation upon family members to get them to use any means to pressure practitioners into giving up their faith. The CCP blames the victims of persecution for practicing Falun Gong, telling them that their families are being implicated because they refuse to compromise their beliefs.

Many Falun Gong practitioners have been divorced or disowned by their loved ones due to this form of persecution. Given the large number of people practicing Falun Gong, countless families have been torn apart by the Party's campaign.

#### c. Using Forced Abortion for Population Control

Shortly after Western feminists succeeded in the battle to legalize abortion, women in the People's Republic of China had abortion imposed upon them by the CCP's family-planning policies. The mass killing of the unborn has resulted in a humanitarian and social disaster of untold scale.

The CCP follows Marxist materialism and believes that childbirth is a form of productive action no different from steelmaking or agriculture. It thus follows that the philosophy of economic planning be extended to the family. Mao Zedong said, "Mankind must control itself and implement planned growth. It may sometimes increase a bit, and it may come to a halt at times." [161]

In the 1980s, the Chinese regime began to implement the one-child policy with extreme and brutal measures, as exhibited by slogans unfurled across the country: "If one person violates the law, the whole village will be sterilized"; "Birth the first, tie your tubes after the second, scrape out the third and fourth!" (A variation of this slogan was simply "Kill, kill, kill the third and fourth"); "We would rather see a stream of blood than a birth too many"; and "Ten more graves is better than one extra life." Such bloodthirsty lines are ubiquitous throughout China.

The Family Planning Commission uses heavy fines, plunder, demolition, assault, detention, and other such punishment to deal with violations of the one-child policy. In some places, family-planning officials drowned babies by throwing them into paddy fields. Heavily pregnant women

were not exempt. Even with childbirth just days away, they were forced to have abortions.

According to incomplete statistics published in the China Health Yearbook, the total number of abortions in China between 1971 and 2012 was at least 270 million. That is, over a quarter of a billion unborn children were killed by the CCP over this period.

One of the most serious consequences of the one-child policy is the disproportionate number of female infants aborted or abandoned, leading to a serious imbalance in the sex ratio of Chinese under the age of 30. Due to the shortage of girls, it is estimated that by 2020, there will be some 40 million young men who cannot marry a woman of childbearing age.

China's man-made sex imbalance has triggered serious social problems, such as an increase in sexual abuse and prostitution, commercialized marriage, and trafficking of women.

#### 7. The Consequences of Communism's Assault on the Family

Marx and other communists advocated the abolition of the family by pointing out and exaggerating the existence of phenomena such as adultery, prostitution, and illegitimate children, despite the fact that the communists themselves also were guilty of these things.

The gradual degeneration of morality that occurred in the Victorian era eroded the sacred institution of marriage and brought people further from divine teachings. The communists urged women to violate their marital oaths for the sake of their supposed personal happiness, but the result was the opposite, like drinking sea water as a remedy for thirst.

The communist specter's "solution" for oppression and inequality amounts to nothing more than dragging down the standards of human morality to hellish depths. It made behavior once universally condemned as ugly and unforgivable into the new norm. In the "equality" of communism, all are marching toward the same fate—destruction.

The communist specter created the mistaken belief that sin is not caused by the degeneration of morality, but by social oppression. It led people to find a way out by turning their backs on tradition and moving away from God.

The communist specter created the mistaken belief that sin is not caused by the degeneration of morality, but by social oppression. It led people to find a way out by turning their backs on tradition and moving away from God. It used the beautiful rhetoric of freedom and liberation to advocate feminism, homosexuality, and sexual perversion. Women have been stripped of their dignity, men have been robbed of their responsibility, and the sanctity of family has been trampled upon, turning the children of today into the devil's playthings.

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This concludes Chapter Seven.

 $See \ next \ edition \ for \ the \ next \ installment.$ 

### Expensive Climate Policies Sparked Chile Riots, Just Like France's Yellow Vest Protests

**JAMES TAYLOR** 

Climate activists and the United Nations are suffering a major black eye this week as protests and riots resulting from high energy prices have erupted in Santiago, Chile.

Chile, which will host a major U.N. climate conference in December, earned praise from climate activists for recently imposing a carbon dioxide tax on conventional energy sources and switching the Santiago Metro system to renewable power. Now, the people of Chile are rising up and firing a shot across the bow of other nations considering similar energy taxes and expensive renewable energy programmes.

On Oct. 25, protestors took to the streets throughout Santiago in response to Metro fare hikes. The protests soon spread to other cities and led to rioting and at least five reported deaths. The Chilean government and the legacy media blamed the fare hikes on rising oil prices. But that isn't true.

Oil prices aren't rising. Global oil prices are currently 25 percent lower than they were a year ago and 37 percent lower than they were five years ago.

In Chile, gasoline prices reflect the lower oil prices. Chilean gasoline prices were \$1.12 per litre in August (the most recent month for which data are available), compared to \$1.28 a year ago. Five years ago, gasoline sold at \$1.50.

Santiago Metro fares are rising, amid falling oil and gasoline prices, because government officials in 2018 traded out most of the Metro's energy sources to wind and solar power from conventional sources. The Chilean government also hit the portion of conventional power that remains with new carbon dioxide taxes.

As a result, Chileans are now burdened by higher Metro fares reflecting unnecessary energy price increases. As Chileans protest, climate activists and their media allies want people to believe oil is to blame, rather than government climate programmes that raise energy prices and impoverish people.

Unlike speculative climate change woes that never seem to materialise, carbon dioxide taxes and renewable energy mandates immediately and measurably raise living costs and reduce living standards. In the United States, people may have some concern about climate change, but polling shows most Americans aren't willing to pay \$2 per month to reduce carbon dioxide emissions.

In Chile, where per-capita income is merely one-quarter of U.S. per-capita income, people are understandably even less willing to pay for carbon dioxide reduction. Moreover, Chile's



Smoke billows from a building on fire near the place where protesters were demonstrating in Santiago, Chile, on Oct. 28, 2019. Chilean President Sebastian Pinera unveiled a major cabinet reshuffle on Monday as he battles to find a response to more than a week of street protests that have left at least 20 people dead.

per-capita income is higher than that of most other Latin American countries, so people in other Latin American countries would be even more likely to rise up and protest economically destructive climate change programmes like the ones imposed in Chile.

For United Nations officials planning the 25th Conference of the Parties (COP25) climate conference, scheduled for the first two weeks of December in Santiago,

the protests are especially embarrassing. Last year's U.N. conference took place in Poland, where government officials and the prominent Solidarity labor union have criticised costly U.N. climate programmes. Solidarity even held a press conference at the U.N. event and issued a joint statement criticising U.N. climate activism.

The December U.N. conference was originally scheduled for Brazil, but the Brazilian government strongly criticised U.N. climate activism and told the United Nations it no longer desired to serve

The Chilean government offered to host in Brazil's place, touting its carbon dioxide taxes, renewable-powered metro, and other activist climate programmes. Yet, the world is seeing the Chilean population rioting in the streets as a result of those taxes and climate programmes. This is the third major black eye for the U.N. Conference of the Parties in less than a year.

The Chilean protests, like the Yellow Vest protests that erupted in France a year ago, highlight how out of touch the international climate class is with the people they seek to govern and control. Faced with a choice between

The Chilean government offered to host the conference in Brazil's place, touting its carbon dioxide taxes, renewable-powered metro, and other activist climate programs.

suffering certain lower living standards today or dealing with speculative climate change in the distant future, people wisely choose the latter.

That will continue to be the case until predicted climate harms actually materialise and negatively affect people, or until wind and solar power can economically compete with conventional energy. So far, neither has been the case.

James Taylor (JTaylor@heartland.org) is director of the Arthur B. Robinson Centre on Climate and Environmental Policy at The Heartland Institute.

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



Protesters throw rocks during the eighth day of protests against President Sebastian Piñera's government as the country faces issues with health care, pensions, privatisation of water, public transport, and more in Santiago, Chile, on Oct. 25, 2019.



**20th ANNUAL NATIONAL CONFERENCE:** THE CONSTITUTION'S 'FIERCEST DEFENDERS'

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**Australians for Constitutional Monarchy** vith the Monarchist League in Australia (Victorian Chapte



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See BS

OCTOBER 31 - NOVEMBER 6, 2019 **B1** 

# LIFE

THE EPOCH TIMES



Many of us can recall a favorite teacher who told stories that stick with us long after the rest of our school experience has faded from memory.

# The Mental Powers of Storytelling

Brain benefits from this ancient folk art make a compelling case for classroom inclusion

#### CONAN MILNER



e all enjoy hearing a good story. But a tale is more than just entertainment.

Teachers at the UCLA Lab School have found storytelling so important to the learning process that it's become an essential feature of the classroom.

The UCLA Lab School is unique because it encourages teachers to test-drive various educational techniques with a very diverse group of students. Over the past 20 years, a storyteller has come to visit the Lab School once a week. Teachers say it's the fastest way to teach younger kids to read.

For the past 10 years, professional storyteller Antonio Sacre has provided the tales. His material spans from accounts of his own childhood, to children's classics such as The Three Little Pigs.

"So I come in, tell stories to the kids, and 16 weeks later, whatever metrics they use to measure reading and writing are higher than they were before the storytellers were there," said Sacre. "Now, the teachers work super-hard and I'm one small component in that, but it's a crucial component."

Before his gig at UCLA, Sacre was sharing stories in classrooms across the country and around the world. In his experience, telling tales can hold a child's attention like nothing else can.

"I started telling stories in schools a long time ago, before everyone had handheld devices," he said. "What I was seeing was that kids were sitting and listening in a way that teachers



What I was seeing was that kids were sitting and listening in a way that teachers were telling me they didn't normally listen.

Antonio Sacre, professional storyteller were telling me they didn't normally listen "

#### The Story Inside Us

A story is a sequence of events that lead to a conclusion. It's typically driven by some kind of conflict, or some unattainable desire. Details give life to the characters, and their experiences give

us insight.

Storytelling has always been mankind's primary teaching tool, but the form itself may facilitate learning. Once we get into a story, we're pulled along by the promise of hearing how it will end. This gravitational force makes a story an ideal vehicle for us to conceptualize and retain information. We can handle a bland list of bullet points, if necessary, but we would much rather hear about a character on a quest.

Modern researchers believe it's because our brains are hardwired for narrative. Brain imaging studies have shown that specific parts of our brain only become active when we're listening to stories. Storytelling has also been shown to trigger the release of oxytocin, a neurochemical that enhances our sense of empathy.

Sacre believes that what makes stories such an effective method for transmitting information is because we identify with the characters' struggles. We're not just passively listening; part of us gets to live the story being told. The tale may contain fictitious people from fantastic worlds doing impossible things, but once we fall under the story's spell,

we become a part of that world.

"We get to see ourselves in these stories, and that's really complicated brain work," Sacre said. "We get to be the lion and the person being chased."

This is why many old stories still endure: because they speak to the same dramas that still dwell inside of us. Sacre says he's been rediscovering some of the lesser-known fairy tales from the Brothers Grimm and Hans Christian Anderson canons. The kids love them, and will often request that he tell more "magic stories."

"These stories are dealing with very elemental issues and concerns that we all have," Sacre said. "We all get lost. We're all afraid of not being loved. We're all afraid of death, and the unknown."

#### Movie in Your Mind

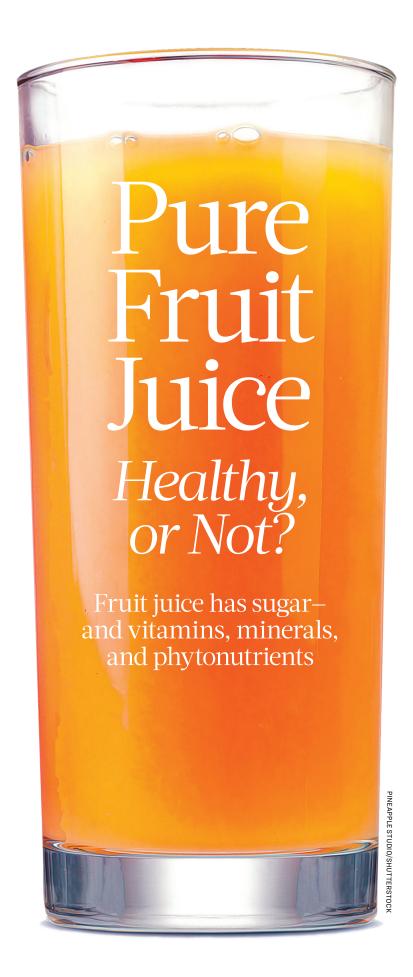
Stories have been told long before the written word. It's a practice as old as humanity itself.

Every culture throughout time has been built upon a framework of key stories that describe its origins, provide codes of conduct, and supply a sense of right and wrong.

Today, our appetite for stories is stronger than ever. We still tell ancient tales, and new narratives are constantly being spun for our enjoyment.

However, these days we consume most of our stories through a visual medium: videos, television, and movies.

Continued on **B5** 



#### **DAVID BENTON & HAYLEY YOUNG**

is falling.

But fruit juice was once viewed as part of a healthy diet. Now it is often seen as supplying little more than a high dose of sugar.

consuming whole fruit are that it involves effort and it is often inconvenient. But fruit juice avoids the problems of intact fruit while providing the same range of health-

portions of fruit and vegetables a day. Yet several surveys have shown that few people meet this target. This is despite the Global Burden of Disease study concluding that a poor diet is responsible for 1 in 5 deaths and suggesting that greater health

benefits might result from eating more whole grains, nuts, fruit, and vegetables rather than concentrating on reducing the intake of sugar and fat.

Research has shown that drinking pure juice can be good for us. The Food4Me study, funded by the European Commission, revealed that lower weight was associated with a greater intake of fruits, vegetables, and fruit juice. While a national nutritional survey in the United States found that adults who drink pure juice were at a lower risk of obesity and had better insulin sensitivity.

#### **Sugar-Sweetened Drinks**

Yet despite these benefits, several pressure groups and other organizations still suggest that juice shouldn't be part of our diet. But their concerns rely on an analogy with sugar-sweetened fizzy drinks, and confusion about what a fruit juice actually is. The

fear is that because fruit juice contains naturally occurring sugar, it increases the risk of obesity. Although fruit juice does contain sugar, it shouldn't be viewed as similar to sugar-containing drinks.

The term "fruit juice" includes drinks sweetened with sugar that contain little (if any) juice from fruit. Take Sunny Delight, for ex-

ample. Thought to be a juice by many consumers, a 240 milliliter serving contains 14 grams of sugar and only 13 percent fruit juice from concentrate. Fruit squashes and cordials meanwhile are a mixture of fruit pulp and sugar syrup. In contrast, pure fruit juice is just that, it has no added sugar.

Research has shown these drinks have very different effects on our bodies. A joint U.S. and Chinese study of nearly 200,000 people found that drinking sugar-sweetened fruit juice increased the risk of diabetes, while drinking pure fruit juice didn't. Another showed that while sugar-sweetened drinks increase the weight of children over 6 years, pure fruit juice doesn't.

Juices contain many health-promoting nutrients-such as vitamin C, polyphenols, and carotenoids-that occur only to limited extents in sugar-sweetened drinks. Vitamin C, in particular, has been associated with reduced blood pressure, lower risk of heart disease, and a better life expectancy

Polyphenols-which gives fruit its red, purple, and blue colors-have antioxidant, anti-inflammatory, and anti-viral properties. A summary of 22 studies of flavonoids (a type of polyphenol) found that high intake cuts the risk of premature death by a quarter. And intake of anthocyanidinsanother polyphenol-reduces the risk of developing diabetes.

Finally, carotenoids (responsible for or-

ange, yellow, and red colorings) have been associated with lower cancer risks. A summary of studies linked them with a lower risk of developing oral and laryngeal cancer. Similarly, greater levels of carotenoids in the blood have been related to a reduced rate of breast cancer.

#### **Loss of Fiber**

A joint U.S. and

Chinese study of nearly

**200,000** people found

that drinking sugar-

sweetened fruit juice

increased the risk of

diabetes, while drinking

pure fruit juice didn't.

But what about fiber? A second argument for not drinking juice is that it provides less dietary fiber than intact fruit. As the Mayo Clinic has pointed out, although fruit juice "contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit ... healthy fiber is lost during most juicing."

Fiber helps prevent diabetes, heart disease, and some forms of cancer, but the Western diet doesn't provide enough. There is a view that if people don't drink

> juice, they will instead eat more intact fruit and the fiber that goes with it. But it's improbable that juice and intact fruit are often alternatives. If you stop drinking juice for breakfast you will replace it with another drink. We drink because we're thirsty not because we want to eat more fruit. The convenience of a drink allows consumption when it is

impractical to eat fruit.

Nobody suggests that we shouldn't eat meat or fish because they don't contain fiber. Instead, we look at the benefits of overall consumption—which is something we must start to do with fruit juice.

In 2017, an extensive survey of the benefits of fruit and vegetables found that the chances of premature death in those eating 5 to 7 portions a day are 30 percent less than those eating none, or just one portion. As the health-promoting chemicals in intact fruit are also found in juice, it is unsurprising that this-and other studies-have found fruit juice beneficial to our health. This research also showed that drinking either citrus or other fruit juices was associated with a lower risk of coronary heart disease, stroke, or death from any cause.

Although it shouldn't be seen as an alternative to intact fruit, having a daily, pure fruit juice is a simple way to increase the intake of beneficial chemicals. As part of a healthy diet, pure juice should be viewed as a health food-not a junk food.

David Benton is a professor of psychology at Swansea University in England and a former member of the Scientific Advisory Board of the European Fruit Juice Association. Hayley Young is an associate professor of psychology at Swansea University. This article was first published on The Conver-

We argue in our recently published paper, however, that fruit juice shouldn't be cut from our diets. Major reasons for not

#### ncreasingly, fruit juices are seen as junk foods, and consumption

promoting chemicals. Most of us have heard we should eat five

### Baby Gut Study Finds Bacteria Different After C-Section Births

LONDON-A huge study of babies' stool samples has found key differences between infants born vaginally and those born via cesarean section, offering clues about the development of the human immune system, researchers said on Sept. 18, 2019.

Vaginally born babies got most of their gut bacteria from their mother, but C-section babies didn't and had more bacteria linked to the hospital around them, the study found.

It isn't clear what impact the difference may have on children's future health, and the findings shouldn't deter women from having C-section births, the scientists leading the work said.

But the so-called "baby biome" project–the world's largest such study-had opened a window on a little-understood stage in the development of human immunity, they added.

"The first weeks of life are a critical window of development of the baby's immune system, but we know very little about it," said Peter Brocklehurst, a Birmingham University professor who co-led the study.

"We need to follow up ... these babies as they grow to see if early differences in the microbiome lead to any health issues."

The gut microbiome is a complex ecosystem of millions of microbes and is thought by scientists to be important for how the immune system develops.

Previous research has suggested that a lack of exposure to some microbes in early life is implicated in autoimmune diseases such as asthma, allergies, and diabetes.

But scientists haven't yet been able to work out how important the initial gut microbiome-or "baby biome"-is to future immunity and health, or how a baby's microbiome develops, or what happens to it with different modes of birth.

In this research, published in the journal Nature, scientists from University College London, Wellcome Sanger Institute, and Birmingham University used DNA sequencing to analyze more than 1,600 gut bacteria samples from 175 mothers and almost 600 babies.

In samples from mothers and from the babies at 4, 7, and 21 days old, the team found there was a significant difference between the two delivery methods, with vaginally delivered babies hav-



Babies inherit a wealth of beneficial microbes from their mother during natural childbirth.

The first weeks of life are a critical window of development of the baby's immune system, but we know very little about it.

Peter Brocklehurst, a Birmingham University professor who co-led the study ing many more health-associated bacteria from their mothers than babies born by Caesarean.

In place of some of the mother's bacteria, the C-section babies had more bacteria typically found in hospitals, the researchers said, and these bugs were also more likely to be drug-resistant.

"At the moment, we don't understand the long-term consequences of this," Brocklehurst said at a briefing about the results. "It's clearly complex and we're only just beginning to scratch the surface."

By Kate Kelland From Reuters



# Proven Ways to Break Your Cellphone Addiction

Don't let your phone devour the time you need for a meaningful life and relationships

**JOSHUA BECKER** 

he statistics about how we use our cellphones are overwhelming. The typical cellphone user touches his or her phone 2,617 times every day. 2,617 times. Most people, on average, spend 3 hours and 15 minutes on their phones each day. And half of all phone pickups happen within three minutes of a previous one.

And the impact of this usage is staggering. Researchers have found that our overuse of cellphones is:

- · Reducing the quality of conver-
- Adversely impacting short-term memory and problem-solving
- Negatively affecting our sleep
- · Resulting in more negativity, distress, and less emotional recovery in young children
- Increasing obesity
- And the positive correlation between smartphone addiction and depression is alarming.

You would think, given the statistics and what we know to be true about cellphone usage, it would be easy to put the screen down and walk away. But, as too many of us know, the struggle is real.

As a parent of two who makes his living online in this modern world, I know full-well the addictive nature of mobile devices and how great the internal battle is to harness the benefits of the smartphone without falling prey to its intentionally addictive design.

Nor do I overlook the ironic fact that many of you are reading this very article on your phone.

Phones are good and helpful. But we know all too well they also have the potential to become a negative presence in our life–if we allow

So how do we keep cellphone usage in proper alignment with

Here are some tools and ideas I have used myself or learned from others to help cut down on cellphone usage.

7 Proven Ways to Break Your **Cellphone Addiction** 

Set aside one day a week This is, by far, the most common approach I see among people who have taken intentional steps to curb their cellphone habit nowadays. I credit Tammy Strobel for being the first person I heard talk about it-almost 10 years ago. Choose one day each week (usually a Saturday or a Sunday) and set your phone aside. That's it, make a habit of it.

**Use a 30-Day Experiment** to reset your usage

• For me personally, this has been the most helpful way to break my cellphone habit. My cellphone use, when not intentionally limited, tends to take over more and more of my free time. It happens unintentionally and quietly-I don't even seem to notice it hap-

Seven years ago, I gave up my smartphone for Lent and used it only for calling and texting (no other apps allowed-even maps and photos). It was a 40-day period of reset that helped me align my usage with more important pursuits in life. Since that first experiment, I have used the 30-day reset two additional times-each with great success.

Use apps to bolster self-control

• There are apps for almost every problem in life. In fact, there are even some wonderful apps to help us limit our time on apps. Here are some of my favorites:

Space. Set goals and track your daily progress to manage your

Forest. (\$1.99) Stay focused, be present. Forest is a beautifully designed app that brings gamification to productivity and results in real trees being planted based on your personal phone-use habits.

Moment. Through short, daily exercises, Moment helps you use your phone in a healthy way.

Flipd. Lock away distracting apps for complete focus.

Screentime. Set daily usage limits on your phone or specific apps. Don't charge your phone near your bed

• Want to know the best way to keep your kids off their phones too much? Don't allow them to charge their phones in their bed-

keep yourself off your phone?

communication and intimacy) can be eliminated by keeping your cellphone out of your bedroom. As with many of the items on this list, this is a principle I've found personally helpful.

Want to know a great way to Don't charge it in your bedroom. Many of the negative effects of overuse (poor sleep, hindered

life in healthy balance with his cellphone is to put it in a kitchen cabinet at the end of the workday. In his words, "The more you physically remove the phone, the more you can build a habit of having some ability to ignore it when it's on your person."

When you finish your day of work, put your phone in a drawer or cabinet. This is a helpful practice for all people, but I think it is especially important if you have kids or a spouse at home in need of your undivided attention.

Change your phone settings Among the most often suggested ideas for reducing cellphone usage is simply changing the set-

tings on your phone. The most

Turn off notifications

common suggested ideas:

- Set screen to black-and-white
- Remove distraction-based apps
- from your home screen Set a longer passcode
- Use airplane mode
- · Turn on "do not disturb" mode

Put your phone away In my opinion, turning off nowhen you walk in the **J**• door tifications is something Christopher Mims writes a everyone should do weekly technology column for The Wall Street Journal-a job that certainly requires the use of tech on a consistent basis. His simple and proven way to keep

VLADISCHERN/SHUTTERSTOCK

regardless of how habitual their cellphone use is. Just because someone in the world wants to text you, email you, or tag you in a post on Facebook doesn't mean they deserve your attention. My cellphone screen is not currently set to grayscale, but I have found that setting helpful in the past.

Put a hairband around your phone.

• In one of the most thoughtful personal stories I've ever read on how to overcome cellphone addiction, Brad Soroka recommended placing a hairband around your cellphone. When placed in the middle of the phone, the hairband allows users to answer phone calls easily, but makes other uses of the phone more difficult (including simple texting).

#### **Turning off** notifications is something everyone should do regardless of how habitual their cellphone use is.

In his words, "Every time you want to use your phone, this brings about a mindfulness exercise and makes you ask 'What is my intention?' If you really want to use the phone, set your intention for why,

and remove the hairband." The hairband trick isn't about making your phone impossible to use. The practice is about bringing greater mindfulness to each specific use of it, as opposed to mindlessly unlocking your phone every three minutes.

When used as a collection of tools to improve my work, health, parenting, and life, cellphones are wonderful and bring countless benefits. But when used mindlessly and unintentionally, they become a distraction from the things in life that matter most.

Learning how to use our smartphones effectively may be one of the most important life skills any of us can learn.

Joshua Becker is an author, public speaker, and the founder and editor of Becoming Minimalist where he inspires others to live more by owning less. Visit BecomingMinimalist.com

**EVERYDAY CHEMICALS** 

# New Study Suggests Fluoride Lowers Children's IQ

Fears of fluoride in drinking water can no longer be dismissed as a crank conspiracy theory

**JEFFEREY JAXEN** 

late: Fluoride exposure harms the brain and reduces IQ. The U.S. Centers for Disease Control and Prevention considers community water fluoridation one of the ten greatest public health achievements of the 20th century. The view of U.S. regulatory agencies has also been the dominant view of the medical community. Have these long-

he research continues to accumu-

It has already been established that fluoride crosses the placenta, and laboratory studies show that it accumulates in brain regions involved in learning and memory and alters proteins and neurotransmitters in the central nervous system.

held beliefs stood the test of scientific rigor?

Now, a recent study is the first to estimate fluoride exposure in a large birth cohort receiving optimally fluoridated water. Published in the journal JAMA Pediatrics, the study has forced many to re-examine the practice of water fluoridation. Funded by the Canadian government and the U.S. National Institute of Environmental Health Science, the new study, titled "Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada," examined the association between fluoride exposure during pregnancy and the IQ scores of the children at ages 3 and 4 years old.

The scientists assessed fluoride exposure in two separate ways. They measured fluoride **Maternal** exposure to higher levels of fluoride during pregnancy was associated with lower IO scores in children aged

study authors

3 to 4 years.

A recent study is the first to estimate fluoride exposure in a large birth cohort receiving optimally fluoridated water.

in women's urine samples during pregnancy while also calculating fluoride consumption based on how much is in a city's water supply and how much women recalled drinking.

The study found that of the 512 motherchild pairs, a 1-mg/L increase in maternal urinary fluoride was associated with a 4.49-point lower IQ score in boys.

The study's authors concluded:

"Maternal exposure to higher levels of fluoride during pregnancy was associated with lower IQ scores in children aged 3 to 4 years. These findings indicate the possible need to reduce fluoride intake during pregnancy."

Perhaps sensing the potential blowback from publishing the recent Canadian study in JAMA Pediatrics, the journal's Editor-in-Chief Dimitri Christakis provides an editor's note to accompany the study: "This decision to publish this article was not easy. Given the nature of the findings and their potential implications, we subjected it to additional scrutiny for its methods and the presentation of its findings."

Christakis said during a recent JAMA Pediatrics Editors Summary podcast, "For me before there were 'anti-vaxers' there were sort of 'anti-fluoriders." He shared that while he was going through residency, the traditional teaching he received was that "fluoride is completely safe. All these people that are trying to take it out of the water are nuts."

He commented about the recent study's findings, saying they were "sizable" and "on par" with the IQ drops seen in children ex-

posed to lead. When Christakis was asked what he would recommend as a pediatrician if a pregnant mother came into his office, he said, "I would advise them to drink bottled

Outlets like NPR and others covered the study. For those who have followed the hard science placing in question the practice of water fluoridation, the recent JAMA Pediatrics study is just another data point along an increasingly clear trajectory.

The recent study findings are consistent with that of a 2017 Mexican birth cohort study published in the journal Environmental Health Perspectives. The 2017 study, sponsored by the U.S. National Institutes of Health, spanned 12 years and found a 6.3 point reduction in IQ in preschool-aged children.

As of 2018, 53 studies have found that elevated fluoride exposure is associated with reduced IQ in humans while 45 animal studies have found that fluoride exposure impairs the learning and memory capacity of animals. The Fluoride Action Network writes, "The human studies, which are based on IQ examinations of over 15,000 children, provide compelling evidence that fluoride exposure during the early years of life can damage a child's developing brain." After reviewing 27 of the human IQ studies in 2012, a team of Harvard researchers concluded that their findings supported "the possibility of an adverse effect of high fluoride exposure on children's neurodevelopment." They also suggested that fluoride's effect on the young brain should now be a "high research priority."

Water fluoridation is supplied to about 66 percent of U.S. residents, 38 percent of Canadian residents, and 3 percent of European residents. In fluoridated communities, fluoride from water and beverages made with tap water makes up well over half of daily fluoride intake in adolescents and adults, while dental products remain a major source of exposure in children. Regulatory agencies have yet to recommend any sweeping reform in light of the scientific evidence regularly contradicting the practice of water fluoridation. In their absence, local communities have taken action, with 250 communities ending the practice since 2010.

Several studies have looked at how to protect and reverse the unwanted effects caused by fluoride (view the GreenMed-Info database on mitigating Fluoride toxicity). Curcumin, an active ingredient of turmeric, has been shown to attenuate neurotoxicity induced by fluoride. Meanwhile, iodine and tamarind have both shown in studies an ability to clear fluoride from the body. As the scientific evidence mounts year after year, individuals may consider taking action to protect themselves rather than waiting for regulatory agencies to do it for them

Jefferey Jaxen is a researcher, independent investigative journalist, writer, and voice for health freedom on the front lines of society's shift toward higher consciousness. This article was originally published on GreenMedinfo.com



**FOOD IS MEDICINE** 

# Is **Black Rice** the Superfood You Need to Try?

A grain once reserved for the elite is now known to have an exceptional nutrient profile

**DEVON ANDRE** 

Blueberries don't have a thing on black rice. Did I say black rice? You bet I did.

Rice isn't just red, white, or brown. Black rice exists, too. Long called the "forbidden rice" or "emperor's rice," it's an uncommon variety of rice that's growing in popularity. Its nicknames come from a long history-word has it that it was initially only served to dignitaries and leaders in the Far East to encourage health and longevity.

Black rice has more anthocyanins than blueberries, which are widely regarded as one of the healthiest foods you can eat.

These days, however, black rice is available to all. You can find it in many grocery stores and restaurant dishes across the country. It costs a little more than other va-

Black rice is growing in popularity as more people catch on to its potent antioxidant profile.



THANTHIMA LIM/SHUTTERSTOCK

rieties, but that's because it's a bit harder to produce; black rice crops only yield about 10 percent of what some white rice varieties can pro-

Research from Japan suggests that black rice originated, along with other colors of cultivated rice, about 10,000 years ago. Black rice began showing up occasionally as a muta-

tion, where a specific gene causes the plant to produce large amounts of anthocyanin, and farmers began to specifically cultivate it. Its nutrient makeup, like its color, makes black rice very unique.

Anthocyanins are the nutrient that gives black rice its power. Anthocyanins are the same antioxidants that give blueberries, blackberries, acai berries, and eggplant their deep dark hues. Black rice has more anthocyanins than blueberries, which are widely regarded as one of the healthiest foods you can eat. Compared to whole-grain brown rice, black rice is also high in vitamin E and an excellent source of fiber to promote digestion and heart health.

But the anthocyanins are what make this grain truly unique. Anthocyanins have the potential to promote heart and brain health by limiting inflammation, lowering cholesterol, and reducing the risk of heart disease and dementia. And, generally speaking, they don't typically show up in grains!

Next time you head to the grocery store, treat yourself like an emperor and pick up some black rice. It's a versatile grain, popular in many East-Asian dishes, and it can add some new flavors to your routine.

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

THE EPOCH TIMES OCTOBER 31 - NOVEMBER 6, 2019

# What Chronic Inflammation Really Means or Your Body

We can eat ourselves out of many common ailments spurred by a faulty immune response

Chronic

happens

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#### **STEPH DAVIDSON**

What is chronic inflammation, how did it get there, and how can we manage it to live our healthiest lives?

And to start with, what is the difference between acute inflammation and chronic inflammation?

The body's acute inflammatory response is normal, natural, and necessary. It takes place when we're injured or exposed to foreign material. Think about what happens when we cut ourselves or sprain our ankle: The area gets red and swollen (inflamed) as the body defends itself from bacteria, viruses, and further injury. Eventually, the swelling and redness go away and our immune system has done its job.

Chronic inflammation happens when the inflammatory response doesn't stop and the body begins to attack healthy tissue. Chronic inDigestive issues can sometimes be a symptom of chronic inflammation.

flammation is typically related to chronic illnesses or imbalances that the body is constantly attempting to fight against. Things like arthritis, autoimmune disorders such as lupus, allergies, asthma, IBS, Crohn's disease, cardiovascular disease, and cancer are all linked to chronic inflammation. Lifestyle and health choices that can cause chronic inflammation include a poor diet, being overweight, not exercising, stress, smoking, and overuse of alcohol.

#### How to Tell if You Have **Chronic Inflammation**

Chronic inflammation is harder to spot than acute, but there are plenty of warning signs: excess weight, especially around the abdomen, high blood sugar, digestive issues, chronic fatigue, allergies, depression, acne, joint pain, or stiffness

or unexplained aches.

If you suspect you might have chronic inflammation, speak to your doctor or natural health professional about blood testing. An erythrocyte sedimentation rate (ESR) test measures how fast red blood cells separate from plasma and C-reactive protein (CRP) test measures the presence of a protein associated with diseases that can cause inflammation.

#### **Preventing and Healing Chronic Inflammation**

The cause of a lot of inflammation lies in our diet. Step one is reducing or even avoiding inflammatory foods such as sugar, refined grains, and processed food and replacing them with leafy greens, fish, and healthy fats. There is even a very specific blood test that can determine exactly which

foods are causing an inflammatory response.

In addition to looking at what we eat, there are numerous supplements we can take to heal and prevent inflammation, including omega-3s and curcumin. Discuss which supplements might be right for you with your natural health care practitioner.

Stress is a major factor for inflammation, so taking time for self-care is also important. Meditation has been shown to reduce inflammation and even alter our DNA. Focusing on a holistic, whole-health solution rather than just addressing the symptoms is the key to addressing chronic inflammation and encouraging overall wellness.

Steph Davidson is a writer for *NaturallySavvy.com*, *which first* published this article.

# The Mental Powers of Storytelling

**Stories allow** 

people to

connect, to

understand each

other, and to feel

more deeply the

person's unique

origin of each

character.

Brain benefits from this ancient folk art make a compelling case for classroom inclusion

Continued from **B1** 

Sacre doesn't disparage these formats, but he says they lack something that only a story told with words can deliver.

For example, when kids hear about a ferocious lion running through the forest, they all see different scenes in their mind. One child might picture palm trees and a yellow lion with a brown mane. Another may see a tan lion with an orange mane charging through the evergreens.

Each child creates his or her own movie as they're listening to a tale, weaving their own sensibility in between the spaces of

A movie, by contrast, provides a more homogenous and passive experience, and does much less to challenge our minds.

"The brain is super-active when you're listening to a story. But if we go see the Lion King, we're all going to see the exact same lion," Sacre said. "We'll all see the same scenes, hear the same music and the same famous actors reading the parts. It makes us forget our own stories."

#### **Sharing Your Stories**

Sacre says older kids can take longer to get into the stories than younger ones, but they eventually make an impact. Many of us can recall a favorite teacher who told stories that stick with us long after the rest of our school experience has faded from memory.

But parents and teachers often shy away from any kind of storytelling today. They may be tight on time or feel that there are too many other choices competing for everyone's fractured attention. In comparison to smart whiteboards, tablets, and interactive video games, a simple story seems dull and old-fashioned.

"I feel that many parents and teachers have just thrown in the towel. They can't even do it," Sacre said. "What I think is happening is this: The connection is broken when parents are looking at the screen. I'm one of those parents, too."

Once the screens are put away, how do you connect? In addition to fairy tales, Sacre likes to share more personal tales, too. He talks about growing up bilingually in a Cuban and Irish-American household, and shares details about how the world was be heard on cassettes instead of iPhones. They may not seem like much at first, but even sharing small, personal anecdotes can have great power. They can awaken the stories in others. These tales are special because can't be found on the internet, and

how playground slides were once made of

metal instead of plastic, and music used to

lywood blockbusters can never recreate. Sacre was with a group of friends on the beach recently, when someone was reminded of the first time he saw his grandfather cry. All of a sudden, everybody started sharing stories of their grandparents.

they provide a sense of intimacy that Hol-

"Now, if he didn't do that, or if we were all looking at our phones and doing whatever, we would have missed this really wonderful opportunity," Sacre said. "Thousands of people and millions of dollars are spent on the latest X-Men or Avengers movie, but they can't compete with us. There's no way Marvel Studios is going to tell the story of that grandfather crying and make the five of us on the beach have this massive discussion."

Stories like this allow people to connect, to understand each other, and to feel more deeply the origin of each person's unique

different when he was young. He tells kids We resonate with the stories of those clos est to us in particularly profound ways. A 2015 study done at Chicago's Northwestern Hospital and published in the journal Neurorehabilitation examined the power of personal stories on two groups of coma patients. One group heard stories about their family members on headphones told by a recording of a close relative (actual stories-not idle chit-chat or reading the newspaper). The control group just received standard medi-

> MRIs showed that the story group exhibited significantly more brain activity, compared to the non-story group. Patients also became noticeably more responsive following the story sessions. Researchers suggested that hearing family members' voices telling familiar stories allowed patients to exercise dormant brain circuitry responsible for long-term memories.

Of course, you don't need an MRI to realize the value of sharing stories with the people you're closest to. You just need to be willing to make a connection.

"Storytelling is considered a folk art, not a fine art. Everyone can do it," Sacre said. "If we can get over ourselves and just tell our story, most of the time, you're going to tell something that is meaningful to somebody else."



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

CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

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35. Execution 40. Arm of the Atlantic 43. Old Tokyo 44. "La vita nuova" poet 45. Locale 46. Tiptop 49. "Halt!" to a salt 51. Public servant with great experience 54. Potbellied pet 57. Feared fly 58. Blood-typing letters 59. "In My Own Words" missionary

hon. rank

tian Church or its clergy 68. Small part 70. Cajole 71. Loosen 72. Citadel student 75. Photo 77. Pole connector 79. Indus Valley script 83. Chinese brew 84. Chorus section

85. Cognizance 86. Slump 89. "Judge" Roy Bean's actual position 62. Bernie Sanders, for 97. Abandonment of one: Abbr. one's faith

100. Island ring 101. Mayberry sot 102. Elation 103. Literally, "dwarf dog" 104. "Bangarang!" crier 105. Leftovers 106. Fraternal fellows 107. Let up **Down** 1. Short cut

99. Romance genre

2. Mexican sandwich 3. Hubbubs 4. Breath deodorizing candies 5. Teaser

6. Some punches 7. Talk 8. Scalp, say 9. Jambalaya, e.g. 10. A freshwater fish

11. Desktop feature 12. Keen 13. "Hears" without ears

14. There from the start 15. Ninny 16. "How about that!"

22. Muslim magistrates 24. Machine-gun sound 26. Cops and robbers, e.g.

30. Chance 31. Compass dir. 32. Catlike carnivores 33. Ultimatum words

34. "Barney Miller" star 36. Nitty-gritty 37. "Don't preach," Ma-

donna told him 38. A Dutch treat 39. Astronomer's sight-

41. Pudding ingredient 42. His and

47. List ender

48. Mediterranean sailing ship

50. Colony members

52. Feel 53. Unexciting

54. Kind of acid from apples, grapes, etc. 55. "Four Essays on Lib-

erty" author Berlin 56. Lead glance 60. Small purse

61. Peel

64. "Pen" part

65. Shade of black

66. Poetic foot 67. Jump on the ice

68.2010 U.S. count

69. Certifier 72. Apprentice

73. Baptist leader?

74. Become unconnected

76. "Breaking Away" transport

78. Deescalate

80. All of one's possessions

81. One-spot

82. Completely

87. Lickety-split 88. Salami choice

90. Egyptian fertility goddess

91. You might cut it out

92. Journey 93. Goes quickly

94. Televises

95. Hamster's home

96. Novelist Bagnold

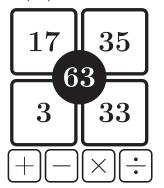
97. Austrian peak

98. Pod dweller

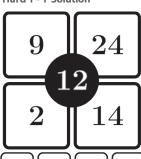
Large: Easy

4NUMBERS CONSTRUCTED BY C. CHANG

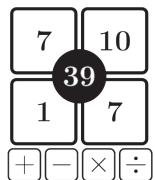
Use the four numbers in the corners, and the operands (+, - X, and ÷) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) + 1 = 28and 1+(7X3)+6=28



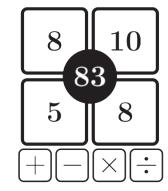
Hard 1 - 1 Solution



Hard 2 - 2 Solutions



Easy 1 - 1 Solution



Easy 2 - 1 Solution

#### WORDSEARCH CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

#### Help with Today's Crossword Puzzle?

VENUEBASSESIPET PDMZUYCXEBECIQS EZEOGEORGEDTYTE CORGIAMWAANAEDT TNIJLSPNTULVNRS ISDCPERSTJIEITE CNIMADIWECSDNRE AVASTDSESTATEAP STNEAAECTNICSAL SESCSXUTOCAMEOA RESELLWMRPHOPJM RURITANIANMXRBE GENOACENSUSVOON TNETTLETDDBTMYT IINDENWSDISJOIN

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	CA	MEC	)			LI	NDE	ΞN				XEE	BEC	
	CEN	SUS	3			N	1INT	S				APA	ACE	
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С	OM	PRIS	SE			NI	ETT	LE				DISC	IOI	1
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	ES	ΓΑΤΕ	Ξ			S	TAN	1P				RES	ELL	-

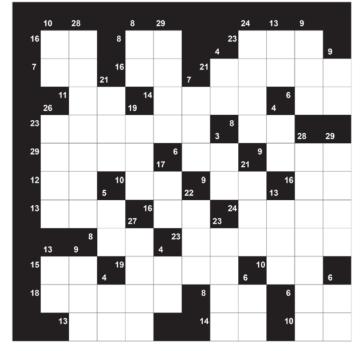
#### KAKURO

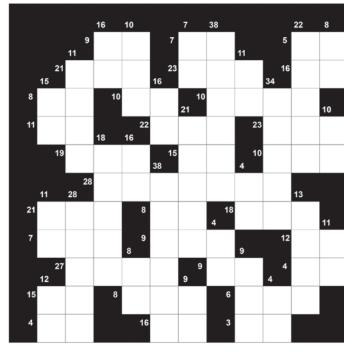
63. Relating to the Chris-

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**

**WORK SPACE** 





#### SOLUTIONS

CR	088	SWC	ORD																I	KAKU	RO L	ARGE	E: EAS	Y							
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#### **KAKURO LARGE: HARD**

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	6	13	24			62	8		82	01	

#### **4 NUMBERS** HARD 1

 $33 \div 3 + 32 + 17$ HARD 2 54 ÷ (6 - 14 ÷ 5)  $(6 - 5) \times 54 \div 14$ EASY 1  $I \times (0I - 7 \times 7)$ 

EASY 2

 $10 \times 8 + 8 \times 01$ 

SUPERSUDOKU

from A to F so that each column, each row, and each 4x4 square contain all ten numbers and six letters only once. D В 0 6 A 8 F Α С 9 7 8 3 5 В 9 0 8 5 Α D 3 8 F 2 D Ε 8 2 5 1 | F С 0 В 7 9 D 0 3 Α 2 F 7 5 9 4 Ε Α 9 6 C E 2 4 7 3 0 В D 2 F С 8 В 4 5 7 1 3 0 5 8 В 4 5 4 E 2 3 D 6 9 8 A 6 D В

Fill in the boxes using numbers from 0 to 9 and letters

6 Ε

> 8 F Ε

9

9

5

3

DB 0

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. Hard

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

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

**KAKURO** 

3

С

BE

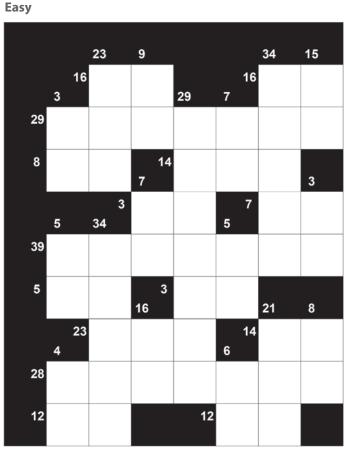
5

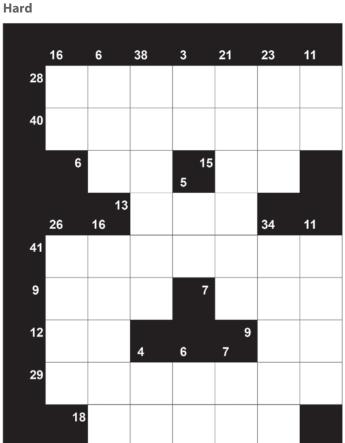
Α 2

5 9

3

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 CONSTRUCTED BY EPOCH TIMES STAFF is filled, the puzzle is complete.



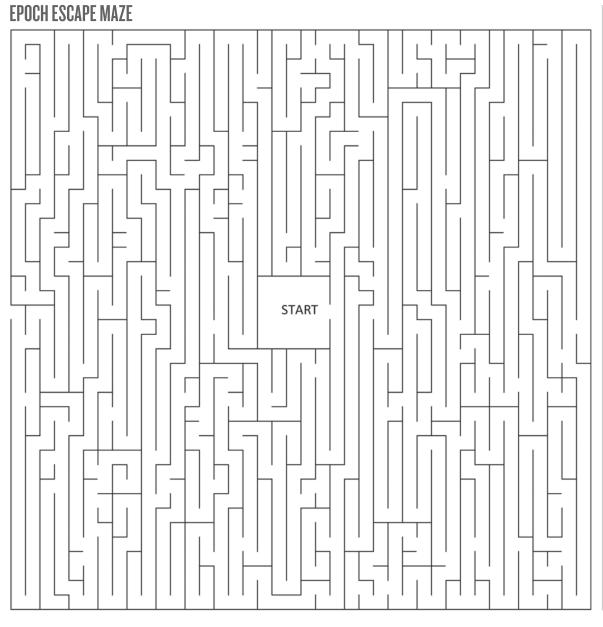


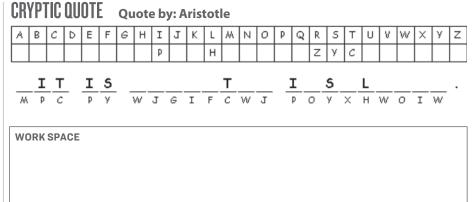
Guess the hidden saying, phrase or word(s) suggested by the picture!

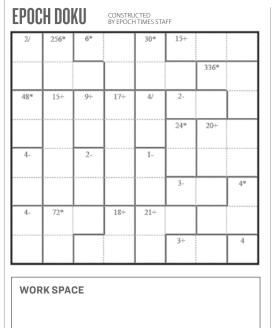
SOLUTION BELOW



Presented By FREE THE CHILDREN children helping children through education







#### KEN 賢 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÷		5-		15×	
7+		8+		6×	1-
11+	3	13+			
	9+		5		3+
3			6×		
3+		5	72×		

#### SOLUTIONS

0	9	ç	A	L	a	6	Þ	3	L	占	8	2	0	3	8
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A	ŀ	О	a	8	6	3	3	L	8	9	Ь	Þ	g	0	5
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6	3	а	ŀ	9	A	L	2	Н	О	8	9	3	8	Þ	0
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8	A	9	Э	6	3	Þ	Н	2	0	3	8	g	а	ŀ	1

6 8 9 7 2 4 8 9

#### SUDOKU: EASY

#### **EPOCH DOKU**

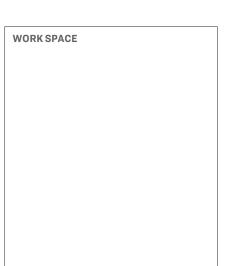
#### **KENKEN**

#### **CRYPTIC QUOTE** insolence. Wit is educated **OUTSIDE THE BOX**

Tongue in cheek

#### **EASY KAKURO** 3 6 9 3 L 8 9 6

#### HARD KAKURO



# Why Would Anyone Want to Sit on a Plane for Over 18 Hours?

An economist takes the world's longest flight

**JAY L. ZAGORSKY** 

ecently Qantas announced plans to conduct test flights from New York and London to Sydney and two other Australian cities.

If commercialized, these routes would become the longest in the world at about 19 hours. Qantas said it will conduct test flights with only employees on board to ensure the flights are safe and comfortable enough for paying customers.

I heard this news after finishing a round-trip on what is currently the world's longest flight, the 18 hours and 45 minutes Singapore Airlines schedules to get from Newark, New Jersey, to Singapore, a route that began in October 2018. The return trip is slightly quicker. Fortunately for me, there were favorable winds, so each way took about 30 minutes less than scheduled.

Being aloft twice for the better part of a day gave me plenty of time to ponder the origins and economics of long-distance flights-with plenty of time to spare for binge-watching.

#### Talk About a Long Flight

Pilots and airlines have been pushing the boundaries of flight times since the earliest days of air travel. In fact, 19 hours is rather quick for the industry's trailblazers.

The first plane to make it across the Pacific took off from Oakland, California, in 1928. It took the aircraft. dubbed the "Southern Cross," three long flights to get to its final destination in Australia: 27 1/2 hours to Hawaii, 34 1/2 hours to Fiji, and a final 21 1/2 hours to Brisbane. In all, the pilot and his crew covered

10 days–all



EDWARD G. MALINDINE/TOPICAL PRESS AGENCY/GETTY IMAGES

without losing any luggage. A few years later, in 1931, two daredevils in search of a \$25,000 prize flew from Tokyo to the state of Washington in the first nonstop flight over the Pacific Ocean. To save weight and fuel, the pilots even threw out their landing gear after takeoff. When they reached the United States, they crash-landed-but survived to claim the prize. The flight

more than 5,500 miles. These super-long flights, of course, were taken by daredevil pilots with no passengers. And they were very dangerous. One of the most famous aviation failures involved Amelia Earhart, who disappeared in 1937 while attempting to cross part of the Pacific on a world-circling flight.

took 41 hours and covered

#### Six Days and 60 Hours

The first service to ferry paying customers across the Pacific was created by Pan Am in October 1936.

The trip started from San Francisco and ended in Manila, capital of the Philippines. It took six days and about 60 hours of flying time. The plane flew during the day and made stops in Hawaii, Midway, Wake, and Guam at night. The lon-

lf commercialized, these routes would become the longest in the world at about 19 hours.



The SIKORSKY S-42 Pan American Clipper flies over Pearl Harbor, Hawaii, on July 19. 1935, on the return flight of the second trip between California and the Islands.

-/AFP/GETTY IMAGES

Aviator Sir Charles Kingsford

Smith's Fokker aircraft, the

at Croydon after flying from

Australia on July 10, 1929.

Southern Cross, on arrival



gest leg, from San Francisco to Hawaii, took 181/2 hours.

Pam Am's planes, called the "Clippers," didn't need airports. They were specially designed to take off and land in the water. The planes were also quite luxurious and even had separate areas for eating and sleeping.

But all that luxury while spanning the globe was quite expensive.

The one-way fare from San Francisco to Manila was \$950, or \$17,400 in today's dollars.

Fortunately, the cost of flying these long routesin terms of both money and time-has come down dramatically. These days, you can fly direct from San Francisco to Manila in business class for around \$3,000,

including the return flight. The trip to Manila takes just 14 hours.

Today's flights are also a lot safer. The concern for many passengers is not crashing but instead health risks like deep vein thrombosis, a type of blood clot.

#### Saving Time, Money, and **Bags**

Still, even if things have improved, I think most of us agree that flying is not fun. Airlines regularly rank near the bottom among industries in customer satisfaction surveys.

So why would we want to increase the amount of time spent 30,000 feet above the ground in a metal tube with wings?

For one thing, it means less



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total travel time. For example, my flight to Singapore would have taken three and a half hours longer with a layover in Hong Kong.

But if you're someone who might prefer a break during a long flight halfway around the world, a more practical benefit is that removing the connection also reduces the chance your luggage is lost, since bags are handled fewer times. Almost half of all bags delayed in 2017 were a result of baggage handlers missing connections.

Flying a full planeload of passengers directly also saves airlines money—which often translates into lower prices for consumers, too. An extra layover at a major airport can be expensive, with fees for landing, take-

off, parking, noise abatement, and security. Airports also charge extra for optional services like cleaning, towing, and providing electricity to a plane while it is parked at the gate.

#### **Expect More Ultra-Long** Flights

One thing that was interesting about the Qantas announcement is all the research it plans to do during its test flights—scheduled for October through December—on the passengers themselves.

Scientists and medical experts will monitor sleep patterns, food and beverage consumption, lighting, physical movement, and inflight entertainment to assess their impact on health and well-being—and prevent any blood clots in the legs.

Using this data, Qantas hopes to make ultra-long flying a more pleasant experience. After all, the main reason to take a single 19-hour flight is to arrive faster and feel better than taking multiple flights to the same destination.

Qantas

plans to test

a 19-hour

flight with

employees

to ensure

the flights

are safe and

comfortable

enough for

customers.

only on board

Whether you love or hate flying, expect longer flights in the future as more efficient planes allow airlines to go ever farther. Given we seem to be wired for bingewatching, I don't think this trend is so bad.

I could have actually used a longer flight. My effort to binge the second season of "Star Trek: Discovery" was abruptly interrupted as we descended back into Newark, with just 10 minutes left in the final episode.

Jay L. Zagorsky is a senior lecturer at Boston University. This article was first published on The Conversation.

#### THE CONSUMMATE TRAVELER

# The III Flyer

#### **MICHELE GONCALVES**

magine that you have just boarded your plane, settled into your seat, and have secretly jumped for joy inside that so far nobody has occupied the space next to you. Then imagine that a last-minute passenger rushes on and sits right next to you. However, this is no ordinary passenger. You see, this person begins a very horrible coughing fit—lasting several minutes—and can't seem to stop. This is what happened to me once on my 14-hour flight from New York to Korea.

Although my seat-mate proceeded to apologize to me for his illness, I still had premonitions of hearing him the entire trip over. Much to my delight, the flight was not full and I was able to quietly slip away and sit with a colleague of mine for 95 percent of the journey. As a frequent traveler, I can honestly say that nothing gets people more on edge than sitting near an individual who is obviously sick. After all, we have busy schedules waiting for us at our destination and can't afford to catch anything along the way. I'd like to share some tips for those traveling when under the weather.

#### **Consider Postponing**

If you are really very ill (fever, nausea, dizziness, and chills, etc.) you should seriously think about moving your travel dates until after you have substantially recovered. In fact, if you arrive ill, some countries may require a medical examination before letting you clear immigration and customs. When I arrived in Japan on this trip, there was a large sign asking individuals who were ill to step aside for an exam. While I am not sure what would happen if they confirm you are in fact ill, it would be a shame to have to go through all of these delays if you don't feel well.

#### Wear a Mask During the Flight

If you have ever traveled to Asia, you will quickly notice that a large portion of the population wears surgical masks over their mouths on a daily basis like it is no big deal. They are obsessed with not catching germs or viruses. Even though this is not a big trend in our western culture, if you have a

bad cold or cough, your fellow passengers will appreciate it if you take steps to minimize the rampant spreading of your germs by wearing a mask yourself.

#### Pack Wipes to De-germ

If you are contagious or feel the early onset of an illness coming, try your best to disinfect your hands, arm rests, tray table, and television remote control as often as possible. Pack moist towelettes/baby wipes with you to handle this task, or at a minimum carry an antibacterial hand gel.

# If you arrive ill, some countries may require a medical examination before letting you clear immigration and customs.

#### **Take Along the Right Medications**

Sometimes you come down with an illness on the way back from a business trip, versus on the way to one. If you are in a foreign country, it can often be hard to find the products you regularly use and prefer. Always keep an emergency stash of at least a decongestant and a cough suppressant in your carry-on baggage in case you need it either coming or going. Anyone who has ever suffered the excruciating ear and sinus pain when descending for a landing from 38,000 feet will agree that it is important to always be prepared.

As always, I wish you happy and healthy



A woman gets help putting a face mask on before boarding a plane at Toncontin airport in Tegucigalpa, Honduras, on April 30, 2009.







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Cajun butter shrimp and cheesy cheddar grits.

**TABLE FOR TWO** 

# Shrimp and. Grits

This quick and easy, Cajun-spiced version is weeknight comfort food at its best

#### CAROLINE CHAMBERS

ven at the youthful ages of 18 and 21, when my now-husband George and I first started dating, we both knew it was serious. Our courtship kicked off just as my freshman year at UNC-Chapel Hill was coming to a close, so perhaps it was the impending summer break that incited us to declare our feelings for one another so quickly, or perhaps it was the fact that even at age 21, George was the most straightforward, zero-beating-around-the-bush person I'd ever met.

Either way, within weeks of meeting, we found ourselves walking into a Chapel Hill institution, Crook's Corner, for dinner with my parents, who had driven into town to meet this new boyfriend of mine.

The dinner went off without a hitch: George dazzled my parents with his profound understanding of every single current event possible, his passion for serving our country, and his love for their daughter.

My parents are my favorite people in the world, so watching them fall in love with this person whom I had so quickly fallen in love with is an intense memory for me. I remember the exact table where we sat, I remember what I wore, and of course, I remember exactly what we all ate.

#### An American Southern Classic

The latter is easy to remember, because when you eat at Crook's Corner, make no mistake, you order the shrimp and grits.

Shrimp and grits is one of the most iconic

dishes in Southern culture, and Crook's Corner is one of the most storied places to enjoy it. Crook's owner Bill Neal is recognized for elevating the recipe from a humble meal from the Low-Country marshes to a decadent dish at fine dining establishments across the South and beyond.

The Crook's version boasts cream-based cheese grits topped with saucy mushrooms and shrimp and crisp bacon. While the recipe is a simple one, it does involve multiple steps and plenty of chopping, so it's worth making when you have the time but out of reach for a weeknight meal.

For those weeknight shrimp and grits hankerings (as we call them in the South), my Cajun butter shrimp and cheesy cheddar grits are the answer.

#### Weeknight-Friendly

George and I make versions of shrimp and grits often, sometimes with goat cheese grits, sometimes simmering a chopped fresh tomato with the shrimp to make things saucy. But this version packs the most punch with the least possible effort, making a beautiful, restaurant-quality dinner possible even after a busy day at the office and/or wrangling children.

Cajun seasoning, available at most grocery stores, is a fantastic short-cut season-

ing: it includes flavorful spices like paprika, cayenne, onion powder, oregano, and garlic powder. All of those bold flavors are seared onto the shrimp, then combined with melted butter and zippy lemon juice and served atop cheesy grits.

The grits, by the way, are lightened up from most Southern versions, cooked with water instead of milk or cream, but still per-

fectly cheesy and delicious.

Grits are made from dried, ground corn, but in this version, I also add fresh corn for a pop of late-summer flavor. You could also stir in some fresh spinach or chopped mato.

The division of labor is simple with this one: one person tackles the shrimp, the other handles the grits. Both require very minimal cooking skills, but I'd assign the less-skilled cook the shrimp, since the grits do require you to cut the kernels off of an ear of corn and grate some cheese (tasks that would take me about two minutes, but George closer to 10).

If you take on this meal together, it can be ready on the dinner table in under 20 minutes. Whether you have a strong memory of the last time you ate shrimp and grits, or you've never tried it before, I know you'll love the flavor and simplicity of this weeknight version.

Caroline Chambers is a recipe developer, food writer, and author of "Just Married: A Cookbook for Newlyweds." She currently lives in Carmel, Calif., with her husband, George, and baby boy, Mattis.



#### CAJUN BUTTER SHRIMP AND CHEESY CHEDDAR GRITS

#### SERVES 2

FOR THE SHRIMP

- 1/2 pound peeled, deveined shrimp
- 1/2 teaspoon kosher salt
- 1 tablespoon Cajun seasoning Cooking oil (avocado, coconut, etc.)
- 2 tablespoons unsalted butter
- 1 lemon, halved
- 2 tablespoons minced parsley leaves

FOR THE GRITS

- 21/2 cups water
- 1/2 cup stone-ground grits
- 1 ear of corn, kernels removed (or 3/4 cup frozen corn kernels)
- 2 ounces sharp cheddar cheese, grated (about 1/2 cup)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder

black pepper

Cajun seasoning.

1/8 teaspoon freshly ground

Pat shrimp dry with a clean paper towel and season with salt and

Bring water to a boil in a large saucepan over high heat. Reduce heat to low, add grits, and cook, stirring frequently, for 10–15 minutes, until water is absorbed. Take a bite—if the grits are still hard, add another splash of water and keep cooking. Stir in corn, cheese, salt, garlic powder, and pepper and cook until cheese is melted. Turn heat off and cover with a lid until ready to serve.

While the grits are cooking, heat a large skillet over medium-high heat for several minutes. Oil the skillet by pouring in a small amount of oil, then using a paper towel to carefully spread it all over the skillet. Add shrimp in a single layer and cook for one minute, until shrimp are opaque and the seasonings start to blacken. Flip and cook for one to two more minutes, then remove skillet from heat and stir in the butter and the juice from half of the lemon, scraping up any bits that are stuck to the pan.

Divide the grits between two plates or shallow bowls. Top with shrimp and be sure to scrape all of the lemon-butter over the top. Garnish with parsley. Cut the remaining lemon half into wedges and serve alongside.

#### TIP

Make your grits more decadent by cooking them in whole milk instead of water, or swapping in 1/2 cup of heavy cream in place of 1/2 cup water.

Can't find stone-ground grits? Use polenta instead! Polenta is coarser, but makes a great stand-in.

Steamed broccoli, sauteed spinach, or buttery sauteed green beans would all make perfect side dishes.

Check out my vegetarian version, Shrooms n Grits, in my cookbook, "Just Married."



Punchy Cajun seasoning is seared onto the shrimp.

#### SECRET INGREDIENT

### Cruschi Peppers: Sweet, Smoky, Snackable

#### CRYSTAL SHI

In this series, we ask chefs about the secret ingredients they love, and how you can use them at home. Here, Las Vegas chef Nicole Brisson shares her obsession with cruschi peppers, a sweet, smoky, and crispy import from Basilicata in southern Italy.

**Secret Ingredient:** My secret ingredient that I have been recently obsessed with is cruschi peppers.



I first discovered these amazing peppers from Mimmo Bruno, the owner of Di Stefano Cheese. They have a very toasty, rich pepper flavor. The finish is slightly sweet, but not spicy as you would expect.

Cruschi peppers are harvested during the peak hot months of summer, from the end of July until the end of September. Harvesting is labor-intensive, as the peppers are picked by hand over rugged terrain. They are strung in large cluster wreaths and slowly dried

under the sun for 20–25 days. Once the peppers are dried, they are fried in olive oil until they are a deep, brick red color. They are then packaged and stored for the winter months.

**How to Use It:** They are great for snacking, but that can get costly. I really like crumbling them over pasta or antipasti dishes to add an extra layer of flavor. We were running a crab annolini [a stuffed pasta] at Carnevino [at The Pala-

zzo] with them that was so addicting. The annolini was stuffed with Dungeness crab, mascarpone, and fresh herbs, then served with a light lemon butter sauce with brunoise carrots and fennel. The cruschi peppers were crumbled to finish and added a whole new depth of flavor, tying all the ingredients together.

Even with something as simple as a good burrata or fresh mozzarella, cruschi peppers really



#### **INDIAN 'PUFFY TACOS'**

In the Indian culinary repertoire, there's a category of food known as chaat, made up of delicious little snackable dishes. In Houston, we have a store dedicated to chaat called Masala Munchies. it's owned by the Patel family, who also own the restaurant London Sizzler next door.

It seems like almost everything in their store has a crunch factor, as though the word chaat were onomatopoeia for the sound created by eating these snacks. I particularly love pani puri, fried wheat balls that are hollow in the center. By cracking the tops, they form small cups that you can fill with anything you want.

One year I was asked to come up with a taco for a food festival, and immediately I thought of the crunchy tacos that so many of us grew up eating on "taco night" and still crave to this day. Then I thought of pani puri as a stand-in for the fried tortilla shell. I used an Indianspiced ground lamb filling and topped it with tomato chutney (a salsa by another name) and cucumber raita. The result? this Indian "taco" was the fan favorite at the festival. I call it a "puffy" taco in reference to the shape of the pani puri, which looks like a puffed-up golf ball. In Texas, though, there's a third reference embedded in this name: the chewy friedtortilla tacos that are a signature dish of San Antonio. That may seem like a lot of cultural references to package together, but that's just how my brain works.

#### **SERVES 8 AS AN APPETIZER**

FOR THE TOMATO CHUTNEY

Vegetable oil, as needed

- 8 ounces cherry tomatoes
- 3 garlic cloves, thinly sliced
- 1 small cinnamon stick
- 1 star anise pod
- 1/8 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon chile powder, such as ancho or guaiillo

Kosher salt and freshly ground black pepper

- 2 tablespoons sugar
- 1 tablespoon rice vinegar

FOR THE RAITA

- 1/2 cup finely diced English
- 2 tablespoons diced red onion
- 1 tablespoon sliced scallion
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- 3/4 cup Greek-style yogurt 1/2 teaspoon fresh lime juice
- 2 tablespoons Auntie's Masala
- (recipe follows)

Kosher salt and freshly ground black pepper

FOR THE TACOS

2 tablespoons olive oil



2 tablespoons Auntie's Masala(recipe follows)

- 1 star anise pod
- 1 cinnamon stick
- 1 pound ground lamb
- 1/2 to 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon fresh lime juice
- 30 pani puri (puffed wheat balls, available at Indian or South Asian markets; see Note)

Cilantro for garnish

Make the chutney: Film a large skillet with vegetable oil and heat over high heat. When the pan is very hot, add the tomatoes and cook, shaking the pan occasionally, until the tomatoes are blistered all over, 3 to 4 minutes.

Add the garlic, cinnamon stick, and star anise and continue to cook until fragrant, a few seconds. Add the cumin and toast for a few seconds more. Add 1 cup water and reduce the heat to mediumhigh. Add the cayenne and chile powder. Season with salt and pepper and bring to a simmer. As the tomatoes start to soften and pop, begin pressing lightly on them with the back of your spoon or spatula to smash them. Stir in the sugar and vinegar. Simmer to reduce until thick, about 8 minutes. Remove the cinnamon stick and star anise (or leave them in for a cool surprise for your friends). The chutney can be made up to 1 week in advance; store in a covered container in the refrigerator until ready to serve.

Make the raita: In a medium bowl, toss together the cucumber, onion, scallion, cilantro, mint, yogurt, lime, and masala. Season with salt and pepper to taste, cover, and refrigerate until ready to use. (The raita can be made a day in advance; stir it before using in case the yogurt has separated.)

Make the taco filling: In a large skillet,

over mediumhigh heat. When it's hot,

add the onion, masala, star anise, and cinnamon stick. Cook, stirring, until just toasted and very fragrant, about 30 seconds. Add the ground lamb and cook, stirring and breaking up the meat with the back of your spoon, until no pink remains, about 5 minutes. Add 1 cup water. Simmer for 5 minutes, then reduce the heat to medium-low and cook for 1 more minute. Season with the salt, pepper, and lime juice. Cook until the liquid is nearly all evaporated, 5 minutes more.

Place the pani puri on a platter and tap the tops with a spoon to crack them open, so that they are like little cups. Spoon a small dollop of raita in each, followed by a spoonful of lamb filling, and top with a small spoonful of tomato chutney. Serve immediately, garnished with cilantro leaves.

NOTE: Pani puri typically comes in two forms: already "puffed" and ready to go, or dried. The latter look like flat, brown medallions, and need to be fried before they can be eaten. For ease, I usually purchase the already-puffed version to avoid the step of setting up a fryer.

#### **AUNTIE'S MASALA**

#### MAKES ABOUT 1 CUP

- 15 garlic cloves
- 3 Thai chiles, stemmed
- 1 bunch cilantro (both stems
- 2 tablespoons thinly sliced fresh ginger (about 1 ounce)
- 1 tablespoon olive oil
- 1/2 to 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

Combine all the ingredients in a food processor and process until smooth. The masala will keep in an airtight container in the refrigerator for up to 5 days.



#### **CRISPY BRUSSELS SPROUTS WITH CARAMELIZED FISH SAUCE**

One of the most common appetizers that you see on the menus at Vietnamese restaurants in Houston is chicken wings with caramelized fish sauce. These sweet-salty, crispy wings were one of the first dishes that got me loving the flavors of Vietnamese cooking. As I became more experienced cooking with fish sauce, I took the idea of caramelized fish sauce chicken wings and applied it to the abundance of seasonal vegetables that we're constantly getting from our local farmers. I'll always have a soft spot for those wings, but I think I might love this recipe even more. And it speaks to the flexibility of fish sauce as an ingredient that it works as well with certain vegetables as it does with meat.

This is a recipe that you can (and should) experiment with the only "rule" is to use a dense vegetable cut into bite-size pieces. I make versions with broccoli, cauliflower, green beans, okra, Brussels sprouts, and even shishito peppers.

This recipe calls for deep-frying the vegetables, and I recommend you do it that way at least once. Deep-frying gets the vegetables to a level of crispness that allows the fish sauce caramel to cling to the exterior without making it soggy. But I get that not every night is a "set up the deep fryer" night. So on those nights, roast the vegetables, well oiled, in one layer in a really hot oven until they show some nice browning for a similar, though not quite as texturally amazing, effect.

#### SERVES 4

FOR THE SAUCE

- 1/2 cup fish sauce
- 2 tablespoons rice vinegar
- 11/2 tablespoons dark brown sugar
- 1 garlic clove
- 10 cilantro sprigs

FOR THE VEGETABLES

Vegetable oil, for frying

2 pounds Brussels sprouts, trimmed and halved (or other dense vegetables cut in bite-size pieces)

1/2 lime

2 tablespoons chopped fresh cilantro, plus 10 whole leaves for garnish

Make the sauce: In a medium saucepan, combine the fish sauce, vinegar, brown sugar, garlic, cilantro, and 2 tablespoons water and bring to a light simmer over medium heat. Cook for 3 minutes, then strain through a fine-mesh sieve. Discard the solids. Measure 1/4 cup of the sauce to use in this recipe; if there is any left, it can be stored in the fridge for up to 2 weeks.

Prepare the vegetables: Pour 3 inches of oil into a large pot or Dutch oven that will still give you a couple inches of clearance. Heat over medium-high heat until the oil reaches 350 degrees F on a deep-fry thermometer. While the oil is coming to temperature, heat a large skillet over high heat until it is very hot. When you're almost ready to fry the Brussels sprouts, pour the reserved 1/4 cup fish sauce mixture into the skillet. It should sizzle and come to an almost instant boil. Cook until the sauce reduces to a glaze, which will happen very quickly, less than 1 minute. Take it off the heat but keep warm.

Meanwhile, working in batches, carefully add the sprouts to the oil and fry until nicely crispy, 30 seconds to a minute. Remove and drain the sprouts briefly on a paper towel-lined plate, then quickly add them to the skillet with the sauce. When all the sprouts have been fried and added to the sauce, squeeze in the juice from the lime half and add the chopped cilantro. Toss to coat the sprouts in the sauce. Garnish with





#### **KOREAN FRIED CHICKEN**

The food courts in Asian grocery stores have some of the very best eating in the country. But I have to admit that I didn't know that when I first came to the food stalls inside my local H Mart. There were nine stalls, featuring many dishes with ingredients I'd never heard of before. It was overwhelming to look at a menu where every single thing was unfamiliar.

I could sense there was an etiquette, but I couldn't quite figure it out. And all the while, grocery carts would come whizzing by, pushing through the throngs. I don't think that the presence of discomfort is bad or wrong or even avoidable; the key is to push past it because there is almost always a commonality that makes discomfort dissipate.

And then I came upon Korean fried chicken (KFC!).



As soon as I took a bite, I was obsessed: a perfect spicy-sweet glaze wrapped around chicken made extra crispy through a technique of frying it twice, at two different temperatures. From then on, every time I'd go shopping at this market, I'd end up buying a big box of the chicken for the staff of my restaurant. And pretty soon, I realized that I had, without even thinking about it, picked up on the systems; I knew where to return my plates at the end of a meal, and I knew which stall specialized in which dish.

Eventually, I developed a recipe for KFC. The key is the combo of gochujang, honey, and vinegar—another example of the beautiful marriage between chile heat and sweetness, this time with a little acidity and fermented funk in there for good measure.

#### SERVES 4

FOR THE BRINE

- 4 to 6 tablespoons kosher salt
- 1/4 cup sugar
- 2 tablespoons soy sauce
- 1 garlic head, halved crosswise 11/2 teaspoons whole black peppercorns
- 2 cups ice cubes
- 3 1/2 pounds bone-in, skin-on chicken parts

FOR THE GLAZE

- 1/2 cup lager
- 1/2 cup gochujang
- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame oil

- 1 tablespoon honey
- 1 tablespoon corn syrup 3 garlic cloves, minced

FOR THE CHICKEN

- Vegetable oil, for frying 1 cup rice flour (see Note)
- 1 cup potato starch Sesame seeds, for garnish

Make the brine: In a large pot, combine 2 quarts water with the salt, sugar, and soy sauce and bring to a boil over high heat. Cook until the salt and sugar are dissolved, then turn off the heat and add the garlic head halves and peppercorns.

Pour the brine into a big container and add the ice to chill it. Once chilled, add the chicken, cover, and refrigerate for at least 4 hours (or ideally overnight).

Make the glaze: In a blender or food processor, combine the lager, gochujang, vinegar, sesame oil, honey, corn syrup, and garlic and blend until nice and smooth. (The glaze can be made up to 1 week in advance and stored in a covered container in the refrigerator.)

Prepare the chicken: Pour 4 to 5 inches of oil into a large pot, making sure that the oil fills the pot only about halfway at most, so it won't overflow when you add the chicken. Set up a deep-fry thermometer and heat the oil over medium-high heat until it reaches 275 degrees F. Set a wire rack over a rimmed baking sheet. While the oil heats, in a large bowl, combine the rice flour and potato starch. Remove the chicken from the brine and pat completely dry with paper towels.

Separate the white meat and dark meat pieces, as they will fry for different amounts of time.

Dredge the drumsticks and thighs in the potato starch mixture and shake off the excess. Slowly lower the dredged chicken pieces into the oil. Be careful not to overcrowd the pot (work in batches if you have to) because this will drop the oil temperature too low.

Fry the dark meat, turning occasionally, for about 18 minutes, increasing or decreasing the heat as necessary to maintain 275 degrees F. Use tongs to transfer the chicken from the oil to the prepared rack to cool. Repeat the process until all the dark meat has been fried.

Let the oil temperature come back up to 275 degrees F and repeat the process with the breast and wing pieces, frying for 12 to 14 minutes. Once fried, transfer the white meat pieces to the wire rack with the rest of the chicken. Let it rest for 20 minutes.

For the second fry, increase the heat until the oil has reached 350 degrees F. Working in batches, add the chicken to the hot oil and fry for 4 to 5 minutes. Repeat until all the chicken has been fried a second time.

Put the chicken in a large bowl and pour about 1/2cup of the glaze over the top. Toss well until the chicken is completely coated, adding more glaze if you need it.

Arrange the chicken pieces on a plate and sprinkle with sesame seeds. Serve hot.

All recipes reprinted with permission from "Cook Like a Local: Flavors That Can Change How You Cook and See the World," by Chris Shepherd and Kaitlyn Goalen. Published by Clarkson Potter.

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# How to Use Oregano Oil for Colds and Flu

Carvacrol gives this essential oil disease-fighting super powers

#### **ANDREA DONSKY**

ith cold and flu season around the corner, it's a good idea to prepare in advance as much as we can. Oil of oregano could win an award as one of the most effective natural preventives and treatments for the common cold and flu.

Many have also reported great results using oregano oil for sore throats. And in case you're wondering, this oregano isn't the same as the herb you put in your pasta sauce.

One reason oil of oregano is considered an essential oil hero is the presence of carvacrol, one of the most bioactive components of this herb. Carvacrol has demonstrated its anti-disease potential in preclinical trials, but human trials are still lacking. That said, its antimicrobial, antioxidant, and anticancer properties have been documented by researchers.

Oil of oregano, which is made from the leaves and flowers of the herb, also contains some other potent compounds that can be helpful when you want to prevent or treat a cold or flu. Here are four reasons why this herb is so potent:

- Thymol: a natural antiseptic that can enhance immune system function and promote healing
- Beta-caryophyllin: known for its anti-inflammatory benefits
- Naringin: enhances the antioxidants in oregano oil, which in turn can improve its ability to fight cold and flu viruses
- Rosmarinic acid: an antioxidant that also is a natural antihistamine

To enjoy the health benefits of oregano essential oil, it's important that you choose an oil produced from wild oregano (Origanum vulgare), which is native to the Mediterranean, or from Thymus capitatus, a variety found in Spain. More than 40 other oregano species are available, so be sure to read the label and buy from reputable manufacturers only.

#### How Powerful Is Oil of Oregano?

For those who want to see what the scientists say, there's a study in the Journal of Applied Microbiology in which researchers exposed a mouse norovirus (a human norovirus surrogate) to oregano oil and carvacrol. Both treatments were effective against the virus, but carvacrol was better, inactivating the virus within one hour of exposure.

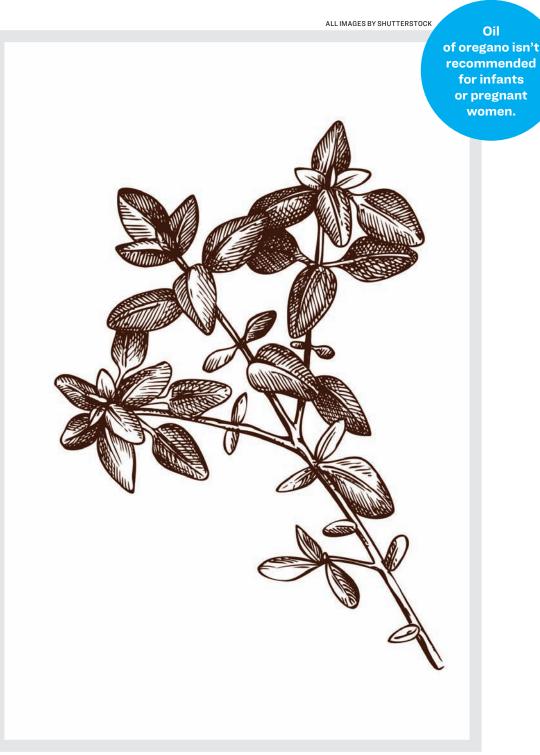
#### Using Oil of Oregano for Colds and Flu

If you want to help prevent the spread of cold and flu viruses on your hands and household surfaces, then you may want to use a liquid soap that contains oregano essential oil or add the oil to an all-natural brand you are using now.

An investigative team looked at the use of liquid detergent solution with added oil of oregano (0.5 percent) and found that it was as effective as a commercial antimicrobial soap, but without the harmful ingredients such as triclosan and chloroxylenol. And since the FDA recently banned many antibacterial chemicals, it makes sense to use a safer homemade alternative.



Oil of oregano could win an award as one of the most effective natural preventives and treatments for the common cold



Oil of oregano was found to be as effective as a commercial antimicrobial soap, but without the harmful ingredients such as triclosan and chloroxylenol.

It's important that you choose an oil produced from wild oregano

(Origanum

vulgare).

How to Use Oregano Oil for Colds and Flu

Since the taste can be strong, I have found the best way to take oregano oil is by diluting several drops of the oil in orange juice, olive oil, or coconut oil. However, according to Theresa Ramsey, NMD, if you place a few drops under your tongue and keep them there for several minutes, the strong taste will be minimal and the results will be faster and stronger because it gets absorbed faster. If you prefer not to taste anything, then you can purchase oil of oregano capsules at natural product stores.

The general dosing for oil of oregano for adults is two to three drops, three to four times daily once you have a cold or flu. For preventive or maintenance purposes, take two to three drops twice a day.

#### Oil of Oregano Capsule Dosage

If you prefer to take supplements, use 100 to 150 mg oregano oil capsules in place of the three to four doses daily. To treat a sore throat, you can add five to six drops of oregano oil to a glass of water and gargle several times a day. I like to place the drops directly in my throat so I'm sure they are doing their magic.

Oil of oregano can be given to children, although the strong taste makes convincing them a challenge. Fortunately, there are oregano oil supplements specially formulated for youngsters, including natural cinnamon or mint oil to mask the taste of the oregano. They should be dosed as recommended by the manufacturer. You can also add a couple of drops of the liquid to the bottom of their feet and then cover with socks to trap the vapors. We call this "pizza feet" in our house.

You also can add a few oregano oil drops in a diffuser or vaporizer to help clear up a stuffy nose and sinuses. Breathe in the pleasant aroma for a few minutes several times a day.

#### Oregano Oil and Breastfeeding?

You should limit your use of oregano oil to only seven to 10 days. Oil of oregano is not recommended for infants or pregnant women. As you should also conclude, using oregano oil while breastfeeding is not recommended. Also, avoid if you have high blood pressure or heart disease.

Andrea Donsky, who holds a Bachelor of Commerce from McGill University, is an international TV health expert, best selling author, and founder of NaturallySavvy.com—a recipient of Healthline's Best Healthy Living Blogs for 2019. This article was first published on NaturallySavvy.com



### The Healing Powers of Blue and Purple Foods

A flavonoid found in the pigment of these foods does more than make them look good

#### **DEVON ANDRE**

Blueberries have long been identified as a top "superfood." A rich source of anthocyanins—the pigment that gives them their deep purple—blue hue—blueberries have become a healthy diet staple.

But there are plenty of other blue or purple foods that may also boost your health in a number of ways.

Anthocyanins, a type of polyphenol, are a potent flavonoid antioxidant. They are associated with several health benefits including better heart health, lower risk of obesity and type-2 diabetes, and may even offer support as a natural remedy for the cold and flu. Some other powerful blue or purple "superfoods" are elderberries and blackberries.

#### Elderberries

One of the most popular plant remedies worldwide, these bluish-purple berries may offer a strong defense against cold and flu. Elderberries may have the potential to act as immune-system boosters, reducing the likelihood of infection or shortening the intensity and duration of cold and flu symptoms. Research has indicated elderberry may activate the immune system to fight off these viruses.

There are also studies to suggest that taking elderberry syrup daily can shorten the duration of flu by four days. If you want to try elderberry, cook it first. If eaten raw, it can lead to negative reactions in the stomach.

#### Blackberries

Blackberries are one of the densest sources of vitamin K available, as well as being very high in fiber, vitamin C, and manganese. Each of these compounds provides healthful benefits including immune health, heart health, digestive health, bone health, and more. One cup of blackberries features eight grams of fiber, and big percentages of your daily requirement of several vitamins: 40 percent of your daily required manganese, 34 percent of your vitamin C, and nearly a quarter of your vitamin K.

#### Blueberries

It's hard to avoid mentioning blueberries again. They are a rich source of nutrition and anthocyanin that can help protect cells from harmful free radicals. One study in healthy men suggested that eating two cups per day was able to protect DNA from free radical damage. Blueberries can be added to yogurt, salads, oatmeal, or eaten raw.

Including a variety of polyphenol and anthocyanin-rich foods may help improve your health in a number of ways, so try to mix up your berries from time to time. If berries aren't your thing, you can also get anthocyanin from grapes, plum, blue tomato, and eggplant.

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