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QUOTES *In the
News*

"I will not have it
recorded in my history
that I sold Jerusalem."

Palestinian President
Mahmoud Abbas on his
rejection of President
Trump's Middle East peace
plan

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"Although most
analysts agree it is
too early to estimate
the impact of [the
virus] on the global
economy...the near-
term shock to Chinese
economy will be much
higher than that in
SARS period."

Tommy Xie, head of Greater
China research at OCBC
Bank

CHINA | A5

"Although the first
patient appeared as
early as on Dec. 8,
2019, apparently over
the following 40 days,
the news media did
nothing more than to
pacify their audience."

Chen Jibing, editor-in-
chief of Shanghai Business
Daily Commentary, on the
failure of Chinese media in
reporting on the coronavirus
epidemic due to state
pressure

CHINA | A5

"In a 2018 interview,
Bryant explained that
he began utilising a
helicopter and pilot
in order to better
organise his day and
time so he could be
a more hands-on
father."

Columnist Nicole Russell
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Official in protective suits checks on an elderly man (L) wearing a facemask who collapsed and died on a street near a hospital in Wuhan on Jan. 30, 2020.

CORONAVIRUS OUTBREAK

Wuhan Funeral Home Worker: 'We really need help'

Crematorium staff are working 24/7 as bodies keep coming in

NICOLE HAO

Workers at crematoriums in Wuhan City, the epicenter of the coronavirus outbreak, say their workload has increased dramatically in recent days, as they constantly transfer the bodies of victims from hospitals and private homes.

In an interview with The Epoch Times, a worker described long working hours to cope with the

Every day, we need at
least 100 body bags.

Mr. Yun from Caidian Funeral
Home

sudden increase in bodies to be
cremated.

Meanwhile, videos from workers dealing with the crisis have been circulating on social media, including one from a worker at a Wuhan funeral home who shared footage of more than 10 bodies lying on gurneys, lined up for cremation.

Some netizens also shared videos they shot within different hospitals in Wuhan, showing bodies waiting

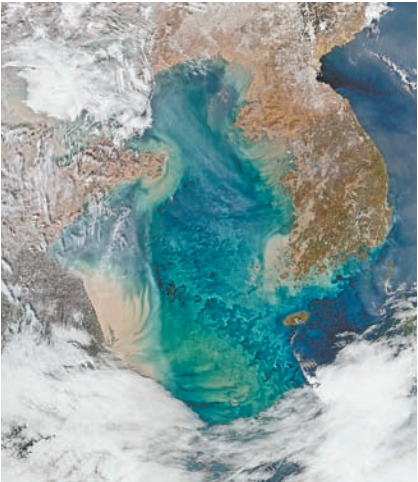
to be transferred from the hospitals
to funeral homes.

Since funeral home workers don't know for sure whether the person died from the coronavirus, they wear protective suits and masks in order to defend themselves from potential infection.

Working 24/7

Wuhan has three main funeral
Continued on A4

NASA/GODDARD/OCEAN COLOR



Aqua-MODIS data from remote sensing of the Yellow Sea reveals phytoplankton, suspended sediments, and dissolved organic matter on Feb. 24, 2015.

ENVIRONMENT

Phytoplankton Predicted to Increase By
2100, Researchers Say

ISABEL VAN BRUGEN

California researchers have predicted that by the end of the century, there will be an increase of up to 20 percent in tropical phytoplankton populations in low-latitude waters.

Using real-world data collected from a massive census of marine phytoplankton, or microscopic floating plants, to inform a neural network-driven Earth system model, oceanographers from the

University of California-Irvine (UCI) made a surprising find that was published in the journal *Nature Geoscience* on Jan. 27.

The researchers found that populations of phytoplankton are likely to increase by 2100, contrary to widely-accepted laboratory-based assumptions that have led scientists to predict that phytoplankton will decline as a result of changing conditions associated with climate
Continued on A3

NATION

Christmas Island Locals Say It's 'Business as Usual' After Wuhan Evacuees Arrive

KATABELLA ROBERTS

Christmas Island residents and business owners have said that it's "business as usual" on the island as a plane-load of Wuhan evacuees arrive to go into quarantine.

More than 200 Australians flew into the small Australian territory in the Indian Ocean on Monday night after being evacuated from Wuhan,

China—the epicentre of the coronavirus outbreak that has so far killed hundreds of people, mostly in mainland China.

They will be quarantined at the North West Point detention centre for 14 days as a precaution before being allowed to go home, and were subjected to health screenings



before arriving on the island.

Christmas Island administrator Natasha Griggs said the evacuees will be "completely separated from the Christmas Island community
Continued on A8

Baby red crab on Christmas Island.

MODERN SLAVERY

Trump Creates New
Position Dedicated
to Fighting Human
Trafficking

BOWEN XIAO

President Donald Trump on Jan. 31 signed an executive order on combating human trafficking, including the creation of a new White House position that will be dedicated to the task.

Trump has made combating human trafficking a key goal of his administration and has often spoke publicly about the issue. He signed the executive order upon the conclusion of a White House summit on human trafficking, while surrounded by administration officials, members of Congress, and trafficking survivors.

At the event, which ran for roughly 25 minutes, the president said it was a "historic" day, and praised the passion of the advocates and supporters in the room. He declared his administration "100 percent committed to eradicating human trafficking from the earth," and called it a form of
Continued on A7

Accuracy
& Integrity

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

ISIS Claims Responsibility for London Terror Attack That Left 3 Injured

ZACHARY STIEBER

The ISIS terror group said it was responsible for a stabbing attack that left three injured in London over the weekend.

The person who carried out the stabbings was “a fighter of Islamic State, and carried out the attack in response to calls to attack the citizens of coalition countries,” the terror group’s news agency said in a statement.

The Metropolitan Police said the suspect wasn’t formally identified. “However, given the circumstance of the incident, we are confident that he was Sudesh Amman, aged 20,” police said in a statement.

“The suspect had been recently released from prison, where he had been serving a sentence for Islamist-related terrorism offences.”

Police shot the suspect dead at the scene of the crime on Streatham High Road around 2 p.m. local time. He had a device strapped to his body, but it turned out to be a “hoax device,” the statement said.

Three people were rushed to nearby hospitals. One man, in his 40s, was initially considered to be in life-threatening condition but has improved. A woman in her 50s who suffered non-life threatening injuries was later discharged from the hospital. The third victim suffered minor injuries and was being



DANIEL LEAL-OLIVAS/AFP VIA GETTY IMAGES

Police officers conduct a search of a bail hostel in south London on Feb. 3, 2020, after a man was shot dead by police on Streatham High Road one day prior following reports he stabbed two people.

treated.

Amman’s mother, Haleema Faraz Khan, told Sky News that she saw him three days prior to the attack. She said her son was a “polite and lovely boy” before he served time in prison.

“He became more religious inside prison; that’s where I think he became radicalized. He was watching and listening to things online which brainwashed him,” she said. “Before he went to prison, he was not that religious. After he came

out, he was really religious.”

Sadiq Khan, the mayor of London, said that there were at least 70 people convicted of terrorism offenses who were released, and he noted that another recent attack was carried out “by someone released from prison despite being intent on killing innocent people.”

“Something is clearly going serious wrong—and the government have serious questions to answer,” he said in a statement.

Prime Minister Boris Johnson said that releasing people early who are convicted of such offenses involves a number of problems, including rehabilitation.

“What was he doing out on automatic early release, and why was there no system of scrutiny, no parole system to check whether he was really a suitable candidate?” Johnson told reporters, AFP reported.

“Looking at the problems we have with reeducating and reclaiming and rehabilitating people who succumb to Islamism, it’s very, very hard and very tough—and it can happen that the instances of success are really very few.”

New laws were being pursued to cancel automatic early release from prison for people convicted of terrorism offenses, but it would be difficult to apply the cancellation to people already convicted, he said.

Palestinians Cut Ties With Israel, US After Refusing to View Trump Peace Plan

CAIRO—The Palestinian Authority has cut all ties with the United States and Israel, including those relating to security, after rejecting a Middle East peace plan presented by U.S. President Donald Trump, Palestinian President Mahmoud Abbas said on Feb. 1.

Abbas was in Cairo to address the Arab League, which backed the Palestinians in their opposition to Trump’s plan.

The blueprint calls for the creation of a demilitarized Palestinian state.

“We’ve informed the Israeli side ... that there will be no relations at all with them and the United States, including security ties,” Abbas told the one-day emergency meeting, called to discuss Trump’s plan.

Israeli officials had no immediate comment about his remarks.

Israel and the Palestinian Authority’s security forces have long cooperated in policing areas of the occupied West Bank that are under Palestinian control. The PA also has intelligence cooperation agreements with the CIA.

Abbas also said he had refused to discuss the plan with Trump by telephone, or to even receive a copy of it.

“Trump asked that I speak to him by phone, but I said ‘no,’ and that he wants to send me a letter ... but I refused it,” he said.

Abbas said he didn’t want Trump to be able to say that he, Abbas, had been consulted.

He reiterated his “complete” rejection of the Trump plan, presented on Jan. 28. “I will not have it recorded in my history that I sold Jerusalem,” he said.

He added that although he was refusing to consider the plan, he was looking to present an alternative proposal to the U.N. Security Council.

“We’re not nihilists,” he said.

Jerusalem

The blueprint also proposes U.S.



KHALED DESOUKI/AFP VIA GETTY IMAGES

recognition of Israeli settlements on occupied West Bank land and of Jerusalem as Israel’s indivisible capital. The capital of the State of Palestine would be Al-Quds, according to the plan released by the White House.

“Jerusalem will stay united and remain the capital of Israel, while the capital of the State of Palestine will be Al-Quds and include areas of East Jerusalem,” the plan states. Al-Quds is the Arabic name for Jerusalem.

“Israel has agreed to a four-year land freeze to secure the possibility of a two-state solution,” the plan states.

The Arab League foreign ministers meeting in Cairo said the plan didn’t meet the minimum aspirations of Palestinians, and that the organization wouldn’t cooperate with the United States in implementing it.

The ministers referred to Palestinian rights to create a future state based on the land captured and occupied by Israel in the 1967 Middle East war, with East Jerusalem as capital, in the final communique.

Foreign ministers from Egypt, Saudi Arabia, Jordan, three close U.S. allies, as well as Iraq, Lebanon, and others said there could be no peace without recognizing Palestinian rights to establish a state within the pre-1967 territories.

After Trump unveiled his plan, some Arab powers had appeared, despite historic support for the Palestinians, to show openness to considering dialogue regarding the plan.

Three Gulf Arab states—Oman, Bahrain, and the United Arab Emirates—attended the White House gathering where Trump announced his plan alongside Netanyahu.

By Omar Fahmy and Ulf Laessing. With additional reporting by Epoch Times staff.

From Reuters

Palestinian president Mahmud Abbas (L) speaks with Arab League Secretary-General Ahmed Aboul Gheit at an Arab League emergency meeting to discuss the U.S.-brokered Middle East Peace Plan in Cairo, Egypt, on Feb. 1, 2020.

Trump asked that I speak to him by phone, but I said ‘no,’ and that he wants to send me a letter ... but I refused it.

Palestinian President Mahmoud Abbas

Philippines Volcano Emits ‘Voluminous’ Plumes, Could Erupt Again: Researchers

ISABEL VAN BRUGEN

Researchers in the Philippines said the Taal volcano is showing magmatic activity that may indicate another eruption is imminent, with emissions of dirty-white plumes and volcanic earthquakes recorded weeks after its initial eruption.

The Philippine Institute of Volcanology and Seismology (PHIVOLCS) said on Feb. 3 that it had recorded at least 134 volcanic earthquakes in the past 24 hours.

The earthquakes “signify magmatic activity beneath the Taal edifice that could lead to eruptive activity at the Main Crater.”

The warning came just over a week after Philippine authorities lowered the alert level at the popular tourist destination south of Manila—a move that would allow many of the more than 376,000 displaced villagers to return home.

Taal erupted on Jan. 12, spewing ash, steam, and rocks. The eruption caused no known deaths but delivered an early crisis this year for one of the world’s most disaster-prone nations.

PHIVOLCS said its seismic monitoring network detected two seismic events at 4:20 a.m. and 5:42 a.m., which registered “respectively at magnitude 3.2 and 2.3, the first having been felt at Intensity IV in Laurel and Agoncillo and Intensity III in Lemery, Batangas.”

The government agency added that the volcano emitted “voluminous emission of dirty-white to white steam-laden plumes” rising 800 meters (2,625 feet) high, recording sulfur dioxide emissions at an average of 97 tonnes per day on Feb. 1.

PHIVOLCS said alert level 3 is currently maintained over Taal Volcano, and it recommends that entry be strictly prohibited into the Taal Volcano Island and areas over Taal Lake and communities west of the island within a 7-kilometer (4.3-mile) radius from the main crater.

“Sudden steam-driven and even weak phreatomagmatic explosions,

volcanic earthquakes, ashfall, and lethal volcanic gas expulsions can still occur and threaten areas within Taal Volcano Island and nearby lakeshores,” the agency said.

The public was urged to remain vigilant due to ground displacement across fissures, frequent ash fall, and minor earthquakes.

“Civil aviation authorities must advise pilots to avoid flying close to the volcano as airborne ash and ballistic fragments from sudden explosions and wind-remobilized ash may pose hazards to aircraft,” it said.

The agency on Jan. 26 lowered the alert level from 4 to 3, which means there’s a “decreased tendency toward a hazardous eruption.” The highest level-5 alert indicates a major and much more dangerous eruption.

It also reduced to half the danger zone where residents have to be evacuated, from the 14-kilometer (8.7-mile) radius around the volcano. Taal had last erupted 43 years ago.

“We have to be careful of Taal because of the danger it may still bring, so at the lower level, there should be heightened preparedness. People should brace for rapid evacuation,” Renato Solidum, the head of the institute, said in a televised news conference at the time.

The 311-meter (1,020-foot) Taal is the second-most restive of about two dozen active Philippine volcanoes and lies precariously near densely populated areas. On its small island, more than 5,000 villagers, many of them working as tourist guides, fled as the ground shook and the volcano belched a tall plume of dark-gray ash and steam into the sky. Hundreds of horses, cows, and other animals were left behind.

The Philippine archipelago lies in the so-called Pacific “Ring of Fire,” a seismically fragile region around the ocean basin, where most of the world’s earthquakes and volcanic eruptions occur.

The Associated Press contributed to this report.



ED JONES/AFP VIA GETTY IMAGES

A man clears ash from the roof of his truck, before a plume of steam rising from the Taal volcano, at a fishing harbour in Laurel on Jan. 17, 2020.

Phytoplankton Predicted to Increase By 2100, Researchers Say

CONTINUED FROM A1

change, UCI said.

Phytoplankton are extremely diverse and fill the surface waters of most rivers, lakes, and oceans where there is plenty of sunlight for photosynthesis. They form the bottom of the marine food chain, and are thought to produce half to 85 percent of all the oxygen in Earth's atmosphere.

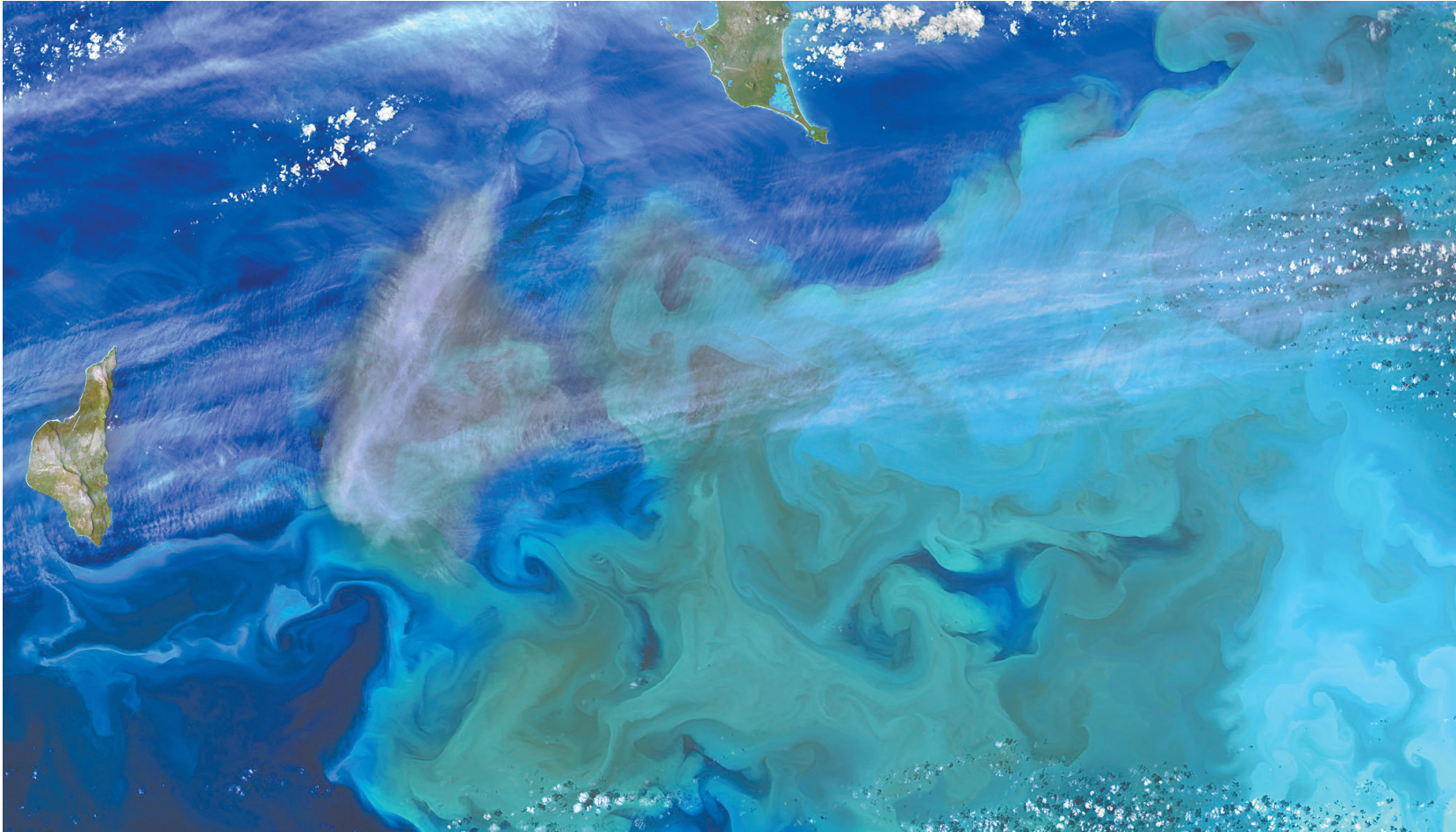
Lead researcher Adam Martiny, professor of oceanography at the UCI, said that many scientists expect phytoplankton to struggle as the oceans become increasingly stratified with climate change, with warming sea surface temperatures and fewer nutrients available at the surface where the phytoplankton grow.

"All the climate models have this mechanism built into them, and it has led to these well-established predictions that phytoplankton productivity, biomass, and export into the deep ocean will all decline with climate change," said Martiny.

But, he said, such earth system models have largely been based upon laboratory studies of phytoplankton. "Laboratory studies of plankton are not the real ocean," he explained.

While scientists traditionally measure the abundance of phytoplankton by the concentration of chlorophyll in the water, Martiny said this isn't the most effective way to measure the population in low latitudes because not all phytoplankton use chlorophyll as their main pigment.

Studies conducted previously have shown higher levels of chlorophyll in ocean water collected farther away from the equator than



Visualizing a phytoplankton bloom in the ocean from NASA satellite data. Phytoplankton are microscopic aquatic plants important for fish populations and Earth's carbon cycle.

The surprising find contradicts the widely-accepted view that the 'forests of the sea' will decline with climate change

in warmer, tropical waters.

"The problem is that chlorophyll is not everything that's in a cell, and actually in low latitudes, many plankton are characterized by having a very small amount of it; there's so much sunlight, plankton only need a few chlorophyll molecules to get enough energy to grow," Martiny said.

"In reality, we have had so far very little data to actually demonstrate whether or not there is more or less biomass in regions undergoing stratification. As a result, the empirical basis for less biomass in

warmer regions is not that strong."

Martiny and his team analyzed samples of phytoplankton communities collected from more than 10,000 locations around the world, hoping to construct a more accurate ocean systems model.

The researchers found that tropical waters had surprising levels of phytoplankton abundance, most of which were tiny cells called picophytoplankton, which make up 80 to 90 percent of plankton biomass in warmer areas.

The team then compared the quantity of phytoplankton bio-

mass along the gradient of temperature against global maps and found that by the end of the century, phytoplankton abundance could increase by up to 20 percent in many areas.

"In many regions, there would be an increase of 10 to 20 percent in plankton biomass, rather than a decline," Martiny said. "Machine learning is not biased by the human mind.

"We just give the model tons and tons of data. But these sorts of artificial intelligence tools can help us challenge existing paradigms."



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Wuhan Funeral Home Worker: We Are Working 24/7 to Cremate Bodies

CONTINUED FROM A1

homes in the downtown area, which are equipped with crematoriums. While cremation is a common burial practice in China, in a notice issued on Feb. 1, China's National Health Commission said that people who have died from the virus can't be buried and their bodies should be cremated immediately.

Because of the coronavirus outbreak, Wuhan's Civil Affairs Bureau designated the Hankou Funeral Home to deal with the bodies of those who were diagnosed and died of the virus, according to state-run media. In addition, the Wuchang Funeral Home and Qingshan Funeral Home were designated to attend to those who died from severe pneumonia, or who were suspected coronavirus cases and died.

A worker at a Wuhan crematorium said in a Feb. 4 interview that he and his colleagues have worked 24 hours, seven days a week since Jan. 28. He said they are exhausted, and are working without proper equipment such as body bags, protective suits, and face masks.

"Since Jan. 28, 90 percent of our employees are working 24/7 ... we couldn't go back home," a man identified as Mr. Yun told the Chinese-language Epoch Times in a phone call. He works at the Caidian Funeral Home, one of four facilities in a suburban area of Wuhan.

"We really need more manpower," he said.

Meanwhile, more bodies continue to arrive every day.

"We need to pick up bodies when they [hospitals, communities, or family members of the deceased] call us. Every day, we need at least 100 body bags," he said.

His workplace is required to pick up bodies from the Wuhan Tongji Hospital, Wuhan No. 13 Hospital, the newly built Huoshenshan Hospital, and other small hospitals, as well as any residences that request its services.

Yun says he's spoken with workers at other Wuhan funeral homes, who are also overwhelmed.

"Almost all staff at each funeral home in Wuhan are fully equipped, and all Wuhan cremation chambers are working 24 hours," he said.

The worker said staff can only sit on their chairs and nap whenever



Medical staff members wearing protective clothing to help stop the spread of a deadly virus which began in the city, arrive with a patient at the Wuhan Red Cross Hospital in Wuhan, China, on Jan. 25, 2020.

Since Jan. 28, 90 percent of our employees are working 24/7 ... we couldn't go back home.

Mr. Yun, Caidian Funeral Home, Wuhan

they get a chance.

"We can't stop because we can't leave the bodies outside for a long time," he said.

The staff members also lack protective gear.

"For us who transfer the bodies, we don't eat or drink for a long time in order to preserve the protective suit, because we need to take off the protective suit whenever we eat, drink, or go to the bathroom. The protective suit can't be worn again after being used," he said.

Yun said other staff at the funeral home, such as the receptionists, don't get to use protective suits.

"They wear raincoats to protect themselves," he said.

Families

Yun says he's heartbroken to see so many bodies and to know that many family members couldn't see their loved ones in their final moment.

"We pick up bodies from people's houses. ... Family members can't see the body after we remove it," he said.

According to new government regulations, funeral home staff pick up the bodies, then cremate them without notifying family members—so that the family can avoid contact with the body and potentially become infected with the virus.

"When family members come here, they can pay the cremation costs and then pick up the ashes," Yun said.

At hospitals, family members also are prohibited from seeing the bodies.

Some of the deceased had hospital records, but many do not—because they could not receive prompt hospital treatment before their deaths or died waiting, he said.

"Those are treated as unknown reason [for cause of death]," Yun said.

Wuchang Funeral Home

Guyu Lab, an independent online news outlet, interviewed a worker at the Wuchang funeral home who was asked to pick up bodies from hospitals and residences, beginning Jan. 26.

"All male staff at our funeral home are picking up and moving bodies now, and female staff are answering the phones, disinfecting the funeral home, and so on," Huang told the news outlet in a Feb. 3 report. "We work 24 hours. ... We are very tired."

Huang said his funeral home doesn't have the equipment to properly disinfect the facility. Workers have to reuse disposable protective suits, as there are no new ones. They wear swim goggles because they don't have protective goggles, and must wear two layers of disposable plastic gloves because they have no rubber gloves.

"We are on the verge of collapsing. We really need help," Huang said.

Taiwan Calls China 'Vile' for Limiting WHO Access During Virus Outbreak

TAIPEI—Taiwan dramatically escalated its war of words with Beijing on Feb. 4 over the island's exclusion from the World Health Organization, saying "vile" China was preventing Taiwan from getting timely information about the coronavirus outbreak.

Taiwan isn't a WHO member because of China's objections. Beijing claims the island is a wayward Chinese province and is thus adequately represented in the organization by China.

Taiwan says it isn't and has never been part of communist China.

China told the WHO on Feb. 3 that it had shared full information about the coronavirus with Taiwan.

But speaking in Taipei, Taiwan Foreign Ministry spokeswoman Joanne Ou said Taiwan has received very limited information and has been unable to get it quickly.

"Although the virus is really serious, they are still using the 'one China' principle to impede Taiwan from taking part in the WHO's technical meetings," she said.

The Chinese regime views Taiwan as part of its territory, despite the island being a full-fledged democracy with its own military, currency, and constitution. And Beijing has



Disease has no national boundaries. Putting political considerations over people's health and safety, this, basically, is extremely vile.

Taiwan Foreign Ministry spokeswoman Joanne Ou

never renounced the use of military force to unite the island.

Taiwan has reported 10 cases of the coronavirus.

"Disease has no national boundaries," Ou added. "Putting political considerations over people's health and safety, this, basically, is extremely vile."

Taiwan has been getting virus information from friendly countries such as the United States and Ja-

pan, she said, adding that Taiwan's epidemic prevention efforts seem to have worked well.

In another area of tension between Taiwan and the WHO, Taiwan Health Minister Chen Shih-Chung said they had lodged a protest with the WHO for listing on its website a total of 13 cases for the island.

"This is fake news," Chen told reporters. "Our confirmed cases are

only 10."

The WHO didn't immediately respond to a request for comment.

The island on Feb. 4 said it would deny entry to all foreign nationals who had been to China during the past 14 days starting Feb. 7, extending an existing ban on visitors from China that doesn't include travelers and residents from Hong Kong and Macau.

China late on Feb. 3 allowed the first batch of an estimated 500 Taiwanese stranded in Wuhan, which has been locked down by the government as it tries to contain the spread of the virus, to return home.

Taiwan had complained that China hadn't responded to requests to fly out its citizens, even as Beijing gave such permission to other governments, including the United States and Britain.

Taiwan's Mainland Affairs Council said in a statement on Feb. 4 that 247 people had arrived at Taipei's main international airport on Feb. 3.

By Ben Blanchard. From Reuters

The Epoch Times contributed to this report.

Virus Worries Wipe \$420 Billion Off China’s Stock Market

SHANGHAI/HONG KONG—Investors erased \$420 billion from China’s benchmark stock index on Feb. 3, sold the yuan, and dumped commodities as fears about the spreading coronavirus and its economic impact drove selling on the first day of trade in China since the Lunar New Year.

The market slide came even as the central bank poured cash into the financial system despite apparent regulatory moves to curb selling.

By lunchtime, the benchmark Shanghai Composite index sat 8 percent lower near an almost one-year trough and poised to post its worst day in more than four years.

The yuan opened at its weakest level in 2020 and slid almost 1.2 percent, past the symbolic 7-per-dollar level, as the falls soured the mood in markets throughout Asia.

Shanghai-traded oil, iron ore, copper, and soft commodities contracts all posted sharp drops, catching up with sliding global prices.

The new virus has created alarm because it is spreading quickly, much about it is unknown, and authorities’ drastic response is likely to drag on economic growth.

“This will last for some time,” said Iris Pang, Greater China economist at ING.

“It’s uncertain whether factory workers, or how many of them, will return to their factories. ... We haven’t yet seen corporate earnings since the [spread of the] coronavirus. Restaurants and retailers may have very little sales.”

More than 2,500 stocks fell by the daily limit of 10 percent. The Shanghai Composite last sat at 2,734.7 and the onshore yuan at 7.0165 per dollar.

Copper sank to its lowest in more than three years, falling by its daily limit of 7 percent, while aluminum,



GREG BAKER/AFP/GETTY IMAGES

Investors monitor stock price movements at a securities company in Beijing on June 15, 2016.

The shock to Chinese manufacturing and industry sectors is likely to be unprecedented.

Tommy Xie, head of Greater China research at OCBC Bank

zinc, and lead shed more than 4 percent and soybeans dropped 2 percent.

Bond prices, meanwhile, surged, with March futures contracts for 10-year bonds jumping 1.5 percent.

Clear Message

Amid the selldown, the People’s Bank of China injected 1.2 trillion yuan (\$173.81 billion) into money markets through reverse bond repurchase agreements. It also unexpectedly cut the interest rate on those short-term funding facilities

by 10 basis points.

China’s securities regulator moved to limit short selling and urged mutual fund managers not to sell shares unless they face investor redemptions, sources told Reuters.

Cities like Wuhan, where the virus originated, remain in virtual lockdown, and China is facing mounting international isolation. Analysts are beginning to suspect the impact will be deeper than the hit delivered by the Severe Acute Respiratory Syndrome (SARS) outbreak in 2003. “Although most analysts agree it

is too early to estimate the impact of [the virus] on the global economy, one thing I am increasingly more certain of is that the near-term shock to Chinese economy will be much higher than that in SARS period,” said Tommy Xie, head of Greater China research at OCBC Bank.

“The shock to Chinese manufacturing and industry sectors is likely to be unprecedented.”

*By Winni Zhou and Noah Sin
From Reuters*

Chinese Media Personality Explains Why Chinese Regime’s Censorship Has Worsened Coronavirus Crisis

EPOCH TIMES STAFF

As the coronavirus outbreak reaches a crisis point, the Chinese Communist Party (CCP) has ramped up its monitoring and censorship of the internet to delete unsanctioned posts.

“50 Days of the Wuhan Outbreak: Chinese People Are Suffering from the Death of Media” was one such article shared on WeChat, China’s most popular social media platform. It was soon deleted by CCP censors.

Chen Jibing, a renowned media professional and chief editor of the Shanghai Business Daily opinion section, authored the article.

Below are some excerpts from the article posted on Jan. 27:

Jan. 20, the Watershed Moment

Having worked with the press as a media person for nearly 30 years, I am concerned about the media’s role in this outbreak that has ‘suddenly’ swept China.

Throughout the news media’s responses to the outbreak about the coronavirus, Jan. 20 was undoubtedly a distinct watershed moment.

Prior to Jan. 20, reports on the coronavirus mainly came from local official media in Wuhan [where the virus first broke out] and Hubei [Province, where Wuhan is the capital]. The key point of most reports could be summarized in one sentence: the virus was “mildly dangerous” and “controllable.” For instance, some experts asserted that this new virus could not be transmitted from person to person.

During that period, eight Wuhan citizens received warnings from the police for ‘starting rumors’ [about the virus] on social media. Although the first patient appeared as early as on Dec. 8, 2019, apparently over the following 40 days, the news media did nothing more than to pacify their audience.

The atmosphere was peaceful even in Wuhan, let alone in other parts of China.

But after Jan. 20, the situation took



KEVIN FRAYER/GETTY IMAGES

Chinese men all wear protective masks as they play mahjong at a park in Beijing, China on Jan. 31, 2020.

Although the first patient appeared as early as on Dec. 8, 2019, apparently over the following 40 days, the news media did nothing more than to pacify their audience.

a drastic turn.

In a span of 3 to 4 days, the situation escalated to large-scale infections. Wuhan announced a lockdown, sought assistance from many major provinces and cities across the country, and initiated a first-level response as a major public health emergency.

Since Jan. 20, the news media’s engagement has entered what I call the second phase. The salient features of this stage, to use words commonly used by the government: the main battlefield of public opinion shifted beyond Wuhan and Hubei Province, and the voices of local official media were submerged by a series of stories from the more powerful national media outlets.

As I expected, however, the other key point of media reports at this stage was to show determination and eulogize good people and good deeds. In short, since Jan. 20, the main tone of Chinese media has changed from “pacifying” to “encouraging” and “moving” its audience.

The media responded differently

before and after Jan. 20, but one thing remains in common: they basically did not do what qualified news media should have done.

Medical Staff Silenced and Journalists Arrested

The afternoon before Chinese New Year’s Eve (Jan. 24), Wang Heyan, a reporter for Caixin, a Chinese privately-owned media, stated in a post on Wechat that he and his colleagues managed to contact several doctors at a Wuhan hospital in order to verify infections among medical staff. However, they were informed that, by order of China’s CDC (Center for Disease Control and Prevention), medical personnel are not allowed to talk to media about the outbreak—not even with the reporter’s promise of anonymity.

That same afternoon, another reporter disclosed that he passed the Huanan Seafood Market, the supposed source of the virus, to take a picture. Four security guards immediately arrived and demanded

that he delete the photos. Some even grabbed his phone and said, “Yesterday a Japanese reporter came to take pictures but was arrested and sent to the police station.

On the same day, a senior journalist from a Hubei newspaper was also punished for disclosing information on WeChat.

The price of this kind of silencing policy was that more and more social conflicts would accumulate and finally break out in a major crisis such as this. More seriously, this policy not only failed to stabilize society but instead stoked more panic. When the truth was finally unveiled and everything broke out, irreversibly painful consequences have occurred.

The Death of Truthful News

Almost two years ago around this time of year, I published an article titled, ‘The Real News Is Dying, But What’s More Frightening Is That Nobody Cares.’ I have lamented the extent to which today’s news media has declined in their ability to report on important events of major public interest.

I wrote with strong anxiety at the time: “With the kind of public sentiment today, if we really have to face something like SARS [outbreak in 2002 to 2003] again, the consequences would simply be too horrible to contemplate.”

Unfortunately, it happened in less than two years.

My mentality is still the same as it was two years ago. I would not accuse anyone of dereliction of duty. I have no ambition or aspiration to provide a solution for the current situation. However, I believe that when we see danger, we should always point it out. Only when more people pay attention to it and participate in discussions about it, can there be a glimmer of hope.

That article had received more than 1 million views on WeChat, underscoring readers’ concerns about this ongoing issue. This is at least a comfort to me because it means there is still hope.

Former Raytheon Engineer Accused of Taking Missile Defense Secrets to China

CATHY HE

A Chinese-American former engineer at a major U.S. defense contractor has been indicted on charges of violating federal export control laws after he took his work laptop, which contained classified missile technology, without authorization to China.

Wei Sun, a 48-year-old Chinese-born U.S. citizen, had worked as an electrical engineer for a decade at Raytheon Missile Systems, a subsidiary of Raytheon, the fourth-largest U.S. defense contractor, according to court documents. The Tucson-based unit produces missile and missile-defense systems for the U.S. military.

During his employment, Sun held a secret-level security clearance and had access to sensitive advanced missile-defense technology.

In December 2018, Sun told a Raytheon official that he planned on taking his work laptop on an overseas trip, court records said. The engineer was told, however, that doing so would be a violation of company policy and of federal export control law because his laptop contained sensitive data on a missile-defense project that he had been working on.

Sun did so anyway, prosecutors allege. He also logged onto the Raytheon internal network while overseas and, using his work email, sent an email to the company in January 2019 saying he was resigning in order to study and work overseas.

After returning to the United States a week later, he admitted to taking the laptop overseas, the



U.S. Air Force McDonnell Douglas F/A-18 Hornet multirole combat jet on display during the Dubai Airshow on Nov. 18, 2019.

documents said. While he initially told Raytheon security officials he had only visited Singapore and the Philippines during his trip, he later admitted to taking the laptop to China.

Sun was arrested by the FBI the next day, according to Quartz, which first reported the case.

An assessment of Sun's laptop by a Raytheon lawyer confirmed that it contained defense data subject to export restrictions under the International Traffic in Arms Regulations, the complaint said. Under those regulations, a person must apply for a license from the U.S. State Department to export

any export-controlled data from the United States.

Sun's laptop had sensitive data relating to two missile programs: Advanced Medium-Range Air-to-Air Missile (AMRAAM) used on U.S. fighter jets and Redesigned Kill Vehicle (RKV), a now-canceled Pentagon project that aimed to replace the interceptor that shoots down incoming ballistic missiles in U.S. missile defense systems.

It also contained an IT security program that itself was subject to export controls, the complaint added.

Sun was indicted in February 2019 in a case heard at the U.S. District Court for the District of Arizona. He has pleaded not guilty and is currently being held without bail. He is expected to change his plea to guilty as part of a plea agreement with prosecutors, Quartz reported. Sun is set to appear in court on Feb. 14.

Sun's attorney and Raytheon didn't respond to requests for comments. The U.S. Attorney's Office for the District of Arizona couldn't immediately be reached for comment.

The case forms part of a growing list of federal prosecutions related to espionage by the Chinese state.

Last year, an adjunct professor at the University of California-Los Angeles was convicted for his role in a scheme to fraudulently acquire sensitive microchip technology from a U.S. firm, and illegally export it to China. The semiconductor chips in question had both commercial and military applications, including in missile-guidance systems for the U.S. military.



Radio personality Rush Limbaugh gestures after being awarded the Medal of Freedom by U.S. President Donald Trump as he delivers the State of the Union address at the U.S. Capitol in Washington on Feb. 4, 2020.

Trump Presents Rush Limbaugh With Presidential Medal Following Cancer Diagnosis

JACK PHILLIPS

Conservative radio host Rush Limbaugh was awarded the Presidential Medal of Freedom during President Donald Trump's State of the Union address.

Limbaugh told his audience this week that he was diagnosed with advanced lung cancer and would be forced to miss work.

"He is the greatest fighter and winner that you will ever meet," Trump said on Tuesday night in reference to the cancer diagnosis in a move that received applause from the mainly GOP members in the Capitol building. Limbaugh, who was seated in a wheelchair, then rose from his seat before First Lady Melania Trump presented him with the medal.

Trump presented the medal to Limbaugh, 69, "... in recognition for all that you have done for our nation ... to millions of people a day, and all of the incredible work that you have done for charity."

Earlier this week, Limbaugh said on the air: "This day has been one of the most difficult days in recent memory, for me, because I've known this moment was coming."

He added: "I'm sure that you all know by now that I really don't like talking about myself, and I don't like making things about me. ... One thing that I know that has

happened over the 31-plus years of this program is that there has been an incredible bond that had developed between all of you and me. So, I have to tell you something today that I wish I didn't have to tell you. It's a struggle for me because I had to inform my staff earlier today."

According to Limbaugh, he started experiencing shortness of breath on Jan. 12 before doctors diagnosed him.

"So this has happened, and my intention is to come here every day I can and to do this program as normally and as competently and as expertly as I do each and every day, because that is the source of my greatest satisfaction professionally, personally. I told the staff today that I have a deeply personal relationship with God that I do not proselytize about. But I do, and I have been working that relationship tremendously, which I do regularly anyway, but I've been focused on it intensely for the past couple of weeks. "I am, at the moment, experiencing zero symptoms," he remarked.

Limbaugh started his nationally syndicated radio show 30 years ago and is considered one of the most influential conservative pundits in the U.S.

He is the greatest fighter and winner that you will ever meet.

U.S. President Donald Trump

White House Curbs Immigration for 6 New Countries, Including Nigeria

JACK PHILLIPS

President Donald Trump's administration announced the expansion of travel restrictions—one of his signature policies—to include six new countries: Nigeria, Burma (also known as Myanmar), Sudan, Tanzania, Eritrea, and Kyrgyzstan, in a move that is likely to draw renewed criticism from immigration advocates.

The United States will suspend issuing visas that can lead to permanent residency for nationals of Burma, Nigeria, Kyrgyzstan, and Eritrea. The latest rules will also bar people from Sudan and Tanzania from the U.S. diversity visa program, according to acting Homeland Security Secretary Chad Wolf.

"These countries, for the most part, want to be helpful but for a variety of different reasons simply failed to meet those minimum requirements that we laid out," Wolf told reporters. "And really the only way to mitigate the risk is to impose these travel restrictions," he added.

Wolf told reporters the six new countries have failed to meet U.S. security and information-sharing standards, meaning that new restrictions are required. Wolf said those countries have either failed to provide information on terrorism suspects or criminals or use poor passport technology.

U.S. travel restrictions are currently being imposed on seven countries, including Libya, Iran, Somalia, Syria, Yemen, North Korea, and Venezuela. Libya, Somalia, Syria, and Yemen are four countries that have experienced civil war and numerous terrorist attacks in recent years, while Iran has been accused by the U.S. State Department of sponsoring terrorist organizations. North Korea, meanwhile, is still technically at war with the United States.

While some critics might term the latest move a "Muslim ban," Burma, Nigeria, Tanzania, and Eritrea are not Muslim-majority countries. Neither are Venezuela or North Korea.

The 2017 version of the travel ban, which was implemented during

These countries, for the most part, want to be helpful but for a variety of different reasons simply failed to meet those minimum requirements that we laid out.

U.S. Acting Homeland Security Secretary Chad Wolf

Trump's first week in office, was revised after several court challenges, but the Supreme Court upheld the latest iteration in 2018.

Wolf told reporters that Belarus was under consideration in the expanded travel ban, but the country took measures to deal with deficiencies in recent months. It will not face any restrictions, he said.

Nonimmigrant visas were not affected. Those are given to people traveling to the United States for a temporary stay. They include visas for tourists, those doing business, or people seeking medical treatment. During December, for example, about 650,760 nonimmigrant visas were granted worldwide, according to The Associated Press.

The Associated Press contributed to this report.



An activist holds a sign as Democrats call for an end to the Trump administration's travel ban outside the U.S. Capitol in Washington on Jan. 27, 2020.

Trump Signs Executive Order to Prevent Online Sales of Counterfeit Goods

KATABELLA ROBERTS

President Donald Trump signed an executive order on Jan. 31 aimed at “ensuring safe and lawful e-commerce for U.S. consumers, business, government supply chains, and intellectual property rights.”

The order noted that “e-commerce, including transactions involving smaller express-carrier or international mail packages, is being exploited by traffickers to introduce contraband into the United States, and by foreign exporters and United States importers to avoid applicable customs duties, taxes, and fees.”

In order to cut the number of counterfeit items sold online, Trump has asked the Department of Homeland Security to “consider appropriate measures” to ensure that companies selling goods from abroad aren’t shipping knockoffs, and to identify companies suspected of trying to import goods to the United States despite being banned from doing so.

U.S. Customs and Border Protection (CBP) has also been directed to review its Importer of Record Program and take steps to ensure that importers who have been suspended are not able to reestablish business activity by changing their

President Trump has ensured that intellectual property protection and enforcement against pirated and counterfeit goods are a priority in America’s trade relationships.

U.S. Trade Representative Robert Lighthizer



A Chinese policeman walks across a pile of fake medicines seized in Beijing on March 14, 2013. The rapid growth of Internet commerce has led to an explosion of counterfeit drugs sold around the world, with China the biggest source of fake medicines, pharmaceutical experts said as the illicit trade is now believed to be worth around \$75 billion globally, with criminal gangs increasingly using the web to move their products across borders.

name or address.

“It is the policy of the United States Government to protect consumers, intellectual property rights holders, businesses, and workers from counterfeit goods, narcotics (including synthetic opioids such as fentanyl), and other contraband now being introduced into the United States as a result of the recent growth in e-commerce,” the order reads.

“The United States Government must also protect the revenue of the United States from individuals and entities who evade customs duties, taxes, and fees.”

A notice of proposed rule-making also will be issued to establish crite-

ria importers must meet in order to obtain an importer of record number, and CBP must develop criteria to create an international noncompliance metric that will measure the international post carrier’s efforts to prevent the shipment of counterfeit products to U.S. customs.

The noncompliance metric will “take into account rates of trafficking of counterfeit goods, narcotics (including synthetic opioids such as fentanyl), and other contraband through a particular international post, effectiveness of the international post in reducing such trafficking, including cooperation with CBP, as well as such other factors

the Secretary, through the Commissioner, determines advisable,” the order states.

Any postal service that doesn’t meet the minimum requirements and has high rates of contraband shipments may be banned from delivering to the United States, according to the order.

The trafficking of counterfeit and pirated goods is causing “significant harm” to U.S. workers, consumers, intellectual property owners, and the economy, U.S. Trade Representative Robert Lighthizer said.

“Under President Trump’s leadership, the federal government and industry partners are working together to combat illicit trade. In addition, President Trump has ensured that intellectual property protection and enforcement against pirated and counterfeit goods are a priority in America’s trade relationships,” Lighthizer said in a statement.

“The Trump Administration is continuing to show strong leadership in stopping those who steal American intellectual property and seek to profit off of counterfeit products. I commend Acting Secretary Wolf and his staff at the Department of Homeland Security for their important report that highlights the extent of this problem and sets forth an action plan to address it.”

In a 2019 report, U.S. Customs and Border Protection said that 33,810 shipments containing goods that violated intellectual property rights were seized in 2018. The goods, had they been genuine, would have had an estimated retail price of \$1.4 billion.

China remains the primary source economy for counterfeit and pirated goods seized, accounting for a total estimated retail price of over \$761 million, or 54 percent of the estimated retail value of all IPR seizures, CBP said.



U.S. President Donald points to Bella Hounakey (2R), a survivor of human trafficking, after signing an executive order on combating human trafficking in the East Room of the White House in Washington on Jan. 31, 2020.

Trump Creates New Position Dedicated to Fighting Human Trafficking

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“modern-day slavery.”

A candidate has yet to be picked for the new post, which will be part of the Domestic Policy Council, officials said.

Trump, during a “shoutout” portion of his remarks, said that while there were a number of senators who “wanted to be here,” it was the day the Senate voted to block witnesses from being called in the president’s impeachment trial.

In his speech, he also thanked his daughter Ivanka Trump, who also is a senior adviser, for her efforts on both the human trafficking issue and jobs, saying, “She has taken this under her wing.” Ivanka stood on stage alongside her father.

Earlier in January, Ivanka Trump toured housing that had been provided for trafficking victims in Atlanta.

“This issue has been so important to her—this, and being sure people are ready to work,” Trump said.

Trafficking is a global, daily issue hidden in plain sight. About 1 in 800 people in the United States are living in “modern slavery,” according to 2018 data by the Walk Free Foundation. The phrase is a broad term used to describe victims of forced labor,

sexual exploitation or servitude, and forced marriages, among numerous other abuses.

Trump later introduced Bella Hounakey, a young woman and survivor of human trafficking. Hounakey gave brief remarks, noting her accomplishments since being rescued from trafficking at a very young age. She is now a college graduate, an American citizen, and the newest member of the U.S. Advisory Council on Human Trafficking.

Trump has made combating human trafficking a key goal of his administration and has often spoke publicly about the issue.

Hounakey received a standing ovation after her remarks, which closed with a message to other victims and survivors: “You’re not alone, you’re not alone, you’re not alone.”

Before the signing of the executive order, Vice President Mike Pence said that the order “will impact the federal response across our government” and

empower agencies “to have even more tools to combat the scourge of human trafficking.”

The executive order also expands prevention education programs, promotes housing opportunities for survivors, and prioritizes the removal of child sexual abuse material from the internet.

The State Department will be tasked with creating a website to serve as a clearinghouse for resources and information on government-wide efforts to combat human trafficking.

On the last day of 2019, Trump proclaimed January as “National Slavery and Human Trafficking Prevention Month,” calling the crime of trafficking an “affront to humanity that tragically reaches all parts of the world.”

The Department of Homeland Security has initiated more than 800 investigations related to human trafficking, Trump noted in the proclamation, adding that the State Department has created a Human Trafficking Expert Consultant Network, made up of survivors and other experts, to inform its anti-trafficking policies and programs.

The Associated Press contributed to this report

Biden Responds After Ernst Suggests He Could Be Impeached if Elected

JACK PHILLIPS

Former Vice President Joe Biden, a leading Democratic presidential candidate, has responded after Sen. Joni Ernst (R-Iowa) warned that he could be impeached over his dealings with Ukraine should he win the presidency in this year’s election.

“[Ernst] just reinforces everything that was the reason why the president was being impeached: They very much don’t want to face me, obviously,” he told the Des Moines Register on Feb. 2. “I’ve never seen a sitting president and his allies this frightened about who may be the nominee.”

Ernst had told Bloomberg News on Feb. 2, “I think this door of impeachable whatever has been opened.”

“Joe Biden should be very careful what he’s asking for because, you know, we can have a situation where if it should ever be President Biden, that immediately, people, right the day after he would be elected, would be saying, ‘Well, we’re going to impeach him,’” she said.

Biden, who was meeting with supporters in Iowa ahead of the caucuses, suggested that President Donald Trump and Republicans don’t want to face him in the general election later this year.

A Biden spokeswoman, Kate Bedingfield, told Bloomberg, “Iowans have the chance tomorrow to say the words that Donald Trump and Joni Ernst fear most: I’m here to caucus for Joe Biden.”

The Biden campaign hasn’t responded to a request by The Epoch Times for comment.

Ernst, in her interview, said Biden could be impeached “for being assigned to take on Ukrainian corruption yet turning a blind eye to Burisma because his son was on the board making over a million dollars a year.”

Biden had served as the Obama administration’s “point man” in Ukraine while his son was on the board of Burisma Holdings, whose

founder, Mykola Zlochevsky, a Ukrainian oligarch, was under investigation for corruption and embezzlement. Late last year, the Ukrainian top prosecutor expanded a probe into allegations surrounding Zlochevsky, whose whereabouts aren’t currently known.

According to Biden, he was sent to Ukraine by former President Barack Obama to fight against corruption and wanted to remove former prosecutor-general Viktor Shokin from his position.

Shokin, however, issued a sworn statement that he was ousted because he was investigating Burisma. Hunter Biden, meanwhile, told ABC News in October 2019 that although he did nothing wrong, he exercised “poor judgment” by holding the reportedly lucrative Burisma board position, adding that he realized that it created the impression of a conflict of interest.

Republicans and some Democrats in the Senate had said they would like to call Hunter Biden to testify in the Senate impeachment trial of the president. However, a resolution to subpoena witnesses was rejected Jan. 31 by the upper chamber of Congress, likely leading to a quick acquittal for President Trump this week.

“Why don’t you all show Joni Ernst just how smart you are by caucusing for me?” Biden said to supporters on Feb. 2, according to The Hill.

The impeachment inquiry last year focused on a July 25 phone call between Trump and newly elected Ukrainian President Volodymyr Zelensky in which Trump asked his counterpart to “look into” the Bidens, Burisma, and alleged election interference. Democrats alleged that he pressured Zelensky to open investigations by withholding nearly \$400 million in military aid, which both Trump and Zelensky have denied.

On Dec. 18, 2019, the House voted to impeach Trump for abuse of power and obstruction of Congress.

Christmas Island Locals Say It’s ‘Business as Usual’ After Wuhan Evacuees Arrive

CONTINUED FROM A1

during their period of quarantine,” dismissing concerns that the virus could potentially spread to locals and holidaymakers on the island. The detention facility is about 20 kilometres from the island’s town centre.

“Those quarantined will not be moving around the island or accessing any services used by Christmas Island residents or visitors,” including health services, Griggs said, and “there will be no impact on services for the community.”

“Medical staff and other personnel in direct contact with evacuees will not be interacting with, or residing in, the broader community during the quarantine period. All appropriate protective equipment will be used.”

The Epoch Times spoke to Jahna Luke, island resident and marketing manager for Christmas Island Tourism, who said that the arrival of the evacuees from Wuhan hadn’t had much of an impact and that it’s very much “business as usual for tourism” on the island.

When asked if the arrival of the individuals from Wuhan had impacted daily life for locals and tourists on the Island, Luke said this wasn’t the case.

“I have just been chatting with a couple from Massachusetts in the U.S. They tell us that the evacuation hasn’t impacted on their holiday at all. Apart from a few extra cars on the road, they wouldn’t have even known there was anything going on.

“Our Visitor Centre has not received any cancellations due to the evacuation project,” she added.

But Christmas Island Shire president Gordon Thomson told AAP he feared tourists would be deterred from visiting the island.

“It’s obviously ruinous to the tourism industry,” he said. Thomson said



Tourist takes photos of the famous Christmas Island red crab.

Christmas Island administrator Natasha Griggs said the evacuees will be “completely separated from the Christmas Island community during their period of quarantine.”

he knew of people who were cancelling bookings.

Luke said despite the negative news headlines, there are many wonderful reasons for tourists to continue visiting the island—home to various species of “birds, crabs, reptiles, and marine life that are found nowhere else on the planet.” The island was made famous by Sir David Attenborough for its red crab migration, which sees 50 million red crabs make their way from the jungle to the coast every year.

“We are also expecting the return of our baby crabs over the next week or so which is super exciting, and visitors come from all over the world to experience this natural phenomenon,” Luke said.

Chris Bray, owner of the island’s luxury eco-resort Swell Lodge, said in a Facebook post that it was just negative publicity that was impacting tourism on the island.

“Just like with the (detention centre), the massively distorted NEGATIVE PUBLICITY from this overshadows the fact that Christmas Island is the Galapagos of Australia.

“With the island’s phosphate mine drying up, the island is in desperate need of a sustainable, environmentally-friendly future and ecotourism has such potential here ... but PR challenges like this make it so much harder.”

Australia’s health minister Greg Hunt said Tuesday he was advised that all of the repatriated travellers on the island were in good health, with no cases of coronavirus found

Morrison Announces Permanent Role for Veteran Suicides Watchdog

Scott Morrison says a new inquiry into veteran suicide will be “bigger and better” than a royal commission.

A military mother who pushed for a royal commission into veteran suicide after her son took his own life says the decision is a step in the right direction.

A national commissioner will be appointed to investigate the deaths of more than 400 defence personnel since 2001, and report back within 18 months.

The permanent role requires new legislation, but an interim chief will work out of the prime minister’s department immediately.

Julie-Ann Finney launched a campaign for a royal commission after her son David died a year ago.

Finney heard about the inquiry in a phone call from Morrison.

“I did go out to the cemetery last night and I told my son he was remarkable and I’m very proud of him and he matters,” she said on Wednesday.

“So many people want this and so many people have been supportive in this so I hope they’re all feeling like we’ve made steps today.

“It’s a step in the right direction that’s for sure, and I’m very grateful.”

Morrison said the inquiry would be able to keep evidence private, unlike a royal commission.

“I think we’ve come up with a much better way that brings everybody together,” he said.

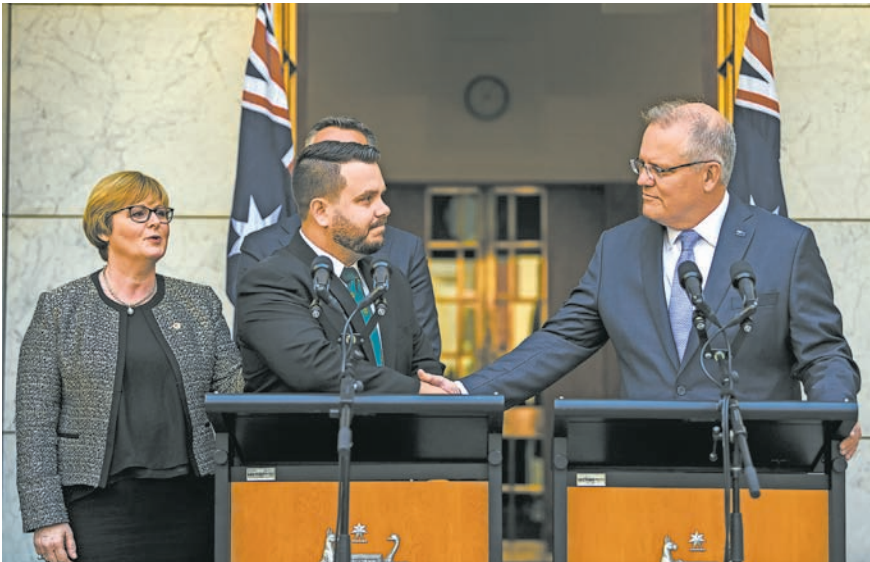
While making clear he would have preferred a royal commission, Opposition Leader Anthony Albanese welcomed the alternative as a necessary step.

“We don’t want the perfect to be the enemy of the good here,” he told reporters in Canberra.

“Labor will approach this issue in a positive way and join with the government in participating in this process.”

I think we’ve come up with a much better way that brings everybody together.

Prime Minister Scott Morrison



Prime Minister Scott Morrison (right) and Liberal member for Herbert Philip Thomson shake hands as they speak during a press conference at Parliament House in Canberra on Feb. 5, 2020.

The suicide rate for ex-servicemen is 18 per cent higher than the broader population and ex-servicewomen are twice as likely to take their own lives as other Australian women.

The government will spend \$40 million to set up the office of the commissioner.

Apart from investigating suicide deaths, the commissioner will make recommendations around mental health.

The watchdog will deliver an annual report to parliament to assess the reduction of suicide risk factors.

The idea was applauded by the RSL, who advocated against a “once only, backward looking” royal commission.

“The RSL will fully support the commissioner and is determined to assist the process in any way possible,” RSL national president Greg Melick said.

Liberal backbencher Phillip Thompson, himself a veteran, said

he looked forward to the inquiry delivering tangible solutions.

“Every day I wake up and I remember my mates that have been killed on operations and my friends that have died by suicide,” he said.

“I’m sick of it, veterans are sick of it and the family members are absolutely sick and tired of burying our loved ones and now this is the action.”

The government will also establish a veteran family advocate alongside the new commissioner role to communicate with veterans and their families and help develop related policy.

If you need help or are struggling with suicidal thoughts, please contact Lifeline 13 11 14, Beyond-blue 1300 22 4636, or the Suicide Call Back Service 1300 659 467.

By Kathryn Bermingham
From AAP



Liberal member for Herbert Philip Thomson and Minister for Veterans’ Affairs Darren Chester speak at a press conference at Parliament House in Canberra on Feb. 5, 2020.

Chinese Embassy’s Request for Traveller Compensation Denied

Prime Minister Scott Morrison says he “respectfully disagrees” with China’s embassy over complaints about an inbound travel ban and the idea Chinese travellers should be compensated.

“There’s a global virus and we are seeking to contain the virus,” the prime minister told reporters on Wednesday.

“Unfortunately there will be instances where there will be inconveniences for those who would have been in transit and travelling.

“That’s regrettable but you have to put Australia’s national interests first.”

China’s deputy ambassador to Australia has criticised an apparent lack of consultation or advanced notice on the travel ban.

Deputy Head of Mission Wang Xining suggested Chinese travellers who could not get into the country should be compensated.

Australian officials tried to contact the Chinese government half an hour before the prime minister announced the travel ban on Saturday, but the call was not answered.

Chinese authorities returned the call five minutes after the press conference had started, and were told about the travel ban.

“Every best effort was made by the Australian government to contact in good faith,” Morrison said.

The prime minister also pointed out nobody could rule out more restrictions within China in cities other than Wuhan.

He encouraged Australians in China to consider their options for flights out of the country.

By Daniel McCulloch
From AAP

HARRY HOW/GETTY IMAGES



Kobe Bryant and daughter Gianna Bryant watch during day 2 of the Phillips 66 National Swimming Championships at the Woollett Aquatics Center in Irvine, Calif., on July 26, 2018.

Kobe Bryant Showed Us Three Ways to Be an Excellent Dad

NICOLE RUSSELL

On the court, Kobe Bryant was a basketball legend few could emulate. Off the court, Bryant was a dedicated father we can all admire. As the nation mourns the loss of legendary NBA basketball star, his 13-year-old daughter Gianna, and the seven others who perished in a helicopter last Sunday, I can't help but notice the theme in all of the published photos, videos, tributes, and social media posts, besides basketball: Fatherhood.

Kobe Bryant clearly loved his family, especially his four daughters. As ESPN sports reporter Elle Duncan remembered fondly, Bryant was proud to be a "girl dad." It was a role he took as seriously, if not more so, than being a basketball great.

I'm not a dad, but I have a dad who was proud to be a father of a daughter. His mark on me was indelible, as Kobe's appeared to be on his daughters. Here are a few hallmarks of great fathers I've no-

Bryant was proud to be a "girl dad." It was a role he took as seriously, if not more so, than being a basketball great.

ticed as I've watched Kobe's legacy unfold, from fathers I admire, and my own dad.

Great Dads Are Proud Dads

In the wake of his death, Bryant's widow, Vanessa, made her Instagram public. A cursory glance of videos and photos posted showed Kobe Bryant took pride in fatherhood. Whether snuggling with his little daughter or taking Gianna, nicknamed Gigi, to see a Lakers game, he didn't look at it like fatherhood was boring, silly, or a task beneath him.

Once on Jimmy Kimmel's show, Bryant explained how he handled people who thought he needed a boy to carry on his basketball legacy by showing how proud he was of his daughter's talent, grit, and confidence.

"This kid, man ... I'm telling you," he said. "The best thing that happens is when we go out, and fans will come up to me, and she'll be standing next to me, and they will

be like, 'You gotta have a boy, you and V [wife Vanessa] gotta have a boy, man, to have somebody carry on the tradition, the legacy.' And [Gigi] is like, 'Oi, I got this!'" Bryant said. "That's right. Yes, you do. You got this."

Growing up, I observed a few men who seemed to treat their kids as inferior, who were always annoyed at them, embarrassed by them—or maybe it was just these dads thought they had better things to do than parent.

Thankfully, the caricature that men don't want to be "hands on" dad's—as is often portrayed in commercials, mainstream media, and what I experienced with previous generations—doesn't actually seem to be that accurate anymore.

According to a 2019 Pew Research poll, dads are "just as likely as moms to say that parenting is extremely important to their identity." There's a reason dads should take pride in parenting: Over half said parenting is rewarding "all of the time." This is

good news for sons and daughters.

As a grown woman, I can't say my dad's never been disappointed in some of my choices, but as a kid, my dad always seemed to be overflowing with pride for me. Whether he actually was or not, I honestly don't know, but I'm not sure if that matters:

Because of his pride, I tried new things, failed, tried again, and learned what I loved.

Because of his pride, I played sports, music, went away to college, and fostered incredible friendships.

Because of his pride, I felt unconditional love and security, which I carried into adulthood. Pride for a son or daughter can go a long way.

Great Fathers Have Purpose and, With That, Provide

I don't know if it was basketball, the birth of his daughters, or a different outlook on life following the 2003 sexual assault accusation that

Continued on A10

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Kobe Bryant Showed Us Three Ways to Be an Excellent Dad

CONTINUED FROM A9

provided Bryant with purpose—perhaps it was a mix of all three—but Bryant always seemed highly motivated to become better: A better basketball player. A better man. A better father.

From interviews, it seems as though as the years went on and he had more daughters, he became even more motivated by them.

I believe it’s a father’s natural pride in his family that propels him to find purpose and, with that, become a provider. I don’t mean to start a debate about whether a father should be the sole provider or not; that’s not the point—there are many ways to provide for children, and they don’t just include materialistic or financial ways.

Regardless of whether his children’s mother is an excellent provider, a father should also find a sense of purpose in parenting, which motivates him to provide in some way—whether through parenting at home, being the sole breadwinner, going to school, or providing his children with love, affection, and attention.

A 2017 Pew Research survey reported about three-quarters of adults (76 percent) said “men face a lot of pressure to support their family financially,” and 49 percent said “men face a lot of pressure to be an involved parent.” In contrast, “77 percent said women face a lot of pressure to be an involved parent, and 40 percent said women face a lot of pressure to support their family financially.”

In today’s “woke” world, I could see men and women complaining this is sexist, but it supports my premise that men need purpose to provide—and both are healthy for children and society. I’m sure some fathers might argue this is impossible, given their own unhealthy, toxic, abusive, fragmented, or otherwise awful, childhood. I think psychology demonstrates the opposite.

Author, speaker, and one of my favorite life coaches, Mastin Kipp has created an entire business helping people cope with trauma. He’s found purpose can pull people out of trauma and into a better life. “Everything changes the moment you heal your trauma and find your purpose,” he says. So it is with fathers.

Of course, some fathers take this too far. They become workaholics and provide only financial assistance and no physical or emotional affection to their children. Other men embody the classic “lost boy” or “Peter Pan” syndrome and fail to give much at all to their children in the way of material or emotional provision, preferring only to have fun with their kids and be their buddy. Neither extreme will work for children.

If men find their purpose and let it motivate them to provide for their children physically, financially, spiritually, and emotionally, both



ROB CARR/GETTY IMAGES

they and their children will benefit.

Great Fathers Spend Time With Their Kids

Just a couple weeks ago, a tweet circulated that showed Kobe Bryant sitting on the sidelines with Gigi, teaching her about basketball. If you watch closely, you can see at one point she speaks in unison with him, taking the words right out of his mouth so to speak; he’s pleased, and they both smile.

At the time, I liked the tweet, not because I’m a huge basketball fan, but because it reminded me of countless, similar moments I had with my own dad growing up. Now that Kobe and Gigi are gone, the video has gone viral, reminding all of us of the power of time with the people we love.

Even though children have love languages—preferred ways they give and receive love—just as adults do, I think all children at very young ages need all the love, in any form, they can get. Thus, if you know your child’s “love language” is physical touch, that doesn’t mean you don’t have to spend any quality time with them. In fact, I’ve come to believe this is one of the most important love languages to children.

My dad used to play an old song by Harry Chapin for me when I was growing up, “Cat’s in the Cradle.” It’s about a dad who never has time for his son, and when the son grows up to be a man, he never has time for his aging father.

The song is sad and depressing, but it makes a salient point: If you give your son a baseball mitt but don’t teach him to throw and play catch (as he does in the second verse),

The San Francisco 49ers and the Kansas City Chiefs observe a moment of silence to honor former NBA player Kobe Bryant and his daughter, Gianna Bryant, prior to Super Bowl LIV at Hard Rock Stadium in Miami, Florida, on Feb. 2, 2020.

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you’re not really fostering a bond of love and respect. My dad played the song for me, I think, so he would never become complacent as a father.

Like many probably have since, I wondered why Kobe Bryant was in a helicopter that fateful Sunday. The answer is even more tragic than I’d imagined.

In a 2018 interview, Bryant explained that he began utilizing a helicopter and pilot in order to better organize his day and time so he could be a more hands-on father. With the speed helicopters provide, Bryant could practice, do media, and still be home in time to pick his kids up from school. What an incredible testament to Bryant’s commitment to fatherhood.

The majority of my childhood memories with my father come from pretty average events that I now see, in hindsight, he approached with purpose—just like Bryant was doing on the sidelines with Gigi at that game. My dad not only taught me to ski, shoot a gun, drive, and love music, but while doing those things—spending quality time on a boat, at the cabin, riding a bike, or just driving down the freeway—he would listen to me, tell me his ideas about God and politics, and offer teachable lessons in those stolen moments.

I’m a flawed mother no doubt, but I find myself doing the same thing with my kids and for the same reason. A quick lunch date to Chick fil A turns into listening to my oldest daughter tell me about her friends. An afternoon at the batting cages provides an opportunity for me to talk to my oldest son about issues

with which he’s wrestling. And taking a walk to the park with my two little kids is a chance for me to show them I care about the little things they care about—like swings, ice cream, and walking our dog.

Through quality time with their children, fathers pass along their values, their work ethic, faith lessons, ideas, humor, and so much more.

Kobe Bryant said in his retirement speech, specifically to his daughters:

“You guys know that if you do the work, you work hard enough, dreams come true. You know that. We all know that. But hopefully, what you get from tonight, is the understanding that those times when you get up early and you work hard, those times when you stay up late and you work hard, those times when you don’t feel like working, you’re too tired, you don’t want to push yourself, but you do it anyway, that is actually the dream. That’s the dream. It’s not the destination, it’s the journey. If you guys can understand that, then what you’ll see happen is that you won’t accomplish your dreams, your dreams won’t come true, something greater will. If you guys can understand that, then I’m doing my job as a father.”

Nicole Russell is a freelance writer and mother of four. Her work has appeared in *The Atlantic*, *The New York Times*, *Politico*, *The Daily Beast*, and *The Federalist*. Follow her on Twitter @russell_nm.

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



HARRY HOW/GETTY IMAGES

Kobe Bryant with daughter Biaka Bryant, before the game between the United States and the Republic of Ireland during the USWNT Victory Tour at Rose Bowl in Pasadena, Calif., on Aug. 3, 2019.



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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 (Cont.)

1. Developed Western Countries: Practicing Communism by Another Name

a. High Taxes and Generous Social Welfare (cont.)

The Left’s Use of Welfare Policy to Gain Votes

Left-wing politicians often promote more welfare and higher taxes. Using a variety of election slogans to convince voters of their noble intent, they portray themselves as possessing the moral high ground, even though these politicians are not the ones who will be providing the welfare. Their method is merely to seize the wealth of the upper and middle classes and distribute it among the poor. Since the system conceals the relationship between donor and recipient, the politicians can claim to have played a crucial role in the process. They receive the recipients’ gratitude in the form of votes.

b. Aggressive Economic Interventionism in Western Countries

State Intervention

At present, governments in the free world are already practicing heavy interventionism in their national economic systems. One cause of this was the welfare politics, developed under the socialist influence, which expanded the state’s role in wealth distribution. Another impulse for this trend was the Great Depression of the 1930s. Following the crisis, Western society was deeply influenced by the theories of Keynesian economics, which advocates active state intervention and regulation of the economy by using finance.

In a normal society, the government’s role is limited. Only in exceptional situations should the state interfere in the economy, such as during times of natural disaster or some other crisis. But today, Keynesian theory has taken hold around the world. Governments of all countries are racing to take greater control over their respective economies.

When the government plays an active role in the economy, each action has a massive ripple effect on the market. New policies and laws can make or break entire industries, making many businesses and investors reliant on the government’s decisions. The state, which traditionally only passed and enforced laws, has now become a leading participant in the economic arena. Like a referee joining a soccer match, the state has become responsible for controlling and regulating capital in what used to be the privately owned economy, replacing the “invisible hand” with its “visible hand.”

Active financial control combined with high-welfare policies has caused many governments to incur huge debts. According to data from the OECD, more than half of its member states have government debts near or over 100 percent of GDP. Some countries’ debt exceeded 200 percent of their economic output. This presents a major vulnerability for the social and economic future of many countries.

Nobel Prize-winning economist Ronald Coase wrote multiple research papers on the impact of government intervention. In his work, Coase found that interventionist policy almost always produces negative results. He believes that the crisis of intervention has reached the point of “diminishing marginal returns.”

Despite this, the governments of all countries have only become more active in their manipulation of the economy, bringing it more and more under the control of the state.

The Consequences and Reality of Interventionism

There are at least two major consequences of extensive state intervention. First, the power of the state expands in terms of its role and scale. Government officials develop increasing hubris about their ability to interfere with the economy and have the state play the role of savior. After handling a crisis, the government is wont to retain its

expanded powers and functions.

Second, interventionism creates more reliance on the government. When the people encounter challenges, or when the free market cannot provide the benefits they desire, they will lobby in favor of more state intervention to satisfy their demands.

As the power of the state increases, private enterprise weakens, and the free market has less space in which to function. People who have benefited from and grown dependent on politicians will increasingly demand that the government take responsibility for allocating wealth and enact laws to enforce this.

In the West, there is a strong political current pushing society toward the Left. This includes followers of the original left wing, including socialist and communists, as well as those not traditionally associated with the left wing, but who have been co-opted by them. The convergence of these disparate forces encourages the government to take greater measures to intervene in the economy and interfere with the functioning of private enterprises. This erosion of normal economic activity appears to be caused by various social movements, but in fact, it is the specter of communism that pulls the strings.

It can be seen that Western governments wield their public authority under the banner of equality and other political excuses to increase intervention and are even enacting laws to make this the permanent state of affairs. There is no doubt that this behavior deprives market economies of their principal arbiters—the free will of the people. The state is essentially expanding its authority over the free market to turn it into a command economy. The long-term implications are that all aspects of the economy and popular livelihood will come under public control. Economic means will be used to consolidate political power, enslaving society and its citizens.

Using policy that looks benign on the surface, but progressively tilts the economic structure toward centralism, the specter is gradually leading humanity into full communism.

The Chinese communist model is a monstrous combination of socialism, statism, and market economics.

c. Socialist Economics Leads to Communist Totalitarianism

High taxes, high welfare, and widespread state intervention are manifestations of socialism within the Western capitalist system. Thus, socialism shares the same principal nature of planned economics, as both use the authority of the state to manipulate the economy. The underlying article of faith here is in the omnipotence of the government, which is allowed to play God.

As things stand, the only difference between heavy state interventionism in the West and the planned economies of communist countries is that in free countries, the law and some basic aspects of the capitalist system protect human rights from total government control.

Friedrich Hayek, the prominent Austrian economist and philosopher, cautioned against state-controlled planning and wealth redistribution, saying that it would inevitably tamper with the market and lead to the rise of totalitarianism, regardless of whether the system was democratic or not. Hayek believed that although the socialism practiced in Europe and North America was different from public ownership and planned economics, it would nevertheless come to the same result. People would lose their freedom and livelihood, just in a slower and more indirect fashion.

As has been discussed earlier in this book, Marx, Engels, and Lenin all saw socialism as a mandatory step on the path to communism. A train’s movement toward its destination will not be affected by its stopping at a station platform along the way. Likewise, the specter of communism is the driving force behind a country that is moving toward socialism. Once humanity forsakes tradition, whether in the economic sphere or in other areas, and accepts communist ideology, the pace of development is irrelevant. Sooner or later the destination will be reached.

The destination at the end of this path is not heaven on earth, but the destruction of humanity. In fact, the devil is not concerned with whether “heaven” is realized or not, as it is merely bait to lure people to their doom.

2. The Dystopian Socialism of the Chinese Communist Party

After public ownership and the planned economy reduced China to poverty, the CCP was compelled to embark on a process of “reform and opening up” by which it introduced elements of the free market into Chinese society. Many believe that the Party has become capitalist, but this is far from the truth.

a. The Chinese Economy: No Relaxation of Communist Control

Out of expedience, the CCP liberalized some aspects of the Chinese economy, such as allowing private business. But this does not mean that the communists have loosened their grip. On the contrary, economic reform was the strategy they used to continue their power and deceive the world.

The Chinese communist model is a monstrous combination of socialism, statism, and market economics. Although private enterprises exist, the CCP has never promised the people any fundamental right to private property. All resources and land remain ultimately at the Party’s disposal. At the same time, the CCP uses the state to impose strict controls on economic matters. It still implements large-scale national planning in what should be considered an economy of power. The market is only a means used by the state to stimulate production; it is not truly independent and neither are there institutions in place to support a free market.

The spirit of the law is absent, and there is no clear system of property rights. The exchange rate is not allowed to adjust itself naturally. The flow of wealth in and out of the country is restricted, and international firms are tightly controlled. The CCP uses government subsidies and export tax rebates to boost exports with the aim of defeating competitors with a price race. It has disrupted the normal order of world trade.

In China, all economic activity is geared toward the fulfillment of political needs. The economic freedoms of enterprises and individuals are subordinate to the whims of the state and can be revoked at any time. It is precisely for these reasons that the World Trade Organization has long refused to acknowledge China as a market economy.

Many in Western governments harbored the naive hope that economic development would bring political liberalization and democracy to China. Instead, China’s public capitalism was used to nourish the socialist organism, reinvigorate the Party’s leadership, and continue along an evil path.

With greater financial means, the CCP subjected the people to more brutal and sophisticated forms of repression. In July 1999, the regime started the persecution of Falun Gong, targeting its one hundred million practitioners. This war against the universal principles of truthfulness, compassion, and tolerance continues to this day. Since 2009, the CCP has spent over 500 billion yuan (\$75 billion) annually to cover the costs of “maintaining stability,” that is, policing the Chinese population.

See next edition for the next installment.



Chinese tourists wearing masks walk through the Ginza shopping district in Tokyo on Jan. 24, 2020.

Coronavirus Spreads Fear and Other Contagions

JAMES GORRIE



The rapid spread of the new coronavirus is a daunting specter that is impossible to dismiss as something that’s only happening “way over there in China.”

Needless to say, everybody is everywhere these days. Coronavirus cases are now everywhere. The world is way past the time of geographic insulation.

What’s more, photos of unattended infected corpses in Chinese hospital corridors and of city streets strangely devoid of people strike a deep and strident chord within our human consciousness. Those images pack tremendously powerful emotional punches to the gut. That’s not just metaphorical, either. The visceral instinct for survival, manifested acutely in the fight-or-flight syndrome, is a real and necessary part of being human.

Such reactions may also tempt some to take the simplistic “blame it on China” mentality. We may even try to lie to ourselves and say that it’s really just a Chinese problem. We’re seeing a bit of that already.

That’s why the coronavirus may become a gateway to triggering other maladies that plague the human condition.

And why wouldn’t it?

With a long, highly contagious, and asymptomatic incubation period, it’s the perfect catalyst for triggering other dangerous human contagions: fear, rage, and prejudice.

Justifiable Fear

To a certain degree, all of those reactions are understandable. In some cases, they’re even rational. But to take them on as a way of viewing the world—or to regard our Asian brothers and sisters in a disparagingly and inhuman manner—would be a gross moral injustice.

But certainly, with the coronavirus, fear is a rational response. The virus is a potential death sentence for those who contract it.

There’s no room for wishful thinking here.

And let’s be honest. Fear is not only rational in this instance, it’s a hardwired element of our makeup. Indeed, it’s a required response, a self-preservation mechanism. Without fear, one walks into a den of lions and, in most cases, is devoured.

The key is to control our fear, and not let it control us or define us as human beings. We must channel it into deliberate and positive actions that lead to a resolution of this potentially global challenge. We must not be paralyzed by it or allow it to de-humanize us.

Righteous Rage

What’s more, though the facts of the coronavirus outbreak are still emerging, it’s apparent that the Chinese Communist Party (CCP) leadership failed to act to contain the disease.

The Chinese regime delayed even publicly acknowledging or responding to the outbreak for a month or longer. This is one more tragic demonstration in a long line of catastrophic failures and deadly consequences of communist dictatorships. Also, we know from reliable reports in China that a cover-up has been in place from the beginning of the outbreak.

Keep Prejudice in Perspective

The same principle of perspective applies to prejudice. This is especially true of racial prejudice.

Prejudicial thoughts and emotions come too easily for us—all of us. That, too, is an aspect of human nature that must be acknowledged and kept in the proper perspective. It certainly doesn’t require the threat of a deadly pandemic to trigger prejudicial emotions in people, but it’s an undeniably powerful influence, isn’t it?

But that doesn’t mean that all prejudice is wrong or out of place. A Berlin Jew in 1938, for example, may have rightly figured that anyone in a Nazi uniform posed a life-threatening risk to him or her. No Jew

needed to “get to know the person” in the uniform—the uniform itself said it all, or at least enough of who that person was, what they believed, or what they were willing to do to Jews. In that kind of context, prejudice is a lifesaver.

But prejudice against a whole race simply because this disease was spawned in China is wrong and out of place. We don’t condemn suffering people. We help them.

Courage, Compassion Are Also Contagious

The antidotes to fear and prejudice are courage and compassion. That means thinking and acting through the better parts of our nature. Courage is one, compassion is another. We find courage and compassion from within us as human beings, and through faith in the One who has compassion for us and Who is greater than the world and all that is in it.

The remarkably ironic thing about fear, especially deadly fear, is that without it, we’d have no need for courage. For what is courage but the overcoming of fear, sometimes for the benefit of ourselves alone, but more often for the benefit of others. Courage will overcome fear, if we allow it.

That’s also why compassion is often accompanied by courage—caregivers helping the very sick must be courageous enough to do what they do. They overcome their fear in order to compassionately care for another human being, even though they’re putting themselves at risk.

Thankfully, courage and compassion are also highly contagious among human beings.

Wisdom and Clarity of Purpose

We must first act with wisdom and clarity of purpose to not only stop this dreaded scourge, but also assign the blame to whom it belongs. Blame does not belong to people who happen to be Asian.

However, compassion doesn’t mean we don’t take all the necessary actions to contain this plague. We must have the courage

to do what is necessary.

Are travel restrictions to and from China necessary? Yes.

To regard our Asian brothers and sisters in a disparagingly and inhuman manner would be a gross moral injustice.

Are quarantines justifiable? Absolutely.

But so is compassion and human dignity for those suffering. And just as importantly, we treat those among us who are of the Asian race, as well as our family members, neighbors, friends, co-workers, or whom-ever, with humanity and dignity, just as we want to be treated.

And what of those responsible for this potential global pandemic?

We know that both arrogance and fear rule the hearts and minds of the brutes in the CCP who have forsaken their own humanity for a few years or decades of power and luxury. This outbreak is just one more bitter fruit of the poisonous harvest that they’ve brought down upon their fellow countrymen and, potentially, the rest of the world.

Express your righteous condemnation, vehemently and categorically. But regardless of its origin or cause, the coronavirus is here. Therefore, let us be courageous, compassionate, and fierce in fighting it and defeating it.

But let us not go down that long, dreary path of racial antagonism that is so much of a part of human history.

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 Times.



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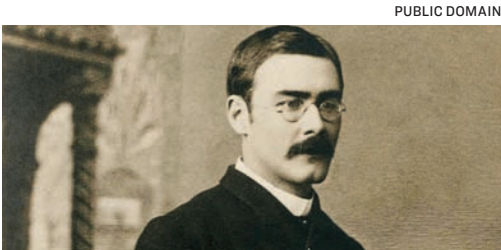
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A loved one’s birthday coming up?

Belinda shares some recipes for popular layer cakes, fillings, and frostings to create that perfect birthday cake. There’s something for history buffs too.

See B4



PUBLIC DOMAIN

Revisiting Rudyard Kipling

Has the first English-language recipient of a Nobel Prize been unfairly maligned?

See B10

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1

New Zealand

A SURFEIT OF BEAUTY

FRED J. ECKERT

When I first visited New Zealand many years ago and a friend asked me my impressions, my response was this: What most distinguishes New Zealand from so many other scenic places is not only its abundance of spectacularly beautiful sights, but also its shortage of unattractive places.

It’s just not the sort of place where one minute your breath is taken away from looking at stunning scenery and then you turn a bend and find yourself getting an eye full of ugly.

New Zealand is such a pleasant and lovely land with so many pluses and next to no minuses. It’s long been one of my favorite places in the world. Now I love Australia, too, but I’ve never forgotten something an Aussie friend once told me: “Of the 20 most deadly snakes in the world, Australia only has 18 of them.” Typically Aussie humorous way of looking at things.

New Zealand has no snakes. No poisonous insects. No poisonous plants. No dangerous wildlife.

“But we do have three pests,” a guide told us last time I visited New Zealand, “and all three were introduced here from Australia.” Really? “Yes. The rabbits are a bit of a nuisance. So are the ‘possum. But it’s the third pest that really bothers us.” Of course, someone promptly inquired what was the third pest introduced from Australia. “Australian rugby players.”

Kiwis, as New Zealanders are affectionally called after their rarely seen nocturnal bird (which lives in no other country), seem to share a similar sense of humor with Aussies and they love using it on one another.

During a re-visit focused on re-seeing some of the highlights of this country I find so special, my first stop was Auckland, the usual place of entry for overseas visitors.

New Zealand’s largest city—it’s home to nearly one-third of the country’s population of 4 million—Auckland is surrounded by sweeping expanses of water. With scenic hills and woods all around, it is positioned on a very narrow isthmus that separates two splendid harbors. It has the highest number of boats per capita in the world, giving it its nickname: “City of Sails.”

Our tour included a Pride of Auckland evening harbor sail, complete with a fine seafood dinner; a visit to the top of a volcanic cone, Mount Eden, for a panoramic view;

Continued on B2



2



3

- 1. A view of Lake Pukaki from the road leading to Mount Cook National Park.
- 2. Tudor Towers, an imposing timber-framed building and bathhouse built by the New Zealand government in the early 20th century to establish Rotorua as a spa resort of international renown.
- 3. Sheep seems to be everywhere in New Zealand—10 sheep for every person in the country.

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A collage of three images showing bathroom renovations: a white vanity and bathtub, a swimming pool with blue tiles, and a modern interior with wood flooring and stairs.

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New Zealand

A SURFEIT OF BEAUTY

Continued from **B1**

shopping in Parnell Village, a mile-long historic area and upscale little oasis known for its maze of stylish boutiques; plus free time, which we used to take a daytime ferry ride to Devonport, a pleasant seaside village with craft shops and sidewalk cafes a few minutes' ride across the harbor.

Leaving Auckland and heading south aboard a luxury bus, we arrived two hours later at Waitomo, renowned for its spectacular caves, especially its Glowworm Caves, where thousands of Waitomo glowworms, found only in New Zealand, luminesce overhead as you glide slowly through dark grottoes in a small boat.

A short and scenic ride farther southeast, Rotorua welcomes you with whiffs of sulfur. But soon you cease to notice the sulfur. This small town is home to one of the world's few geyser sites and the most popular tourist destination on New Zealand's North Island.

Besides spas offering thermal waters and mud baths, Rotorua is home to two outstanding tourist shows. The Agrodome Sheep Show turns such Kiwi farming activities as the shearing and herding of sheep into showbiz that is fun and educational for all ages. The Agrodome is also one of the best places in New Zealand or Australia to buy wool products.

Tamaki Maori Village, an evening cultural show of song, dance, and storytelling about life in pre-European New Zealand, was created by and is owned and operated by indigenous Polynesians from Rotorua. Rotorua is New Zealand's Maori center; about 40 percent of the city population is Maori. The show includes a hangi, a delicious traditional Polynesian banquet of foods cooked over hot rocks in an earthen oven.

The main courses may have been traditional Maori, but the main after-dinner treat was the New Zealand national dessert, pavlova. We love it. It's a fluffy, feather-light whipped concoction made of egg whites and sugar, crisp on the outside but soft on the inside and covered

with fresh fruits, including strawberries, passion fruit, and kiwi fruit, and then whipped cream, then more fresh fruit. Aussies claim they invented the pavlova and that the Kiwis copied it. Kiwis say the Aussies just wish they created it. Like their ribbings over rugby, the pavlova dispute is never-ending.

A tour among the geysers and mud pools also was part of our program, as was a visit to Rainbow Springs, with its sparkling clear streams full of trout and an enclosure where you can view kiwi birds in a nocturnal environment.

Our tour operator—Goway, which will customize tours—offered the options of a free day to explore more attractions in the Rotorua area on your own or a farm stay with a Kiwi family. We had never before done the latter, and we thoroughly enjoyed the experience of dining, talking and laughing with

We also learned that in this country, where sheep outnumber people 10 to 1, the dairy industry is larger than the sheep industry.

our delightful dairy-farming hosts, Jim and Barbara Hitchcock. We also learned that in this country, where sheep outnumber people 10 to 1, the dairy industry is larger than the sheep industry.

Abundance of Beauty
A short flight brought us to the South Island's Queenstown, a resort area in a spectacular setting on an inlet at the north end of a long

lake with views across the water to the Remarkables, an aptly named mountain range. Some Kiwis claim popularity has caused Queenstown to grow too large—its population stands at about 16,000, although it remains a delightful small town.

We looked around this area before and after touring some of the bottom of the South Island, including Fiordland National Park, where we took a cruise on 10-mile-long Milford Sound, one of the most scenic places in this country renowned for its scenery. Again, what most distinguishes New Zealand from many other scenic places is not only its abundance of spectacularly beautiful sights, but also its shortage of unattractive places.

Last stop on our New Zealand tour was the South Island's largest city, Christchurch, a garden city of 370,000 people,



often called the most English city outside England. Things to do here include touring its renowned Botanic Gardens; sightseeing from aboard the Christchurch Gondola; the Christchurch Tram Tour; and dinner on Tramway Restaurant, a 2.5-hour evening dining and sightseeing experience.

Rather than drive directly from Queenstown to Christchurch I opted for a roundabout route that includes my favorite drive in New Zealand. At the junction of State Highway 8, Highway 80 follows along the length of Lake Pukaki 34 miles all the way to Mount Cook National Park. It's a wonderfully pleasant scenic drive. I've never been able to drive in either direction without frequently pulling over to photograph views. Fortunately, the two-lane road is lightly traveled.

Lake Pukaki has the most unusual shades of blue of any lake I've ever seen. Nearby Lake Tekapo, which I checked out before heading to Christchurch, comes close to having equally interesting shades.

Savoring the scenic vistas while driving toward Christchurch across the lowland area of east-central South Island known as the Canterbury Plains, I was once again struck by how incredibly green New Zealand is. And I remembered that the first time I visited years ago a Kiwi told me that when a New Zealand farm becomes rundown they let it become a golf course. It's that green—so green you'd almost believe that's true.

Fred J. Eckert is a retired U.S. ambassador and former member of Congress. His writings have appeared in many leading publications, including Reader's Digest and The Wall Street Journal. He is also an award-winning photographer whose collection of images spans all seven continents.



1. Rotorua on New Zealand's North Island is one of the world's few geyser sites.
2. The Agrodome Sheep Show turns such Kiwi farming activities as the shearing and herding of sheep into showbiz that is fun and educational for all ages.
3. The kiwi bird, found only in New Zealand, is difficult to see in the wild because it is nocturnal. You can view kiwi birds in a nocturnal environment at Rainbow Springs in Rotorua.
4. A view driving back from Mount Cook on Highway 80. The view on the opposite side is of Lake Pukaki.
5. Rarely do you ever encounter a traffic jam in the sparsely populated South Island of New Zealand, but when you do it might look like this.
6. Maori Village, an evening cultural show of song, dance, and storytelling about life in pre-European New Zealand, was created by and is owned and operated by indigenous Polynesians from Rotorua.
7. Mount Cook, also called Aoraki, its Maori name, is the largest mountain in New Zealand

IF YOU GO

Best time to go: Remember, Down Under seasons are the reverse of northern hemisphere countries. But for visiting places mentioned in this article, pretty much any time of year is a good time to go.

Information: Most leading tour operators cover New Zealand. My tour described in this feature was done through Goway (*Goway.com*). They're outstanding.

Safety: New Zealand is generally considered to be one of the safest travel destinations in the world, and Kiwis are also considered to be among the world's most hospitable and friendly people.

Travel tip for peace and quiet: We wouldn't think of flying, especially on a long trip, without our Bose noise-canceling headphones. They really do block out a great amount of annoying and distracting noises and you can also use them to experience better sound for the in-flight movie or CDs, DVDs, or MP3s. (*Bose.com*)

Travel tip for peace of mind: If you ever had to be medically evacuated while traveling, it could cost you tens of thousands of dollars. Many plans that claim they cover this fall far short. My wife and I cover ourselves against this with membership in MedjetAssist (*MedjetAssist.com*).

Guidebooks: Fodor's guides are always outstanding and their guide to New Zealand is as good as guides get—very comprehensive and very dependable. Always take along a DK Eyewitness Travel Guide for any destination. Their highlights at a glance and three-dimension appearing maps alone make them worth buying—and their great photography make them nice mementos of your trip.

Entry documents: Australia citizens do not need a visa for New Zealand. For anyone who does need a visa your tour operator should be able to handle this for you.



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ANITA AUSTVIKA/UNSPLASH

FAMILY TRADITIONS

The Perfect Birthday Cake



Make a wish—and pass the cake.

Homemade creations, personalized and piled with frosting, make for the sweetest celebrations

BELINDA HULIN CRISSMAN

He must truly love me. After all, what else could explain that extraordinary cake? The coral-red confection stood—well, teetered a bit, actually—almost a foot tall and had my name across the top in bright blue decorator frosting. An overenthusiastic “e” was filled in to look like an “o” and the “l” was a bit shaky, but who could criticize such a gift? I mean, he could have just bought a cake, right? But at some point before my birthday, I had told my then-boyfriend, now-husband about a revered family tradition in the Hulin household.

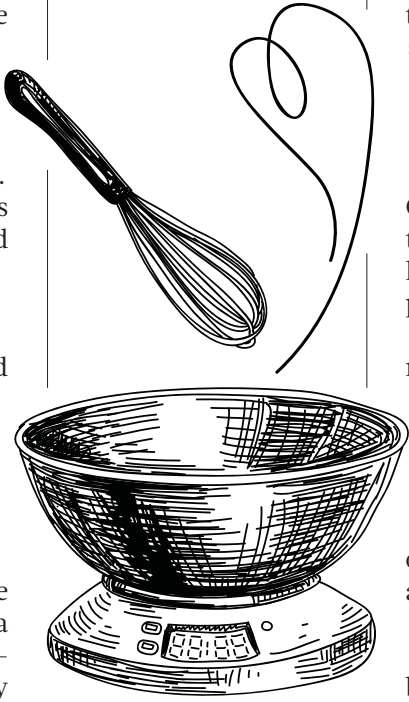
For each birthday-person in the family (including, eventually, each in-law and grandchild), my mother would make the specific cake requested by the birthday boy or girl. This may seem like a small thing, but there were seven of us: five kids, a stay-at-home mom, and a dad who supported us all on a college professor’s salary. So, we were the kids whose birthday parties involved playing pin-the-tail-on-the-donkey, rather than miniature donkey rides in the front yard.

That was fine with us, because our parents managed to make each of us feel celebrated and cherished on our birthdays.

A Birthday to Remember
One component was the aforementioned cakes. Over the years, we enjoyed dozens of different variations: German chocolate cake and lemon meringue; angel food and devil’s food, fresh coconut cake and carrot cake; cookie cakes, checkerboard cakes, and a butterfly-shaped orange cake.

My personal favorite, which Mom made every year that I was home to enjoy it, was a luscious affair with both red velvet and vanilla-almond layers, coconut filling, and fluffy

Commemorating your latest trip around the sun with a cake that’s specifically to your liking, and sharing that personal culinary choice with others, is an act of both generosity and reward.



white buttercream frosting. She decorated the edges with piped red frosting and artfully wrote my name in blue. The candles were a mix of red, white, and blue. The cake had five thin layers: red, white, red, white, and red.

When I confessed to my beau Jim that I was sad that I wouldn’t be going home to Louisiana for my birthday that year, he hatched a plan. He called my mother and got the many recipes required to make my cake. She explained that each cake flavor had to be made separately, and that the batters had to be well-beaten. She detailed that the cake had to be five layers of red-and-white stripes, and that he should portion the batter accordingly.

What Mom didn’t explain was that she usually made my cake in quarter-sheet (aka large rectangular) pans; Jim didn’t reveal to her that he rarely cooks.

While I was at work, Jim snatched up the eight-inch round cake pans in my cabinet and got busy. He made the red velvet recipe first, dutifully dividing the full recipe over three pans. When those thick, moist layers were done, he poured all the yellow cake batter into two pans.

With the help of Google, he figured out how to carve the giant, overflowing domed tops of the baked yellow layers into something flat and manageable. Then, when all had cooled, he stacked those layers up and mortared them with coconut filling, like a Jenga master! The coral-red frosting happened when he accidentally dropped a dab of red food coloring into the snowy buttercream and thought, “Why not?”

Clearly, Jim was proud of his creation. And I was, um, awestruck, by his effort.

A Brief History
Of course, my soon-to-be husband was just trying to bake a cake and in the process get a little loving gratitude. In doing so, he’d participated in an age-old, now worldwide, tradition. Birthday cakes have been around for millennia. It’s a toss-up whether the honor for making the first commemorative confection belongs to the Romans or the Greeks. Most accounts favor the Romans: early in the first century C.E., Roman poet Ovid writes of sharing a birthday cake with his brother. In the Rome of Ovid’s day, birthday cakes took the appearance of round, yeast-raised sweet breads, enriched with honey, eggs, oil, and nuts.

The ancient Greeks made disc-shaped flatbreads as a canvas for savory ingredients

such as olive oil, herbs, and cheeses, and eventually, they learned to leaven breads with beer for a lighter texture. There’s no firm date to show when sweetened, leavened pastries evolved into Greek birthday cakes, but we do know the Greeks’ major contribution to the birthday celebration was light: Greek villagers baked moon-shaped cakes and topped them with lighted candles to pay homage to Artemis, the goddess of the hunt and the moon. The practice of lighting up cakes eventually spread to all celebrations.

The next notable event in the evolution of birthday cakes came from the Germans. In the Middle Ages, German families began to celebrate children’s birthdays with cake and gifts, which eventually turned into full-fledged kinderfests, aka birthday parties.

Of course, for most of history, birthday cakes—like all cakes—were an extravagance that only the elite could afford. That all changed during the Industrial Revolution, which made production, home tools, and refined ingredients accessible to the masses. Boxed cake mixes came onto the scene during the Great Depression, when food scientists found ways to get a surplus of molasses into the hands of hungry families.

The ubiquitous cake mixes we know today are a post-WWII General Mills product. The company, along with others, improved the boxed product, then came up with ready-to-spread frosting. The convenience gave home bakers the freedom to exercise their creativity by elaborately decorating their family birthday cakes.

There’s no map showing the migration of birthday cakes across continents, but it can be assumed that through trade, travel, and marriages across cultures, the custom spread. Today, you can buy birthday cakes at baked goods stores in the Far East (light sponge cake layers filled with custard, topped with whipped cream frosting, and decorated with fruits are favorites) as well as cinnamon-laced chocolate birthday cakes in Mexico.

In the United States, funfetti cakes—vanilla cake laced with multi-color sprinkles—have become the standard against which “birthday cake flavor” anything is compared. That said, according to numerous radio station surveys and bake sale straw polls, the country’s favorite birthday cake flavor is, in fact, chocolate cake with chocolate frosting. Yellow cake with chocolate frosting or vanilla frosting, chocolate chip cake with chocolate frosting, red velvet cake, carrot cake, marble cake, lemon cake, and coconut round out the list.

Make It Your Own
Some folks may insist that the perfect birthday cake isn’t any of those, but instead a rainbow cake, banana cake, spice cake, or some other confection. Within that short list are endless variations on fillings, frostings, and adornments.

That variety of enticing options, and the ability to customize to taste, is I think what makes the birthday cake so very special. It says, in one neat, delicious package, that you’ve survived another year. Commemorating your latest trip around the sun with a cake that’s specifically to your liking, and sharing that personal culinary choice with others, is an act of both generosity and reward.

In my family, my late mother’s tradition of giving each birthday celebrant their preferred cake lives on. I’m no bakery artist, but for every birthday, I make sure my loved ones get the cake they crave. Over the years, my husband and children have made wishes and blown out candles over pop-culture character-shaped cakes, ice cream cakes, chocolate cakes, strawberry cakes, coconut cakes, and carrot cakes.

Now that my son has a family of his own, he’s taken it upon himself to make sure my granddaughter has a specially made cake each year. My nieces and nephews follow the tradition for their families as well.

As for the towering coral-red cake that Jim baked for my decades-ago birthday, well, we managed to cut it oh-so-carefully with a serrated bread knife and slide the giant slices onto full-sized dinner plates. It was unwieldy but delicious, and one of the sweetest things he’s done for me.

I praised the cake to my mother, and managed to wait several months before explaining to Jim exactly why his cake almost required a building permit. The leaning tower of birthday cake has become a family legend and a story my children love to share.

More recently, Jim has been more likely to buy a red velvet cake than make one. But this past year, my son informed me that he would be bringing the cake to my birthday dinner. Dylan’s red velvet cake with buttercream was both delicious and beautiful, and the best birthday gift I could have received.

I could imagine my mother smiling down and thinking, “my work is done.”

Louisiana native Belinda Hulin Crissman writes cookbooks and food articles from her adopted hometown of Atlantic Beach, Fla. She’s the author of five cookbooks, including “Roux Memories: A Cajun-Creole Love Story with Recipes.” When she’s not writing, you’ll find her scoping out old and new culinary delights.



BUILD YOUR OWN BIRTHDAY CAKE

Following is a selection of different recipes for popular layer cakes, fillings, and frostings. Mix and match as you wish.

RED VELVET CAKE:
This cake has been my birthday favorite for more years than I care to discuss.

To make a five-layer red-and-white cake, divide 3/4 of the recipe among the three pans and pour the remaining batter into a small loaf or cupcake pan for another use. (Yes, “another use” means that you should dab leftover frosting on top and sample the cake to make sure it’s “good enough” for your guests.)

- MAKES ONE THREE-LAYER 9-INCH CAKE**
- 1/2 cup shortening**
- 1 1/2 cups sugar**
- 2 eggs**
- 2 cups cake flour, sifted**
- 1 tablespoon cocoa**
- 1 cup buttermilk**
- 1 teaspoon almond extract**
- 4 tablespoons liquid red food coloring**
- 1 teaspoon baking soda**
- 1 tablespoon vinegar**
- Preheat oven to 180 degrees Celcius. Combine the shortening, sugar, and eggs in a large bowl. Beat on medium speed until light and creamy. Combine the cake flour and cocoa in another bowl. Add to the egg mixture, alternating with the buttermilk, beating well after each addition.
- Add the almond extract and food coloring. Beat well. Dissolve the baking soda in the vinegar and add to the mixture. Stir until combined.
- Divide the batter between three buttered or sprayed 9-inch cake pans. Bake 30 minutes, or until a tester inserted in the center of a layer comes out clean. Set baked layers aside, preferably on wire racks, to cool.
- Place one completely cooled cake

layer on a cake plate and top with coconut filling (recipe follows). Top with another layer, followed by another portion of coconut filling and the final layer. Frost the cake with either vanilla buttercream or cream cheese frosting.

- BASIC 1, 2, 3, 4 CAKE:**
- This recipe for rich, from-scratch yellow cake figures prominently in my childhood; however, the truth is that the recipe can be found on the box of Swans Down Cake Flour. When you’re in a hurry, yellow layers from a cake mix work just fine. But if you have a moment to spare, this recipe makes a beautiful, fine-textured, balanced cake.
- This makes a three-layer 9-inch cake. To use as two alternating layers for a five-layer cake, either cut the recipe in half and divide over two pans, or use excess batter for cupcakes. For thin layers, reduce the baking time.

- MAKES ONE THREE-LAYER 9-INCH CAKE**
- 1 cup butter, softened**
- 2 cups sugar**
- 4 eggs**
- 1 teaspoon vanilla extract**
- 1/2 teaspoon almond extract**
- 3 cups cake flour**
- 3 teaspoons baking powder**
- 1 cup milk**
- Preheat oven to 180 degrees Celcius. In a large mixing bowl, combine butter and sugar. Beat on medium speed until well blended. Add eggs, one at a time, and beat after each addition. Continue beating at least 10 minutes. Add vanilla and almond extracts.
- Sift the cake flour and baking powder together. Add dry mixture to the creamed mixture in stages, alternating with the milk. Mix until smooth.
- Divide the batter over three buttered or sprayed 9-inch cake pans. Bake for 25–30 minutes or until a tester comes out clean. Place layers on racks to cool

Red velvet cake with cream cheese frosting.

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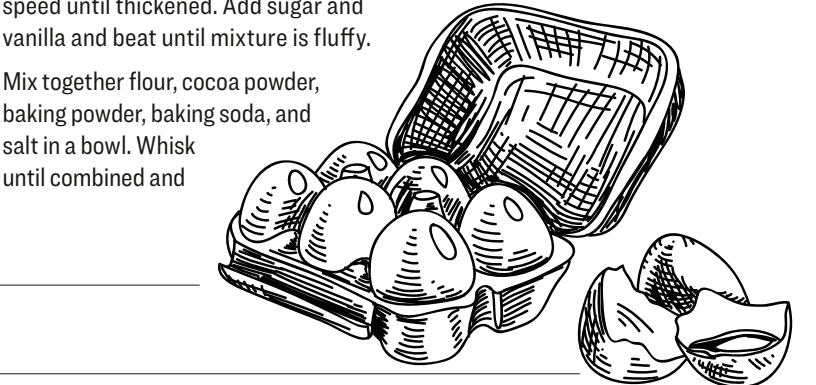
- completely.
- Place one completely cooled cake layer on a cake plate and top with your preferred filling. Top with another layer, followed by another portion of filling and the final layer. Frost the cake with either vanilla or chocolate buttercream or cream cheese frosting.
- 1/2 cup vegetable oil**
- 2 eggs**
- 1 egg yolk**
- 2 cups sugar**
- 2 teaspoons vanilla**
- 2 cups flour**
- 1 scant cup cocoa powder**
- 1 1/2 teaspoons baking powder**
- 1 1/2 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 cup sour cream**
- 1 cup boiling water or hot coffee**

lump-free. Add dry mixture to creamed mixture in three stages, alternating with sour cream. Beat thoroughly, then continue beating on low speed and slowly add boiling water or coffee while the mixer is running.

Pour the mixture into three buttered or sprayed 9-inch cake pans. Bake for 30–35 minutes or until a tester comes out clean. Remove from oven and place on racks to cool.

Place one completely cooled cake layer on a cake plate and top with your preferred filling. Top with another layer, followed by another portion of filling and the final layer. Frost the cake with either vanilla or chocolate buttercream or cream cheese frosting.

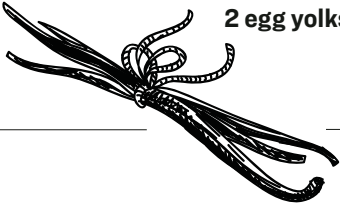
- DEVIL'S FOOD CAKE:**
- The counterpart to light and airy Angel Food Cake, this rich cake is a favorite of chocolate lovers. It's a bit darker than ordinary chocolate cake, and much denser than German chocolate layers. Some cooks fill and frost these cakes with fluffy white frosting for contrast, while others embrace the all-chocolate-all-the-time effect by applying a fudgy chocolate filling and frosting.
- MAKES ONE THREE-LAYER 9-INCH CAKE**
- 3/4 cup butter, softened**





FILLINGS

- Many people just make extra frosting and let the frosting do double duty as a cake filling. This approach saves time and, well, very few people complain about too much buttercream. But if you enjoy a more complex cake experience, here are three filling recipes to try.
- COCONUT-PECAN FILLING:**
- This is the traditional German chocolate cake filling. For a coconut filling, omit the pecans and add another cup of shredded coconut.
- 1 cup evaporated milk**
- 1 cup sugar**
- 3 egg yolks**
- 1/2 cup butter**
- 1/2 cup vanilla**



- 1 2/3 cups shredded coconut**
- 1 cup chopped pecans**
- In a saucepan, combine milk, sugar, egg yolks, and butter. Whisk together until well blended. Cook over medium heat until thickened, about 12–15 minutes, stirring often. Stir in coconut and pecans. Remove from heat.
- Cool, stirring occasionally. Use to fill your favorite cake.
- LEMON FILLING:**
- 1 cup sugar**
- 2 tablespoons cornstarch**
- 1/8 teaspoon salt**
- 3/4 cup water**
- 2 egg yolks, beaten**

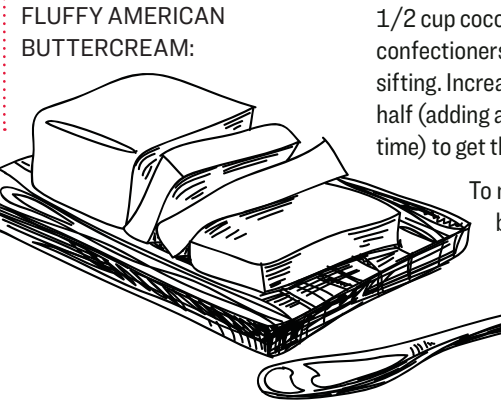
- 4 tablespoons lemon juice**
- 1 teaspoon grated lemon zest**
- 1 tablespoon butter**
- Combine sugar, cornstarch, and salt in a heavy saucepan. Whisk in water, egg yolks, and lemon juice. Cook over medium heat, stirring constantly, until thick and bubbly, about three minutes. Stir in lemon zest and butter. Remove from heat.
- Cool completely and spread between cake layers.
- EASY CHOCOLATE FUDGE FILLING:**
- 1 395g can sweetened condensed milk**
- 2 cups semi-sweet**

- chocolate chips**
- 1/2 teaspoon vanilla extract**
- Combine chips and condensed milk in a saucepan. Cook over medium-low heat, stirring, until mixture is bubbly and all the chips are melted. Add vanilla and remove from heat.
- Cool completely and spread between cake layers.
- Variations:** Substitute some of the semi-sweet chocolate chips with milk chocolate or peanut butter chips, or use other flavorings or liqueurs in place of the vanilla extract. You can also add 1/2 teaspoon instant espresso powder to make a mocha fudge, or stir in chopped nuts.



FROSTINGS

- Some folks will tell you that cake is merely the conduit by which it's socially acceptable to gorge on frosting. Whether you call it frosting or icing, there's no denying the stuff is enticing.
- Most North American home cooks opt for a simple, uncooked buttercream frosting, which can be colored and flavored to taste. European buttercreams offer less sugar and more richness, including eggs and a process that involves using a double boiler. There are also recipes that try to approximate whipped cream, but add other ingredients for stability. Here are few options, but by all means experiment.



To make marshmallow buttercream,

- 1 cup softened butter**
- 1 2/3 cups icing sugar, sifted**
- 1–2 tablespoons half-and-half**
- 1 teaspoon vanilla**
- In a large bowl, beat butter at medium speed until light and fluffy. Add confectioners' sugar, a little at a time, beating to incorporate after each addition. Add one tablespoon of half-and-half and vanilla. Mix well. If mixture is desired consistency, use to frost cakes or cupcakes. If it seems stiff, beat in remaining half-and-half.
- Variations:** To make chocolate buttercream, simply add 1/2 cup cocoa powder to the confectioners' sugar when sifting. Increase the half-and-half (adding a tablespoon at a time) to get the right consistency.

- skip the half-and-half and add a 7-ounce container of marshmallow fluff to the butter and confectioners' sugar.
- CREAM CHEESE FROSTING:**
- 1/2 cup butter, softened**
- 227 grams cream cheese, softened**
- 1 2/3 cups icing sugar, sifted**
- 1 tablespoon half-and-half**
- 2 teaspoons vanilla**
- In a large bowl, beat butter and cream cheese at medium speed until light and fluffy. Add confectioners' sugar, a little at a time, beating to incorporate after each addition. Add half-and-half and vanilla. Mix well. Cream cheese frosting is excellent on red velvet cake, chocolate cakes and carrot cake.
- Variations:** For a more delicate frosting, substitute mascarpone cheese for the cream cheese and flavor with a nut or fruit-based liqueur.

- SEVEN-MINUTE ICING:**
- This frosting goes very well with



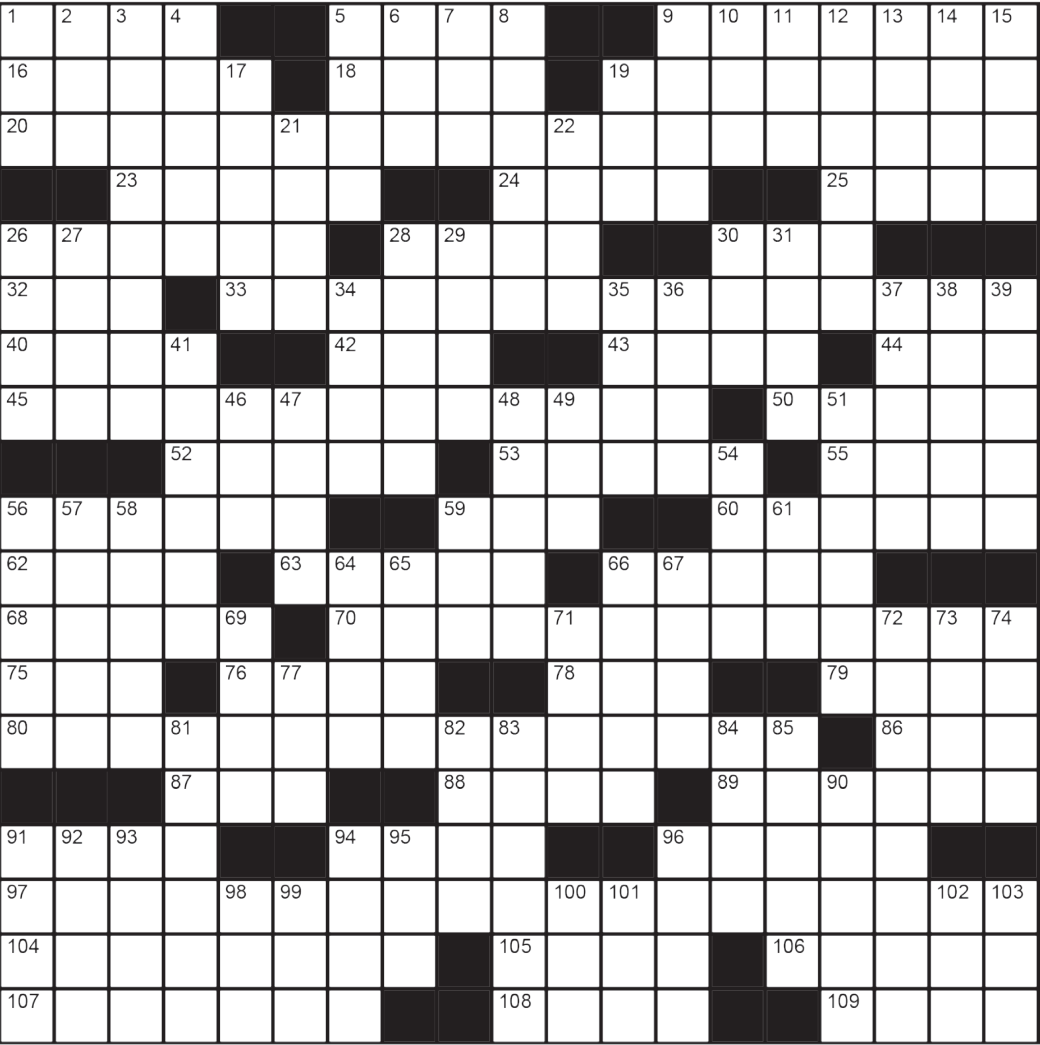
- a basic yellow or white layer cake with lemon filling.
- 2 egg whites**
- 1 1/2 cups sugar**
- 1/4 teaspoon cream of tartar**
- 5 tablespoons cold water**
- 1/8 teaspoon salt**
- 1 teaspoon vanilla or**
- almond extract**
- Place egg whites, sugar, cream of tartar, water, and salt in the top of a double boiler. With mixer on medium-low speed, beat briefly. Bring water in the lower half of a double boiler to a boil. (Make sure the water will not touch the bottom of the top insert.) Place the top of the double boiler over the
- simmering water and beat continually on high speed for seven minutes or until stiff peaks form. Add vanilla and remove from heat.
- Use immediately to frost cake. As the frosting cools, it hardens slightly.

All recipes by Belinda Hulin Crissman.

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

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



- Across**
- 1. Gone wrong?
 - 5. Double
 - 9. Bill Clinton or Harry Truman, e.g.
 - 16. Went white
 - 18. “Folsom Prison Blues” city
 - 19. Prisoner’s desire
 - 20. Nero Wolfe, for one
 - 23. City in central France
 - 24. Old Icelandic literary work
 - 25. Scattered
 - 26. Wall art
 - 28. Short skirt
 - 30. Smeltery input
 - 32. Asian tongue

- 33. Air traffic controllers?
- 40. Pennsylvania city
- 42. Nile slitherer
- 43. Horse feed
- 44. Pastoral sound
- 45. Katz’s or Ben’s Kosher Restaurant
- 50. Went slowly
- 52. Red, in heraldry
- 53. Trig. function
- 55. Glimpse
- 56. Infatuations
- 59. ____ compos mentis
- 60. Cry of dismay
- 62. Touch
- 63. Ring source
- 66. Web site
- 68. Ottoman title

- 70. Lost forever
- 75. Silvery gray
- 76. Not a lick
- 78. Even
- 79. Slog (through)
- 80. Campaign on a train
- 86. First-class
- 87. Abet
- 88. Double-reed woodwind
- 89. Kind of bread
- 91. “Ahem!”
- 94. Trainee
- 96. One who boards livestock
- 97. Higher the lower you go
- 104. Messengers
- 105. Contently fill

- 106. Noted blind mathematician
- 107. Erode
- 108. “ ____ the night before Christmas...”
- 109. Convenience

Down

- 1. iPhone download
- 2. Kind of cabinet
- 3. Baked potato rub
- 4. CEO Chip Bergh said they never need to be washed
- 5. Low part of a hand
- 6. Chinese dynasty during the Three Kingdoms period
- 7. “Holiday ____” (1942 film)
- 8. 9-day devotion
- 9. Kind of test
- 10. Groove-billed ____
- 11. Kind of iron
- 12. Bristly plant
- 13. Turned on by
- 14. Harbor vessel
- 15. Fork-tailed flier
- 17. Bangladesh’s capital, old-style
- 19. Trip producer
- 21. “Holier than ____”
- 22. Remove errata
- 26. Took off
- 27. Pinkish
- 28. He took two tablets
- 29. Tricksters
- 30. Select
- 31. Acronym for program that teaches first aid to combat journalists
- 34. “Soap” family name
- 35. They have their pluses and minuses
- 36. Beer buy
- 37. Not just fat
- 38. Indian music genre

- 39. Nymph chaser
- 41. Penultimate inning
- 46. Feed lines to
- 47. “ Not to mention...”
- 48. Bakery treat
- 49. Many millennia
- 51. Porter
- 54. ____ d’Azur
- 56. Sweet fruit
- 57. Humiliate
- 58. A raw meal
- 59. Part of Scand.
- 61. Condition treated by AZT
- 64. “... in the pot, ____ days old”
- 65. Tees off
- 66. Ridge
- 67. One of the Jackson 5
- 69. Start to freeze?
- 71. “Cincinnatti” feature
- 72. Embryonic stage
- 73. Places
- 74. Fall locale
- 77. Aged
- 81. Zen enlightenment
- 82. 1 mmHg pressure
- 83. Orchestra member
- 84. Implore
- 85. Lift
- 90. Offspring
- 91. Rate
- 92. Ancient Greek gathering spot
- 93. Blue material
- 94. “Comin’ ____ the Rye”
- 95. “You betcha!”
- 96. Lover of Aphrodite
- 98. Anger, e.g.
- 99. “Penthouse” girl
- 100. Bird call
- 101. Mom-and-pop org.
- 102. Apt., e.g.
- 103. In advance of

4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

12

28

46

4

23

+

−

×

÷

Hard 1 - 1 Solution

27

35

14

4

28

+

−

×

÷

Hard 2 - 1 Solution

7

10

22

2

8

+

−

×

÷

Easy 1 - 2 Solutions

6

9

53

4

7

+

−

×

÷

Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

- AGIST

ARÊTE

ATTIC

COSEC

COURIERS

CREPT

DACCA

EULER

FRESCO

GULES

IRRETRIEVABLE

ISSUE

LENIENCE
- LEVIS

MOSES

NOVENA

OBESE

OBOIST

ONION

PALED

PAPAW

PASHA

RAISE

RAISIN

REDCAP

SATORI
- SATYR

SCONE

SUSHI

TAPPA

TEASEL

VICHY

ABASH

BAPTIST

BLASTULA

EIGHTH

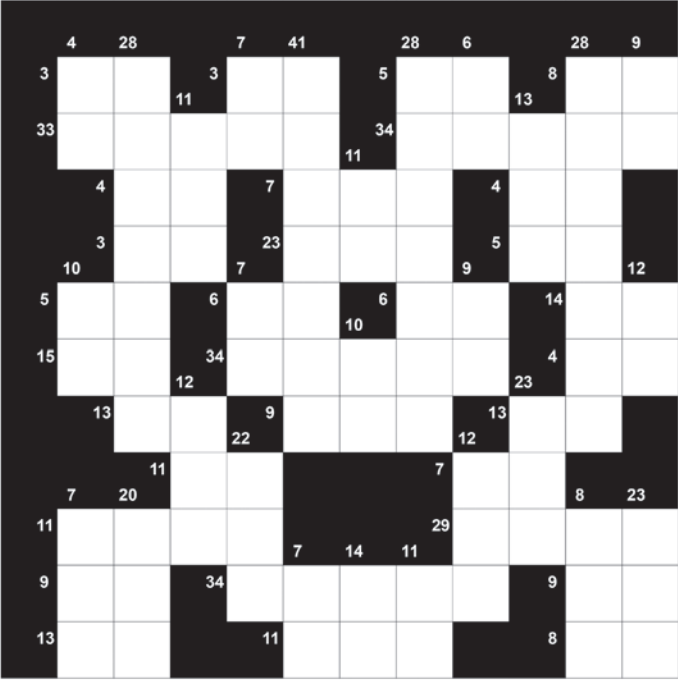
PASHES

KAKURO

CONSTRUCTED BY EPOCH TIMES STAFF

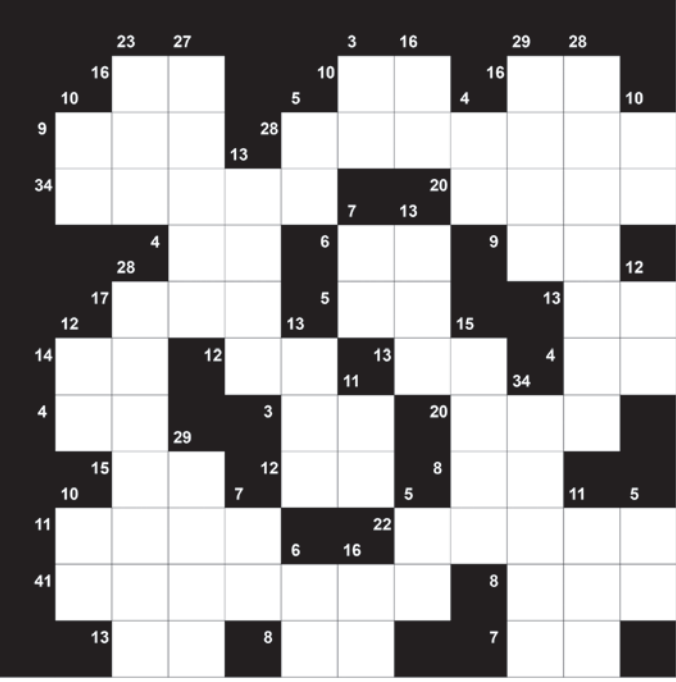
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle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

Large: Easy



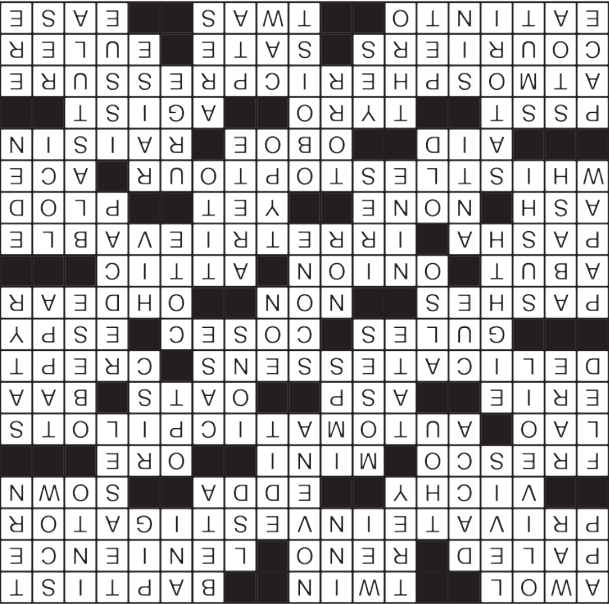
WORK SPACE

Large: Hard

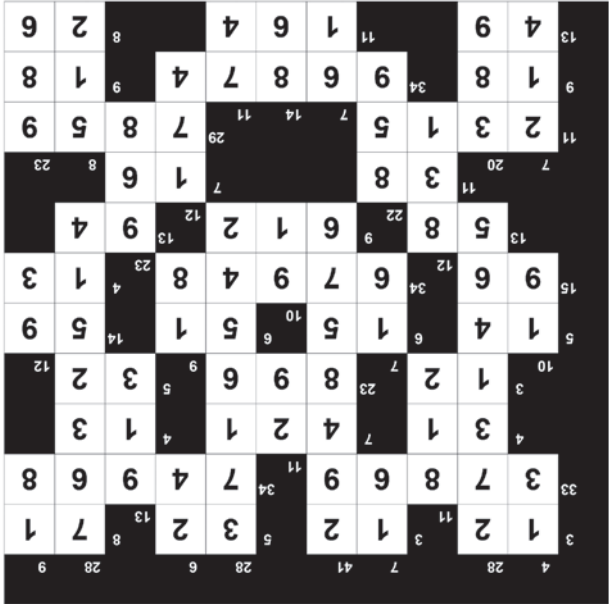


SOLUTIONS

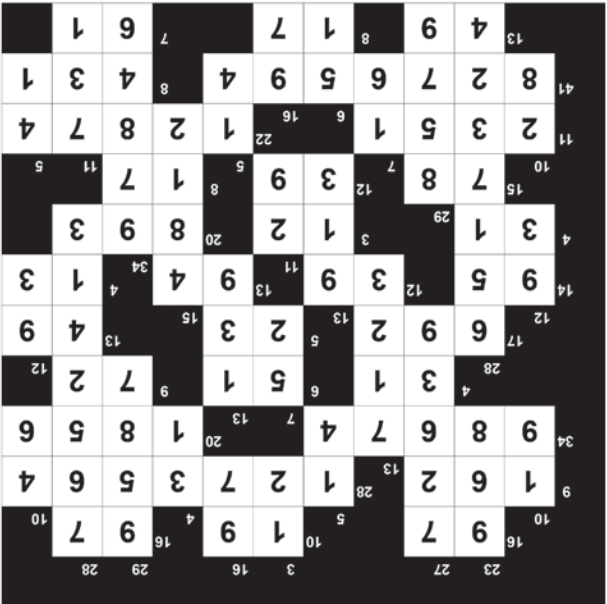
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

HARD 1

$(28 - 4) - 23 \div 12$

HARD 2

$28 \times 4 \div (35 - 27)$

EASY 1

$(10 - 7) \times 8 - 2$
 $(10 + 8 - 7) \times 2$

EASY 2

$9 \times 7 - 6 - 4$
 $(9 + 6) \times 4 - 7$

G-STOCK STUDIO/SHUTTERSTOCK



It takes a certain mental discipline to think logically, but the effort is well worth it.

STRONG MIND

Habits of Logical People

The authentically logical person keeps his logic rooted in truth not verbal trickery

DAN LATTIER

Becoming a logical person is not a matter of memorizing and applying formulas, or just learning how to tell the difference between a valid and an invalid syllogism. Rather, it involves cultivating intellectual habits and skills that, though they may seem simple and obvious, are only achieved after years of struggle and education.

In his book “Being Logical: A Guide to Good Thinking,” venerable philosophy professor D.Q. McNerny lays out the following 10 habits that people must cultivate if they are to think clearly and effectively:

1. They’re Attentive
“Many mistakes in reasoning are explained by the fact that we are not paying sufficient attention to the situation in which we find ourselves,” writes McNerny. The logical person has thus trained himself to always pay attention to the details—even in situations that are familiar—lest he make a careless judgment.

2. They Get the Facts Straight
“If a given fact is an actually existing thing to which we have access, then the surest way to establish its factualness is to put ourselves in its presence. We then have direct evidence of it. If we cannot establish factualness by direct evidence, we must rigorously test the authenticity and reliability of whatever indirect evidence we appeal to so that, on the basis of that evidence, we can confidently establish the factualness of the thing.”

Logic is ultimately about determining whether statements are true or false.

3. They Ensure That Their Ideas Are Clear
Our ideas are the means by which our minds understand the objective world. Clear ideas faithfully reflect that world, whereas unclear ideas give us a distorted view of the world. The logical person is constantly testing his ideas to make sure they accurately depict their objects.

4. They’re Mindful of the Origins of Ideas
The logical person knows which of his ideas are based on things that actually exist in the world. He knows, for instance, that his idea of “cat” corresponds to things in the objective world known as “cats.” As a counterexample, there are a lot of people who have an idea that there existed a female pope named Joan in the 9th century. But if they spent time looking into the source of that idea, they would find that it’s widely regarded by respectable historians to have originated in legend.

5. They Match Ideas to Facts
McNerny writes, “To prevent my idea from being a product of pure subjectivism, in which case it could not be communicated to others, I must continuously touch base with those many facts in the objective world from which the idea was born.” This is easy to do with ideas that have a simple correspondence to things in the world outside our minds (e.g. my idea of “cat” refers to an actual cat). It’s much harder to do, as we’ve all experienced, with more complex ideas such as capitalism and socialism, or conservatism and liberalism. For these ideas to remain sound, they must constantly be linked to, and

supported by, facts that are accessible to all.

6. They Match Words to Ideas
We can only communicate our ideas to others if we use words that accurately convey those ideas. But finding the right words can be difficult. When difficulty arises, we should go back to the sources: “How do we ensure that our words are adequate to the ideas they seek to convey? The process is essentially the same as the one we follow when confirming the clarity and soundness of our ideas: We must go back to the sources of the ideas. Often we cannot come up with the right word for an idea because we don’t have a firm grasp on the idea itself. Usually, when we clarify the idea by checking it against its source in the objective world, the right word will come to us.”

7. They Communicate Effectively
Logic is ultimately about determining whether statements are true or false. If others are to accurately determine a statement’s truth, it needs to be communicated to them in a clear manner. McNerny offers the following guidelines for clear communication: Don’t assume your audience understands your meaning if you don’t make it explicit; speak in complete sentences; don’t treat evaluative statements (e.g. “That work of art is ugly”) as if they were statements of objective fact; avoid double negatives; and gear your language to your audience.

8. They Avoid Vague and Ambiguous Language
“Vague” and “ambiguous” both come from Latin words that mean “wandering.” Vague and ambiguous language tends to wander around ideas rather than having a fixed, definite meaning. A logical person uses precise language so his listener knows exactly what he is talking about and can adequately evaluate the truth of his claims. If he refers to more complex terms such as “freedom” or “equality,” he makes sure to establish his particular understanding of those terms.

9. They Avoid Evasive Language
“The problem with evasive language, language that does not state directly what a speaker or writer has in mind, is twofold. First, and obviously, it can deceive an audience. Second, and more subtly, it can have a deleterious effect on the people who use it, distorting their sense of reality. The user shapes language, but language shapes the user as well. If we consistently use language that serves to distort reality, we can eventually come to believe our own twisted rhetoric.”

10. They Seek to Arrive at the Truth of Things
The purpose of logic, according to McNerny, is to arrive at the truth of things. He explains that there are two basic forms of truth: “ontological” truth—what actually exists and has real being; and “logical” truth—the truth of statements. Ultimately, he reminds us, “What determines the truth or falsity of a statement is what actually exists in the real world. Logical truth, in other words, is founded upon ontological truth.” The authentically logical person, therefore, keeps his logic rooted in truth and never lets it devolve into mere verbal trickery.

Dan Lattier is a former senior fellow at Intellectual Takeout. He holds a bachelor’s in philosophy and Catholic Studies from the University of St. Thomas in Minnesota, and also holds a master’s and doctorate in systematic theology from Duquesne University in Pittsburgh, Pa. You can find his academic work at Academia.edu. This article was republished from FEE.org

The Easy Way to Change Minds

Truth is not a tool for domination, it’s a way to connect and share

JAMES WALPOLE

Remember when you changed your mind? Do you remember all the dozens of times you had to give up one idea to get closer to the truth? Whether in politics, culture, art, or philosophy, you may have experienced what it’s like to make an about-face on an idea. It’s terribly vulnerable. Were you convinced by someone who argued angrily at you? Were you convinced by someone who used truth to gain superiority over you and others? Were you convinced by someone who insulted your intelligence, or your morality, or your community? Were you convinced by some-

one who threatened you with consequences for your belief, or by someone who threatened to force their beliefs on you? No? Then why do you expect those same strategies to work on other people? When you changed your mind, you probably didn’t change it because someone won an argument with you. You probably changed your mind because someone spoke your language and listened to yours. You probably changed your mind because someone made “over there” less scary and more beautiful than “right here.” You probably changed your mind because you were invited



A difference of opinion can give us a way to expand our understanding, if we don’t let it turn into an argument.

CHARLES/UNSPLASH

and then empowered and then left alone to make the choice for yourself.

For the sake of your past selves and for the sake of the people whose minds you want to change, share truth compassionately.

No one had to drag you when you finally came around to a new way of doing and seeing things. Now that you have that new way,

don’t forget how you got here. For the sake of your past selves and for the sake of the people whose minds you want to change, share truth compassionately. Lead people in. Entice them. Excite them. Empower them. Truth is not a tool for domination. It operates a lot more like love than war. Or have you forgotten when it first changed you?

James Walpole is a writer, startup marketer, intellectual explorer, and perpetual apprentice. He is an alumnus of Praxis and a Foundation for Economic Education’s Eugene S. Thorpe fellow. He writes regularly at james-walpole.com. This article was originally published on FEE.org



A photographic portrait of Rudyard Kipling as a postcard, by Bourne & Shepherd. Beinecke Rare Book & Manuscript Library, Yale University.

LITERATURE

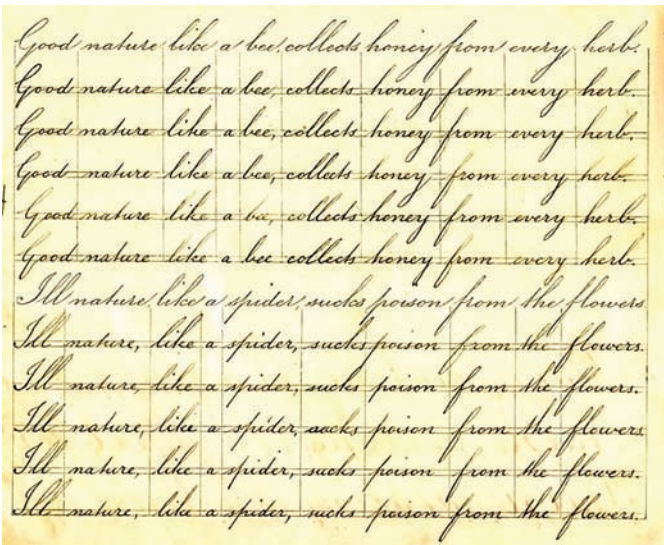
The Gods of the Copybook Headings: Revisiting Rudyard Kipling

JEFF MINICK

Sitting on my desk is a 776-page volume of poetry that will in 2021 become a hoary centenarian. Embossed in gold on the cover is a swastika, a Hindu symbol of the sun, prosperity, and good luck, once a popular icon even in the West until it was stolen and corrupted by the Nazis.

In 1907, the man who composed these verses won the Noble Prize for Literature at the remarkably young age of 41. He also wrote hundreds of short stories and several novels. Many of these were made into films in the 20th century, among which were “The Jungle Book,” “Kim,” “Gunga Din,” “Wee Willie Winkie,” “Captains Courageous,” “Soldiers Three,” and “The Man Who Would Be King.” (Reader, if you haven’t seen this last film, starring Sean Connery, Michael Caine, and Christopher Plummer, treat yourself to a great movie this winter.)

Meanwhile, this same man has all but disappeared from some textbooks and classrooms. Turn to the index of the sixth edition of “Literature” by X.J. Kennedy and Dana Gioia, and in these 1,859 pages you’ll find no mention of this English writer. Examine the teacher’s text for “Prentice Hall Literature: The English Tradition” (second



(Left) A page from a 19th-century copybook, in which the printed headings have been copied. The homily is paraphrased from a 17th-century sermon of Isaac Barrow, “Against Detraction.”

(Below) Rudyard Kipling attended Queen Victoria’s Diamond Jubilee festivities and then wrote a poem about them. “Queen Victoria’s Diamond Jubilee Service, 22 June 1897” by Andrew Carrick Gow. Guildhall Art Gallery.



edition) with its 1,461 pages of poems, plays, and stories from England, and you’ll find just one of his poems.

Rudyard Kipling (1865–1936) fails to meet our standards of political correctness.

Orwell and Kipling

Critics long ago attacked Kipling for his belief in the British Empire, his jingoism, and some of his works like the poem “The White Man’s Burden.” In a review of Kipling’s poetry, George Orwell says of Kipling: “During five literary generations every enlightened person has despised him” and “Kipling is imperialist, he is morally insensitive and aesthetically disgusting.”

In this same essay, and unlike many who condemned Kipling then and continue to do so now, Orwell conducts a long investigation into why Kipling’s poetry was so popular. Unlike those who sneered at Kipling, Orwell writes a passage about him that deserves quoting at length:

He does possess one thing which ‘enlightened’ people seldom or never possess, and that is a sense of responsibility. The middle-class Left hate him for this quite as much as for his cruelty and vulgarity. All left-wing parties in the highly industrialized countries are at bottom a sham, because they make it their business to fight against something which they do not really wish to destroy. They have internationalist aims, and at the same time they struggle to keep up a standard of life with which those aims are incompatible. We all live by robbing Asiatic coolies, and those of us who are ‘enlightened’ all maintain that those coolies ought to be set free; but our standard of living, and hence our ‘enlightenment,’ demands that the robbery shall continue. A humanitarian is always a hypocrite, and Kipling’s understanding of this is perhaps the central secret of his power to create telling phrases. It would be difficult to hit off the one-eyed pacifism of the English in fewer words than in the phrase, ‘making mock of uniforms that guard you while you sleep.’

Storm Warnings

If we approach Kipling in this same nuanced manner, we too may discover lessons worth learning from him.

His story “The Man Who Would Be King,” in which two ex-soldiers try to found a kingdom in Kafiristan, today a province in Afghanistan, leaves one of the “kings” dead and the other blind and broken in health. Here is a warning we might heed regarding intervention: It’s dangerous to meddle in cultures and lands unfamiliar to us.

Kipling repeats this admonition in other poems and stories. In “The Naulahka,” for instance, he writes of India:

Now it is not good for the Christian’s health to hustle the Aryan brown,

For the Christian riles, and the Aryan smiles and he weareth the Christian down; And the end of the fight is a tombstone white with the name of the late deceased, And the epitaph drear: “A Fool lies here who tried to hustle the East.”

Holding Up a Mirror to Us

Despite his patriotism, Kipling was quick to criticize the English for what he deemed their faults and failures. In 1897, for Queen Victoria’s Diamond Jubilee, Kipling observed the celebrations and parades, and then wrote “Recessional” as an afterword and a warning. Here, the accused imperialist warns against boasting and jingoism, reminding his audience that misplaced faith in might and power will bring ruin:

For heathen heart that puts her trust
In reeking tube and iron shard,
All valiant dust that builds on dust,
And guarding calls not Thee to guard,
For frantic boast and foolish word—
Thy Mercy on thy People, Lord.

Just as pertinent to our own time is “The Gods of the Copybook Headings.” Copybook headings were maxims at the top of a page, which schoolchildren then copied out below to practice their handwriting.

Here, Kipling contrasts the Gods of the Copybook Headings with the Gods of the Market Place. The former represent wisdom and ancient truths, and the latter are “smooth-tongued wizards” who promise such things as “abundance for all” and “perpetual peace.” Here are the last two stanzas:

As it will be in the future, it was at the birth of Man
There are only four things certain since Social Progress began.
That the Dog returns to his Vomit and the Sow returns to her Mire,
And the burnt Fool’s bandaged finger goes wabbling back to the Fire;

And that after this is accomplished, and the brave new world begins
When all men are paid for existing and no man must pay for his sins,
As surely as Water will wet us, as surely as Fire will burn,
The Gods of the Copybook Headings with terror and slaughter return!

Things as They Are

There are other reasons to explore Rudyard Kipling’s work: his rollicking verse, creativity in language, and brilliantly drawn characters. As James Mustich says in “1,000 Books to Read Before You Die,” “It is impossible to read a page of Kipling without being startled by a phrase or sentence that is animated with the spring of speech rhythms but starched with a unique confidence and poetic poise.”

At the end of his poem “When Earth’s Last Picture Is Painted,” Kipling writes that after death, each of us “Shall draw the Thing as he sees It for the God of Things as They are.”

We live in an age in which all too many of us worship the Gods of the Market Place and The God of Things as We Wish Them to Be. Rudyard Kipling reminds us that there are antidotes to these poisons.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of home-schooling students in Asheville, N.C., Today, he lives and writes in Front Royal, Va. See JeffMinick.com to follow his blog.

DO-IT-YOURSELF

MARRIAGE
COUNSELING

WHILE VACATIONING IN ITALY

Popcorn & Inspiration: Films That Uplift the Soul

MARK JACKSON & SHARON KILARSKI

One might conclude that “Enchanted April” is a story about how two dismal marriages are miraculously rescued by balmy Mediterranean breezes and Italian-vacation sunlight, except that this conclusion might be much the same as Aristotle’s deeply scientific declaration “The effect of sunlight upon mud produces frogs.”

“Enchanted April,” at first glance, is a movie about why the British should go on vacation more. There might not be enough sunlight in Merry England to manufacture enough vitamin D for happiness. I mean, look at Prince Andrew’s current situation: He was a royal, with a vast allowance from the Queen mum—just needed to show up for events, look royal, and say royal things. But, no, he had to go cavorting about and get himself sacked. He must not have been happy. Not enough vitt-a-min D. Maybe the same adrenaline issue that allegedly shut down his ability to sweat also nixed his vitt-a-min D manufacturing ability.



I’ve been traveling back in time and finding movies that are uplifting to the soul. “Enchanted April” is rather beloved on Rotten Tomatoes, with 84 percent of critics thinking it’s (to use a term from 1992, when this movie came out) “the bomb.” Let’s find out why.

For one, it’s extremely pretty; it’s got 1920s flapper fashion, women sunning themselves in full-length dresses, magical Italian country architecture, rustic waitstaff, and many flowers. If Monet was going to paint a movie, he’d paint this movie. Some scenes look basically like a Monet. Or maybe it’s more of a Degas ... a Pissarro? One of those guys.

It put me off at first, due to what my modern thinking viewed as passive-aggressive, fake sweetness on display by women who are oppressed by overbearing, blowhard, cheating husbands.

Except that the only outspoken women in 1920s England were elderly matriarch types. Actually, this is the case in most traditional societies. The wife may not dress-down and talk to the warrior husband with a disrespectful, sharp tongue, but the grandmother can say anything she pleases, and with tremendous acidity if she deems it appropriate.

The 1920s were not a time or place for saying exactly what you think. Society wasn’t like that. Middle-class women couldn’t just up and kick their husbands out the door, willy-nilly; they would have starved. Women never spoke on equal terms with men; people lived in hierarchies, much as the heavenly ranks are described, biblically. This was traditional womanhood.

No Joy
Lottie Wilkins (Josie Lawrence) is a London housewife who would like to be taken seriously by her husband instead of existing just to cook him meals and prop him up at parties. He’s (Alfred Molina) sort of a slicked-back weaselly fellow, constantly on the prowl for new clients and looking to expand his business.

One day on the tram, Lottie sees an advertisement on the back of someone else’s London Times, describing a dreamy vacation spot in Italy. There’s a castle! Lakes! Wisteria! She feels a deep stirring. She must go. She can’t deal with her husband for another minute.

She talks another woman into going with her. It’s annoying to watch, but if you put yourself in her shoes, with that husband, you might also fall over yourself in a desper-



Four women become better human beings in “Enchanted April,” with a cast of (L–R) Polly Walker, Josie Lawrence, Joan Plowright, and Miranda Richardson.

ate attempt to try to get someone to go with you and make the escape happen.

Come to think of it, this is the exact premise of “Thelma & Louise”: Two women go on vacation to escape one of the all-time greatest screen idiots (Thelma’s husband) and Louise’s unenthusiastic boyfriend (she knows he’s getting ready to propose). So this is a thing: Women going on vacation together to get away from stupid men. I need to find a third example and then I’ll write a book.

A Bit of Joy
The woman Lottie convinces to accompany her is one Rose Arbutnot (Miranda Richardson). Her husband (Jim Broadbent) writes mildly erotic books, to some acclaim, and has an irritating habit of impersonating a muted solo trumpet. He also—unbeknownst to her—is quite enamored of a much younger, well-to-do fashionista, who, it turns out, becomes the third woman to join the getaway duo, making it a trio.

This third woman, Caroline Dester (Polly Walker), is at her rope’s end, getting endlessly pawed by “grabby” young men—yet another woman fleeing boorish males.

It’s interesting to note that while Lottie and Rose seem, by modern definitions, passive-aggressive and unable to express themselves directly—wafting clouds of fake positivity about to hide their despair—Polly speaks her mind exactly. But she is so debonair, poised, exceptionally gorgeous, and unflappable in the face of insults that one doesn’t notice immediately that she just said something disagreeable that went under the insult radar. Which is the more accurate definition of passive-aggression.

The most annoying (and confident) of the women is the oldest, Mrs. Fisher (Joan Plowright). She’s outlived her friends, and now her friends are a dead poets society of daily reading. She likes to name-drop and brag about the fact that her Italian is not for modern usage, because it is the Italian of Dante. She’s very aggressive with her walking cane, likes to swerve it about with alacrity, and comes close to smacking people in the face with it.

So that’s your main cast. To make a long story short, Lottie tells her husband that she’s going on vacation, and hubby blows his stack. Meanwhile, Mr. Arbutnot is happy to let Rose go. And so off they go. So far so good.

More Joy
Arriving in Italy, the four get on each other’s nerves a bit, and then they all settle down and have many languid sunbathing scenes. And you’d think they’d come to the decision to divorce their respective husbands.

But things weren’t so easy for women back then, especially right after World War I. It’s hard to imagine how devastating that war was to the tiny country of England, with so many men gone or irreparably damaged when they returned.

Looking Within
And so begins the true nature and gift of this film. Regardless of how much they’d like to point the finger and place the blame solely on their husbands, all this lying about in hammocks and on rocks beside tide pools is actually a showcasing of the fundamental building block of true spiritual cultivation: They are looking within themselves, and at themselves, for clues, answers, and solutions. This is an enchanted April environment that allows them the time, space, peace, and quiet to morally elevate themselves.

Their characters arc thusly: Lottie, an odd character, is somewhat dense and silly about

worldly things, but also almost prophetic. She comes to realize by looking deep within her soul that, as she explains to her new girlfriends, she has been stingy with love. She counted out her love, kept score, and was withholding if she wasn’t loved equally in return. With this realization, her interactions with everyone undergo a shift. As she is coming from a place of love and compassion, even her self-serving husband later changes because of it. Lottie is the impetus for change in the other characters.

Miranda Richardson’s character Rose, often likened to the suffering Madonna, has withdrawn from her husband. Who actually adores her. Is she perhaps a little self-righteous about the way her husband makes a living? Know anyone like that? She also thinks she’s boring and unattractive. Low self-esteem is a considerable culprit in relationships. But that changes due to Lottie’s encouragement, and her own deep desire to reconnect with her husband.

Gorgeous, debonair Caroline is very attached to her looks. She’s aware that this ability to skate through life by looking good has become a problem, and she leaves England to figure out why her life is a mess, despite the fact that she has everything. But a shallow existence is not what she really wants. In a Shakespearean twist that pairs everyone off neatly, she ends up with the estate’s nearsighted host who can’t actually see (or be trapped by) her beauty.

Joan Plowright’s character is trapped by pride and the need to look down on others because of an attachment to status and reputation. But Lottie’s capacity for compassion and basking the old lady in kindness heals her hardened heart.

Instead of pointing a finger at your spouse, do a vision quest, a pilgrimage, a retreat, a men’s or women’s weekend—any place that facilitates looking within.

So Much Joy
As mentioned, the women send for their husbands to come and share in the wealth of sunshine. And due to having put in the challenging inner work of changing their hearts, love and amorous feelings are rekindled.

In Eastern energy practices, looking within and raising one’s moral standard above and beyond standard human emotion can positively recharge one’s energy field. And that changed energy field can affect the energy fields of others. Maybe that’s why the men arrive on the scene and tumble head-over-heels back in love with their wives.

So, if you’re considering marriage counseling, have a gander at “Enchanted April,” and instead of pointing a finger at your spouse, do a vision quest, a pilgrimage, a retreat, a men’s or women’s weekend—any place that facilitates looking within—and find the things you hate about your spouse. Then, embrace the fact that your annoyance stems from the fact that these traits are exactly reflected parts of your own self, which are not really your true self—and learn how to let these notions go. You might not need that marriage counselor after all.

‘Enchanted April’

Director
Mike Newell

Starring
Josie Lawrence, Miranda Richardson, Alfred Molina, Jim Broadbent, Joan Plowright, Polly Walker

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PG

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Traumatized by Abortion: One Woman’s Journey of Healing

JOAN DELANEY

It wasn’t until Angelina Steenstra lost her second child due to an ectopic pregnancy that she was able to begin recovering from the years of depression, substance abuse, and self-destructive behavior triggered by the abortion of her first child.

Steenstra was just 15 when she went with an older boy to a party and was raped by him. A few months later she learned she was pregnant. She ended up having an abortion, which she says impacted her psychologically on a deep level.

“I suffered from depression. I suffered from self-hatred, shame, guilt. Emotionally, I couldn’t see myself. I couldn’t look at the girl in the mirror. I hated who I became,” she says.

She blamed the ectopic pregnancy, which happened after she had been married for seven years, on the abortion as well.

“The abortion led me down a road of self-destruction. And with that self-destruction, somewhere along the way I contracted a sexually transmitted disease, which is why the fallopian tube was blocked, which is why the next child died,” she says.

That was a turning point for Steenstra. As she grieved the loss of her second child, she began to simultaneously grieve for her aborted child as well, finally recovering from the pain and grief.

She went on to start a Canadian chapter of Silent No More Awareness Campaign to help those—both women and men—who have been negatively impacted by the procedure.

With over 300 abortions a day taking place in Canada, not everyone is going to walk away unscathed, she says. “I am only one of millions of women who have suffered from the many after-effects of abortion.”

No Validation

After Steenstra found out she was pregnant, she didn’t know what to do. It was the late Sixties, when pregnancy outside marriage was still relatively taboo, and she feared being rejected by her parents, her peers, and her teachers, not to mention how to cope as a single parent.

When abortion was floated as a solution—but not by her parents, she didn’t tell them she was pregnant—



Angelina Steenstra on Aug. 7, 2019. Steenstra spiralled into depression and substance abuse after having an abortion at age 15. She went on to start a Canadian chapter of Silent No More Awareness Campaign to help others who are negatively impacted by the procedure.

she opted for it, believing it was “a means of trying to reverse what had happened.”

But partway through the procedure, thoughts began to assail her mind, such as if there really was a baby and if so whether it had a soul, and suddenly she had a feeling she had done something terribly wrong.

“I felt like I’d crossed a line,” she says. “I didn’t know how I was going to deal with this, what I was feeling inside.”

As a way to cope she set about changing everything about herself—her friends, her job, her living circumstances—and that became her pattern for several years, always trying to escape the inner turmoil she was feeling.

“That disordered reaction began to fill me up with anger, pain, and hatred, all directed to myself. I would use alcohol, sex, drugs, to try and numb that pain,” she explains.

“I felt like a crazy person. I’m feeling this but everybody says I should feel differently,” she adds. “I once went to a therapist to treat depression. When I said I think it’s rooted in the fact that I had an abortion, there was no validation. It wasn’t even acknowledged that there could be a link.”

She eventually became suicidal. What helped her change course was talking to someone at a call-in Christian TV show and telling her story for the first time and receiving

validation for what she was feeling.

“I had told bits and pieces to people, but nobody had ever asked me the whole story and nobody had ever validated what I felt inside—that what I had done was wrong, would always be wrong. It is the killing of another human and that person was my child. The way the baby was conceived did not justify ending the life of the child.”

“**I felt like I’d crossed a line. I didn’t know how I was going to deal with this, what I was feeling inside.**”

Angelina Steenstra

‘Abortion Robbed Us on Many Levels’

Having finally found some solace and hope, Steenstra was able to get her life back on track. But after she got married, she turned to drinking, smoking, and self-destructive eating patterns, she says, largely because there were many “triggers,” including not being able to get pregnant and people she knew asking her why she wasn’t having any children.

She finally conceived after being married for seven years, but at around nine weeks she had to be

rushed to emergency because it was an ectopic pregnancy that had ruptured. The fetus died, but her life was saved. She was told she could never have another child because of the scar tissue left by the infection.

“Yes, my life was saved, but we were never able to have more children. Abortion robbed us on many levels. It didn’t just rob me, it robbed everybody. My whole family was impacted, but they didn’t know. For a long time, they didn’t know. Why was Angelina as she was? What was wrong with her?”

While grieving the loss of that child, she realized the same process would work for the aborted child. She knew intuitively that one was a boy and the other a girl, so she named them, which she said was an important part of the healing process.

So was forgiveness, Steenstra notes.

“My only way to make it right was to tell the truth and to accept forgiveness, and to give forgiveness. Because there were many people involved who I needed to forgive, from the government of the country right down to the father of the baby,” she says.

“Even though everyone told me [having the abortion] was right, I knew that there is a law inside of myself that I broke.”

April Zhu contributed to this report.



“Dream of Pilate’s Wife.” 19th century, by Gustave Doré (1832-1883), Alphonse François (engraver, 1814-1883). Ponce Art Museum, Puerto Rico.

ARTS

Gustave Doré Illuminates a Majestic Revelation

ERIC BESS

Gustave Doré was a French Romantic artist known for illustrating some of the greatest books of known Western literature. These included Dante Alighieri’s “The Divine Comedy,” John Milton’s “Paradise Lost,” and the Bible, among others. He provided these most influential

narratives with fascinating imagery.

In the mid-19th century, he illustrated a verse from the Bible. That verse, Matthew 27:19, reads: “While Pilate was sitting on the judge’s seat, his wife sent him this message: ‘Don’t have anything to do with that innocent man, for I have suffered a great deal today in a dream because of him.’”

Doré interpreted this general statement and translated it into a majestic scene.

Pilate’s wife, Claudia, is seen on the left side of the image. Her bedchamber can be seen behind her in the background. She is obviously perturbed by the content of her dream, has left her bedchamber, and walks into the night.

An angel sits close to Claudia and appears to whisper to her while pointing to the imagery on the right side. It is as if the angel’s gesture provides the content of the dream, as if the angel represents the breakthrough between our worldly plane and a spiritual plane.

On the right side of the image is a secondary focal point: Jesus Christ, shrouded in light. His halo illuminates the darkness around him.

Roman soldiers kneel at Jesus’s feet, and four figures stand behind him. These four figures may very well represent the four authors of the gospels: Mark, Matthew, Luke, and John. The figure holding keys behind these four figures must be Peter, to whom Jesus gave the “keys of the kingdom,” inaugurating him as head of the Church.

Peter does not watch the event in front of him but turns to look for guidance from Mary, as though she already has received her coronation in heaven with the crown on her head and cross in her hands.

To the left of Jesus, figures hold the cross upon which he will be crucified. Roman soldiers are shown in disbelief, in reverence, and in worship. In the background, figures are

shown ascending to heaven, where a cross shines like a star in the sky. It is quite the majestic scene.

In the Bible, Claudia, however, described none of these details. Doré used his imagination to interpret and depict the scene. What can we gather from his depiction about our possible relationship to our dreams and to the divine?

The Dream as a Revelation

Here, the dream is like a portal to another world. It is not merely pulsating imagery from repressed desire, as Freud would suggest.

Through the dream, the angel reveals divine content to Claudia; the angel ushers her into this other, celestial world. Her dream is so lucid that it is, instead, an actual happening. The dream allows the sleeper transmigration to another world, only to return to this one upon awakening. It is a revelation, not merely a dream.

Through her revelation, Claudia comes to have faith in Jesus’s divinity.

Doré interpreted Claudia’s dream as a divine experience. For him, Claudia understood that condemning Jesus was not just harming an innocent man but a divine being. She would, no doubt, wonder what the outcome would be of such an evil act.

Eric Bess is a practicing representational artist. He is currently a doctoral student at the Institute for Doctoral Studies in the Visual Arts (IDSVA).

MY RECIPE FOR Post-Surgery Healing

After weeks of battling cancer, the keys to recovery are perseverance, prayer, and patience

MICHELE GONCALVES

Cancer is one of the most common diseases of our age, and yet those who face it rarely know what’s about to happen to them beyond the broadest terms. “Cancer up Close” is an open recount of Michele Gonçalves’s cancer journey from pre-diagnosis to life after treatment.

I was overwhelmed and exhausted after being discharged from the hospital following my rectal tumor removal and ileostomy placement surgery, but a huge uphill battle still awaited me.

My journey to recovery was full of setbacks, but through perseverance, prayer, and patience, I was able to see real progress eight weeks later.

The first hurdle came just hours after arriving home. I had to learn how to administer antibiotics via IV into a PICC line in my arm. A nurse came to my house to teach me this complicated procedure. I had to mix a powder and liquid, flush out my PICC lines and the IV with saline, and hook up several tubes.

My head spun from all the information. Fortunately, my auditor instincts kicked in, and I asked my brother to record the whole thing on my phone to play it back later. This was a brilliant idea since there was no instructional video available (I suggested this as feedback later). After another lesson the following day, I started to get the hang of it and completed the 14 days required all by myself. I was so glad it was over and proud of how I handled it.



I patiently pushed myself each day to slowly build up my strength again.

My journey to recovery was full of setbacks, but through perseverance, prayer, and patience, I was able to see real progress eight weeks later.

The second obstacle was coping with physical exhaustion. I enjoyed long, energetic walks prior to surgery, so feeling wiped out after going up and down a few stairs shocked me. I patiently pushed myself each day to slowly build up my strength again. I started by walking to our backyard patio to get a few minutes of summer sun on my skin. Then a few days later, I walked around our block. I

increased my distance every two or three days and watched myself go from twice around the block, to four times, then eventually to a nearby park after a few weeks. Although I’d feel wiped out and take a nap immediately afterward, my stamina improved, and this encouraged me to keep going.

The third obstacle was a sudden 20-pound weight loss, which came from my lack of appetite and the high volume of output from my ileostomy. Although things seemed fine the first few days after coming home, my appetite slowly disappeared and the weight fell off. In less than one month, I went from looking healthy to a sack of sagging skin and bones. My doctors and my weekly visiting nurse started to get worried (and me, too), but over the course of three months, the weight came back on. I did this mainly by adding pecans, walnuts, and olive oil to a high-calorie protein shake I drank for breakfast and as a snack after my walks. I also added a bowl of homemade rice pudding

with coconut milk ice cream and nuts for dessert after dinner.

Although I’d feel wiped out and take a nap immediately afterward, my stamina improved, and this encouraged me to keep going.

My final obstacle was the plastic drain surgically inserted through my bum into the huge, infected abscess I had at my surgical site for an entire month. I couldn’t sit, struggled to sleep, and could only lay in one specific position.

After a few weeks of this, I became so sore in my right hip and lower back that

I had an emotional meltdown one night. I was exhausted and there was no relief. I asked God to help me, and soon found a natural pain ointment called NeoRelief that soothed the sore areas enough so I could rest at last. Soaking my feet in a warm tub of Epsom salt helped relax me as well.

When the eighth-week post-surgery arrived, which was the typical timeline for recovery, I remember proudly thinking to myself how far I had come. By this point, I could move, eat, and sleep normally again. I hope my story helps encourage anyone currently facing this situation to hang in there. It gets better, I promise.

Breathe deep, be kind, and take it one day at a time.

Michele Gonçalves is a financial compliance and fraud auditor for a Fortune 500 company by day and a passionate pursuer of holistic and functional medicine knowledge by night. She is also the author of the column *The Consummate Traveler*.

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