THE EPOCH TIMES

ISSUE 642

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"I am not a spy. I have never been a spy and I have no interest to work for a spying organisation in any country. Under no circumstances will I be persuaded to change my decision."

Dr. Kylie Moore-Gilbert, Islamic studies lecturer at the University of Melbourne, on her current imprisonment in Tehran.

AU | A2

"We have just started receiving orders and are now starting to post the molecule."

Dr. Christian Drosten, director of the Institute for Virology at Berlin's Charite hospital, on the first diagnostic test for China's new SARS-like virus.

WORLD | A5

"It is as though Australia suffers collective and institutional amnesia when it comes to bushfire preparedness. But the threat will only escalate."

Rod Keenan, forest ecology professor at the University of Melbourne, on Australia's lack of a national bushfire policy.

OPINION | A10

"Better to send your No. 2 man to sign [the trade deal]. That way, when the deal goes sideways and the United States lays on the agreed punishment of more tariffs for nonperformance, Xi avoids the blame from the people and the Party."

Writer James Gorrie on Chinese Vice Premier Liu He's signing of the U.S.-China trade deal.

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Travel.



TRUTH AND TRADITION



Medical staff transfer patients to Jin Yintan hospital in Wuhan, Hubei, China, on Jan. 17, 2020.

CORONAVIRUS OUTBREAK

Be Alert But Not Alarmed, Morrison Says of Wuhan Virus Outbreak

Brisbane man cleared of virus

Scott Morrison has said that Australia's health system is ready to handle the growing coronavirus outbreak developing out of Wuhan, China, and that "while Australians should remain alert, they should not be alarmed."

"We have the best health system in the world and we are prepared to deal with this situation," he said on Twitter on Wednesday.

Australia's Chief Medical Officer

We have the best health system in the world and we are prepared to deal with this situation.

Scott Morrison, Prime Minister

Brendan Murphy said while it's possible that a case of the 2019-nCoV virus may reach Australia's shores, he insists the nation is well equipped to handle the situation.

"Because of the significant increase in case numbers and the human-to-human transmission, we've put additional border measures in place. But we are a very well-prepared country," Professor Murphy told Sunrise. China admit-

ted on Jan. 20 that the disease could be transmitted human-to-human, raising concerns that the illness has already spread widely across the country since the first reports in December 2019.

Murphy said Australia is ready to respond and isolate any travellers who are suspected of carrying the virus.

Biosecurity measures have been Continued on **A2**

Rollback of Obama-

CLIMATE

Dozens of Failed Climate Predictions Stretch 80 Years Back

PETR SVAB

Apocalyptic climate and environmental catastrophes of global proportions have decimated the world many times over in recent decades—at least based on dozens of predictions made by various scientists, experts, and officials over the past 80 years.

Newspaper clippings documenting the predictions were recently published by the Competitive Enterprise Institute, a con-

servative think tank. Many of those were first collected by geologist and electrical engineer Tony Heller, who frequently criticizes—on his RealClimateScience.com website—what he

considers fraud in the current mainstream climate research.

The predictions, some goContinued on **A8**

Dr. Paul R. Ehrlich, Stanford University biologist and author of "The Population Bomb."

HUAWEI

Huawei CFO Extradition Trial Kicks Off in Canada

CATHY HE

Huawei Chief Financial Officer Meng Wanzhou appeared in a Vancouver, Canada, court for the first day of her extradition trial, which will decide if she can be transferred to the United States to face criminal charges.

Meng's trial comes more than a year after she was arrested in Vancouver on December 2018, following Continued on **A5**

Era Water Rule Imminent

ISABEL VAN BRUGEN

overreach.

Trump Says

President Donald Trump on Jan. 19 announced that the White House has finalized plans to repeal an Obama-era regulation that expanded pollution protections for waterways such as wetlands and shallow streams, but that farmers, miners, and

manufacturers have decried as

Speaking at the annual American Farm Bureau Federation convention in Austin, Texas, on Jan. 19, the president said his administration has planned a major rollback on the scope of waters that must comply with Environmental Protection Agency (EPA) guidelines.

"I am proud to announce that I am taking yet another step to protect the water rights of American farmers and ranchers," Trump told the crowd. He said the finalized rules will be complete Continued on A7

CHINA

Young Chinese Woman's Death From Malnutrition Sparks Outrage

NICOLE HAO

The death of a 24-year-old Chinese woman on Jan. 13 because of severe malnutrition is sparking widespread outrage against officials for failing to address persistent extreme poverty in the country.

Weighing 47 pounds and standing at 4 feet, 5 inches tall, Wu Huayan suffered from stunted growth and

a host of health problems; she often couldn't afford her meals.

In October 2019, after Wu

was diagnosed with heart disease, she appealed to the public for help to pay for an urgent operation via a crowdsourcing platform. While a charity foundation run by a central government min-

istry raised money on her behalf, her family said they received just a fraction of the money, local media re-Continued on **A3**

Wu Huayan is talking about her life at a hospital in Guiyang city of southwestern China's Guizhou province in October 2019.

Be Alert But Not Alarmed, Morrison Says of Wuhan Virus Outbreak

CONTINUED FROM A1

ramped up for flights arriving into Australia from China and Wuhan in particular.

Brisbane Man Cleared

Meanwhile, Queensland Health on Wednesday afternoon confirmed that screening tests for the 2019nCov virus on a Brisbane man showing flu-symptoms came back negative.

The man was quarantined earlier this month when he fell ill after returning to Brisbane via Sydney from a family visit in Wuhan, China, where the coronavirus first broke out.

The sprawling capital of central China's Hubei province is the epicentre of the coronavirus, with Chinese authorities linking the outbreak to a wet market that sold seafood and wild animals. The market, which was also linked to all SARS cases seen in Wuhan in 2003, has been closed since Jan. 1.

The three flights Sydney receives direct from Wuhan each week will be closely monitored, starting on Thursday when biosecurity staff at Sydney Airport will assess any arrivals who feel unwell.

The crack team will include four NSW Health doctors and nurses experienced in public health and infection control alongside virology experts from Westmead Hospital and elsewhere.

The team will wear masks and gloves when examining anyone with symptoms, NSW Health protection executive director Jeremy McAnulty told reporters in Sydney.

"If it looks like they may have an infection ... we can arrange for testing and management of that person right away," Dr. McAnulty said.

Experts at Westmead Hospital can rapidly diagnose patients, although if someone is very unwell they could be taken to a hospital closer to the

Dr. McAnulty says identifying potential carriers at the airport is "not foolproof by any means" because people who've been exposed to the coronavirus may not display symptoms for days.

Australia's foreign affairs department says anyone travelling to Wuhan should "exercise a high degree of caution" while in the city.

Health Minister Greg Hunt said authorities had powers to take those who may be suffering from symptoms directly to hospital.

"They do have the capacity because of the measures taken, to

Prime Minister Scott Morrison is updated on the steps being taken to control the coronavirus at the National Incident Room of the Department of Health in Canberra, Australia, on Jan. 22,

We expect that any

passengers that do

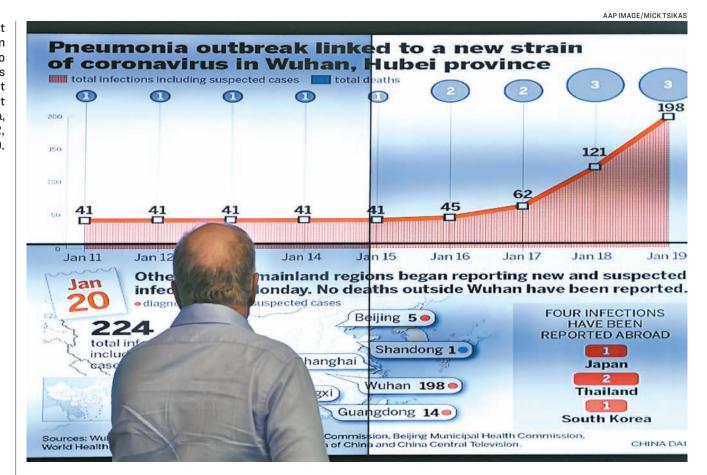
have issues will self-

report because it's in

their own interests.

Greg Hunt, Federal Health

Minister



bring people directly to hospital if that were required," Hunt told Sky News on Wednesday.

"But we expect that any passengers that do have issues will selfreport because it's in their own interests."

Sharp Rise in Reported Cases

China said on Jan. 22 that 440 people had contracted the new coronavirus that first appeared in Wuhan and has killed nine people. On Jan. 20, CCTV reported that the number of patients stood at 218, of which 198 of them were in Wuhan; five in Beijing; one in Shanghai; and 14 in Guangdong Province.

National Health Commission, told reporters the figures were accurate as of midnight Tuesday, and that all nine deaths from coronavirus had been in Hubei province.

into contact with those already infected were isolated, Li Bin said, and that 765 of those have been released from observation.

It is estimated that the coronavirus has already reached 20 mainland cities other than Wuhan, according to a study by the University of Hong Kong (HKU).

Li Bin, vice minister of China's

A further 2,197 people who came

"Recently there has been a big change in the number of cases, which is related to our deepening understanding of the disease, improving diagnostic methods, and optimising the distribution of diagnostic kits," Li said.



A woman and a child wearing protective masks walk toward check-in counters at Daxing international airport in Beijing on Jan. 21, 2020.

He said the new strain of coronavirus is mainly spread through respiratory transmission, warning that China must now urgently work to prevent and control the spread of the disease.

"The virus may mutate, and there is a risk of further spread of the virus," he said, according to The

His comments came as the World Health Organisation (WHO) on Wednesday scheduled an emergency meeting to discuss the coronavirus and whether to declare a public health emergency of international concern. Australia's Professor John

Mackenzie from Curtin University is among a list of international health experts who may be called to provide advice on appropriate measures to contain the coronavirus outbreak.

NICOLAS ASFOURI/AFP VIA GETTY IMAGES

The surge in cases of coronavirus also followed news that the U.S. had become the fifth country outside of China-and the first outside Asia-to confirm a case of infection.

Li said Japan, South Korea, and Taiwan have also confirmed one case each of the virus and Thailand

By AAP & Epoch Times Staff

Jailed Australian-UK Academic Claims Iran Tried to Recruit Her as Spy

ISABEL VAN BRUGEN

An Australian British academic jailed in Iran is claiming that Tehran tried to recruit her as a spy in exchange for her release.

Kylie Moore-Gilbert, an Islamic studies lecturer at the University of Melbourne, has described her ordeal in handwritten letters smuggled out of Tehran's notorious Evin jail and seen by The Guardian. In the letters, she described feeling "abandoned and forgotten."

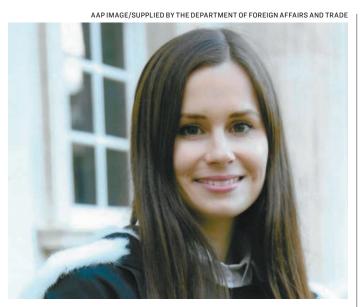
The detained academic was arrested at Tehran airport in September 2018 after attending an educational conference. Moore-Gilbert is serving a 10-year sentence for espionage, a charge that she and the Australian government have denied; an appeal against her sentence failed.

She remains in an isolated Islamic Revolutionary

Dr. Kylie Moore-Gilbert from the University of Melbourne was sentenced to 10 years behind bars in Tehran, Iran, in September 2019.

I'm taking psychiatric medications, but these 10 months that I have spent here have gravely damaged my mental health.

Dr. Kylie Moore-Gilbert, Islamic studies lecturer at the University of Melbourne



Guard Corps-run (IRGC) wing of Evin.

In 10 letters addressed to Iranian authorities between June and December 2019, the Cambridge-educated lecturer described how her physical and mental health had deteriorated, and begged to be released from the prison unit, where she has spent time in solitary confinement.

She lashed out at the IRGC for "playing an awful game" with her, claiming she was shown two conflicting imprisonment terms in October 2019-one 13-month sentence and the other confirming her original 10-year

"My case manager said that the 13-months decision was 'fake,' and was an illegal attempt by my lawyer

sentence.

and my ambassador to free me from prison," she wrote. "I am an innocent victim."

Moore-Gilbert said she is being denied visitations, phone calls to her family, and that she has little money to buy food. She added that her deteriorating health has led to multiple hospital visits.

"I'm taking psychiatric medications, but these 10 months that I have spent here have gravely damaged my mental health," she wrote in a letter dated from July.

A month later, she wrote: "In the past month, I have been to the special care at 'Baghiatollah Hospital' twice and the prison infirmary six times.

"I think I am in the midst of a serious psychological problem."

She added in a letter that she has rejected offers to spy for Iran and "work with the intelligence branch of IRGC," while maintaining that she had become the victim of "fabrications and trumped-up accusations."

"I am not a spy. I have never been a spy and I have no interest to work for a spying organization in any country," she wrote in a letter to her Iranian case manager. "Under no circumstances will I be persuaded to change my decision."

This week, Australia's Foreign Minister Marise Payne met with Javad Zarif, her Iranian counterpart, to discuss Moore-Gilbert's case.

"The government has been working extremely hard in relation to the ongoing detention of Kylie Moore-Gilbert," Payne said. "We don't accept the charges on which she has been held and are concerned for her protection and the conditions under which she is held."

However, Iran has said it won't bow to pressure or "submit to political games and propaganda."

Young Chinese Woman's Death From Malnutrition Sparks Outrage

NICOLE HAO

ported. Many netizens suspect government malfeasance.

She died shortly thereafter.

Ironically, just a day before her death, the central government released a documentary about an official from the province where Wu lived, Wang Xiaoguang, who was convicted of corruption. Wang, a former vice governor of Guizhou Province, was sentenced to 20 years imprisonment and a fine of 173.5 million yuan (\$25.18 million) in April 2019 for embezzlement and bribery crimes.

Background

"My grandma and my father died because we had no money to cure their diseases. I don't want to experience again the feeling of waiting for death because of poverty," Wu wrote on Shuidichou, a GoFundMe-like platform in China, on Oct. 17, 2019.

Her story spread quickly in China; dozens of Chinese media interviewed her and published her backstory.

Wu, who was from a small village in Songtao county, Tongren city, had been a junior studying at a local vocational institute when she died.

When Wu was 4 years old, her mom died suddenly from an unknown disease, Chinese media reported. The little girl lived in poverty together with her grandmother, father, and younger brother.

While Wu was in high school, her father was diagnosed with cirrhosis. Without money to pay for treatment, he died after half a year. Soon after, Wu's grandmother also died from a chronic illness.

As teenage orphans, Wu and her brother moved to their uncle's house. The local county paid them 300 yuan (\$43.50) per month as part of a national "poverty relief" program.

"During the most difficult times, I



Wu Huayan is talking about her life at a hospital in Guiyang city of southwestern China's Guizhou province in October 2019.

I couldn't give up because he is my only family in this world.

Wu Huayan

only had one steamed bun every day. ... Because pickled chiles were cheap, I mixed it with plain rice as my meal. I ate this for five years," Wu said in a media interview.

Becoming Ill

When Wu was a senior in high school, the malnutrition caused her to begin losing her hair; soon, she lost her eyebrows. At the same time, her brother was diagnosed with psychosis.

"My younger brother suddenly started to speak nonsense ... he didn't recognize who I was," Wu said in a media interview. "But I couldn't give up because he is my only family in this world."

Wu and her uncle borrowed 5,000 yuan (\$725.60) to be able to send her

brother to the hospital. After more than a year of treatment, his condition stabilized and he was allowed to go home.

Meanwhile, Wu couldn't afford to go to the doctor herself.

Fortunately, Wu's teacher paid her high school tuition, and she worked two part-time jobs while in college, earning 600 yuan (\$87) a month.

When a high school classmate visited her at the college, she found Wu had developed severe edema in her feet. Worried about Wu's health, the classmate took her to the hospital, where it was discovered that three of Wu's four heart valves were damaged.

Doctors told her that she needed an operation that would cost more than 200,000 yuan (\$29,024).

Donations

The China Charities Aid Foundation for Children, a subsidiary of the national government's Civil Affairs Ministry, began asking for donations on Wu's behalf on Oct. 25, 2019.

In the first five days, one fundraising campaign received more than 600,000 yuan (\$87,070). Another raised more than 400,000 yuan (\$58,050). Meanwhile, Wu's family wasn't aware that the foundation had even been collecting money, staterun media Beijing News reported. Only 20,000 yuan (about \$2,900) ended up in her bank account.

Ultimately, doctors said they couldn't operate because Wu was too weak to withstand the procedure. She died at the hospital.

Some non-governmental donation platforms also helped Wu to raise money. Her family confirmed donations of about 470,000 yuan (\$68,210).

The foundation made a public response about Wu's case on Jan. 14, explaining that the fundraising platform it operates charges 6 percent for handling fees, adding that disbursement of the remaining amount of donations will be discussed with Wu's family.

This isn't the first time the foundation has faced scrutiny.

In December 2012, Chinese citizen Zhou Xiaoyun obtained a copy of the foundation's annual report after submitting a legal request, according to a report by state-run Beijing News. Zhou found that the foundation had on one occasion spent 4.84 billion yuan (\$702.4 million)—far higher than the 80 million yuan (\$11.6 million) total donations it collected that

Beijing News tracked down the foundation's accountant, who claimed that she mistakenly input an extra zero. The foundation didn't provide any further explanation.





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WORLD JANUARY 23-29, 2020 THE EPOCH TIMES

Russian Government **Resigns After Putin Announces** Constitutional Changes

JACK PHILLIPS

Russian Prime Minister Dmitry Medvedev said Jan. 15 that he's submitted his resignation to President Vladimir Putin to give the president room to make changes to the constitution.

In a statement carried by the statebacked TASS News Agency, Medvedev said his government should step down in the wake of Putin's proposals to change the constitution. Putin's speech and Medvedev's announcement were also carried via Russian television stations.

"After those amendments are adopted-and it was said that this is likely to be done following discussion—there will be significant changes not only to a variety of constitution articles, but to the balance of power, namely to the executive, legislative, and judicial branches of power," the prime minister said.

Medvedev noted that following Putin's proposals, Medvedev's government "should provide our country's president with an opportunity to take all the necessary decisions in these conditions."

"I believe it right for the govern-

Of course, these are very serious changes to the political system. It would increase the role and significance of the country's Parliament ... of parliamentary parties, and the independence and responsibility of the prime minister.

Vladimir Putin, President of the Russian Federation



Russian President Vladimir Putin (R) and Prime Minister Mikhail Mishustin arrive to meet with members of the new government in Moscow on Jan. 21, 2020.

ment of the Russian Federation to step down in conformity with Article 117 of Russia's Constitution," Medvedev said.

Without much detail, Putin thanked Medvedev and his government for their work, TASS reported.

"For my part, I also want to thank you for everything that was done at this stage of our joint work, I want to express satisfaction with the results that have been achieved," he said, according to TASS. "Not everything was done, but everything never works out in full."

The statement came after Putin

gave a televised speech in front of officials, in which he suggested amending the country's constitution to limit a future president to only two terms in office. Putin has served four terms and has said he wants to step down in 2024. According to The Guardian, Medvedev, after stepping down as prime minister, was appointed to a new position as deputy chairman of Russia's Security Council.

Putin added in his speech that he wants to give the State Duma, the lower house of Parliament, the power to choose Russia's prime minister and other key positions.

"Of course, these are very serious changes to the political system," Putin said. "It would increase the role and significance of the country's Parliament ... of parliamentary parties, and the independence and responsibility of the prime minister."

ALEXEY NIKOLSKY/SPUTNIK/AFP VIA GETTY IMAGES

Medvedev has served as Russia's prime minister since 2012 and spent four years as Russia's president between 2008 and 2012.

Putin's critics have accused him of wanting to remain in power after he steps down in 2024 and assume an enhanced role as prime minister.

FRED DUFOUR/AFP VIA GETTY IMAGES

Yemen's President: Military Needs to Be on High Alert Following Deadly **Attacks**

JACK PHILLIPS

Yemen's president has called on the military to stay alert following a missile attack that reportedly killed dozens of soldiers over the weekend.

President Abdrabbuh Mansour Hadi blamed the attack in Marib on the Houthi rebels, a militia group that is said to be backed by Iran. The move "confirms without doubt that the Houthis have no desire for peace," he said in a statement via state media, Reuters reported Sunday. The Houthis have not confirmed that they were behind the incident.

Saudi state-run al-Ekhbariya TV reported that 79 soldiers were killed in the attack. Neither Yemen's government nor the Houthis has confirmed the details.

Yemen's Ministry of Defense told CNN that the attack was "to avenge the killing of the Iranian terrorist Qasem Soleimani," who was killed by an American drone strike in Baghdad on Jan. 3. The ministry didn't provide any further details about why officials believed that to be the case.

Yemen's Defense Ministry said it's "armed forces will remain the solid rock that breaks the ambitions" of Tehran's military moves in the Middle East, according to state-backed media. CNN also reported that the attacks took place as the soldiers were praying at a mosque.

The United Nations Special Envoy for Yemen, Martin Griffiths, condemned the apparent escalation of military activities in Yemen, the world's poorest Arab nation.

"I have said before that the hardearned progress that Yemen has made on de-escalation is very fragile. Such actions can derail this progress," warned Griffiths in a statement on Sunday. "I urge all parties to stop the escalation now and to direct their energy away from the military front and into the politics." He called on both parties to return to the negotiation table to resolve the years-long military

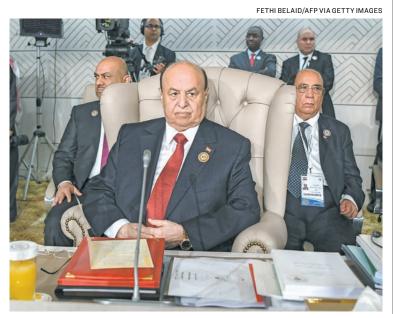
Yemen has been the site of a proxy war between Saudi Arabia and Iran after a Saudi-led coalition intervened in 2015 to restore Hadi's government. Hadi was the longtime vice president under Yemeni leader Ali Abdullah Saleh, who ruled the country for more than 20 years before stepping down in the wake of

Hadi's government was then ousted from power by the Houthis, a Shi'ite group, who also took over the capital, Sanaa. They have denied being backed by Iran and have said they are fighting against a corrupt

Tensions in the Middle East have been high following the killing of Soleimani, Iran's top general, after which Iran conducted a retaliatory attack on Iraqi bases holding American troops. Iranian leaders have also made threats of future attacks on U.S. assets in the region while simultaneously pulling out from some of its obligations under the 2015 nuclear deal.

Yemen's Ministry of Defense told CNN that the attack was "to avenge the killing of the Iranian terrorist Qasem Soleimani," who was killed by an American drone strike in Baghdad on Jan. 3.

Yemeni President Abdrabbuh Mansour Hadi attends the opening session of the 30th Arab League summit in the Tunisian capital Tunis on March 31, 2019.



China's President Xi Jinping (R) shakes hands with North Korean Foreign Minister



SEOUL-North Korean Foreign Minister Ri Yong Ho has been replaced, Seoul-based NK News reported on

The usually well-informed outlet, citing multiple unnamed sources in Pyongyang, said Ri Yong Ho would be replaced by Ri Son Gwon, the former chairman of the Committee for the Peaceful Reunification of the Country (CPRC), who played a prominent role in inter-Korean talks in early 2018.

South Korea's unification ministry, which is in charge of North Korea affairs, has said that any change in Ri's status should be assessed cautiously.

Ri Yong Ho, who was born in 1956, did not attend the annual gathering of world leaders at the United Nations in September. He had attended the high-level meeting in New York for three years from 2016 to 2018.

North Korea News said his absence from a group photo of top ruling party officials at a meeting in January raised speculation that he may have been replaced amid a broader political reshuffle that saw notable promotions and possible demotions of prominent figures in

North Korea News said his absence from a group photo of top ruling party officials at a meeting in January raised speculation that he may have been replaced amid a broader political reshuffle.

North Korea's military, cabinet, and

A fluent English speaker who studied at Pyongyang's prestigious University of Foreign Languages, Ri Yong Ho has for years held a number of high-level posts dealing with the

From 2003 to 2007, he was North Korea's ambassador in London and served as vice foreign minister, representing North Korea at nowdefunct six-party talks on North Korea's nuclear program.

By Heekyong Yang and Hyonhee Shin From Reuters

THE EPOCH TIMES JANUARY 23-29, 2020 WORLD \mid A5

Mexico Halts Migrant Caravan, Hundreds Deported Back to Honduras

MEXICO CITY—Mexico's government said on Tuesday it had largely halted a caravan of more than 2,000 illegal migrants, mostly from Honduras, who waded across a river at the border with Guatemala. It said that others who attempt to enter the country illegally will face the same consequences.

The caravan, part of a group of several thousand people who last week fled rampant gang violence and dire job prospects in Honduras, are a major test for Central American leaders like President Andres Manuel Lopez Obrador who are under pressure by the Trump administration to curb the flow of migrants looking to illegally enter to United States.

The number of illegal immigrants crossing the southern U.S. border has dropped sharply since Mexico stepped up the policing of its borders. U.S. President Donald Trump threatened Mexico and other Central American nations with trade sanctions if they did not accept a series of migration pacts that are designed to curb illegal migration and promote regional stability.

Foreign Minister Marcelo Ebrard said about 1,000 people managed to cross the country's southern border on Monday from Guatemala.

Mexico's National Migration Institute (INM) said it deported 219 migrants to Honduras by plane in two separate flights. Ebrard said another 144 people were sent by bus.

"These two flights are the first of the year and we expect to carry out more in the coming days," the INM said.

On Monday the INM said it detained 402 migrants and transferred them to immigration stations where they will receive food, water and shelter. The INM will return them to their home countries via airplane or bus if their legal status cannot be resolved.

It is unclear if some of those deported are the same people whom the INM said it had detained.

"We do not know if another group will arrive and, if so, we will have the same type of response," Ebrard said at a news conference.

Mexican security forces clashed with the Central American migrants who crossed into Mexico on Monday, in a chaotic scramble that saw mothers separated from their children. A spokeswoman at the INM said there are now no reports of lost minors.

Lopez Obrador told a news conference on Tuesday that the operations to control the flow of migrants at the country's southern border were meant to protect them.

US to Inject \$1B into Guatemala's Private Sector

In order to create jobs and spur investment in the Guatemalan economy, the Trump administration on Jan.



Central American migrants, mostly Hondurans traveling in caravan to the United States, cross the Suchiate River, the natural border between Guatemala and Mexico on Jan. 20, 2020. Hundreds of illegal immigrants formed a new migrant caravan and tried to enter Mexico by force across the river on Monday, prompting the National Guard to fire tear gas.



Mostly Honduran migrants travel in caravan hoping to enter the United States but were held up at the international bridge that connects Tecun Uman, Guatemala, with Ciudad Hidalgo, Mexico, on Jan. 20, 2020. Most of the migrants left Jan. 14 from Honduras and had arrived Jan. 18 at the bridge over the Suchiate River.

Here there's no work, there's nothing. That's why we are fleeing to the United States.

Young Honduran man traveling with his wife and two children in the caravan

15 signed an agreement to pump \$1 billion into the country's private sector. The financing will not go to the Guatemalan government.

"It's a billion dollars of financing from us, which should catalyze about \$4 billion," Adam Boehler, chief executive of the U.S. International Development Finance Corporation (DFC) told Reuters after he signed a memorandum of understanding.

"The United States and Guatemala share a commitment to building a more prosperous, stable, and secure Western Hemisphere.

"The MOU signed by our two countries today—which will create meaningful economic opportunities and improve the lives of the Guatemalan people—represents a milestone in our cooperative efforts to achieve this common vision."

Following the signing, U.S. Ambassador to Guatemala Luis E. Arreaga said, "Today's memorandum of understanding is evidence of the United States' commitment to partner with

Guatemala to grow the economy, improve citizen security, and ensure transparent, accountable governance that supports human rights. It offers a tool to grow the economy for all Guatemalans, particularly those in greatest economic need."

The Honduran government said in a statement that it was also creating economic opportunities and legal migration options, adding, "This caravan is another attempt to disrupt this."

Most migrants caught on the U.S. border with Mexico have left El Salvador, Guatemala, and Honduras, looking to escape chronic poverty or gang violence

"Here there's no work, there's nothing. That's why we are fleeing to the United States," a young man traveling with his wife and two children as part of the caravan told Honduran television.

With additional reporting by Epoch Times staff. From Reuters



A lab assistant prepares samples for DNA mapping at a lab in Germany on Aug. 7, 2019.

German Researchers Develop First Test to Diagnose New Virus From China

BERLIN-German researchers said on Jan. 16 they have developed the first diagnostic test for a new virus that has emerged in central China.

The virus was first detected in the Chinese city of Wuhan last year and cases have since been reported in Japan, South Korea, Taiwan, and Thailand. Hundreds of people in China have been sickened by it and nine people with severe underlying conditions have died.

Dr. Christian Drosten, the director of the Institute for Virology at Berlin's Charite hospital, said the test developed by his team will allow labs to reliably diagnose the so-called novel coronavirus "in a very short period of time."

Drosten, who was one of the co-discoverers of SARS, said the two viruses are so closely related that laboratories which have control samples for SARS in stock can use it to diagnose the new virus.

The test protocol is being made available through the World Health Organization, and laboratories can order a molecule from the German team to compare patient samples with a positive control, he said.

"We have just started receiving orders and are now starting to post the molecule," Drosten told The Associated Press.

So far, doctors have only been able to perform a general virus test and then had to sequence and interpret the genome, said Drosten. Large, well-equipped public laboratories are able to do this but smaller labs would struggle to do so, he added.

"We're more concerned about labs in countries where it's not that easy to transport samples or staff aren't trained that thoroughly, or if there is a large number of patients who have to be tested," said Drosten, citing the epidemic of SARS, or Severe Acute Respiratory Syndrome, which killed hundreds in China in 2002 and 2003.

Drosten, who was one of the co-discoverers of SARS, said the two viruses are so closely related that laboratories which have control samples for SARS in stock can use it to diagnose the new virus, cutting the time required to create a functioning test.

From The Associated Press

Huawei CFO Extradition Trial Kicks Off in Canada

CONTINUED FROM A1

an extradition request by the United States, where she is indicted on fraud charges.

U.S. federal prosecutors allege that Meng misled U.S.-based banks about the company's business dealings in Iran, causing the banks to violate U.S. sanctions. They say she lied to bank representatives about Huawei's relationship with an Iranian company, which was in fact a subsidiary of Huawei.

The trial could take months—or even years—to conclude.

Meng's case sparked an escalating diplomatic row between Canada and China. Weeks after her arrest, Chinese authorities detained two Canadians—former Canadian diplomat Michael Kovrig and businessman Michael Spavor—on spying charges in apparent retaliation. Beijing went on to block imports of Canadian canola seed and other agricultural products

Meng, 47, who is also the daughter of company founder Ren Zhengfei, is currently released on bail in Canada. She says she's in-

nocent and will fight extradition, in part, on grounds that her alleged conduct isn't illegal in Canada, a standard known as "double criminality."

'Double Criminality'

The first phase of the trial, held at the Supreme Court of British Columbia, is expected to last at least four days. It will focus on the issue of "double criminality": Prosecutors will need to prove that the U.S. crime that Meng is accused of committing also constitutes a crime in Canada.

Canadian prosecutors' case rests on the accusation that Meng lied to representatives of HSBC in 2013 about Huawei's relationship with Skycom, an affiliate of the company that did business in Iran. Meng, prosecutors allege, told HSBC that Skycom was a partner when it was in fact a subsidiary, which caused the bank to clear transactions in violation of Iran sanctions.

They say that Meng's alleged conduct put HSBC at risk of financial loss, and thus makes it sufficient to establish a case of fraud in Canada.

"Inducing a bank to extend financial services by lying to it is criminal," the prosecution said in court filings.

"To establish HSBC's deprivation, there is no need to consider American sanctions law," it added. Meng's lawyers, however, argue that the alleged fraud doesn't con-

that the alleged fraud doesn't constitute a crime in Canada because it, unlike the United States, hasn't imposed sanctions against companies doing business with Iran.

"In a typical case, double crimi

"In a typical case, double criminality is not contentious. This case, however, is founded on an allegation of breach of U.S. sanctions, sanctions which Canada has expressly repudiated," defense lawyer Richard Peck told the court on Jan. 20.

The courtroom was packed, with more than 100 people in the gallery.

Michael Splatt, criminal defense counsel at Ottawa-based firm Abergel Goldstein & Partners, told The Epoch Times that while Meng faces as "uphill battle" due to the "extremely low" standards of proof in extradition hearings, her defense team does present a "very good argument" on the point of double criminality. Splatt's firm isn't involved in the case.

"If you take the United States out of the picture, would she have been arrested and detained when she came into Canada? And the answer is, obviously, no." he said.

answer is, obviously, no," he said. The Canadian case also stands amid a backdrop of intensifying scrutiny of Huawei in the United States. The Trump administration blacklisted the company in 2019 from doing business with U.S. firms on national security grounds. U.S. authorities are reportedly considering adding further restrictions on U.S. companies that sell to the Shenzhen-

based company.

U.S. officials and experts have sounded the alarm about the potential for Huawei equipment to be used by the Chinese regime for spying or to disrupt communication networks. Such concerns arise from the company's links with the Chinese military, as well as the fact that Chinese law compels companies to cooperate with intelligence agencies when asked. The company denies the allegations.

Reuters contributed to this report

A6 US

Guide to the Trump Impeachment Trial in the Senate

ZACHARY STIEBER

The impeachment trial of President Donald Trump will start on Jan. 21, as all 100 U.S. senators gather in Washington to vote on initial trial guidelines.

Senators will hear from Trump's legal team and House impeachment managers as soon as Jan. 21, before submitting written questions to both sides. According to the Republican majority, the matter of whether to call witnesses will be decided after both sides present their cases and the questions are answered.

Trump was impeached by the House of Representatives on Dec. 18, 2019, without a single Republican vote. The two articles of impeachment charge him with abuse of power and obstruction of Congress.

The Judge

Chief Justice John Roberts, who will preside over the trial, was sworn in on Jan. 16.

Roberts, 64, was nominated to the Supreme Court in 2005 by President George W. Bush. He was directly confirmed to be chief justice following the death of Chief Justice William Rehnquist.

Unlike other sorts of trials, if Roberts does make a ruling, 51 senators can vote to overrule him.

The Jury

The Senate will hear the arguments for and against removing Trump from office. It holds enormous power during the proceedings, having the ability to dismiss the charges or acquit Trump with a simple majority vote, or to convict the president, removing him from office, with a 67-vote supermajority.

Senators are expected to be in attendance at all times during the proceedings and aren't allowed to have phones or other electronics during the trial. They also aren't allowed to speak during the proceedings.

Since the Republicans hold a 53–47 majority (including two independents who caucus with the Democrats) in the chamber, it's widely considered unlikely that Trump will be convicted.

Witnesses

More than a dozen witnesses testified during the House impeachment inquiry. A majority vote is required to call witnesses during the Senate trial.

Senate Majority Leader Mitch Mc-



U.S. President Donald Trump and First Lady Melania Trump walk across the South Lawn toward Marine One at the White House on Jan. 17, 2020.

Abuse of power alone, and history has shown this, similar to also obstruction of Congress, those types of articles of impeachment have been tried on for size before but they have not fared well.

Robert Ray, former prosecutor and member of President Donald Trump's legal team



Presiding officer Chief Justice John Roberts swears in members of the Senate for the impeachment trial against U.S. President Donald Trump at the U.S. Capitol on Jan. 16, 2020.

Connell (R-Ky.) has said the matter of witnesses won't be included in the vote on initial trial guidelines, citing Senate rules set out in President Bill Clinton's 1999 impeachment trial.

If witnesses are called, Democrats are seeking the testimony of four witnesses, including former national security adviser John Bolton and acting White House Chief of Staff Mick Mulvaney. Republicans have said they want to hear from former Vice President and current presidential hopeful Joe Biden and

his son Hunter Biden.

The senators themselves, in their roles as jurors, will have the opportunity to submit questions in writing. Under the rules, senators may even be called as witnesses in the trial.

Prosecutors and the Defense

Seven representatives were chosen to present the House's case against Trump, including House Intelligence Committee Chairman Adam Schiff (D-Calif.) and House Judiciary Committee Chairman Jerrold

Nadler (D-N.Y.).

DREW ANGERER/GETTY IMAGES

In a normal courtroom proceeding, prosecutors aren't aligned with a political party. In this case, all seven House impeachment managers are Democrats.

Trump's team includes Harvard Law School professor emeritus Alan Dershowitz, White House counsel Pat Cipollone, and former independent counsel Ken Starr.

Former Florida Attorney General Pam Bondi, former federal prosecutor Robert Ray, and Trump lawyer Jay Sekulow are also on the team.

The Arguments

Democrats say Trump abused his office by asking Ukrainian President Volodymyr Zelensky to "look into" possible corruption by the Bidens, noting that Joe Biden is a Democratic presidential contender. They've sought to connect a hold placed on congressionally approved military aid to Ukraine to the request, arguing that Trump was using it to pressure Ukraine.

"The president withheld hundreds of millions of dollars of military aid to an ally at war with Russia, withheld a White House meeting that the president of Ukraine desperately sought to establish with his country and with his adversary the support of the United States, in order to coerce Ukraine into helping him cheat in the next election," Schiff said on Jan. 19 during an appearance on ABC's "This Week."

Democrats also say Trump blocked Congress from investigating the allegations against him by declining to allow some current and former advisers to testify to the House.

Trump's team says he can't be removed for abuse of power, saying the prosecution needs "proof of an actual crime."

"Abuse of power alone, and history has shown this, similar to also obstruction of Congress, those types of articles of impeachment have been tried on for size before, but they have not fared well," Ray said on Jan. 19 in an appearance on Fox News' "Sunday Morning Futures."

Trump, who will be in Davos, Switzerland, for the 2020 World Economic Forum during part of the trial, has repeatedly said he didn't do anything wrong and that House Democrats are playing politics.

"They didn't want John Bolton and others in the House. They were in too much of a rush. Now they want them all in the Senate. Not supposed to be that way!" he said on Twitter on Jan. 20.

White House Violated Law in Freezing of Ukraine Military Aid: Legal Opinion

ZACHARY STIEBER

The White House Office of Management and Budget (OMB) violated the law when it withheld military aid to Ukraine that was approved by Congress, the Government Accountability Office said in a Jan. 16 legal opinion.

The OMB froze the congressionally approved \$250 million appropriated to the Department of Defense for security assistance to Ukraine to review corruption issues in Ukraine, President Donald Trump said. The office withheld the funds by issuing a series of documents, nine in total, that pushed back giving the funds to Ukraine. Secretary of Defense Mark Esper said in December 2019 that the aid didn't have any impact on U.S. national security.

The Government Accountability Office (GAO) said in the legal opinion that the delay in transmitting the funds, which were eventually given to Ukraine, violated the law.

"Faithful execution of the law does not permit the president to substitute his own Faithful execution of the law does not permit the president to substitute his own policy priorities for those that Congress has enacted into law.

Thomas Armstrong, legal counsel for GAO

policy priorities for those that Congress has enacted into law. OMB withheld funds for a policy reason, which is not permitted under the Impoundment Control Act (ICA). The withholding was not a programmatic delay. Therefore, we conclude that OMB violated the ICA," Thomas Armstrong, the GAO's counsel, wrote in the legal opinion.

The White House didn't immediately return a request for comment.

"I haven't had a chance to read that report but I'm really glad that Ukraine got its aid and got it within the deadline," Trump counselor Kellyanne Conway told reporters outside the White House Thursday morning. "And it's much higher than they ever got under the Obama administration."

The OMB told the Government Accountability Office that the funds were frozen to make sure the money wasn't spent "in a manner that could conflict with the president's foreign policy." The budget office said the delay didn't violate the ICA because it constituted a programmatic

delay. A "policy development process is a fundamental part of program implementation," so its impoundment of funds for the sake of a policy process is programmatic, the office said.

The GAO said the assertions "have no basis in law" because programmatic delays only occur when an agency "is taking necessary steps to implement a program, but because of factors external to the program, funds temporarily go unobligated."

"Here, there was no external factor causing an unavoidable delay," Armstrong stated.

The GAO said it was also reviewing whether the OMB violated the law in withholding security assistance funds meant for Ukraine from the State Department.

House Appropriations Chairwoman Nita Lowey (D-N.Y.) said in a statement that the legal opinion "confirmed what congressional Democrats have understood all along: President Trump abused his power and broke the law by withholding security assistance to Ukraine."

"Congress makes funding

decisions, and the Trump administration's illegal impoundment of these vital national security funds was a brazen assault on the checks and balances inherent to our democracy. Given that this illegal conduct threatened our security and undermined our elections, I feel even more strongly that the House has chosen the right course by impeaching President Trump. No one is above the law," she added.

Sen. Chris Van Hollen (D-Md.) added that the legal opinion "demonstrates, without a doubt, that the Trump administration illegally withheld assistance from Ukraine and the public evidence shows that the president himself ordered this illegal act."

The Government Accountability Office describes itself as an independent, nonpartisan agency that works for Congress.

The agency "examines how taxpayer dollars are spent and provides Congress and federal agencies with objective, reliable information to help the government save money and work more effi-

ciently," it states on its web-

site.
But Rep. Lee Zeldin (R-N.Y.) alleged bias, saying early Thursday that the office "is run by someone confirmed to a 15 year term in 2010 under a Democrat President, Democrat controlled Senate and Democrat House," referring to Gene Dodaro, who became the head of the office in 2012 after being nominated by President Barack Obama.

"Just like Pelosi, Schiff, and the Dems in Congress, the GAO ignores that the President has been hugely concerned about corruption in Ukraine for a long time, which is entirely consistent with US law and US policy. It's also important to get other nations to contribute more," he said.

"Let's see a GAO report on Pres Obama delivering \$1.7Bil in pallets of cash to Iran in the middle of the night as cash ransom in a hostage swap. I don't recall any Congressional notification or approval before that Obama foreign policy decision not authorized by ConThe epoch times january 23-29, 2020 $US \mid A7$

Trump: Impeachment Trial Is Designed to Hurt Bernie Sanders

JACK PHILLIPS

President Donald Trump claimed Friday that the impeachment trial against him is an attempt to rig the upcoming 2020 election against Sen. Bernie Sanders (I-Vt.).

The president highlighted the importance of the upcoming Iowa caucuses on Feb. 3, which is the first nominating contest in the Democratic presidential primaries, in a post on Twitter. During the impeachment trial, Sanders and three other senators who are seeking their party's nomination will have to attend the trial in Washington for six days each week and won't be able to use electronic devices.

Trump suggested Speaker Nancy Pelosi (D-Calif.) was attempting to aid the 2020 candidacy of former Vice President Joe Biden by timing the impeachment trial to keep Sanders, Sen. Elizbeth Warren (D-Mass.), Sen. Amy Klobuchar (D-Minn.), and Sen. Michael Bennet (D-Colo.) from campaigning on the ground.

"They are rigging the election again against Bernie Sanders, just like last time, only even more obviously," Trump wrote. "They are bringing him out of so important lowa in order that, as a Senator, he sit through" the trial, giving Biden a "strong edge," Trump added.

Pelosi has repeatedly denied that politics was a factor in consider-



Democratic presidential hopefuls former Vice President Joe Biden and Vermont Senator Bernie Sanders participate in the seventh Democratic primary debate of the 2020 presidential campaign season co-hosted by CNN and the Des Moines Register at the Drake University campus in Des Moines, Iowa on Jan. 14, 2020.

ing impeachment against Trump. She and other Democrats said they withheld the articles of impeachment from the Senate to secure a more fair trial.

"This isn't about politics at all.

This is about patriotism. It's not about partisanship. It's about honoring our oath of office," she said in December during a CNN town hall.

On Thursday, after all 100 senators were sworn in by Chief Justice John

Roberts, Sanders told reporters that he is worried about losing time ahead of the Iowa caucuses. The New Hampshire primary is just eight days after the Iowa caucuses.

"I would rather be in Iowa today. There's a caucus there in two-and-a-half weeks. I'd rather be in New Hampshire and Nevada and so forth. But I swore a constitutional oath as a United States senator to do my job and I'm here to do my job," he said.

Sanders's campaign has not responded to a request for comment.

A Sanders campaign adviser, Jeff Weaver, said the senator may use a private jet to travel around during the impeachment trial.

"They're not going to be meeting at night [for the trial], so we can obviously fly from D.C. to states and hold events in the evening and fly back, you know, so he can be back in the morning to do his work in the Senate," Weaver told NBC News in early January. "He's an energetic candidate," he added. "He has a very vigorous schedule, and, you know, he can do that."

The Senate impeachment trial began in earnest on Jan. 22, but it's not clear how long the trial will take. In 1999, it took five weeks for the Senate to acquit then-President Bill Clinton, although a White House official told reporters that Trump believes it will be finished in just two weeks

MICHAEL TEWELDE/AFP VIA GETTY IMAGES



Trump: US Will Join One Trillion Trees Initiative

ZACHARY STIEBER

The United States is joining the One Trillion Trees Initiative, President Donald Trump said on Jan. 21.

Speaking at the World Economic Forum in Davos, Switzerland, Trump said the United States is joining the initiative.

"We're committed to conserving the majesty of God's creation and the natural beauty of our world," Trump said.

America "will continue to show strong leadership in restoring, growing, and better managing our trees and our forests," he added, drawing applause.

The One Trillion Trees Initiative was announced during the forum. It encourages countries to plant trees as part of the effort to combat climate change. The goal is to plant 1 trillion trees by 2050.

Ecologist Dr. Thomas Crowther told the forum last year that humans should plant 1.2 trillion trees to cancel out the past decade of CO2 emissions.

"There's 400 gigatons now, in the 3 trillion trees [currently in the world], and if you were to scale that up by another trillion trees, that's in the order of hundreds of gigatons captured from the atmosphere—at least 10 years of anthropogenic emissions completely wiped out," Crowther said.

Trump told Davos attendees on Jan. 21 that the world should embrace optimism. "To embrace the possibilities of tomorrow, we must reject the perennial prophets of doom and their predictions of the apocalypse," Trump said.

"They are the errors of yesterday's fortunetellers, and we have them, and I have them, and they want to

see us do badly, but we don't let that happen.

"This is not a time for pessimism. This is a time for optimism. Fear and doubt is not a good thought process because this is a time for tremendous hope and joy and optimism and action."

Trump later received criticism from some, including Greenpeace's international executive director, Jennifer Morgan.

Trump is "living on a different planet because he seems to think the well-being of Americans can continue without taking into account the planetary boundaries," she told The Associated Press.

Trump's announcement of joining the trees initiative came as House Republicans plan to introduce a package of bills that will address climate change.

House Speaker Kevin McCarthy (R-Calif.) told the Washington Examiner that the legislation would use conservative, free-market principles as opposed to socialist proposals like the Green New Deal that rely on taxes.

He said younger voters are focused on climate change.

"We need to have an open discussion about; what should the party look like 20 years from now, and we should be a little nervous," McCarthy said. "We have to do something different than we've done."

The "12 in '20" bills some Republican House members have introduced include legislation expanding tax credits for projects that capture carbon, actively managing forests to reduce wildfire risk, and making sure fuel is available for nuclear technology.

Muddied hands are pictured next to newly planted tree seedlings as ethiopians take part in a national tree-planting drive in the Ethiopian capital of Addis Ababa on July 28, 2019. The country planned to plant a mind-boggling four billion trees by October 2019 as part of a global movement to restore forests to help fight climate change and protect resources.

This is not a time for pessimism. This is a time for optimism. Fear and doubt is not a good thought process because this is a time for tremendous hope and joy and optimism and action.

Donald Trump, President of the United States

Trump Says Rollback of Obama-Era Water Rule Imminent

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in a few days.

"I am directing the Corps of Engineers to immediately withdraw the proposed rule ... and allow states to manage their water resources based on their own needs and based on what their farmers and ranchers want," he said.

The move to repeal the 2015 Waters of the United States rule, known as WOTUS, is part of a broader effort by the president to roll back environmental regulations and boost industry

The White House stated in a release that repealing the "previous administration's overreaching regulations" will provide relief to farmers. It also believes the move could swing the farm vote in Trump's favor ahead of the upcoming presidential election, The Hill reported.

"You love your land. You're going to take care of your land. You don't need bureaucrats in Washington telling everyone what the hell to do with your land. You love your land," Trump said.

Branding WOTUS as "ridiculous" and "disastrous," Trump said it was a rule that "basically took your property away from you."

Environmental groups, however, have called the move "shameful and dangerous."

Among those to decry the move are scientists within the EPA, who say that "aspects of the proposed rule are in conflict with established science, the existing WOTUS 37 rule developed based on the established science, and the objectives of the Clean Water Act."

"Local issues are local issues. You need your local governments to be able to deal with those on their basis rather than have somebody in Washington formulating a onesize-fits-all plan that supposedly works across the country. It doesn't work that way," said vice president of the American Farm Bureau Federation, Scott VanderWal, reported KXAN.

Trump's announcement came as he saw a surge of approval among farmers in the Corn Belt following the signing of a trade agreement with China last week, a move that, if China keeps its promise, will lead to major purchases of U.S. agricultural products.

According to a January Farm Journal Pulse Poll, the president's overall job approval increased by 1 point to 83 percent of the 1,286 respondents—farmers and ranchers—while the strongly approve category jumped 3 percentage points.

Pro Farmer policy analyst Jim Wiesemeyer said this marked Trump's highest overall approval ratings to date. "That says the president's approval is rock-solid. With the recent upbeat news on USMCA and the Phase 1 accord with China, the ratings will likely remain firm ahead," he said, AGweb reported.

The phase one trade deal with China was meant to reduce tensions after 18 months of a tit-for-tat tariff war between the world's two largest economies, which has stunted global growth.

It included a pledge by China to purchase at least an additional \$12.5 billion worth of agricultural goods in 2020 and at least \$19.5 billion more than the 2017 level of \$24 billion in 2021.

Trump told the farmers: "The deal is enforceable—very, very powerfully enforceable. In fact, it was probably the thing that we negotiated the most. And rest assured, we will vigorously enforce its terms."

Reuters contributed to this report.



Swallows fly to and from their mud nests on structures over an irrigation canal near Firebaugh, California, on April 17, 2009.



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"Scientist predicts a new ice age by 21st century," The Boston Globe

reported on

Apr. 16, 1970

ing as far back as 1930s, not only at times contradict each other, but sometimes foretell the same imminent catastrophe repeatedly for years, even decades, seemingly undeterred by past failures.

Arctic Meltdown

"All the glaciers in Eastern Greenland are rapidly melting," the Harrisburg [Pennsylvania] Sunday Courier reported on Dec. 17, 1939.

"It may without exaggeration be said that the glaciers—like those in Norway—face the possibility of a catastrophic collapse," the paper quoted Prof. Hans Ahlmann, a Swedish geologist, from a report to the Geographical Society after his Arctic expedition.

Ahlmann, a world authority on climate and glaciers in his time, was even more graphic eight years later.

"The possibility of a prodigious rise in the surface of the ocean with resultant widespread inundation, arising from an Arctic climate phenomenon was discussed yesterday by Dr. Hans Ahlmann, a noted Swedish geophysicist at the University of California Geophysical Institute," a 1947 article in The

An international team of specialists has concluded from eight indexes of climate that there is no end in sight to the cooling trend.

The New York Times, 1978 West Australian said.

"The Arctic change is so serious that I hope an international agency can speedily be formed to study the conditions on a global basis," Ahlmann said.

Stories about a melting Arctic were still in vogue with the media in the 1950s.

"The glaciers of Norway and Alaska are only half the size they were 50 years ago," said Dr. William Carlson, an Arctic expert, according to the Feb. 18, 1952, edition of The Cairns [Australia] Post.

"There are now six million square miles of ice in the Arctic. There once were 12 million square miles," said Arctic explorer Adm. Donald McMillan, according to the March 10, 1955, issue of Rochester, New York's Democrat and Chronicle.

'Population Bomb'

In the 1960s, a new environmental prediction was on the rise–overpopulation.

"It is already too late for the world to avoid a long period of famine," The Salt Lake Tribune reported in 1967, citing Paul Ehrlich's prediction of famines by 1975.

Ehrlich, a Stanford University biologist and author of "The Population Bomb," pro-

posed lacing staple foods and drinking water with sterilizing agents to cut the growing population of the United States, according to the report.

Ehrlich was on fire by 1970, getting two dozen speaking requests per day and predicting that America would be rationing water by 1974 and food by 1980, California's Redlands Daily Facts reported.

But around the same time, a new prognosis was on the horizon.

Global Cooling

"Scientist predicts a new ice age by 21st century," The Boston Globe reported on Apr. 16, 1970, saying that pollution expert James Lodge predicted that "air pollution may obliterate the sun and cause a new ice age in the first third of the new century."

In 1972, two Brown University geologists wrote a letter to President Richard Nixon, reporting that a conference attended by "42 top American and European investigators" concluded "a global deterioration of climate, by order of magnitude larger than any hitherto experienced by civilized mankind, is a very real possibility and indeed may be due very soon."

Fixing Our Environment–Without Big Government, Socialist

ADRIAN NORMAN

Commentary

Boyan Slat is the 24-year-old founder and CEO of The Ocean Cleanup, a company that has deployed innovative technology to remove plastic from the world's oceans. He founded the initiative in his home country of The Netherlands at the ripe old age of 18.

In October, Slat gave a presentation demonstrating his company's groundbreaking machine called The Interceptor, a catamaran-style barge designed to sit on rivers and "intercept" plastic before it spills into the ocean

This development is a technical marvel: It operates completely off the grid, is 100 percent solar-powered, stores energy in lithium-ion batteries for nighttime use, directly measures the amount of extracted debris, and can measure local weather conditions.

Once operational, a single Interceptor can remove about 50,000 kilograms (about 55 tons) of plastic per day from a river. That's the equivalent of 1 million plastic soda bottles.

Slat's enterprise was largely funded by donations, receiving more than \$31.5 million as of 2017.

These days, there's no short supply of concern over the effects we are having on the planet. Most of us agree that more could be done to reduce any negative environmental consequences of human action. Where contention breeds is in solutions.

Being scoffed at by a 16-year-old Nordic girl, whose most visible climate activism resulted in the same amount of carbon emissions as those she derided in a speech at the United Nations, is hardly the answer.



Repressive policies—such as the Green New Deal—that siphon up to three-quarters of a nation's income and redirect it toward politicians who are completely inept at delivering solutions on environmental issues, aren't the answer, especially when that money won't even cover the costs of those programs, which are oriented more

and CEO of The Ocean Cleanup Boyan Slat, presents in Rotterdam the new barge system called "The Interceptor" which will be used for the expansion of their river and ocean cleaning

campaign on Oct.

26, 2019.

Dutch Founder

A section of a glacier is seen from NASA's Operation IceBridge research aircraft above Ellesmere Island, Canada, on March 29, 2017.

Thursday, April 14, 1979 Scientist predicts a new ice age by 21st century Junes B. Ayres. Globe Staff will make up to the cotle-gical Alexanter which threatens his existence. Comparing town and has dependence on earth his a coverny of backeria in a dust, he said the size of the factoria reformy is Em-ited by the ability of the export or transform his place, man can also adjust his life myle to "generate as little waste as the primitive being un more realists than those who preach that mankind can continue to levathe indefinitely and Air pullition may oblin-crate the run and cause a new ice age in the first third of the next century in theed on the just perfremance of muskind, a atorigines or as much as an addumit American. trust to the Lord for sal-vation," he said. tragedy may be necessary fully to mustime quitie against to correct the att-taction. It may be that a substance in the dish to population continues to grow and the earth's re-naurres are consumed at shoch the hacteria's Lodge said must "cannot turn back the clock and return to the horse and loggy which caused its ewn variety of pollution." Scientists and engineers at the confermes have been mosting for three days to explore the appli-Ledge says man differs from betteria in at least three important respects: the present table a poliufew million deaths will be necessary to being about the change in our culture that will ultimately lead tion expert predicted yes-Colleges rap terday. cution of squee age life support inchasings to the muchl's servironmental publicans. Must is capable of eos-These who try to preach salvation by the end of scientific and techwarmed that if the current rate of increme in electric power generation con-tinues, the demands for human survival." In trolling his population, unlike the becterie, rate mid. city plan to curb growth

By Gerard M. O'Neill

Gobe Statt

Looking water will boil dry
the entire flow of the rivers and streams of contimental United States.

Looking into his
reneggy crysis1 hell."

Lodge also warmed that by IT'S THE "BEST the real century "the rea-surption of exygen in contrastion processes, world-wide, will surpass Mayor Kevin White's plan to ourb expansion of OF TWO WORLDS"... tax-energy Beston efsec-tional institutions was ap-posed yesterday by sever-al major city colleges as a all of the processes which cours expen to the at-A SELECTION OF FAMOUS The Quality Leader NATIONAL BRANDS AND STAR'S Lodge, a scientist at the extronal center for Atmos-pheric Besearch in Boul-der, Colo, said the na-tion's states, with the exenting constraints bear-OWN FOOD CLUB AT LOW, LOW. ing.
The White administra-tion is seeking changes in the city's roung code

A clipping from The Boston Globe's April 16, 1970, issue.

Dr. Ehrlich, outspoken ecologist, to speak

"Giving aspirins to cancer victims" is what Dr. Paul R. Ehrlich thinks of current proposals for pollution control. No real action has been taken to save the environment, he maintains. And it does need saving. Ehrlich predicts that:

un nous.

The oceans will be as dead as Lake Erie in less than a decade.

The DDT in our fatty tissues has reached levels high enough to cause brain damage and cirrhosis of the liver.

America will be subject to water rationing by 1974 and food rationing by 1980.

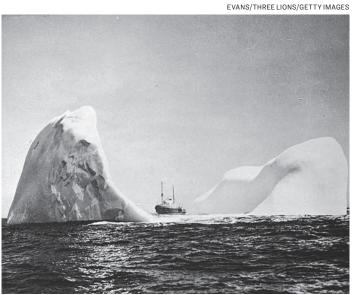
University of California Extension, Riverside and World Affairs Council of Inland Southern California will present the outspoken author of "The Population Bomb" and the hero of the ecology movement tomorrow at 8 p.m. He will speak in the gynnasium on the UCR campus.



SCREENSHOT VIA NEWSPAPERS.COM

DR. PAUL EHRLICH

history of Stanford University



(Above) Coast Guard cutter dwarfed by a crescent shaped iceberg which rises more than 200 ft above the sea, circa 1950.

(Left) A clipping from the Redlands Daily Facts Oct. 6, 1970, edition.

(Below) A clipping from The Guardian's Feb. 21, 2004, edition.

"The present rate of cooling," they said, "seems fast enough to bring glacial temperatures in about a century, if continuing at the present pace."

By 1975, the writing was on the wall, with major publications including The Washington Post, The Guardian, and Time magazine running their own stories on the predictions of a coming ice age.

"An international team of specialists has concluded from eight indexes of climate that there is no end in sight to the cooling trend of the last 30 years, at least in the Northern Hemisphere," The New York Times reported in 1978.

A year later, the paper was reporting the opposite—a prediction of an Arctic meltdown, blaming global warming caused by carbon dioxide emissions.

"There is a real possibility that some people now in their infancy will live to a time when the ice at the North Pole will have melted, a change that would cause swift and perhaps catastrophic changes in climate," the 1979 article said.

Apparently, The Chicago Tribune didn't get the memo, still reporting the "global cooling" narrative in 1981.

Now the Pentagon tells Bush: climate change will destroy us

· Secret report warns of rioting and nuclear war

· Britain will be 'Siberian' in less than 20 years

·Threat to the world is greater than terrorisn

Climate change over the next 20 years could result in a global catastrophe costing millions of lives in wars and natural disasters..

A secret report, suppressed by US defence chiefs and obtained by The Observer, warns that major European cities will be sunk beneath rising seas as Britain is plunged into a 'Siberian' climate by 2020. Nuclear conflict, megadroughts, famine and widespread rioting will erupt across the world.

Arctic Meltdown 2

Environment

Mark Townsend

and Paul Harris

in New York

Sat 21 Feb 2004 20.33 EST

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By the late 1980s, the narrative had switched to global warming for good, again predicting polar ice melting on a catastrophic scale.

"A senior environmental official at the United Nations, Noel Brown, says entire nations could be wiped off the face of the earth by rising sea levels if global warming is not

reversed by the year 2000," California's San Jose Mercury News reported on June 30, 1989. "Coastal flooding and crop failures would create an exodus of 'eco-refugees,' threatening political chaos, said Brown, director of the New York office of the U.N. Environment Program."

rogram."
The first to disappear were to be the island

nations teetering just a few feet above the ocean level.

The small nation of Maldives was threatened to be completely covered by "a gradual rise in average sea level," Agence France-Presse reported in 1988, noting that "the end of the Maldives and its people could come sooner if drinking water supplies dry up by 1992, as predicted."

Yet 31 years later, the Maldives are thriving. Its population has doubled since the 1980s, and its picturesque islands are "set for a flurry of new resort openings," Hotelier Maldives reported in 2018.

After a pause from the 1950s to the 1980s, the predictions of an Arctic meltdown are back in full swing in recent decades. The region was meant to be ice-free in summer by 2013, 2014, 2015, and 2018, based on various predictions.

Yet the Greenland Climate Research Centre reported plenty of ice in the Arctic in August 2019.

Some scientists have argued the earth is currently undergoing warming largely caused by carbon emissions due to fossil fuel burning; other scientists disagree, assigning the dominant effect to other forces or even disregarding the warming as insignificant.

Policies

toward socialism than sustainability

Slat's achievement is a vivid demonstration that the world doesn't need intrusive, big-government, socialist policies to make good on a commitment to maintaining a healthy environment.

He was roughly the same age as climate activist Greta Thunberg when he took note of the need to address these issues. Yet, rather than condescendingly lecture the world about how it needs to adapt to his vision of how the planet should look, he took action and is initiating the change he wants to see in the world.

Slat's team conducted research and determined that 80 percent of the plastic going into Earth's oceans comes from only 1,000 rivSlat's achievement is a vivid demonstration that the world doesn't need intrusive, biggovernment, socialist policies to make good on a commitment to maintaining a healthy environment. ers in the world. His company is focused on them and hopes to tackle those rivers by the year 2025.

Interceptors are already collecting trash in Indonesia and Malaysia, and a third is being prepared for deployment in Vietnam. A fourth device is going to be sent to the Rio Ozama in the Dominican Republic.

The Ocean Cleanup project also deploys systems designed to capture and remove plastic that has already made its way into the

According to its website, there are more than 5 trillion pieces of plastic littering the world's oceans. Most of it "accumulates in five ocean garbage patches, the largest one being the Great Pacific Garbage Patch, located between Hawaii and California."

The systems are designed to supplement–rather than replace–existing waste management structures. Slat's company estimates being able to remove 50 percent of the Great Pacific Garbage Patch in only five years, and is projected to do so at a fraction of the cost of traditional cleanup methods. Deploying these systems globally would deliver a huge win for planetary ecosystems.

Climate alarmism is the new religion of the political left. And the real inconvenient truth is that we don't need socialism, the Green New Deal, or U.N. mandates to fix our Earth.

In a crushing blow to the false prophets who suggest that bloated, intrusive government, higher taxes, more regulatory burdens, and less national sovereignty are the only way to save our planet, The Ocean Cleanup project is proof positive that private enterprise is the most effective and morally superior way to address our environmental challenges.

As we head into the third decade of this century, we should all be inspired by examples of leadership from the private sector that have demonstrated real promise in achieving a cleaner, healthier Earth.

Adrian Norman is a writer and political commentator.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times. A10 | OPINION JANUARY 23-29, 2020 THE EPOCH TIMES

There's Only One Way to Make Bushfires Less Powerful: Take Out the Stuff That Burns

As monstrous blazes overwhelm Australia's south-east, the need for a national bushfire policy has never been more urgent. Active land management such as hazard-reduction burning and forest thinning must lie at the core of any such policy.

Done well, controlled burning limits a bushfire's spread and makes suppression easier, by reducing the amount of flammable material. Clearing or thinning vegetation on roadsides and other areas also helps maintain fuel breaks, allowing firefighters access to forests in an emergency.

As former fire chiefs recently pointed out, of all factors driving a fire's severity – temperature, wind speed, topography, fuel moisture and fuel load – fuel load is the only one humans can influence.

The royal commission into Victoria's Black Saturday bushfires identified serious shortcomings in land and fuel management, primarily the domain of the states. Ten years ago I also called for a national approach to bushfires, including vegetation management.

Relatively little has changed since. It is as though Australia suffers collective and institutional amnesia when it comes to bushfire preparedness. But the threat will only escalate. Australia must have a sustained commitment to better land management.

The three pillars of dealing with bushfires

Bushfire management comprises three planks: preparation, response and recovery.

Preparation involves managing fuel loads and vegetation, maintaining access to tracks and fire breaks, planning fire response and ensuring sufficient human capacity and resources to respond to worst-case scenarios.

Response involves deploying aircraft, fire trucks and firefighting personnel, and recovery requires social, financial and institutional support

The federal government mostly focuses on bushfire response and recovery, which now falls under the Department of Home Affairs and the responsible Minister for Natural Disaster and Emergency Management, David Littleproud.

After major fire events in the 2000s, the Commonwealth committed significant resources to response. This included contributing to the cost of more fire-fighting planes and helicopters, and research funding.

But what about fire preparation?

Prescribed burning is considered a key element of bushfire preparation. While there is some debate over its effect on a fire's impact, the Victorian bushfire royal commission concluded fuel modification at a sufficient scale can reduce the impact of even high-intensity fires.

Other management actions include thinning dense forest areas, reducing the shrub layer mechani-



A Country Fire Authority (CFA) volunteer takes a break close to Labertouche, some 125 kilometres west of Melbourne, on Feb. 7, 2009. More than 40 blazes raged across two states as a once-in-a-century heatwave pushed the mercury as high as 46 degrees Celsius with fire bans in place across much of the southeast, with conditions said to be the worst since the Ash Wednesday wildfires of 1983, which killed 75 people and razed 2,500 homes.

cally where burning is not possible and maintaining fire breaks. As the climate changes, we may consider changing the tree species mix.

The newly merged Department of Agriculture, Water and the Environment is the federal agency with most interest in land management. However other agencies such as the Department of Industry, Science, Energy and Resources share some responsibilities.

Federal funding for land management deals with single issues such as weeds, feral animals, threatened species or water quality. Funding is often piecemeal, doled out to government bodies or community groups with little coordination. As federal programs are implemented, states often withdraw funding.

Former NSW Fire and Rescue commissioner Greg Mullins and other experts have warned fuel reduction burning is "constrained by a shortage of resources in some states and territories", as well as by warmer, drier weather which reduces the number of days burning can be undertaken.

At state level, since the major fires of the 2000s, funding for fire management has increased and coordination between fire response and land management agencies has improved.

However, the focus of the two groups remains divided, which can thwart progress. Fire services prioritise protecting lives and property once fires are going, while

Commitment to public education is also critical. Many people do not understand the need for appropriate human interventions, such as prescribed burning or thinning, to protect the forests we all enjoy. We must also learn from traditional owners about how to live in our country and manage land with fire.



CFA Members organise their crews prior to working on controlled back burns in Sydney on Nov. 14, 2019.

forest and land management agencies focus on reducing fire risk, and must consider a wider range of natural and community values.

In a rapidly changing climate, land management requires a long-term adaptive strategy, underpinned by sound analysis and research, supporting laws and policies, with sufficient funding and human resources. Bipartisan political support and leadership continuity is needed to sustain it.

A national approach

State agencies cannot carry the full financial burden for fire preparedness. With fire events happening in almost all states and territories, it is clear we need a national approach.

The federal government collects most tax revenue and should contribute a greater share of the costs of prescribed burning, maintaining access, fire detection, and rapid firefighting response.

Federal spending on land management can be better integrated to engage and protect communities, conserve biodiversity, maintain water quality, manage forest carbon emissions and improve forest resilience to future fires. Recent federal investments in savannah burning in northern Australia are a good example of this.

A federal bureau of bushfire and land management could support national policy and coordinate investment, including monitoring and reporting on forest and land condition. State agencies, local authorities and private landowners could continue to provide management to meet national targets.

Commitment to public education is also critical. Many people do not understand the need for appropriate human interventions, such as

prescribed burning or thinning, to protect the forests we all enjoy. We must also learn from traditional owners about how to live in our country and manage land with fire.

In December, the federal government initiated an inquiry into the efficacy of vegetation and land management and bushfires. This inquiry needs to be expanded, avoiding the simplified debates of the past, and bring together all parties to identify solutions.

As one of the most urbanised countries on Earth, there are few votes to be gained in more spending on rural land management. Hazard reduction is a sometimes risky, labour-intensive measure, and tensions between reducing fuel loads and conserving the environment must be managed.

However after the grief, anger and recriminations from these fires have passed, it's time for an urgent national rethink – and the Morrison government must lead the way.

By Rod Keenan Rod Keenan is a forest ecology professor at the University of Melbourne and was the director of the Victorian Centre for Climate Change Adaptation Research. He receives research funding from the Australian and Victorian Governments and the forest industry. He is a Member of the Institute of Foresters of Australia and the Ecological Society of Australia.

This article was first published on The Conversation website.

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



A hazard reduction operation conducted by the National Parks and Wildlife Services north of Woodford in the Blue Mountains, Sydney, on Aug. 17, 2002. The 120 hectares burnt in the operation was considered to have "a heavy fuel load" as there hadn't been a fire since 1977.

THE EPOCH TIMES JANUARY 23-29, 2020 OPINION | A11

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

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

We report respectfully, compassionately, and rigorously.

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

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

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

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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

The Communist Economic Trap

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 Nine

Introduction

Over 150 years ago, Karl Marx published "Das Kapital," advocating the abolition of private property and its replacement by public ownership. A century later, communist public ownership was being implemented across one-third of the world's nations.

After the disintegration of the Soviet bloc following 1990, many Eastern European countries underwent "shock therapy" to return to market economics. Other countries not ruled by communist parties, but which had nevertheless embraced socialist nationalization and endured the misery and poverty of public ownership, ultimately had no choice but to introduce market reforms.

To achieve global domination, the specter of communism launched offensives worldwide. Looking at those countries that abandoned communism or the socialist economic model, one would think that the specter had failed in its goals. But the reality isn't so simple. The communist specter does not follow a fixed set of principles. Instead, its methods and forms are constantly shifting to fit the situation; it may abandon or criticize its previous actions for the sake of the greater objective. Nowhere is this truer than in the economic sphere.

Upon careful analysis of our present economic system and the reality behind it, one cannot help but discover how the communist specter has spread its tendrils to every corner. As wishful schemes and blind worship of government abound, the economy of virtually every country on earth is moving away from the principles of the free market. Nations are losing their moral foundations and gravitating toward communism. It is time that we wake up to this reality and take measures against it.

1. Developed Western Countries: Practicing Communism by Another

In "The Communist Manifesto" (originally "Manifesto of the Communist Party"), Marx wrote that communist theory can be summarized in one sentence: Abolish the system of private ownership. For individuals, this implies the "abolition of bourgeois individuality, bourgeois independence, and bourgeois freedom." For society, it means that "the proletariat will use its political supremacy to wrest, by degree, all capital from the bourgeoisie, to centralize all instruments of production in the hands of the State, i.e., of the proletariat organized as the ruling class."

To achieve this objective, communists used violence and mass murder in communist countries. But as violent communism lost its appeal, nonviolent forms were devised. These variant strains of socialism infiltrated all of society to the extent that they are difficult to identify.

Western countries are using many economic policies that don't appear to bear any relation to socialism either in name or form, yet they play the roles of restricting, weakening, or depriving people of the right to private property. Others weaken the mechanics of free enterprise, expand government power, and lead society further down the road toward socialism. Methods include high taxation, generous social welfare, and aggressive state interventionism.

a. High Taxes and Generous Social

An important feature of communist or socialist economics in Western countries is robust social welfare. Current social welfare policies make people who came from communist countries feel as though they have simply moved to another socialist state.

Undercover Socialism

The government itself doesn't generate value. Rather, it's like shearing wool from a sheep. All social benefits are ultimately paid for by the people, via taxes or national debt. A high degree of welfare itself is a variant form of communism, just without the violent revolution practiced by communist parties.

High taxation is the forcible nationalization of private assets for redistribution on a large scale. At the same time, it is a hidden path to gradually phasing out the system of private ownership.

The end result of high taxation is the same as the public ownership and egalitarianism imposed by communist regimes, with the only difference being whether nationalization is effected before or after production. In communist planned economies, production materials are directly controlled by the state. In the West, production is controlled privately, but the revenue is converted into state assets via taxes and redistribution schemes. Either way, it is equivalent to the robbery and plunder of others' wealth. In Western countries, rather than through killing and violence, this was achieved legally through democracy and legislation.

As violent communism lost its appeal, nonviolent forms were devised. These variant strains of socialism infiltrated all of society to the extent that they are difficult to identify.

Some government aid is reasonable, such as social security for victims of disasters or accidents. But the positive aspects of welfare make it a convenient instrument of deception, and it becomes the excuse needed to increase taxes. In this regard, generous social welfare has already achieved the same destructive consequences as communist economics for the people, society, and moral values. By nature, communist economics brings out the dark side of human nature. This is the root cause of why the specter is pushing communist economic values around the world, whether in free societies or in those directly controlled by communist regimes.

High Taxation

Social welfare in developed Western countries consumes a large portion of fiscal revenue, which comes from taxes transferred from private wealth. There is no other way to maintain this level of government largess.

In the United States, more than half of tax revenue is spent on Social Security and medical care. More than 80 percent of this money comes from personal income taxes and Social Security taxes; 11 percent is from corporate tax. Many Western countries go even further than the United States, given their more comprehensive welfare systems.

According to 2016 data on 35 market economies published by the Organization for Economic Cooperation and Development (OECD), 27 countries had an income tax rate

of over 30 percent. The countries with the two highest income taxes, at 54 and 49.4 percent, were both in Europe. On top of this, eating or shopping in many parts of Europe comes with a value-added tax as high as 20 percent in some places. Corporate taxes and other taxes further add to the overall rate.

Other data showed that in 1900, only 7 of the 15 countries for that year imposed an income tax, with Italy leading at a rate of 10 percent. Australia, Japan, and New Zealand had income tax rates of about 5 percent. But by 1950, the average maximum tax rate across 20 countries was over 60 percent; today, it has slowly fallen to around 40 percent.

High taxation burdens not only the wealthy; the poor are also penalized in various ways. While the rich often have various legal means of shielding themselves from taxes, welfare benefits afforded to the poor disappear as their income increases beyond a certain threshold. In short, people are being penalized for working harder.

High Welfare

In 1942, the British economist William Beveridge advocated the welfare state, a plan "all-embracing in scope of persons and of needs." In modern society, the high welfare system has been expanded to cover unemployment, medical care, pensions, occupational injury, housing, education, child care, and the like, far beyond traditional concepts of charity for those in immediate need of aid.

A report from the Heritage Foundation showed that in 2013, more than 100 million people in the United States, or about a third of the population, received welfare benefits (excluding Social Security and Medicare) worth an average of \$9,000 per person. According to statistics collected by the U.S. Census Bureau, about 12.7 percent of the population was living under the poverty line in 2016, yet their living conditions may come as a surprise to many

According to government surveys, 96 percent of parents in impoverished households said that their children had never been hungry. Almost 50 percent of impoverished households lived in detached houses, and 40 percent lived in townhouses. Just 9 percent lived in mobile homes. Eighty percent had air conditioning and two-fifths owned widescreen LCD TVs. Three-quarters of impoverished households owned cars. The deliberate categorization of large numbers of people into the "impoverished" demographic provides ample excuse for the expansion of

Benefits provided by the U.S. government are below average compared with members of the Organization for Economic Co-operation and Development. Most people living in Nordic countries and other Western European nations enjoy far greater welfare than Americans. In Denmark, for example, even the wealthiest citizens enjoy a cradle-to-grave social safety net that includes free medical care, university education, and other generous benefits.

Prior to their country's economic collapse, Greeks enjoyed an annual 14-month salary, retirement at the age of 61, and a pension equivalent to over 90 percent of their salary. Swedes are entitled to 550 days of continuous sick leave and other benefits.

The expansion of welfare from its traditional role of emergency charity to constant benefits for the entire population is, in fact, part of the specter's scheme to impose a communist

See next edition for the next installment.

A12 | OPINION

How the Chinese Communist Party's 'Performance Legitimacy' Has Fallen

Beijing is the biggest loser of Trump's presidency and hopes to avoid a second term as it scrambles to hold onto legitimacy

JAMES GORRIE



A confluence of major events and poor decisions over the past several years have put the Chinese Communist Party (CCP) leadership in the crosshairs of the Chinese

people's blame and distrust. In the minds of many, including, perhaps, Party members themselves, the CCP is in danger of losing its claim to legitimacy.

In particular, China's leadership is feeling the anxiety of performance legitimacy, or the lack thereof. And it's all U.S. President Donald Trump's fault.

Well, not really. Beijing has made some horrendous blunders in the past several years, and economic malaise had set in by 2015, well before Trump took office.

Trump's Pushback

Still, Trump's policies have made things much worse for the CCP. A broad and aggressive trade war has been an effective pushback against China's "inevitable" economic and military rise. The Party leadership is rightly concerned about its future in dealing with this president.

Consider, for example, China's performance failures of 2018, the year the trade war began. According to the China Academy of Information and Communications Technology, in 2018, smartphone sales were down 15.5 percent, and the China Association of Automobile Manufacturers reported that car sales were down by 4.1 percent. Worse, China's trade surplus had dropped by 16.8 percent.

Add to these negatives the many unoccupied housing developments, high unemployment among university graduates, and the exodus of Western businesses and entrepreneurs. And then, of course, are the hundreds of billions in bad loans in the Chinese financial system (many financing unused development projects).

And then there is the growing unrest and impatience among workers. In 2018, there were at least 1,700 labor incidents, up from 1,200 in 2017. As a result, the Party leadership is looking for answers—or excuses—for these failures.

That's why the "phase one" agreement is a welcome "win" for Beijing.

Phase One: A Temporary Fix?

But even the phase one deal is more of a band-aid than a solution. It halved the 15 percent tariffs on \$120 billion worth of Chinese goods, halted tariffs scheduled to hit in December 2019 and took China off the currency manipulator list. This gives the CCP a much-needed relief that it can point to—at least temporarily. But 25 percent tariffs are still in effect on \$250 billion worth of Chinese goods.

For the United States, it's a good deal as well. China has agreed to buy \$200 billion worth of U.S. goods—including \$40 billion more in agricultural products—over the



Chinese Vice Premier Liu He and U.S. President Donald Trump display the signed trade agreement between the United States and China in the East Room of the White House in Washington on Jan. 15, 2020.

China's leadership is feeling the anxiety of performance legitimacy, or the lack thereof.

next two years. That would bring U.S. exports to China up to more than \$260 billion in 2020 and about \$310 billion in 2021. That's significant, given that, pretrade war in 2017, China purchased \$185 billion from the United States.

Or a Trap?

There are additional wrinkles to the deal worth mentioning. For one, Chinese leader Xi Jinping sent his vice premier to sign the deal. Why? Xi loves the attention of signing big deals in Asia and Africa. Why skip the biggest deal of all?

There are several reasons, but primarily, Xi, as well as the people of China, know that it's a win for the United States and a capitulation for China. Their economy is crashing as supply chains leave and Chinese lose their jobs. China needs relief from Trump's tariffs and loses face getting it

There's also the probability that Xi knows he can't hold up his end of the deal. Why sign a big deal with Trump only to be humiliated when you fail to deliver on it?

China needs relief from Trump's tariffs and loses face getting it.

Better to send your No. 2 man to sign it. That way, when the deal goes sideways and the United States lays on the agreed punishment of more tariffs for nonperformance, Xi avoids the blame from the people and the Party. That's his hope, anyway

Will the phase one deal hold up? And if so, will it lead to a phase two, three, and other phases of deals?

Many observers think that phase one will not likely remain in force for long. Enforcement of the agreement itself remains an unresolved issue, especially on intellectual property protections and unfair subsidies to China's state-owned enterprises. Both are sticky subjects for China and will likely be deal-breakers down the line.

Falling GDP: Another Huge Problem

For the CCP, the need to reverse the country's economic trajectory is urgent. According to Deutsche Bank, GDP for 2020 is anticipated to fall below the 6 percent level, to about 5.8 percent. That's the worst in 30 years and a political minefield for the CCP. Rising GDP is what the Party built its political legitimacy upon after the Tiananmen Square Massacre of 1989.

It's no wonder China's Vice Premier Liu He has responded to that low figure. First, they fired the statistician who reported falling growth. Then Liu pronounced that China's 2020 GDP growth will surpass that key 6 percent level. He also promised that "China will continue to enhance the legal environment" and "welcomes investors from around the world."

The fact that China is now allowing foreign financial services firms full ownership of offices shows how desperate Beijing is to stop their financial system from crashing. It's also an admission of the CCP's lack of financial finesse and need for foreign guidance.

Hong Kong Pulls the Curtain BackBut it isn't just economic performance le-

gitimacy that plagues the CCP. The Hong Kong crisis, now in its ninth month, demonstrates the Party's lack of confidence in itself and its legitimacy.

Furthermore, Trump's linkage of Hong Kong to a trade deal was a big blow to the CCP's credibility. It destroyed any prestige or mystique the Party may have had with regard to its immunity from Western criticism and pressure.

Hong Kong also pulled back the curtain of legitimacy that surrounded the Party leadership. It revealed a leadership that has no clue about how to preserve the genius and value that Hong Kong has provided the mainland economy. It has also resulted in more mainland Chinese learning the truth about Hong Kong, and perhaps more critical, the truth about their own regime.

Taiwan Election: A Rejection of the CCP

Going hand in hand with the CCP's Hong Kong protest disaster is the landslide reelection of anti-unification President Tsai Ing-wen. Other than a firm rejection of Beijing, there are two other notable facts about the Jan. 11 election.

First was the unusually high voter turnout, which saw 75 percent of voters this election. In the 2016 election, voter turnout was about 9 percent lower. Contrary to Beijing's bluster, the Taiwanese people definitely showed their rejection of the idea of unification with the mainland.

Second, the high turnout was a result of high numbers of young voters. That, too, is a problem for Beijing. It may be that Hong Kong has taken the idealistic blinders from the eyes of young Taiwanese.

A Call for Multiparty Cooperation and Unity—Really?

It's lonely at the top—especially when your performance isn't living up to the hype. That's about where the CCP leadership finds itself right now. Beijing's ambitions are proving elusive to attain and its promises impossible to keep.

In light of China's cratering economy, is it any wonder that the Party is now calling for multi-party cooperation and unity, as well as an end to extreme poverty? That isn't very omniscient of a Party that's all-wise and knowing, is it? Especially since it condemned multi-party systems in 2014.

It looks much more like a ploy to spread the blame of widespread and deepening leadership failure in order to avoid a performance legitimacy crisis—or worse.

James Gorrie is a writer and speaker based in Southern California. He is the author of "The China Crisis."

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



FAMILY TRAVEL

Father and Son in Sweden

It's a trip back to our collective rootsfor my dad, an opportunity to celebrate his Swedishness, and for me, to discover it.

See B4





POSTURE

The Oxygen Effects of Slouching Correcting your posture could improve your health in ways both predictable and unexpected.

See B8

JANUARY 23 - 29, 2020 **B1**

LIFE

THE EPOCH TIMES THOMAS SCHAUER; ALL ILLUSTRATIONS BY MICROONE/SHUTTERSTOCK Buttery shortbread cook-ies spiced with ginger, nutmeg, poppy seeds, and With the same base recipe, simply adding and changing up the spices can yield endless variations.

How to spice up your baking game, according to master spice blender Lior Lev Sercarz

CRYSTAL SHI

hen it comes to baking with spices, we tend to think of a limited cast of characters: cinnamon, nutmeg, allspice, cloves.

But how about white peppercorns? Ground sumac? Coriander seeds? Or Urfa pepper?

Lior Lev Sercarz, master spice blender and owner of New York City spice emporium La Boîte, challenges home bakers to broaden their horizons.

Sercarz bakes with a chef's sensibility, applying his two decades of professional savory cooking—includ-ing training under culinary giants like France's Olivier Roellinger and New York City's Daniel Boulud—to all his kitchen work.

"I don't really make a distinction between sweet and savory," he explains.

Continued on **B2**

B2 JANUARY 23 - 29, 2020 THE EPOCH TIMES



How to spice up your baking game, according to master spice blender Lior Lev Sercarz

Continued from B1

"When it comes to seasoning for flavor, I think about [them in] the same way: 'How much more flavor, how much more fun can I get?'" Often, the same spices he uses for meat or vegetables do double duty in baked goods or desserts.

His new home cooking-geared cookbook, "Mastering Spice," has a "Desserting" section with a host of intriguing examples.

A loaf of brown sugar banana bread, spiced with the usual suspects of cinnamon and cardamom, gets kicked up with "floral heat" from ground Muntok white peppercorns, and a sprinkling of poppy seeds. Buttery sablés Breton, sandy French shortbread cookies, are warmed with ginger and nutmeg but also amchoor, an intensely tart, citrusy powder made from dried unripe mangoes. Other variations pair cocoa powder with smoky Urfa pepper, or employ a cast of curry spices—coriander, turmeric, lemongrass.

But why bother?

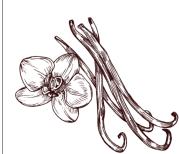
Better Flavor

Simply put, spices make food, whether savory or sweet, taste better. Used well, they help balance any dish or dessert.

Sercarz especially likes using heat, in the form of ginger or chiles—an underrated baking ingredient, he notes—to offset the sweetness and richness of baked goods. In a recipe for brownies, for instance, he uses piquant pink peppercorns to slice through the rich chocolate.

On the other hand, spices can complement and heighten other flavors, as they "often bring out the best in other ingredients," Sercarz says. In that same brownie recipe, an addition of Urfa pepper, with its "natural cocoa notes," works in synergy

Using more spices can help you reduce the amount of sugar you need.



Lior Lev Sercarz, master spice blender and owner of New York City spice emporium La Boîte.

with the chocolate. A berry crisp, meanwhile, might benefit from a hint of tangy sumac or amchoor to highlight the tartness of the fruit.

And here's another bonus: using more spices can help you reduce the amount of sugar you need. Sercarz points to the book's banana bread recipe as proof: over the past five or six years, he's cut the sugar content of the original version by 45 percent, compensating for any lost flavor by upping the amount and variety of spices instead. Among his experiments have been variations with Sichuan peppercorns and nigella seeds; dried rosemary and star anise; and ancho chile, amchoor, and cubeb.

Endless Possibilities

Embracing spices also opens your culinary possibilities up wide: With the same base recipe, simply adding and changing up the spices can yield endless variations.

"Take your existing shortbread recipe, pumpkin pie, pecan pie, apple tart, whatever it is, and just start to add different [spices]—all the way to mustard seeds, nigella seeds," Sercarz says.

It's how he likes to cook and bake, and how "Mastering Spice" is organized: each recipe is anchored by a version that uses a "main spice blend," followed by five riffs on the original, with different spice blends and add-ins.

Sercarz encourages home bakers to experiment, starting by incorporating small amounts of different spices in doughs and batters—often a little goes a long way—and tinkering around to find what they like.

As with cooking, tasting along the way, albeit in small amounts, is helpful ("I eat a lot of dough," Sercarz says), to get a very quick, rough indication of whether or not the finished product will taste good. Better yet, throw a tester piece in the oven, or even in a pan on the stovetop.

For best results, start with good spices. Freshness is key: "Buy as small as you can, as often as you can," Sercarz says, to ensure that your stash is always fresh and full of flavor, and don't be afraid to splurge on the high-quality stuff. Of course, that also means you'll have to remember to use them—so get to baking!



CARDAMOM AND CINNAMON BANANA BREAD WITH POPPY SEEDS

When I had to create a banana bread recipe for a baking magazine, I realized that banana bread is the perfect vehicle for the heat of pepper or chile. Both add excitement to the comforting loaf, which is flavorful and hearty enough to round out the heat of pepper and chile. I always seem to have a lot of overripe bananas around, so I often find myself doubling the recipe and serving one loaf right away and freezing the other loaf for another day. If you prefer, you can scoop the batter into a well-greased or paper-lined standard muffin tin to make a dozen muffins; bake until a toothpick inserted into the center of one comes out clean, about 25 minutes. Or you can make three dozen mini

muffins, which only take about 18 minutes to bake.

MAKES ONE 9 X 5-INCH LOAF

FOR THE SPICE BLEND

1 teaspoon green cardamom pods

1/4 teaspoon Muntok white peppercorns

11/4 teaspoons poppy seeds

3/4 teaspoon ground cinnamon, preferably Vietnamese

FOR THE BANANA BREAD

1/2 cup (8 tablespoons) salted butter, softened, plus more for the pan

11/4 cups all-purpose flour

11/2 teaspoons baking soda

1 cup packed light brown sugar

1 cup mashed overripe bananas (from 2 large or 3 medium bananas)

2 large eggs, at room temperature

1/3 cup labne or plain whole milk Greek yogurt

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POPPY SEED SHORTBREAD WITH GINGER AND NUTMEG

I make cookies so I have cookies to eat—and not just any cookie, but a French sablé, my favorite buttery shortbread that I enhance with olive oil and spices. I was taught to make sablé Breton in Cancale, France, by chef Olivier Roellinger; it became my weekly task, one I loved. Decades later, I returned to the sablé to sell at La Boîte. For years, I tinkered with formulas to hit the right balance of butter, sugar, and spice (we still change our selections each season), so they snap at first, then crumble, and finally melt in your mouth. When sandwiched, they stay crunchy with drier fillings and meld into tenderness with others. To achieve that magical texture, there's a high proportion of fat and sugar to flour. That can make the dough a little sticky and soft, so just keep popping it back in the fridge or freezer if it's difficult to work with. The dough's still easy to roll and bake, and the cookies are especially satisfying to eat when they come out of your

The combination of ginger, amchoor, and nutmeg offer a hint of gingerbread's warmth, but the poppy seeds keep the cookies a little nutty.

MAKES ABOUT 6 1/2 DOZEN

FOR THE SPICE BLEND

- 13/4 teaspoons poppy seeds
- 1 teaspoon ground ginger
- 1/2 teaspoon amchoor (dried mango powder)
- 1 teaspoon freshly grated mace or nutmeg

FOR THE COOKIES

13/4 cups all-purpose flour



- 1/2 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1/2 cup (8 tablespoons) salted butter, preferably European (85 percent fat), cold and diced
- 3/4 cup sugar
- 1/2 teaspoon pure vanilla extract
- 3 tablespoons extra-virgin olive oil
- 1 large egg

Mix together the poppy seeds, ginger, amchoor, and nutmeg.

To make the cookies: Whisk the flour, baking powder, salt,

and spice blend together in a medium bowl.

Cream the butter and sugar together in a large bowl with an electric mixer on medium-low speed until well blended but not fluffy. With the machine running, add the vanilla first and then the olive oil, beating until smooth and scraping the bowl occasionally. Add the egg and beat just until incorporated. Reduce the speed to low and gradually add the flour mixture. Mix just until incorporated.

Turn the dough out onto a very large sheet of parchment paper. Pat into a rectangle and cover with another very large sheet of parchment. Roll the dough into a 12 x 7-inch rectangle that's a scant 1/4 inch thick, lifting and replacing the top sheet as needed to smooth out any wrinkles in the paper. Use a bench scraper or spatula to press in all four edges to keep them even and straight, and roll lightly again to achieve an even thickness. Refrigerate until firm, about 1 hour. If you're in a rush, you can freeze the dough until stiff, about 15 minutes.

Remove the top sheet of parchment. Using a pizza wheel or sharp knife, cut the dough into 1-inch squares. Chill again if the dough has softened. Transfer the squares to two parchment-paper-lined cookie sheets, spacing them 1 inch apart. Chill again while the oven heats. You want them to be firm if they have softened.

Preheat the oven to 375 degrees F.

Bake one sheet at a time until the shortbread is golden brown, 12-15 minutes. Cool completely on the sheets on wire racks.

MAKE AHEAD

The cookies will keep in a tin at room temperature for up to 2 weeks or in an airtight container in the freezer for up to 1 month.



CARDAMOM AND PINK PEPPER BROWNIES

Chocolate is one of my favorite vehicles for spices. Its sweetness and fat hold flavors nicely, especially when baked into brownies rich with butter. The shortcut to success here is melting the butter and chocolate in the microwave. It's a trick I learned from a pastry chef in France who swore by it because, with the traditional bainmarie method of melting chocolate in a heatproof bowl over simmering water, there's a risk of water splashing into the mix and seizing the chocolate. Besides, brownies don't require perfectly tempered chocolate to come out delicious, so the microwave works just fine. If you don't have one, simply place the butter and chocolate together in a heavy saucepan over very low heat and stir just until melted. The rest of the batter is straightforward and foolproof and can turn into mini cakes or even ice cream treats. Just don't overbake it, and you'll be guaranteed fudgy brownies.

MAKES ONE 9 X 13-INCH PAN (ABOUT 2 DOZEN)

FOR THE SPICE BLEND

- 1 teaspoon green cardamom pods
- 11/2 teaspoons pink pepper
- 1 teaspoon Urfa pepper
- 3/4 teaspoon ground cinnamon, preferably Vietnamese

FOR THE BROWNIES

- 1 cup salted butter, cut into tablespoons
- 1 cup semisweet chocolate chips
- 13/4 cups all-purpose flour
- 2/3 cup natural unsweetened cocoa powder
- 1/2 teaspoon kosher salt
- 6 large eggs
- 21/2 cups sugar

Finely grind the cardamom and pink pepper together and immediately mix with the Urfa and ground cinnamon. To make the brownies: Preheat the oven to 375 degrees F. Line the bottom and all four sides of a 9 x 13-inch baking pan with parchment paper. If the paper won't stay down, you can wet the pan a little before pressing in the paper. Combine the butter and chocolate chips in a large microwave-safe bowl. Microwave for 1 minute and stir until smooth. If the chocolate and butter don't melt completely, microwave for another 15 seconds and stir. Repeat, heating in 15-second intervals, until smooth. Let stand to cool slightly.

Sift the flour, cocoa powder, and salt into a medium bowl and whisk in the spice blend. Whisk the eggs in a large bowl until foamy. While whisking the eggs, add the sugar in a



steady stream and whisk until the sugar dissolves. Add the butter-chocolate mixture and stir rapidly with a silicone spatula until fully incorporated. Add the dry ingredients and fold gently with the spatula until no traces of flour

Scrape the batter into the prepared pan, spread it in an even layer, and bake until a toothpick inserted 1 inch from the edge comes out clean, 25-30 minutes. Cool

completely in the pan on a wire rack.

To serve, lift the brownies out of the pan using the parchment paper and cut into 2-inch squares.

The brownies will keep in an airtight container at room temperature for up to 1 week or in the freezer for up to

1/2 teaspoon pure vanilla extract

Finely grind the cardamom and peppercorns together and immediately mix with the whole poppy seeds and

To make the bread: Preheat the oven to 350 degrees F. Butter a 9 x 5-inch loaf pan. Line the bottom with parchment paper and butter the parchment.

Whisk the flour, baking soda, and spice mix in a small bowl. Beat 1/2 cup butter and the brown sugar in a stand mixer fitted with the paddle attachment on low speed just until well combined and then raise the speed to medium-high and beat until pale and fluffy. Scrape down the bowl and add the bananas, eggs, labne, and vanilla. Beat on medium-low speed until thoroughly mixed. It's okay if the mixture looks broken. Scrape the bottom and sides of the bowl.

With the machine running on low speed, gradually add the flour mixture. Beat just until the flour is

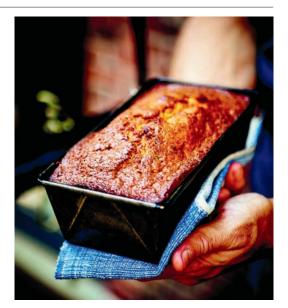
incorporated, scraping the bowl as needed. Pour the batter into the prepared pan and bake until a wooden skewer inserted into the center comes out clean, 45-50 minutes

Cool the loaf in the pan on a wire rack for 15 minutes and then turn it out, discard the parchment, and cool completely on the rack.

MAKE AHEAD

The banana bread will keep, tightly wrapped with plastic wrap, at room temperature for up to 2 weeks or in the freezer in an airtight freezer bag for up to 3 months. Thaw before serving (I like to toast the slices too).

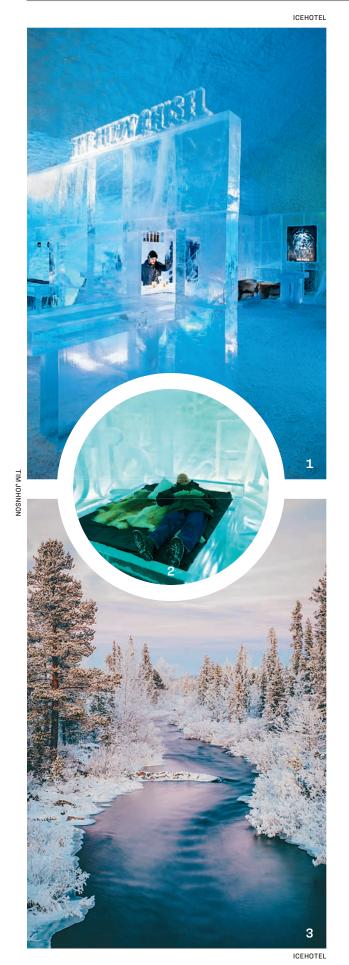
All recipes reprinted from "Mastering Spice," copyright 2019 by Lior Lev Sercarz. Photographs copyright 2019 by Thomas Schauer. Published by Clarkson Potter, an imprint of Penguin Random House, LLC.



Simply put, spices make food, whether savory or sweet, taste better.



B4



Father and Son in Sweden

Celebrating and discovering family roots

TIM JOHNSON

he snow, which has been falling all morning, lies thick, white, and clean on the ground, big flakes still fluttering down through the subarctic air, a prematurely early evening fast approaching. I am at the reins of a reindeer-and he's a fast one. Tethered to a long sled covered in an animal skin, the deer plods along with me behind, until the resident dog, Rufus, happily starts running on the track. Spooked, the reindeer takes off, and it's all I can do to hang on, the track covered with the fluffy stuff, glistening and slick from previous trips.

On one corner, I'm convinced I will spill. I tighten my grip and lean into the turn, just enough to stay upright. At the next, a fence looms large, but the deer makes the turn from instinct, carrying me back to safety.

Once we've stopped, I spot my dad, who has a huge smile, red cheeks, and is clad in a head-to-toe snowmobile suit, snowflakes clinging to his already-white beard. "Are you up next?" I ask him.

"Oh no," he responds, shaking his head decisively. "I'm good, right here."

Boarding a sleeper car on the Arctic Circle Train in the middle of Sweden, we woke up this morning in a winter wonderland, disembarking at Gallivare, and making our way to Jukkasjarvi—and its famous Icehotel.

This isn't just a vacation for my dad, Ellwood Johnson, and me. It's a trip back to our collective roots—for my dad, an opportunity to celebrate his Swedishness, and for me, to discover it.

You see, my father has always been very proud to be a Swede. Born in the small Canadian village in Manitoba, he was raised in an enclave of Scandinavian culture, where even second-and-third generation Canadians still spoke the language of the home country and honored its traditions. That culture stayed close with my dad as he attended university in Winnipeg then, with my mom, moved to a small city close to cosmopolitan Toronto.

Those traditions followed him into our home. My dad always had Swedish flags around the house, and cheered for Scandinavian teams in the Olympics. On the phone with his two sisters, I would hear him speak Swedish, a form of the language that evolved in the relative isolation of rural Canada. He's always peppered his everyday English with Swedish words and phrases, and so my understanding of the language is really just a collection of disparate, antiquated terms—from the words for "crazy dog," to a traditional cadence, counting down the days to Christmas.

My father made one visit back to the country of his heritage in 1974, part of a comprehensive pan-European backpacking trip, but hadn't been back until I suggested this return. He eagerly agreed. We made plans with a Norway-based tour operator, flying over via Reykjavik on Icelandair.

After spending time in Stockholm, and visiting cousins in the central region of Dalarna, we leaned into stiff winds and heavy snow, wading through accumulating white stuff on the platform to board the overnight train, bound for the Arctic. Settling into our comfortable sleeper car, the train rocked us to sleep, each in our separate bunks, while the dark Scandinavian night clickity-clacked past, outside, the population thinning, the stops drawing out, as we made our way, quickly and steadfastly, north.

While our own family history is some-



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what scant in this part of the country—a couple of relatives sought work in the mines of Kiruna, Sweden's northernmost town—Lapland is home to some of Sweden's most recognizable and time-honored symbols and traditions.

Arriving at Icehotel, we don our heaviest clothes—boots, heavy, one-piece snowmobile suits, and warm hats—and climb into a horse-drawn sleigh for a short ride over a frozen river to meet our Sami guide, Daniel Sunstrom. He explains that while reindeer are now herded with trucks and even helicopters, in the past, the Sami would lead them down natural paths, and over-winter right here, where they had access to food and shelter from the wind and cold.

"We have more than 300 words for snow," he says.

Sunstrom adds that traditional Sami wore pointed shoes that doubled as ski boots, and clothing that was distinctive to each village. With reindeer central to their lifestyle, old-school harnesses were made from birch bark.

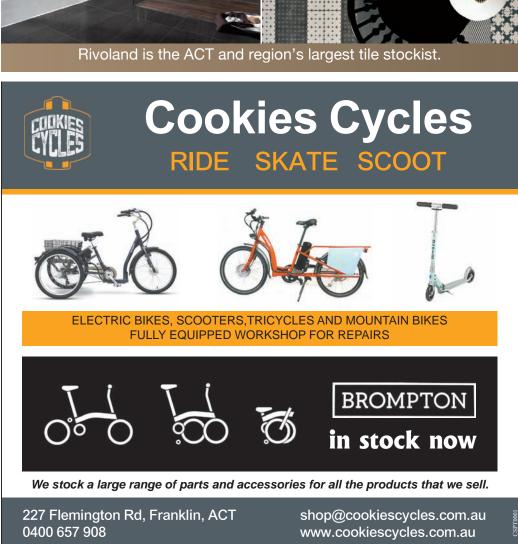
"It was a real art form," he says. "It's very hard to find today."

Moments later, riding behind a leather harness, I have my wild ride, with Rufus barking happily behind.

Later, tired from the day, I discuss the sleeping arrangements at Icehotel with my dad. Our room includes just one bed, and my father volunteers to stay there, sleeping on a mattress resting on a frozen frame, while I check into a nearby, normal hotel. Meeting him in the morning, he's slightly haggard but still, strangely energized. He hadn't slept so much, but he had added a great story to his compendium.

"It was quite an experience," he says, meeting me in the morning, with a somewhat somnolent smile.









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We make our way to the train station in Kiruna, then a morning run down the famous Iron Ore Line, through low, rugged mountains and boreal forests, to the coastal city of Lulea. We check into another one-of-a-kind accommodation, the Treehotel, which was originally a small, rural guest house. Owner Kent Lindval, who personally picks us up at the train station, explains that things got off to a slow start.

"It was in the middle of nowhere," he states, matter-of-factly. "It didn't do so well."

But things picked up once they built rooms into the trees. The rambling property now has seven distinctive designs from six different architects-ranging from a bird's nest, to a mirrored cube, to a UFO. Each one is equipped with 12 hours of water, and an eco-friendly system that disposes of human waste from dry toilets, so you don't have to climb down from the tree in the middle of the

night. We settle into our room, the largest, known as "the 7th Room," accessed by a staircase that winds up from the ground. It truly feels like we're staying in the canopy, with sweeping views out the huge windows to northern forests, in all directions.

We finish our trip, again on a sleigh, meeting up with dogsledder Kim Jonsson, who introduces us to his friends-Alaskan huskies with Swedish names like Leia, and Knute, all of them eager to meet us. Jonsson is lanky, with a deep, even tan that suggests long days outside in the sun. He notes that only a handful of people reside on his long rural road, and that he lives a simple, country lifeno cell signal, no Wi-Fi, and he chops his own wood for the stove.

"If you wash your socks but don't dry them at night," he says with a shrug, "well, then you have wet socks in the morning."

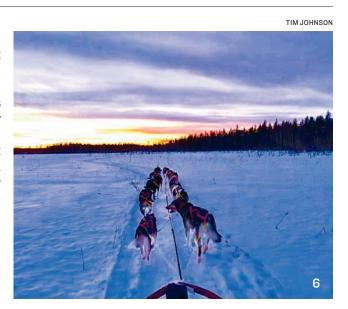
We climb onto the sled, and soon we're

off, the dogs happily pulling us.

"They love me," Jonsson tells us, "but they love to run even more."

We glide along, smooth and even, through forest and frozen marsh. It's silent and lovely. Later, we will stop for a fire, a warm mug of lingonberry juice, and cinnamon buns. But for now, right here in the sled, the watery winter sun fades from yellow, to orange, to red. My dad is ahead of me, smiling, and I've never felt closer to him, or my Swedish roots.

Toronto-based writer Tim Johnson is always traveling, in search of the next great story. Having visited 140 countries across all seven continents, he's tracked lions on foot in Botswana, dug for dinosaur bones in Mongolia, and walked among a half-million penguins on South Georgia Island. He contributes to some of North America's largest publications, including CNN Travel, Bloomberg, and The Globe and Mail.



We glide along, smooth and even, through forest and frozen marsh. It's silent and lovely.

- 1. Icebar at Icehotel.
- 2. Ellwood Johnson chills at the Ice Hotel.
- 3. Nature, peaceful and
- 4. Tim Johnson with his father, Ellwood Johnson.
- 5. Northern lights over Icehotel.
- 6. On a sled ride under a fading winter sun.

IF YOU GO

Based in Norway (with offices in Canada and Australia), tour operator 50 Degrees North has close, local connections throughout Scandinavia, with 90 percent of their staff natives of the Nordic region. They organize tailor-made tours, including transportation, accommodation, and tours, with unparalleled expertise, above the 50th parallel. FiftyDegreesNorth.com

With year-round flights from 11 U.S. airports, Icelandair provides one of the most direct connections between the United States and Sweden (and more than a dozen other European destinations). Book a seat in their Saga Premium Class for more room, great food, and access to their super-cool lounge at Keflavik International Airport. Icelandair.com



National

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

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Across 1. Abridge 5. Feedbag fill 9. Winter Olympics vehicle 16. Frolicsome 18. Tiniest bit 19. Volume of a space 20. Viral bovine disease 23. Blue stone 24. "Get !" 25. Wished undone 26.2013 "Cars" spinoff 28. Idea 30. Lawyer's charge

32. Great deal 33. Washingtonians that work toward peaceful solutions to global problems

40. Purlieu 42. Musical aptitude 43. Apiece

44. U.N. workers' grp. 45. It contains billions of neurons

50. Garbage 52. Our "mother" 53. "Anywhere but here" acronym

55. Hodgepodge 56. Stainless 59. "Forget it!"

60. Ledger column 62. Let

63. Sound 66. Cajun veggies 68. Essence 70. Came-working tool

76. Extremely exacting 78. Pass on

75. Sticker

79. "The ___ Movie" (2014 film featuring Liam Neeson as Bad Cop/Good Cop) 80. "Look who's here!"

87. "Coming out" miss, briefly

86. Kind of line

88. Organic compound 89. Major feature of the European Alps, Carpathians and Balkans

94. Benjamin Disraeli, e.g. 96. Port of ancient Rome 97. Not a specialist 104. Bent backwards 105. "Neato!" 106. Elbow

107. Core 108. Tense 109. Wilts

Down

1. Little toymaker 2. The Smothers Brothers,

e.g. 3. Devotee 4. Moon of Saturn

5. Bookie's quote 6. Ready for battle

7. Besides 8. Phlegm

9. Chums

10. It's a wrap 11. Requirements for some

postgrad work, briefly 12. Two-part 13. Outdoor party

14. Hebrides tongue

15. Monopoly card 17. "The Crusader"

19. "... sweetheart of Sigma

21. Not yet final, at law 22. Mother of Helios

26. Map out 27. Old stories 28. Conflict

29. Short-tailed parrot 30. TV monitor?

31. Repeat 34. Pain in the neck 35. Swarm

36. Foot 37. Plunder 91. Moonfish 38. Braid

39. Flies alone

41. Collection of Zoroastrian texts

46. Feedbag morsel

47. Ammonia compound

48. Hair net 49. Little bird

51. Fuddy-duddy 54. Tall story 56. Grouches

57. In a lather 58. Cavern, in poetry

59. Zippo 61. Give in to gravity

64. "Aim high..." org. 65. Nincompoop

66. Architectural projection

67. Kyiv (alt) 69. Gather leaves

71. Corm of the taro 72. Red cat-bear

73. S-curve 74. " the time!"

77. Head 81. Cleave

82. Frau's partner

83. Bind

84. "Meet Me ___ Louis" 85. "E pluribus unum," e.g.

90. Devout 91. Monster

92. Puppy trio? 93. Hill dwellers

94. "If all ___ fails ..."

95. "Congo" attacker 96. Not to be trusted

98. "A Beautiful Mind" director Howard 99. welder

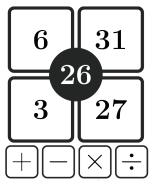
100. New England catch 101. Deck (out)

102. Baby carrier? 103. Court matter

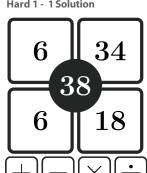
Large: Hard

4NUMBERS CONSTRUCTED BY C. CHANG

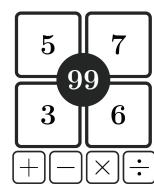
Use the four numbers in the corners, and the operands $(+, -X, and \div)$ to **build an** equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) + 1 = 28and 1+(7X3)+6=28



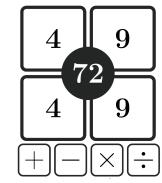
Hard 1 - 1 Solution



Hard 2 - 2 Solutions



Easy 1 - 1 Solution



Easy 2 - 2 Solutions

WORDSEARCH CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

LAPISDYCRABSDIP AXIPEBOFFALAWDI TACRMZCAPEDCCOO IWTISTEREOHLHLU NNNRETRORSEAAAS AAFOSSILNKRSSTK PPEBOBSLEDEHTEH LPYLSSPUTUMGERE AEOACATITANCERT ISRITORIELNLUQU TKDSNOODAEFTHBP OUEPLUSFSIATTAR LVVYCADSRBRUTQY AUDIOHEGUASSETS

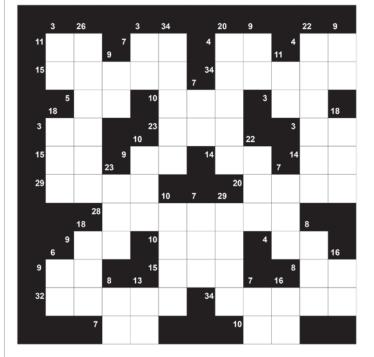
IDOLATER ASSETS ATTAR LAPIS **AUDIO** LATIN **AVESTA** LUDIC CAPED **NAPPES** CHASTE NIMBY CLASH NUDGE **CRABS** OFFAL EARTH OKRAS ORIEL **ENLACE ESSENCE** OSTIA FOSSIL PIOUS **HET UP** PLAIT

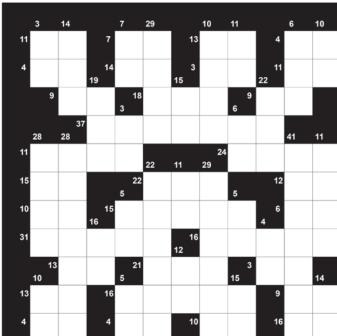
DPLANESCENLACEB **PLANES** RIFLE SNOOD SOLOS **SPUTUM** STEREO TITAN **ANTRE BOBSLED CUBATURE** DHERE RETRORSE

KAKURO

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: Easy





WORK SPACE

SOLUTIONS

|B|O|B|2|||E|D

CROSSWORD KAKURO LARGE: EASY DICK 6 7 NNDBEE COOL T R O R S E 9 6 9 6 |G|E|N|E|R|A|L|P|R|A|C|T||T||O|N|E|R AITSO E A B L H A 9 0 7 Z Þ E N O L N A P P E S D E B SPEAKOFTHEDEVILLEDE 3 7 8 | D | I | E | | J | A | N | A | N | B | L | 9 3 7 ŀ 9 | N | O | A | I | D | B | B | A | T | T | A | R E N T A D D I O O K R A S 7 8 Þ 6 9 A S S A TON 9 6 9 6 J|O| Y|B|M|1|N H|T|A| 6 7 L 7 9 L | E | A | C | H | M | I | L | O Я | А | Э | 3 3 4 L L 6 Þ 8 7 ε $S \mid I \mid H \mid \bot$ R N E D |S|I|A|A|J|FOOTANDMOUTHDISEASE 6 3 3 7 90Я0 r n b i c |C|U|B|A|T|U|B|E STAO

KAKURO LARGE: HARD

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4 NUMBERS HARD 1

 $9 \div (\xi + 75) - 18$

HARD 2 $4.8 \pm 6.0 \pm 6.0 \pm 8.1$ $4.6 - 9 \times (9 - 81)$

EASY 1

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SUPERSUDOKU CONSTRUCTED BY KANNAN SANKARAN

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

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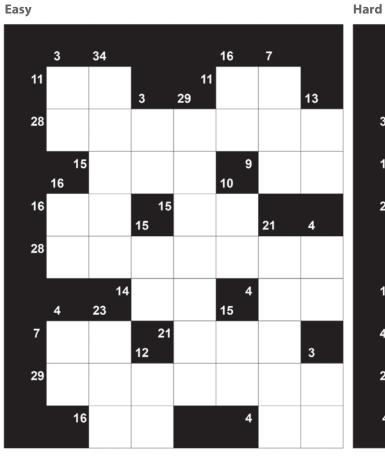
Fill in the boxes using numbers between 1 and 9 so that each column, each row, and each 3x3 square contain all nine numbers only once. Hard

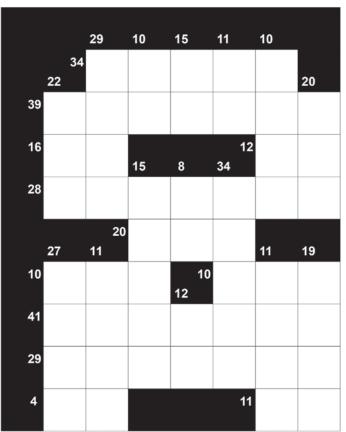
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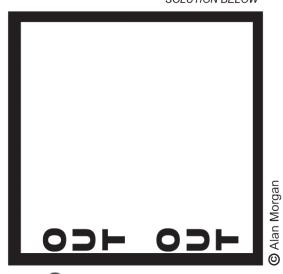
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a "run") with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid CONSTRUCTED BY EPOCHTIMES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



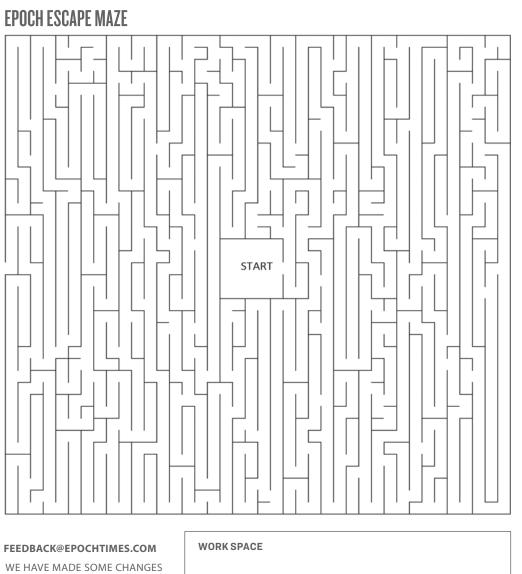


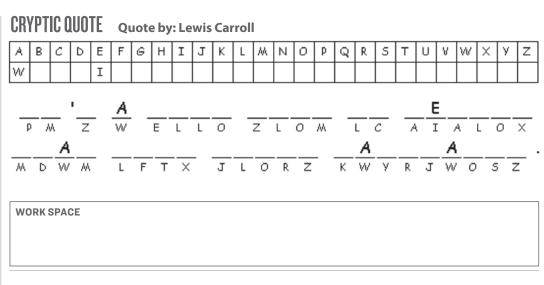
Guess the hidden saying, phrase or word(s) suggested by the picture!

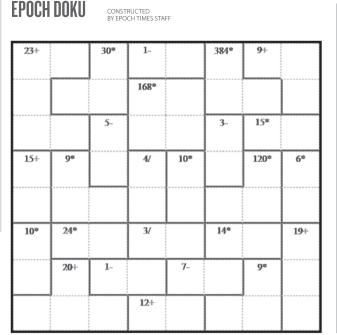
SOLUTION BELOW



Presented By FREE THE CHILDREN children helping children through education







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.

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SOLUTIONS

SUPERSUDOKU

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TO OUR PUZZLE PAGE IN RESPONSE

TO PUZZLER'S FEEDBACK. LET US KNOW WHAT YOU THINK!

SUDOKU: EASY

EPOCH DOKU

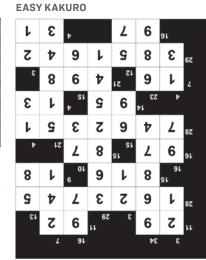
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- Lewis Carroll that only works backwards. It's a poor sort of memory

OUTSIDE THE BOX Out and out lie



WORK SPACE

B8 JANUARY 23 - 29, 2020 THE EPOCH TIMES

The Consequences of Slouching From a Posture Expert

How to correct your posture for better health

CONAN MILNER

oday we enjoy comforts unknown to our ancestors, yet the modern world can still be hard on the body. We now spend more time sitting—and slouching—than ever before, and researchers say this luxury comes at a price.

"We live in a sitting-centric society and the health risk is huge," said Dr. Steven Weiniger, a posture expert, appointed delegate to the White House Conference on Aging and author of "Stand Taller Live Longer: An Anti-Aging Strategy."

Sitting feeds into slouching and being sedentary with poor posture can erode the body's architecture, says Weiniger. The human body functions best when the major structural elements-head, torso, and pelvis-are in alignment, with one neatly stacked on top of the

When we spend so much of our lives in a seated position, we begin to take on a hunched-over shape. Over time, the muscles that are supposed to hold us upright become weak and lose the ability to provide support as they were designed to. All those hours we spend in a car, behind a desk, or in front of the television gradually take a toll.

The Epoch Times talked to Weiniger about the impact posture has on our health, how our lifestyle can affect our body's structure, and how

THE EPOCH TIMES: Why is posture

important?

DR. STEVEN WEINIGER: The physical structure of our body is just as important as the chemical structure of our body, but we don't appreciate that subtle asymmetries can compound into greater issues over time.

It's mechanical. If you take the body and fold it—with your head forward of your torso, and your torso forward of your pelvis (a common position for sitting or texting)—you can't breathe as well. There is more pressure on your visceral organs, and they aren't functioning as well as they should.

When we spend so much of our lives in a seated position, we begin to take on a hunched over shape.

You can see this immediately by performing a quick exercise. In the position you're in right now, take a deep breath and notice how much air you're getting. Now, try to sit up or stand up taller. Lift your head tall, shrug your shoulders up, make your chest broad, then pull your shoulders back and down. Now take a deep breath.

You will notice you are able to take in more air because your chest cavity could expand more. Breathing is good for your health. Not only does it help you take in oxygen, but your lungs also help your body pump out toxins. They are your largest excretory organs.

The muscles you used when you took that deep breath are muscles you are not using when your body is hunched forward. Over time, you'll find you'll return to the slouched position and go back to not breath-

ing well.

You can really feel this when you're exercising. If your posture is folded, you're not going to be getting in enough air, and you're not going to exercise as effectively to make those muscles work, and that includes your heart. It can have a negative effect on cardiovascular health.

THE EPOCH TIMES: What other things affect our posture? **DR. WEINIGER:** Everything you do affects your posture. If you're sleeping in a bed that is not supporting you with symmetry, it's the same thing as sitting in a chair that tilts to one side all day long at work. If you sleep on your stomach with your head turned to the right, your posture is subtly going to shift in that direction. It's not dramatic, but it

will be over time. There's an epidemic I'm seeing now that's not being recognized: Kids are becoming more hunched over than their parents. The reason is that these kids are spending more time than any previous generation hunched over their cellphones and

Part of the problem is that when they're texting they're looking down, but what makes it worse is what they do with their hands. In

order to type accurately, you can't be wobbling around, so to keep this from happening you lock everything higher up the chain—your wrists, elbows, spine, and torso. You're training your body to be locked into this position for big chunks of the day.

THE EPOCH TIMES: Now that you're talking about it, I'm sitting up straighter. But I'm sure that later today I'll return to my familiar slouch. What can we do to get this to stick?

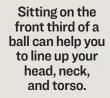
DR. WEINIGER: Awareness is the first step. We suggest people get a baseline awareness of what their posture actually looks like. We take a picture of a patient standing up straight and tall against a grid background so we can precisely measure the position of their head, torso, and pelvis and see the deviation. Then we track it by taking the same picture every year. Over time things can get better or worse depending upon what you do. If you start doing something different—taking control of your life and your body—then your posture improves. So the second thing we teach is control.

For control, we teach our own postural exercises, but there are many different types of postural exercises—things like yoga, Pilates, and Tai Chi. These are exercises that use intentional focus. They are not the same as gym exercises, which don't always focus with

precision on different parts of your body.

Postural exercises strengthen balance, alignment, and motion so that people become more aware of their posture. It's not five minutes today and you're done. It's about developing a habit. We suggest people do these exercises on a daily basis.

The third thing we teach is building an intelligent posture environment. It's about tailoring your physical environment to your body. If you're sitting, have a good chair. Or even better, have a desk that goes up and down so that you're not sitting all the time.





Blue Light Isn't the Main Source of Eye Fatigue and Sleep Loss-It's Your Computer

PHILLIP YUHAS

Blue light has gotten a bad rap, getting blamed for loss of sleep and eye damage. Personal electronic devices emit more blue light than any other color. Blue light has a short wavelength, which means that it is high-energy and can damage the delicate tissues of the eye. It can also pass through the eye to the retina, the collection of neurons that converts light into the signals that are the foundation of sight.

Laboratory studies have shown that prolonged exposure to highintensity blue light damages retinal cells in mice. But, epidemiological studies on real people tell a different story.

As an assistant professor at The Ohio State University College of Optometry, I teach and conduct vision research, including work with retinal eye cells. I also see patients in the college's teaching clinics. Often, my patients want to know how they can keep their eyes healthy despite looking at a computer screen all day. They often ask about "blueblocking" spectacle lenses that they see advertised on the internet.

But when it comes to protecting your vision and keeping your eyes healthy, blue light isn't your biggest concern.

Built-In Protection

One way to think about blue light

and potential retinal damage is to consider the sun. Sunlight is mostly blue light. On a sunny afternoon, it's nearly 100,000 times brighter than your computer screen. Yet, few human studies have found any link between sunlight exposure and the development of agerelated macular degeneration, a retinal disease that leads to loss of central vision.

If being outside on a sunny afternoon likely doesn't damage the human retina, then neither can your dim-by-comparison tablet. A theoretical study recently reached the same conclusion.

So, why the disconnect between blue light's effects on rodent eyes and human eyes?

Human eyes are different than rodent eyes. We have protective elements, such as macular pigments and the natural blue-blocking ability of the crystalline lens. These structures absorb blue light before it reaches the delicate retina.

That doesn't mean you should throw away those sunglasses; they provide benefits beyond protecting your eyes from the sun's blue light. For example, wearing sunglasses slows down the development of cataracts, which cloud vision.

Feeling the Blues

Just because blue light isn't harming your retina doesn't mean your electronic devices are harmless, or that blue light doesn't affect your eyes. Because of its wavelength,

ILLUSTRATIONS BY SHUTTERSTOCK

THE EPOCH TIMES: Tell me about the exercises you recommend for There's an good posture. **DR. WEINIGER:** When we teach epidemic I'm strong postural exercises, we call it seeing now BAM 321. that's not being 1. Three times a day, check in with recognized: your balance with real intention and focus on your posture. **Kids are** To demonstrate your strength becoming of balance, stand up straight, and lift your left leg so that your more hunched over than their parents.

thigh is parallel to the ground. Keep on standing tall and hold that for about 15 seconds, then slowly put it down. Do the same thing on the right side. As you hold this position, be aware of what standing tall feels like. You probably have to shift things to keep your balance. Most people feel that both sides don't feel quite the same. One side usually has better balance. Depending upon how asymmetric your posture is, you're going to see a greater perception of what you need to do to balance.

2. Two times a day, check your alignment. Press the back of your pelvis, torso, and head against a wall so they're all on one level. Many people can't put the back of their head against a wall without putting their chin up. You want to push the back of your head against the wall without looking up, but if there's tightness in your neck at a point when you try to do this, that's the limit. Don't push past that. It's something you have to progress toward.

3. Once a day, check your motion. Sit on an exercise ball to move your body in three dimensions using your

core and

for clarity and brevity.

find weak links in the chain by observing how smoothly you're moving. The goal is moving with

When you learn how to balance toward symmetry, align your body objectively using a wall, and practice motion using the exercise ball, it teaches you the asymmetries of how your body is standing and moving.

control.

THE EPOCH TIMES: What is the function of the exercise ball in your posture exercises? And what do you think of the trend of using a ball as an office chair?

DR. WEINIGER: The cool thing about a ball is that it moves in three dimensions. The whole idea is getting it to roll.

When you're sitting on a ball with symmetry, you can balance. If you sit on it with asymmetry, you're going to fall off, and your body will react to keep your balance and stabilize. It forces you to use muscles subtly and gets your body to perceive where its imbalance is and correct it.

The problem with these balls is sometimes they're too small. When you're sitting on a ball you want your hips to be above your knees. If your hips are below your knees, then the hip flexor muscles are going to be in a shortened position. People are already folded when they're sitting, but you don't want to fold it past 90 degrees. People also often incorrectly sit directly on top of the ball, but you should be seated on the front third of it.

The problem with a ball, as with a chair, is getting your knees to fit under the desk. If you can get a desk that's high enough, a ball

Answers have been edited

Postural exercises strengthen balance,

alignment, and motion so that people become more aware of their posture.

Dr. Steven Weiniger





blue light does disrupt healthy sleep physiology. Blue-light-sensitive cells, known as intrinsically photosensitive retinal ganglion cells, or ipRGCs, play a key role here because they tell the brain's master clock how light it is in the environment. That means, when you look at a brightly lit screen, these cells help set your internal clock for daytimelevel alertness.

But these cells are sensitive to colors beyond blue because they also receive input from other retinal neurons that are sensitive to the entire color spectrum.

Therefore, eliminating blue light alone doesn't cut it when it comes to improving sleep; you need to dim all colors.

As for your tired eyes after a long day spent staring at your computer-another common complaint I hear from my patients—blue light isn't solely to blame for that, either. A recent study demonstrated that cutting blue light alone didn't improve people's reported comfort after a long computer session any more than simply dimming the screen.

Does Blocking the

Blue Make Sense? Many patients want to know if they should buy certain products they have seen advertised to block out blue light. Based on research, the short answer is "no."

First, the truth is that any bright light too close to bedtime interferes with sleep.

Mounting evidence suggests that, compared to reading a paperback, screen time before bed increases the time it takes to fall asleep. It also robs you of restorative rapid-eye-movement sleep, dulls focus, and diminishes brain activity the next day. Holding your phone close to your eyes with the lights on likely exacerbates the problem.

Second, the products that my patients ask about don't block out much blue light. The leading blueblocking anti-reflective coating, for example, blocks only about 15 percent of the blue light that screens emit.

You could get the same reduction just by holding your phone another inch from your face. Try it now and see if you notice a difference. No? Then it shouldn't surprise you that a recent meta-analysis concluded that blue-blocking lenses and coatings have no significant effect on sleep quality, comfort at the computer, or retinal health.

What Really Works

There are ways to make your screen viewing more comfortable and more conducive to sleep.

First, turn off your electronic devices before bed. The American Academy of Pediatrics recommends that bedrooms be "screen-free" zones for children, but we should all heed this advice. Outside of the bedroom, when you do look at your screens, lower the brightness.

As for eye strain, ensure that you have the appropriate glasses or contact lens prescription. Only an optometrist or ophthalmologist can

DIMABERLIN/SHUTTERSTOCK

give you this information. You also need to take care of the surface of your eyes. We don't just look at our computer screens, we stare at them. In fact, our blink rate plummets from about 12 blinks a minute to six. As a result, tears evaporate off the eyes, and they don't accumulate again until we step away from the screen and start blinking. This causes inflammation on the eye's surface. That's why your eyes feel dry and tired after a day spent at the computer. I counsel my patients to take two steps to ensure that their eyes stay moist during long computer sessions.

First, follow the "20-20-20" rule. The American Optometric Association defines this rule as taking a 20-second break every 20 minutes to look at something 20 feet in the distance. This will allow your eyes to blink and relax. There are many apps available to help remind you to follow this rule.

Second, use a lubricating eye drop before extended computer use. This tactic will reinforce the body's natural tears and keep the eye's surface hydrated. But, avoid those "get-the-red-out" drops. They contain drugs that cause long-term redness and preservatives that may damage the outer layers of the eye. I have found that artificial tears labeled "preservative-free" often work best.

Based on my research, my advice is don't believe the hype about blue light and don't waste your money on products you don't need. Instead, keep screens out of your bedroom and dim them before bedtime and keep your eyes lubricated. And don't forget to blink!

Phillip Yuhas is an assistant professor of optometry at Ohio State University. This article was originally published on *The Conversation.*

JANUARY 23 - 29, 2020 THE EPOCH TIMES

Violin virtuoso Fiona Zheng performs with the Shen Yun Symphony Orchestra at Boston Symphony Hall on Oct. 25, 2019.



The Art of Blending Western Classical and Ancient Chinese Music



he music accompanying Taoists is mystical with a strong sense of integrity, and Buddhist music is solemn and merciful—these are not mere abstractions. Shen Yun Performing Arts' composers and arrangers are masters at tone painting, and every song tells a story just as vividly as the dancers on stage.

Accompanying each performance is a live ensemble of musicians, but the Chinese instruments actually make up only a fraction of the group—they play amid a backdrop of classical symphony instruments.

Blending Western classical and ancient Chinese music is a notable feat. Many have tried, with lackluster results.

"You have to know the rules," said pipa player and composer Jing Xian. Shen Yun's own team of composers and arrangers have their own playbook of various rules. "It's a bit of a secret recipe."

Why Shen Yun Uses a Classical Western Orchestra Shen Yun is the world's premier classical



The spaces between each note were important too because the music needed to breathe. Chinese dance company, and its mission is to revive the 5,000 years of traditional Chinese culture. This is an ancient, divinely inspired culture that was nearly decimated in just the last century; through music and dance, these artists have the wish to share that lost culture with the world.

Classical music is a complex system, with consistent rules for tonality, harmony, and structure. The result is a rich and universal language that could even be called one of mankind's greatest accomplishments.

The universality is such that classical music has an endless vocabulary, and in an expert's hands is capable of expressing any emotion, any narrative, any idea. Its limits are not confined to words, thus even cultures, or the spirit of a people, can be conveyed through classical music.

Classical music is thought to be European, but even in its invention, it spanned many nations—the French composer Jean-Philippe Rameau is famous for his treatise on harmony, but it was the German composer J.S. Bach who composed the handbook on tonality. The Viennese School's Haydn and Mozart

firmly established the Classical period while Beethoven brought music into the Romantic age, but the Russians put their own stamp on Romanticism. And since the very beginning, up through the present day, this universal art of classical music has been used to give listeners a picture of other cultures. Composers have a long practice of borrowing folk songs to various effects. (Mozart's "Turkish March" is one that everyone has heard, or even Dvorak evoking America in his "New World Symphony").

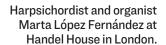
"Classical music is a common language," Jing Xian said. And this was an important deciding factor when the music of production is conceived.

As such, Jing Xian explained, it was important to use a musical language that is truly universal and can reach all nations.

The second reason for seating the few Chinese instruments among an otherwise standard Western orchestra is the symphony's sheer power. With a Western orchestra, you can have the swell of the strings and the brassy accent of the horns, and everything melds together to a grand effect. It's a big ensemble with a big sound.

Singing the Praises of Handel's 'Messiah'

A conversation with musician Marta López Fernández





LORRAINE FERRIER

Harpsichordist and organist Marta López Fernández specializes in early keyboard instruments and is currently the harpsichord and continuo fellow at the Royal College of Music in London. She recently took time out before a performance at Handel House in London to talk with us by phone.

THE EPOCH TIMES: What's your favorite piece of classical music and why?

MARTA LÓPEZ FERNÁNDEZ: Obviously, as a musician, it's quite hard to pick a piece, but I'd have to say George Frideric Handel's "Messiah" (1741). I particularly enjoy Handel's "Messiah" because, obviously, I listened to it when I was growing up, but it wasn't until I was involved in a performance of it that I really got to know all the fine details: how the music describes the action and how it develops throughout. The more I perform the piece, the more nuances I

discover. It's just amazing how Handel wrote for singers. He was a genius working with the voice!

Handel's "Messiah" is an English-language oratorio. An oratorio, to put it simply, is like an opera but based on a religious text and is performed by solo singers, a chorus, and an orchestra.

Handel's great masterpiece the "Messiah" describes different episodes of Jesus's life, from his birth to his Passion. Even though the work is very much related to Christmas today and is performed around the Christmas period, it was written to be performed around Easter time.

Because it's over two hours, there's a lot happening that I find you can only fully understand and engage with by either sitting and listening to a full performance or by being involved in it.

Handel had already written a number of operas very much influenced by the Italian style, and this comes across in the piece at times. At the same time, we can THE EPOCH TIMES JANUARY 23 - 29, 2020



"Our orchestra is based on the Western orchestra, and the Chinese instruments are like colors blended in colorful instruments," Jing Xian said. "We also use the classical style; we use Western harmony and orchestration techniques as well, and don't break from that traditional method of arranging music."

"But you have to know the rules of how to blend them together so that the sounds accompany each other well. You need techniques to pull it off," she said.

Shen Yun Music: Divine Notes

Ancient Chinese scholars had much to say about the philosophy of music, enough that Jing Xian could talk about it for days. She became a professional pipa player at the young age of 15, and pursued studies in composition, music literature, and ethnomusicology. The award-winning composer later earned her master's and a doctorate in ethnomusicology at Oxford University.

Rather than talk about how Chinese music affected traditional Chinese medicine or the different types of ensembles used in imperial courts, Jing Xian says what might be most illuminating for the novice to understand is that there is this belief that every note is alive.

"Every tone, every note is alive," Jing Xian said. "The ancient people believed everything has life. So even the note, each single note, should have life quality—so it's alive."

This philosophy guided how music was written and played. The notes on the page weren't "strict," Jing Xian explained. They could move around, as living organisms are apt to do—meaning that a note might just be written as a single black dot on the score, but the player infused the played note with the sound of its own story, that characteristic undulation often heard in Chinese music, for example. The spaces between each note were important too because the music needed to breathe.

The name Shen Yun is translated as something like "the beauty of divine beings dancing." Shen means divine, and Yun is something like the feeling behind a movement. Chinese music has "yun" as well, Jing Xian said.

"It's like color," she said. "The notes contain different meanings as well. There is meaning behind it—the cultural and Shen Yun Symphony Orchestra performs

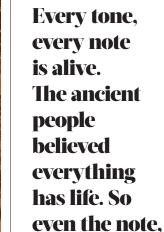
at Carnegie

New York

on Oct. 12.

Hall in

2019.



Jing Xian, pipa player and composer

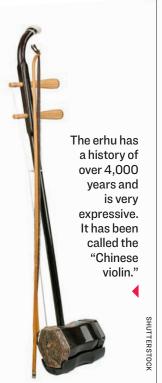
so it's alive.

each single

have life

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For schedule and tickets to the upcoming world tour, visit

ShenYun
Performing
Arts.org

philosophical background behind the notes."

"And with Shen Yun music, we use these different great traditions because that was given by the divine; otherwise, we couldn't call it Shen Yun," Jing Xian said. "It's tradition. It has the spirituality behind it to support us. That's why we're called Shen Yun—because we rely on the power of God. So we have this tradition, and we base our art on tradition, this meaningful tradition behind [what we do]."

A Powerful Combination

A gong sounds, and you know immediately that someone like the emperor is about to appear. The theme announces him, and you don't need to know anything about the musical technique to know it sounds royal.

Violins bow furiously, and even though no one has made a move on stage, you know something big is about to happen.

"It's this kind of thing," Jing Xian said.
"You have to choose the correct mode to represent this or that feature of the music, or whatever it is you want to convey."

A Shen Yun production includes about 20 vignettes, largely classical Chinese dance pieces accompanied by the orchestra.

This means that from piece to piece, the music has to express what the Tang Dynasty imperial court sounds like in one dance and embody the spirit of the Miao people in the next dance. The production spans 5,000 years of history, and China is home to about 50 different ethnic minorities with their own cultures and customs.

The Mongolian folk dance is one audience favorite.

"They are people of the vast grasslands, and they sing under the open sky," Jing Xian said, briefly singing a few bars of what one might hear on a friendly visit. "It's very broad, with long lines—their environment reflects in the music like that. Inside a dense city, you wouldn't sing like that. The tunes are shorter, smaller. So [their folk music] is related to their traditional lifestyle. You have to learn that and present that in a traditional way."

"Folk songs all have their own styles, and we respect that and arrange the music according to the styles that they have. You have to know the differences between each group, each nation, each minority," Jing Xian said.

"When I started, I knew very little. Then I started to learn. It has to do with the languages, the tones of their language, their religion, their traditions, and customs," she said. "You have to know their styles, these different styles. Then you have to present it in a classical way, that's all."

Jing Xian makes it sound simple, but Shen Yun's music is the result of tremendous research and intensive artistic work.

Shen Yun is, in fact, doing something completely different. All of the building blocks of this artistic endeavor are traditional, but the company is bringing these old traditions into the 21st century in a meaningful way.

"To do something different like this, you cannot just limit yourself to the technical," Jing Xian said. It's a matter of improving on various levels—artistic, emotional, mental, and spiritual.

"You have to improve all of that, all the time, in order to improve the music," she said. "Therein lies the challenge."

hear in his composition how a lot of baroque music was influenced by dance forms, as he uses certain dance patterns and rhythms.

What I enjoy about being part of performing Handel's "Messiah" is having the chance to work on so many different levels: from an aria to a chorus to an instrumental movement.

movement.

As a harpsichordist and organist, I'm more used to performing the "Messiah" from a historically informed practice perspective, which means that we try to revive the way it would've been played in the 18th century. We try to get as close as possible to that, starting with the use of baroque instruments in the orchestra. It is important to have a fresh approach to it and revive certain traditions so that the piece comes back to life altogether.

At the root level of the baroque orchestra are the continuo instruments, also known as the basso continuo instruments, such as the harpsichord or organ, as well as the cello, bassoon, and theorbo, an 18th-century bass lute. During the Baroque period, it was common practice that the keyboard instrument would accompany the orchestra with a continuous bass line upon which harmonies would be added. I find it very interesting to play the continuo part because this role is really the foundation of Handel's "Messiah."

Other baroque instruments in the orchestra help to revive the way the music would have been played, which is altogether quite different from how the instruments in a modern orchestra work. The string instruments were played differently, as they were slightly different instruments, and they have many unique characteristics in comparison with their modern versions.

THE EPOCH TIMES: How does Handel tell the story of the Messiah?

MS. LÓPEZ FERNÁNDEZ: Handel was a genius composer who re-

ally knew how to highlight the

different characters and episodes in this oratorio. It can be emotive, energetic, and joyful, or sorrowful, and at the same time have so many completely different layers.

During the Baroque period, the widely accepted theory of musical aesthetic was the "affetti" (affections), meaning that composers sought to arouse certain emotions within the audience. All the affetti reflected through the music, the many different layers that can come out of this music, help the listener create an image of what is happening.

Basically, there are different types of actions happening. We have the choruses, which usually represent a group of people expressing glory to God, announcing the miracle of Jesus being born, and praising him. At other times, the choruses are used to punctuate the episodes, reinforcing certain messages.

I think most of the action happens either in the recitatives or arias. A recitative is a delivery

style in which a singer adopts the rhythms and cadence of speech. The text is not repeated like in the arias. A recitative has a lot more action, and it helps to prepare the setting for the following aria.

In a recitative, the singer sings about the larger context of the situation and would have less orchestral accompaniment in a less melodic way, more like musical punctuations. Some of these are very dramatic in Handel's "Messiah."

Arias have less text, and they depict the mood of the character at each moment, through only a few sentences. An aria is a solo piece that conveys very expressive or very energetic moments, depending on the completely different characters in the "Messiah." That's what I find interesting; not all the arias are the same.

Not only would the singer approach a melodic line from a different perspective, depending on the mood of the aria, but the accompanying orchestra would

too. Sometimes the aria is accompanied by a full orchestra, and sometimes it's just a few standout instruments known as an obbligato, so it's a little bit more intimate and meditative.

Handel wrote tremendously well for the instruments too. The instruments really "sing" with the soloists to convey a different mood in each aria, and that's something I really like about it—how sensitive he was to the human voice and what it's capable of. It's not just a sort of operatic singer and then an orchestra in the background. I find everything together becomes a whole and has a meaning, and is important—is relevant to the text.

Handel's "Messiah" can be very different to listen to when it's played by different kinds of orchestras and uses different types of singers. I would always invite the audience to listen with an open ear and mind.

This interview has been edited for clarity and brevity.

CHINESE HOME COOKING

A Lucky Fish for the Feast

Ring in the New Year Chinese-style, with a whole, crispy sweet and sour fish

CICILI& CRYSTAL SHI

Sweet and sour fish is a popular Chinese restaurant and home cooking dish. The fish is served whole, first lightly battered and deep-fried for flaky-tender meat and crispy skin, then doused in a bright, glossy, sweet and tangy sauce for an impressive finish.

For an extra light and crispy batter, this recipe calls upon two secret ingredients: baking powder and water chestnut flour, which you can find in any Chinese supermarket. (Glutinous rice flour also works as a substitute.)

In Chinese households, fish is one of the many lucky foods traditionally eaten on Chinese New Year's Eve, as part of a holiday feast rife with symbolism. In Chinese, the word for "fish," "yu," has the same pronunciation as the word for "surplus" or "abundance." The accompanying blessing, "nian nian you yu," thus expresses wishes for abundance and prosperity—or fish—in the coming year.

Chinese people also often serve fish whole, with both head and tail intact, in line with another saying: "you tou you wei." The phrase is literally translated as "to have both a head and a tail," and means to always finish what you've started.

With the upcoming Chinese Lunar New Year just around the corner on Jan. 25, we would like to wish you and yours an abundant 'Year of the Rat'-the first animal of a new zodiac cycle-and renewal for mind, body, and spirit.



PREP TIME: 30 MINUTES COOK TIME: 10 MINUTES SERVES 2

FOR THE FISH AND MARINADE:

- 1 (2-pound) whole sea bass, cleaned Salt
- 2 tablespoons rice wine
- 6 thin slices ginger
- 3 scallions, cut into 1-inch pieces

FOR THE SWEET AND SOUR SAUCE:

- 4 tablespoons ketchup
- 3 tablespoons sugar
- 1 tablespoon rice vinegar
- 1/2 teaspoon salt
- 1 cup chicken stock
- 11/2 tablespoons cornstarch
- 11/2 tablespoons water
- 1 tablespoon oil
- 3 thin slices ginger, finely minced
- 3 cloves garlic, finely minced
- 2 scallions, white parts finely chopped and green parts julienned

FOR THE BATTER:

- 1 cup cornstarch
- 4 tablespoons water chestnut powder (or can substitute glutinous rice flour)
- 1/2 teaspoon baking powder

Pinch of salt

- 1 tablespoon oil
- 3/4 cup water
- 4 cups vegetable oil, for frying







First, prepare the fish. Make 4 evenly spaced diagonal cuts into each side of the fish, cutting down to the bone but being careful not to completely cut off the flesh. Transfer to a shallow plate big enough to fit the length

Season each side of the fish with salt, making sure to lift up the cut flaps to season the exposed flesh as well. Pour rice wine evenly all over and inside the fish, lightly rubbing it into the skin and flesh. Stuff the ginger and scallion under the cut flaps and inside the fish; sprinkle any remaining pieces on top. Let sit for 20 (Above) Sweet and sour fish.

(Left) Stuff the fish with ginger and scallions.

(Below) Cook the sauce until thickened and glossy.

minutes to marinate.

Meanwhile, prepare the sauce. In a large bowl, combine the ketchup, sugar, rice vinegar, salt, and chicken stock and mix well. Set aside; we'll finish the sauce after frving the fish.

Now, make the batter. In another large bowl, combine the cornstarch, water chestnut flour, baking powder, salt, egg, and oil. Pour in half of the water and mix well. Then add the rest of the water and mix again until completely smooth. The batter should be quite thin.

After 20 minutes, remove all the ginger and scallion pieces from the fish. Pour the batter over the fish and use your hands to distribute it evenly, making sure that the entire fish, including underneath the cuts,

In a large pot, heat the vegetable oil to 350 degrees F. You can test the oil with a small amount of leftover batter: Add a few drons into the oil, and if they immediately float to

the surface and start to bubble, the oil is

With your non-dominant hand, hold the fish by the tail over the oil. (Wearing gloves or holding the tail with paper towels will help make sure that it doesn't slip.) With your other hand, use a ladle to carefully spoon the hot oil over the fish for about 1 minute, to set its form. Then, put the fish fully in the oil and let deep-fry for about 4 minutes, flipping it halfway through, until golden brown. Take out the fish and transfer to a paper towel-lined plate to drain. When the fish is no longer dripping oil, transfer to a serving

Now, finish the sauce. Prepare a cornstarch slurry by mixing together the cornstarch and water until smooth. In another pan over medium-high heat, add 1 tablespoon of vegetable oil. Add in the garlic, ginger, and the white part of the scallions, and stirfry over medium-high heat until the aroma is released, about 30 seconds. Pour in the sauce, then add the cornstarch slurry, and stir until thickened.

To serve, pour the sauce over the fish and top with the julienned scallions.

Recipe by CiCi Li. CiCi Li is the producer and presenter of "CiCi's Food Paradise" on NTD. Join her in discovering the world of Asian home cooking at CiCiLi.tv.



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