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QUOTES *In the  
News*

“The [Wuhan virus] was identified on a variety of surfaces in cabins of both symptomatic and asymptomatic infected passengers up to 17 days after cabins were vacated on the Diamond Princess.”

Takuya Yamagishi, National Institute of Infectious Diseases

WORLD | A3

“This has gone world-wide because we’re trying to keep it positive. It’s a message of hope and keep fighting and take care of each other.”

Cami Neidigh, daughter of 90-year-old coronavirus survivor Geneva Wood in Seattle

US | A7

“Some even call for us to wind down the U.S. alliance. The result of that would be that we would eventually become a Beijing satellite.”

David Flint AM, former chairman of the Australian Press Council, writes on the Wuhan virus and mass sell-off of Australian assets to China

OPINION | A9

“Now, we have become victims, as the virus has crossed borders. Should we continue to deal with the CCP like we are dealing with a group of gentlemen?”

Commentator Diana Zhang on the cancer-like nature of the Chinese Communist Party

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STR/AFP VIA GETTY IMAGES



This aerial photo shows an empty street in Wuhan in China's central Hubei province on March 10, 2020.

## CORONAVIRUS

# Leaked Documents Reveal China Underreporting New Infections

The communist regime maintains there have been no new domestic infections since March 18

NICOLE HAO

The Chinese regime has maintained that there have been no new domestic infections of the CCP virus in the entire country since March 18.

Local authorities say that the epidemic has leveled off, as they ease travel restrictions and tell people to return to work.

But the situation in the ground zero of China's epidemic, the city of Wuhan, is much worse than what has been officially reported, according to a series of internal government documents obtained by The Epoch Times.

The Epoch Times refers to the novel coronavirus, which causes the disease COVID-19, as the CCP virus because the Chinese Communist Party's cover-up and mismanagement allowed the virus to spread throughout China and create a global pandemic.

The documents include four reports from the Wuhan Municipal Health Commission, which were statistical data sheets about diagnostic test results in the city on March 14.

The data showed that there were 91 newly diagnosed patients in Wuhan

on March 14. China's National Health Commission only reported four cases for that date.

Meanwhile, two residential compounds in Wuhan posted notices to alert their residents that there were people living there who were diagnosed with the CCP virus on March 19—another indication that the Chinese regime is concealing the epidemic's true scale.

### Internal Reports

The documents showed that for March 14, the city collected samples from 43 of the city's virus testing agencies: 32 hospitals and 11 labs.

One data set recorded the details of each test, including names (which were redacted), ID number, age, gender, when and where the samples were collected, the number of times the person has been tested, which agency tested the sample, and the latest test result (positive or negative).

In total, the city tested 16,234 samples on March 14, most of them collected on March 11, 2020.

The Chinese regime requires all Chinese to use their cellphones to generate a health code. It's impossible for a person to cancel his cellphone.

Tang Jingyuan, a U.S.-based China affairs commentator

AFP VIA GETTY IMAGES



A medical staff member sprays disinfectant at a residential area in Wuhan, China, on March 11, 2020.

JENNY EVANS/GETTY IMAGES



People are seen lining up at Centrelink in Bondi Junction, Sydney, on March 23, 2020.

## NATION

# Jobless Queues to Grow Amid CCP Virus Pandemic

Australia has been placed into an even tighter lockdown as of midnight on Wednesday as governments desperately try to slow the spread of the coronavirus.

Shuttered shops, empty streets, and queues at Centrelink offices will be the new normal as tighter restrictions on more businesses, community facilities, and public spaces come into effect because of the CCP virus.

But it will come at a cost to Australians.

Continued on A2

## OPINION

# Meekness as True Strength

CHRIS ERICKSON

“Blessed are the meek, for they shall inherit the Earth.” (The Gospel of Matthew, chapter 5, verse 5)

There are many ways in which Western society has lost its sense of virtue, a collective loss that we can observe increasing proportionally with the ever-expanding secularization of our culture.

In fact, the very definition of some virtues are now completely misunderstood by the majority of the population. For example, the word meekness often inspires thoughts of weakness and a lack of confidence, rather than thoughts of empowerment and self-control. A strong case can be made that the original definition of meekness has been almost completely lost to the modern world.

In truth, meekness isn't a form of weakness at all; meekness is the strength to resist one's passions and instead act in a controlled and de-



Saint Thomas Aquinas (1225-1274), the Italian philosopher and theologian.

liberate fashion. That isn't to say that meekness is just the power to resist one's passions; rather, it's the ability to command and control these passions, ultimately directing them toward creation rather than destruction.

The meek respond to adversity by maintaining control of the situation at hand, rather than allowing themselves to be controlled by the situation itself.

Giving in to our passions clouds

Continued on A10

## CHINA-US

# China Escalates Disinformation Campaign Targeting US Amid Global Pandemic

BOWEN XIAO

The Chinese Communist Party (CCP) is continuing to target the United States as part of an increasingly antagonistic disinformation campaign, to cover its own mishandling of the pandemic—now confirmed to have infected nearly 330,000 globally.

Over the past few days, as part of this anti-U.S. campaign, the CCP began pushing a new conspiracy theory, one that alleged the United States had access to the virus long before anyone because it was so swift in its development of a potential vaccine.

Continued on A5

GERARD JULIEN/AFP VIA GETTY IMAGES



Medical staff show a packet of the malaria drug Nivaquine, which contains chloroquine.

## CORONAVIRUS

# Malaria Treatment Shows Promise in Treating COVID-19

ZACHARY STIEBER

A drug usually used to treat malaria showed promise in treating patients with COVID-19, the disease caused by the CCP virus.

French researchers gave hydroxychloroquine to 20 patients daily and all eventually recovered from the disease, which is caused by the novel coronavirus, or SARS-CoV-2. Combining hydroxychloroquine with another drug, azithromycin, had an even greater effect on the patients, the researchers wrote in their final report.

Continued on A3

## OPINION

# One Belt, One Road... One Virus

BRIAN CATES

As the entire world has struggled to cope with the fallout from the CCP virus, all eyes have remained fixed on Italy, where the virus is reaping its most awful toll. Deaths in Italy from the virus have now surpassed the official count claimed by the communist officials of China.

As of March 23, China has acknowledged a total of 3,270 deaths from the disease, while Italy's toll has far surpassed that at 5,476 and is climbing rapidly.

Another of the hardest-hit countries is Iran, which claims 1,812 dead, although as with China, there's good reason to believe the Iranian regime is hiding the true numbers. Spain and France have also been deeply affected, with 2,206 and 674 deaths, respectively.

When you consider that the Chinese Communist Party's (CCP) and Iran's numbers are likely far higher than what has been reported because those regimes can't be trusted

Continued on A12

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.



# Jobless Queues to Grow Amid CCP Virus Pandemic

CONTINUED FROM A1

The shutdowns will lead to wider job losses as more businesses are forced to draw the shutters for what could be months.

Scenes of thousands of people queuing at Centrelink offices around the country have underscored the seriousness of the issue.

Economists predict 814,000 Australians will be added to dole queues before the end of June.

Centrelink is rapidly recruiting an extra 5,000 staff to deal with the influx of demand.

But Victorian Premier Daniel Andrews says while the Centrelink queues are heartbreaking, the alternative is worse.

“What we don’t want is queues for people who need a machine to help them breathe. We cannot have people queuing for intensive care beds. That will mean they will die,” he said in Melbourne on Wednesday.

“We’ve got to buy time ... if you can stay home, you must stay home. No dinner party, no shopping trip is worth a life.”

Officials are battling to stop the spread of the coronavirus and prevent the nation’s health system becoming overloaded.

Deputy Chief Medical Officer Paul

People are seen lining up at Centrelink in Flemington, Melbourne, on March 23, 2020.

What we don’t want is queues for people who need a machine to help them breathe. We cannot have people queuing for intensive care beds.

Daniel Andrews, Premier of Victoria



Kelly said the infectiousness of the virus was such that one sick person could lead to 400 more contracting the disease within a month if they didn’t stick to distancing and quarantine measures.

“That is the disaster situation we’ve been seeing in other countries. That is what we are trying to prevent,” he said.

“This is a wake-up call. No one is immune to this. Many of us will get sick from it. Some of us will get severely sick and end up in hospital ... and some of us, as we’ve seen already, unfortunately, will pass away from this disease.”

All non-urgent elective surgery has been put on indefinite hold in a bid to free up capacity across the hospital system.

And Australians are receiving stern warnings to keep their distance from other people, as governments appear set to start tracking the movements of people who catch the disease.

“Our instruction (to healthy people) is, more generally, stay home unless you’re going out for essentials,” Prime Minister Scott Morrison said.

An expanded list of businesses will be forced to close their doors at midnight on Wednesday with an empha-

sis on stopping large gatherings.

Open house inspections and auctions are banned as are personal services such as beauty therapy, waxing, tattoo parlours, and massage.

Most community facilities will also close, including libraries, swimming pools, RSL clubs, galleries, and community centres.

Weddings will be restricted to the couple, celebrant and two witnesses only, while funerals can only have a maximum of 10 mourners.

Pubs, clubs, sit-in cafes and restaurants have already been closed.

Schools are remaining open although many jurisdictions have encouraged parents to keep their children at home and do distance learning if they can.

The government has also used biosecurity laws to ban Australians from travelling overseas after concerns that some people weren’t heeding the “do not travel” warning slapped on the entire world.

He insisted governments would not act recklessly or take unnecessary actions when they knew it could lead to the loss of people’s livelihoods.

By Katina Curtis, AAP Senior Political Writer  
From AAP

## Aussies Promised Olympic Spots Are Safe

Australian athletes selected for the Olympics have been assured they won’t have to re-qualify for the postponed Games next year.

A total of 43 athletes have been formally selected, with others already meeting qualifying criteria for the 2020 Tokyo Olympics, now postponed until next year amid the pandemic.

Asked if the qualified athletes were guaranteed a place on the team in 2021, Australian Olympic Committee chief executive Matt Carroll said “That is our understanding at this time.”

Questioned about what would happen if an individual performed better in an event than someone who had already qualified over the next 12 months, Carroll said: “You’ve got to remember the way you get to an Olympic Games is through specific qualifications. The events that have been held for these qualifications are done.”

Carroll acknowledged there could be an issue trying to ensure selected athletes were still at the top of their game come next year.

“Therein lies the challenge for the high performance structures in Australia and our sports to work with the athletes to meet those challenges.

“The message to the athletes who have qualified is keep training, keep working hard at the moment and this crisis will pass. The same thing for those athletes who are yet to qualify. Once this crisis passes, it’s a great opportunity,” he said.

Carroll said a wellbeing service



Australian Olympic Committee CEO Matt Carroll speaks to the media on March 25, 2020.

would be launched next week to enable the athletes to keep their spirits up.

He said the AOC welcomed the decision of the International Olympic Committee (IOC), the Japanese government and Olympic organisers to move the Games back a year.

“It’s a challenging moment in history, tragic times globally, but athletes in sports now have absolute clarity that enables them to focus on a Games in 2021,” Carroll said.

“The AOC recognises the Games organisers have an enormous task ahead of them and there’s no doubt Japan will put on the greatest Olympic Games ever and provide an opportunity for the world to reconnect in a spirit of unity and hope.”

By Adrian Warren  
From AAP

It’s a challenging moment in history, tragic times globally, but athletes in sports now have absolute clarity that enables them to focus on a Games in 2021.

Matt Carroll, Chief Executive of the Australian Olympic Committee

## Guests Sick With COVID-19 After Queensland Party

Over a dozen guests at a Noosa birthday have tested positive for COVID-19 in what Queensland’s leader says is a prime example of why people must stay at home.

The party-goers celebrated at Sails Restaurant last week before returning to their homes across the state.

Four staff who served guests have also tested positive to the infection and the restaurant has since been closed.

“This is how coronavirus can spread,” Premier Annastacia Palaszczuk said on Wednesday.

“It is a very clear signal to everyone that this is now not the time to socialise, it is the time to keep your distance.”

She has desperately urged Queenslanders to cancel parties and stop socialising so that the virus cannot spread.

“I think this is a really clear example for everyone about why we can no longer have parties,” the premier added.

“I want it to be a strong message for all age groups out there, you cannot do this.”

She is making no apologies for shutting the state’s borders from Wednesday night in an effort to stem the spread of the deadly illness.

Outsiders are being told not to

I want it to be a strong message for all age groups out there, you cannot do this.

Annastacia Palaszczuk, Queensland Premier

visit the state and anyone who breaks self-isolation rules faces a A\$13,000 fine.

Camping grounds will also be closed from Thursday in a bid to encourage people to stay home during the upcoming school break.

All holidays should be cancelled and people are being told to stay inside regardless of whether they are sick.

The state government on Tuesday announced it was pouring \$1.2 billion into the health system to ramp up its response to the virus and \$2.5 billion to help households and the workforce.

By Sonia Kohlbacher, Michael Doyle  
From AAP

## SAS Soldier Suspended Over Afghan Shooting

An Australian soldier filmed shooting an unarmed Afghan man has been identified and suspended from duty.

The ABC last week aired footage showing the Special Air Services (SAS) soldier killing the Afghan man in May 2012.

Defence Minister Linda Reynolds has referred the incident to Australian Federal Police and the soldier has been stood down.

“The Australian Defence Force conducts its operations under strict rules of engagement and promotes a culture of ethical and lawful behaviour,” the department said in a statement.

“The welfare of ADF members is always a priority, including for suspended soldiers and their families.”

A former SAS soldier told Four Corners he saw three incidents of alleged murder.

Federal Liberal MP Andrew Hastie, a former SAS Regiment captain, told The Australian that he found the soldier’s conduct “morally repugnant,” and praised the courage of the SAS members who are working “to expose this sort of behaviour.”

Afghan villagers told the program an SAS squadron raided the village of Sola in August 2012, days after a rogue soldier killed three Australian troops.

Villagers were allegedly blindfolded and tied up, and a local imam and his son were shot dead.

By Daniel McCulloch  
From AAP

## Payne Slams China’s Decision to Indict Yang

**S**YDNEY—Australia strongly objects to the formal indictment of Chinese-Australian writer Yang Hengjun for espionage, who continues to be held in “unacceptable” conditions, Foreign Minister Marise Payne said on Wednesday.

Yang, a former Chinese diplomat turned online journalist and blogger, was formally arrested in August 2019 on suspicion of espionage, seven months after he was originally detained in the southern city of Guangzhou.

Espionage is punishable by death in China.

Australia denies that Yang has ever spied for them.

Already strained by Australia’s decision to prohibit Huawei from its 5G broadband network and Canberra’s allegations that the Chinese Communist Party is meddling in its domestic affairs—the detention of Yang has added to tensions.

Payne said Yang should be immediately released.

“The government strongly objects to the formal indictment of Australian citizen and academic Dr Yang Hengjun in



Australian-Chinese writer Yang Hengjun,

China on suspicion of espionage,” Payne said in an emailed statement.

Payne said Australian consular officials have been denied access to Yang since the end of 2019, which she described as unacceptable.

In December, Payne said Yang was being shackled in his prison cell.

The Chinese embassy in Canberra was not immediately available for comment but has in the past denied that Yang is being mistreated.

Previous diplomatic spats have resulted in disruptions to exports of coal and wine.

China is Australia’s largest trading partner, but Canberra has become increasingly wary about Beijing’s influence within Australia and across the Pacific.

Reuters last year reported Canberra had determined that Beijing was responsible for a cyber-attack on Australia’s parliament and three largest political parties, just months out from an election.

From AAP



# Malaria Treatment Shows Promise in Treating COVID-19

CONTINUED FROM A1

President Donald Trump inquired about possibly using the drug in the United States to treat patients with COVID-19, a top White House official said.

Officials are studying the drug and a number of others “very carefully,” Dr. Deborah Birx, response coordinator for the White House Coronavirus Task Force, told reporters on Wednesday in Washington.

She cautioned that experts have to sift information from a variety of sources and figure out which reports “equal real scientific breakthroughs.”

Hydroxychloroquine has shown anti-virus activity in vitro, or in laboratories in China, and has a safety profile that enables higher daily doses than chloroquine, the French researchers said in their report. The team has had success in the past treating patients with chronic diseases from intracellular bacteria such as Whipple’s disease with long-term hydroxychloroquine from 12 to 18 months.

Hydroxychloroquine is known as a less toxic derivative of chloroquine; both are used to treat malaria.

Twenty-six patients were treated with hydroxychloroquine but they were dropped from the study because they recovered quickly. Researchers focused on a group of 20 receiving the drug and 16 patients who weren’t given the drug and served as a control.

After six days, 70 percent of the patients treated with the malarial drug were cured compared with 12.5 percent in the control group. All of the patients who also received azithromycin were cured.

“For ethical reasons and because our first results are so significant and evident we decide to share our findings with the medical community, given the urgent need for an effective drug against SARS-CoV-2 in the current pandemic context,” the researchers wrote.

“Our preliminary results also suggest a synergistic effect of the combination of hydroxychloroquine and azithromycin.”

Azithromycin is an antibiotic pri-



Packets of Nivaquine tablets containing chloroquine and Plaqueryl, tablets containing hydroxychloroquine, drugs that have shown signs of effectiveness against the CCP virus, at the IHU Mediterranee Infection Institute in Marseille, France, on Feb. 26, 2020.

Hydroxychloroquine is known as a less toxic derivative of chloroquine; both are used to treat malaria.

marily used to treat pink eye.

Both South Korea and China have found chloroquine effective in treating COVID-19, American researchers noted last week, while the U.S. Centers for Disease Control and Prevention has said that the drug has strong potential as a preventative measure against coronavirus in the lab.

Researchers in the United States are now looking at hydroxychloroquine as a COVID-19 treatment.

A 1,500-person national trial led by the University of Minnesota began this week. It’s looking at whether hydroxychloroquine can prevent or reduce the severity of COVID-19.

If effective, this may become a worldwide standard of care for helping prevent disease in other healthcare workers and people exposed,” Dr. David Boulware, a professor of Medicine in the Division of Infectious Diseases, said in a state-

ment. “Hydroxychloroquine is an off-patent, generic medicine that is inexpensive. A five-day treatment course would cost approximately \$12.”

Gregory Rigano, an adviser to the Stanford University School of Medicine, is also working on a trial to test hydroxychloroquine in the prevention of COVID-19.

The results of the study were “remarkable,” he added.

The Epoch Times could not verify that the study was peer-reviewed.

Researchers around the world are racing to find proven treatments for the new virus.

Remdesivir, an anti-Ebola drug, and a combination of ritonavir and lopinavir, which are used to treat HIV, are among those being studied, along with the anti-inflammatory tocilizumab. Researchers in China said this week that ritonavir and lopinavir didn’t have an effect on COVID-19 patients.

## Chinese Diplomat’s Comments on French Media Virus Coverage Draw Criticism

FRANK FANG

As France deals with an escalating outbreak in Europe caused by the CCP virus, a local Chinese diplomat lashed out at French local media for their coverage of the pandemic.

Such criticism by the Chinese Ambassador in France, Lu Shaye, was entirely inappropriate, said nonprofit Reporters Without Borders (RSF) in a statement published on March 20.

“This ‘lesson in journalism’ for the French press is inappropriate coming from a representative of the People’s Republic of China, a country that is ranked 177 out of 180 countries in RSF’s World Press Freedom Index and is one of the world’s biggest jailers of journalists,” said Christophe Deloire, RSF’s secretary-general.

The group also said Lu’s statements were part of the Chinese regime’s greater strategy to control international media coverage about China.

**Diplomat’s Comments**

RSF pointed out that Lu had on three occasions criticized French media.

Most recently on March 15, Lu spoke to a local cable TV channel, accusing French media of using “propaganda” methods to “brain-

wash” Western public opinion.

In the same TV interview, Lu accused one large French daily newspaper of slander for reporting about how Chinese authorities downplayed the threat of the virus between December and February.

Liu’s verbal barrage against French media began in February, when he twice issued a statement on the local Chinese embassy’s website.

On Feb. 14, Liu condemned French media for “irresponsible” comments and “absurdities,” and their criticism “bordering on paranoia.” Then on Feb. 29, he said certain French media “had denied facts and made fun of China.”

Deloire responded by calling out China’s lack of press freedom.

“Beijing’s censorship of the Chinese media had a very negative impact by delaying the regime’s response at the outset of the coronavirus epidemic,” he said in the statement.

The virus first emerged in Wuhan, capital of central China’s Hubei Province, in December 2019. The initial outbreak was covered up by the Chinese regime; authorities silenced eight doctors who disclosed an “un-

known pneumonia” outbreak on Chinese social media.

One of them, an ophthalmologist named Li Wenliang, was summoned to a local police station and reprimanded for “rumor-mongering,” and forced to sign a “confession statement.”

The CCP virus has since spread to more than 150 countries. France has at least 16,018 confirmed cases of the virus and 674 deaths.

Several U.S. officials have called out the Chinese regime for concealing information about the outbreak in China, including Secretary of the State Mike Pompeo.

More recently, U.S. Ambassador to Thailand Michael George DeSombre wrote that “the Chinese people know their government is to blame for this pandemic,” by pointing to Li’s treatment as an example.

In an op-ed published in the Thai English-language daily The Nation on March 21, DeSombre wrote that if Chinese authorities had “done the right thing and sounded the alarm ... China—and indeed the rest of the world, including Thailand—might have been spared the impact on our populations.”

**Lu’s Background**

Lu’s contempt for press freedom dates back to his previous position as China’s ambassador to Canada, RSF said.

In 2017, Lu lambasted Canadian media for reporting on China’s human rights abuses and urged the Canadian government to “spend less time bowing down to Canadian journalists preoccupied with human rights” while the two countries were negotiating a trade deal.

“A diplomat should not try to intimidate the media in the country in which he is posted, much less give them instructions,” said Cedric Alviani, head of RSF’s East Asia bureau, in a 2019 statement after Lu was named the new ambassador to France.

“The very fact that Lu Shaye is still an ambassador despite his brash words is indicative of the aggressive and uninhibited attitude with which Beijing tries to impose its propaganda outside its borders.”

Lu was China’s ambassador to Canada from February 2017 to June 2019 before taking up his post in France in July 2019. He was vice mayor of Wuhan from July 2014 to July 2015.



The Diamond Princess cruise ship approaches the port of Yokohama in Japan after a number of passengers on board were confirmed to have COVID-19 on Feb. 6, 2020.

## Traces of Virus Found on Cruise Ship 17 Days After Passengers Disembarked

ZACHARY STIEBER

Traces of the CCP virus were found on a cruise ship in Japan over two weeks after passengers disembarked, according to Japanese researchers.

The Diamond Princess cruise ship was quarantined in Yokohama for two weeks starting in early February before all passengers and crew eventually got off.

Traces of the new virus were found “on a variety of surfaces” in cabins of infected passengers up to 17 days after the cabins were vacated, Takuya Yamagishi of Japan’s National Institute of Infectious Diseases told U.S. Centers for Disease Control and Prevention (CDC) researchers.

The traces were found in cabins of both symptomatic and asymptomatic infected passengers before the cabins were disinfected.

“Although these data cannot be used to determine whether transmission occurred from contaminated surfaces, further study of fomite transmission of SARS-CoV-2 aboard cruise ships is warranted,” the CDC stated.

Researchers said in a study published last week that the new virus can survive up to three days on some surfaces.

At the time of the quarantine, the cluster of cases on the Diamond Princess was the largest in the world outside of China. Seven hundred and twelve people on board ultimately became infected, with seven of them dying, according to the World Health Organization. Some passengers were repatriated to countries including the United States and became sick after leaving Japan.

According to the CDC, approximately 46.5 percent of the people on board who tested positive for COVID-19 were asymptomatic at the time of testing. “Available statistical models of the Diamond Princess outbreak suggest that 17.9% of infected persons never developed symptoms,” researchers stated.

Researchers recommended that all persons around the world defer travel on cruise ships during the pandemic.

Dr. Tara Smith, an infectious disease epidemiologist at the Kent State University College of Public Health, noted that researchers didn’t report on how many of the people who didn’t show symptoms eventually developed symptoms.

“It does seem like those who weren’t showing symptoms can spread live virus, but that’s now expected given several other papers out over the few weeks. Again, how much this drives transmission is uncertain, but shows again why distancing and hygiene are key,” she wrote on Twitter.

Smith also argued that the study does not show that the new virus can live on surfaces for 17 days, making the distinction between viral RNA and live virus.



# 21 Million Fewer Cellphone Users in China May Suggest a High CCP Virus Death Toll

NICOLE HAO

The number of Chinese cellphone users dropped by 21 million in the past three months, Beijing authorities announced on March 19. Deaths due to the CCP virus may have contributed to the high number of account closings.

Cellphones are an indispensable part of life in China.

“The digitization level is very high in China. People can’t survive without a cellphone,” Tang Jingyuan, a U.S.-based China affairs commentator, told The Epoch Times on March 21. “Dealing with the government for pensions and social security, buying train tickets, shopping ... no matter what people want to do, they are required to use cellphones.

“The Chinese regime requires all Chinese to use their cellphones to generate a health code. Only with a green health code are Chinese allowed to move in China now. It’s impossible for a person to cancel his cellphone.”

China introduced mandatory facial scans on Dec. 1, 2019, to confirm the identity of the person who registered the phone. As early as Sept. 1, 2010, China required all cellphone users to register phones with their real identification, by which the state can control people’s speech via its large-scale monitoring system.

Furthermore, Chinese people’s bank accounts and social security accounts are bundled with their cellphone plans; apps on Chinese phones check SIM cards against the state’s database to make sure the number belongs to the user.

Beijing first launched cellphone-based health codes on March 10. All people in China must install a cellphone app and register their personal health information. Then the app can generate a QR code, which appears in three colors, to classify the user’s health level. Red means the person has an infectious disease, yellow means the person might have one, and green means the person doesn’t.

Beijing claimed that the health codes are intended to prevent the spread of the CCP virus, commonly known as novel coronavirus.

**21 Million Cellphone Users**  
China’s Ministry of Industry and Information Technology (MIIT) an-



A security guard reads his cellphone while securing the entrance of a nearly empty shopping mall in Beijing, China, on Feb. 27, 2020.

If only 10 percent of the cellphone accounts were closed because the users died because of the CCP virus, the death toll would be 2 million

Tang Jingyuan, U.S.-based China affairs commentator

nounced on March 19 the number of phone users in each province in February. Compared with the previous announcement, which was released on Dec. 18, 2019, for November 2019 data, both cellphone and landline users dropped dramatically. In the same period the year before, the number of users increased.

The number of cellphone users decreased from 1.600957 billion to 1.579927 billion, a drop of 21.03 million. The number of landline users decreased from 190.83 million to 189.99 million, a drop of 840,000.

In the previous February, the number increased. According to MIIT, the number of cellphone users increased in February 2019 from 1.5591 billion to 1.5835 billion, which is 24.37 million more. The number of landline users increased from 183.477 million to 190.118 million, which is 6.641 million more.

According to China’s National Bureau of Statistics, the country’s population at the end of 2019 was 4.67 million larger than in 2018, reaching 1.40005 billion.

The 2020 decrease in landline users may be due to the nationwide quarantine in February, during which small businesses were shut down. But the decrease in cellphone users can’t be explained in this way.

According to the operation data of all three Chinese cellphone carriers, cellphone accounts increased in December 2019 but dropped steeply in 2020.

China Mobile is the largest carrier, holding about 60 percent of the Chinese cellphone market. It reported that it gained 3.732 million more accounts in December 2019,

but lost 0.862 million in January 2020 and 7.254 million in February 2020.

China Mobile’s performance in the same months in 2019 was markedly different; it gained 2.411 million more accounts in January 2019 and 1.091 million more in February 2019.

China Telecom is the second-largest carrier, holding about 21 percent of the market. It gained 1.18 million users in December 2019, but lost 0.43 million users in January 2020 and 5.6 million users in February 2020.

In 2019, it gained 4.26 million in January and 2.96 million in February.

China Unicom, which hasn’t yet published the data for February, shares the same experience as the other two telecoms in January 2020 and in early 2019. The company lost 1.186 million users in January 2020, but gained 1.962 million users in February 2019 and 2.763 million users in January 2019.

China allows each adult to apply for at most five cellphone numbers. Since Feb. 10, the majority of Chinese students have taken online classes with a cellphone number due to their schools being ordered to stay closed. These students’ accounts are under their parents’ names, which means some parents needed to open a new cellphone account in February.

**Analyzing the Numbers**  
The big question is whether the dramatic drop in cellphone accounts reflects the account closings of those who have died due to the CCP virus.

“It’s possible that some migrant workers had two cellphone numbers before. One is from their hometown, and the other is from the city they work in. In February, they might close the number in the city they work in because they couldn’t go there,” Tang said. Typically, migrant workers would have gone to their home city for the Chinese New Year in January, and then travel restrictions would have prevented them from returning to the city where they held a job.

However, because there is a basic monthly fee to hold a cellphone account in China, the majority of migrant workers—the lowest income group—are likely to only have one cellphone account.

China had 288.36 million migrant workers as of April 2019, according to the Chinese National Bureau of Statistics.

On March 17, Meng Wei, spokesman of China’s National Development and Reform Commission, said at a monthly press conference in Beijing that except for Hubei, all provinces reported that more than 90 percent of their businesses resumed operations. In Zhejiang, Shanghai, Jiangsu, Shandong, Guangxi, and Chongqing, almost all businesses resumed production.

If both the number of migrant workers and the level of employment are accurate, more than 90 percent of migrant workers have gone back to work.

The economic dislocation caused by shutdowns in China may have also led some people who have an extra cellphone to cancel it. With business poor or stopped, they may not want to carry the extra expense.

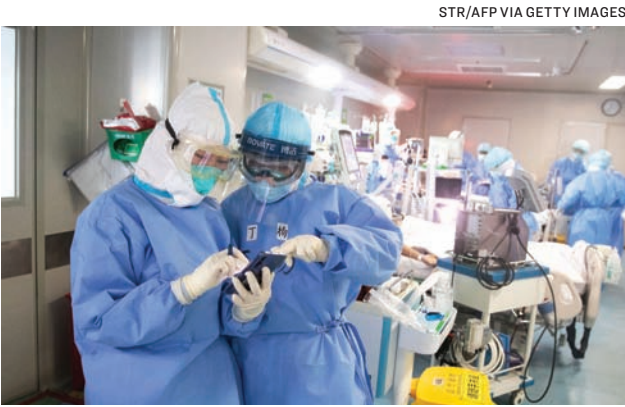
“At present, we don’t know the details of the data. If only 10 percent of the cellphone accounts were closed because the users died because of the CCP virus, the death toll would be 2 million,” Tang said.

The reported death toll in China doesn’t line up with what can otherwise be determined about the situation there.

A comparison with the situation in Italy also suggests the Chinese death toll is significantly underreported. Italy adopted similar measures to those used by the Chinese regime. The CCP virus death toll in Italy of 4,825 translates to a death rate of 9 percent. In China, where a much larger population was exposed to the virus, the reported death toll of 3,265 translated to a death rate of only 4 percent, less than half that reported in Italy.

Activities in the outbreak epicenter of Hubei Province seem to contradict the reported death toll in China. The seven funeral homes in the city of Wuhan were reported to be burning bodies 24 hours a day, seven days a week in late January. Hubei Province has used 40 mobile cremators, each capable of burning five tons of medical waste and bodies a day, since Feb. 16.

Lacking data, the real death toll in China is a mystery. The cancellation of 21 million cellphones provides a data point that suggests the real number may be far higher than the official number.



Medical staff check a mobile phone as they treat CCP virus patients at a hospital in Wuhan, China, on March 19, 2020.

## Chinese Authorities Underreporting New Infections in Epicenter of Wuhan: Leaked Documents

CONTINUED FROM A1

lected on March 13. Of those, 373 were positive.

Among the positives, 91 samples were first-time positives.

In Wuhan, samples are only taken from a throat swab. Thus, these 91 samples can be understood as 91 new patients.

For example, the sample named WX2023027216 belongs to a 53-year-old man. He is currently being isolated at a quarantine center in Dongxihu district. His sample was picked up on March 13 and tested at the Wuhan Adicon Clinical Laboratory on March 14.

This was his first test for the CCP virus, which came back positive.

Among the positive samples, 51 were from relay stations, which are newly set up facilities in Wu-

han after the regime closed down makeshift hospitals. Such field hospitals, set up inside stadiums, expo centers, and large gyms, were recently shut down after authorities claimed that there were fewer patients, and thus no need for them.

These relay stations are now used to isolate patients who have recovered and were discharged from hospitals—for medical observation, as some patients have relapsed upon discharge.

For example, sample 20S6338599 belonged to a 44-year-old man who was staying at the Changjiang Xincheng Relay Station. This facility has a capacity of 1,260 beds and is located in Jiang’an district.

**Fake Data**  
Though China has reported no new domestic diagnoses since March 18, local residential compounds tell a different story.

On March 20, residents living in Qiaokou district in Wuhan posted photos of a notice released by the Hanjiadun Street neighborhood committee.

The committee stated, “Last night [on March 19], there were new diagnosed cases reported from the Lishuikangcheng residential compound.”

Another notice from the committee stated, “A resident from Building 12 of Lishuikangcheng was diagnosed [on March 19].”

The Meigui Xiyuan neighborhood committee in Hanyang district, also in Wuhan, released a notice to residents on March 20, stating that two fellow residents who live at Unit 116 were diagnosed with the virus on March 19.

Meanwhile, medical workers are still greatly needed in Wuhan.

Though Chinese state-run media reported that 3,675 medical staff left Wuhan after being dispatched there to help treat the large number of patients in the city, state-run newspaper Guang Ming Daily reported on March 19 that 453 doctors and nurses from Zhejiang Province were asked to support the Wuhan Union Hospital immediately.

According to China’s National Health Commission, by March 8, 42,600 medical staff had been sent to Wuhan and other cities in Hubei Province to treat COVID-19 patients.

## Chinese Netizens Unhappy With Authorities’ Investigation Into What Happened to Whistleblower Doctor

FRANK FANG

Chinese netizens are seething after Chinese authorities announced the results of an investigation into the case of whistleblower doctor Li Wenliang.

Li, an ophthalmologist, was one of eight whistleblowers who first raised the alarm about an “unknown pneumonia” outbreak on Chinese social media in December 2019. After his post went viral, Li was summoned to the local police station and reprimanded for “rumor-mongering. He was forced to sign a “confession statement” for committing “unlawful acts.”

He eventually contracted the CCP virus while unknowingly treating an infected patient and died on Feb. 7.

On the same day, China’s National Supervisory Commission, a Party anti-corruption body, announced that it would send a team to Wuhan to conduct a “full investigation” into how authorities treated Li.

The outcome of the investigation was announced on March 19. According to Chinese state-run media Xinhua, the investigation team said it was “inappropriate” for the Zhongnan Road police station to have Li sign the “confession statement.”

The investigation team suggested that the “confession statement” be

withdrawn and the local security bureau hold the “relevant personnel accountable.”

A few hours after the Xinhua report, Wuhan’s public security bureau issued two notices.

Firstly, the public security bureau announced it had withdrawn Li’s “confession statement” and issued a “solemn apology” to his family.

Then, the bureau said that two police officers at the police station had been punished. Yang Li, the police station’s deputy head, was given an “administrative demerit” for dereliction of duty.

Officer Hu Guifang was given an “administrative warning” for “irregular law enforcement.”

Many Chinese netizens took to the Weibo account to express their anger over the bureau’s decision to punish Yang and Hu. Many said Hu was only following orders and was being punished as a scapegoat.

A netizen from China’s megacity of Chongqing wrote, “Should these two police officers be the ones held accountable? What about their superiors who gave out the order [to silence Li]?”

Another netizen from Shanghai wrote: “Corrupt officials pass the blame to grassroots-level police officers. This is real corruption.”



# China Escalates Disinformation Campaign Targeting US Amid Global Pandemic

CONTINUED FROM A1

Regime officials and state-run media have amplified conspiracy theories on social media platforms such as Twitter, recently pushing claims including that the origin of the CCP virus isn't clear, or came from the U.S. military. The majority of Chinese citizens don't have access to Twitter, which is blocked in the communist country.

"The US pushed out the vaccine so quickly, that only means they have been working on it way before the pandemic," a commentator claimed on China Central Television (CCTV), the biggest state-owned television network in the country, without providing any evidence.

The host responded, "So we can conclude that the US had this virus in their possession long ago."

Meanwhile, a March 20 Twitter post from state-run media Xinhua referenced the scandal of a handful of U.S. senators who reportedly sold stocks after learning about the CCP virus. Xinhua used it to target President Donald Trump with the hashtag "#Trumpandemic."

"The senators knew enough to dump stocks," Xinhua's post said. "How come President Trump seemed to have no clue about the severity of #COVID19? The president should know more & know better than senators. Was he pretending, or maybe he has too much stock to sell? #Trumpandemic."

A Xinhua editorial on March 17 threatened the United States directly, stating, "The U.S. side should



Chinese police officers wear protective masks as they patrol before the annual Spring Festival at a Beijing railway station on Jan. 23, 2020.

The [CCP has] repeatedly lied about everything having to do with the virus; why does anyone assume they have suddenly changed their stripes?

Peter Huessy, president and founder of GeoStrategic Analysis, a defense and national security company in Potomac, Maryland

immediately correct its wrongful behaviors ... before it is too late."

Chinese Foreign Ministry spokesman Zhao Lijian has been an increasingly vocal proponent of the Chinese regime's global propaganda campaign, continually working to shift the blame onto the United States. Zhao was the one of the first high-ranking officials to push the claim that the CCP virus was brought into Wuhan by the U.S. army.

"Chinese spox: China fought hard & bought 2 months for the world," Lijian said on March 20. "Regrettably, US government squandered such precious time, then spared no efforts stigmatizing China. This is immoral and unjust. It does no good to US' own control of the virus nor international cooperation."

On March 22, Lijian reposted a Twitter user's post that read: "I really think COVID-19 has been here in America for awhile. Do you

guys remember how sick everyone was during the holidays/early January?"

A March 13 study found that if China had intervened earlier with non-pharmaceutical interventions (NPIs), the spread of the CCP virus could have been dramatically reduced.

"If NPIs could have been conducted one week, two weeks, or three weeks earlier in China, cases could have been reduced by 66%, 86%, and 95%, respectively, together with significantly reducing the number of affected areas," the report stated.

Hua Chunying, a CCP Foreign Ministry spokesperson and the director-general of the Department of Information, is another official that has continued the campaign to target the United States.

"If the US is truly confident of the supremacy of its political system, why are they so afraid of the Communist Party of China and Chinese media?!" she said in a March 20 Twitter post.

"Some US political figures have kept discrediting China and China's epidemic response and stigmatizing China," she wrote in a previous post. "Any scheme to slander and smear China has no chance of success; any action that harms China's interests will be pushed back firmly and resolutely."

The CCP's disinformation campaign has gone through several phases: ignoring or downplaying the severity of the outbreak, creating positive coverage, and more recently, attempting to shift the

blame onto the United States.

In order to paint the picture that it effectively handled the outbreak, the Chinese regime has been claiming no new local infections of the CCP virus, a claim experts say is not credible. Meanwhile, some media outlets in the United States are echoing this narrative.

Peter Huessy, president and founder of GeoStrategic Analysis, a defense and national security company in Potomac, Maryland, told The Epoch Times it's dangerous to believe any numbers or claims coming from the Chinese Communist Party.

"The [CCP has] repeatedly lied about everything having to do with the virus; why does anyone assume they have suddenly changed their stripes?" Huessy said via email. "As a totalitarian government, we know they lie automatically to stay in power."

Huessy called the disinformation campaign unsurprising, adding that it's a typical communist tactic that is repeated in "every area of significant policy in China."

The CCP is also set to expel U.S. journalists based in China who work for The New York Times, The Wall Street Journal, and The Washington Post. Previously, the U.S. State Department designated five Chinese state-run outlets as "foreign missions" and slashed the number of Chinese staff allowed to work at the media outlets' offices in the United States.

"We have little way of knowing the truth in China," Huessy said. "One key missing evidence is the total number of infected people."



Passengers wearing face masks ride on a boat to cross the Yangtze river in China's central Jiangxi province on March 14, 2020.

## China Lifts Travel Curbs in Hubei, Residents Question Official Figures

NICOLE HAO

China's Hubei Province, epicenter of the CCP virus outbreak, on March 25 announced it will lift travel restrictions on people leaving the region.

The move came amid a five-day period from March 19 to March 23 where China's National Health Commission reported no new infections of the CCP virus in Wuhan, where the virus originated.

Citizens on the ground have a different view.

The Hubei Health Commission announced it would lift transport restrictions and curbs on outgoing travelers starting March 25, provided they had a health clearance code.

Wuhan, which has been in total lockdown since Jan. 23, will see its travel restrictions lifted on April 8.

The announcement, reported by state-run news agency Xinhua, noted however that all schools in Hubei, including colleges, technical schools, high schools, middle schools, primary schools, and nurseries, would remain closed.

Schools have been closed since the end of the last semester prior to Lunar New Year on Jan. 25.

### New Infections

On March 24, China's National Health Commission announced four new domestic CCP virus infections. Those patients were from Wuhan, Beijing, Shanghai, and Foshan of eastern China's Guangdong Province. The remaining cases reported were of imported infections.

China News, a state-run media, reported that the case in Wuhan is a doctor from Hubei General Hospital.

"The doctor has been working in the hospital in recent days. We can't rule out that the doctor was infected inside the hospital," the report stated.

**Wuhan Residents Remain Skeptical**

Chinese officials recently reported no new domestic infections in Wuhan City from March 19 to March 23. However, the Hubei provincial health commission confirmed on March 23 that relapsed patients and asymptomatic patients are not included in this count, drawing questions as to the reliability of this data.

Meanwhile, residents on the ground told The Epoch Times that they don't trust the official figures.

"We know the situation from several channels; the new infections aren't zero," Mr. Wang, a resident in Wuchang district, Wuhan city, told the Chinese-language edition of The Epoch Times on March 23.

Wang said he knew many relapsed cases and new infections in Wuhan that weren't reported by the government. He added that the relapsed cases were particularly alarming because he heard of many patients relapsing after recovering from the disease. Some of these people had been virus-free for more than a month, but recently relapsed.

On March 24, Luo Bin, a resident in Wuhan, said in his daily YouTube video that one of his aunt's family members had relapsed recently.

State-run media People's Daily reported on March 22 that all three members of a Wuhan family recently relapsed and were being treated at a hospital again. Among them, the 70-year-old parent was in critical condition.

On March 24, Zhang Yong, a Wuhan resident, told the Chinese-language edition of The Epoch Times: "[The government] is still trying to hide the truth. ... Two people from the residential compound I live in were diagnosed with the virus in the past two days. But they [the government] didn't report."

Zhang's mother died of the virus in February, but wasn't counted as a confirmed case because the hospital where she was diagnosed with the illness was not a designated hospital.

"My family has six members; two died of the virus. You know, many families in Wuhan lost all their members [to the virus]," Zhang said. "In my neighborhood, two children died of hunger after all their guardians died of the virus."

Zhang said the devastation from the outbreak was taking a mental toll on residents.

"We, the survivors of the CCP virus, are facing issues such as how to make a living, how to stay safe, and other difficulties," Zhang said. "More and more, people are struggling to cope with the pressure and fear."

### 'Propaganda Team'

Across China, every major state-run news agency has sent reporters to join the press corp in Wuhan. They are to stay in the city until the outbreak is over, according to Zhang. The nature of their role is so clear that internally, the reporters call themselves the "propaganda team," he said.

Zhang said the regime has stipulated strict rules to keep the reporters in check.

The regime's propaganda department has ordered reporters to follow the lead of Xinhua, China News Service, and People's Daily, the three top Chinese state-run news outlets, according to Zhang.

The reporters aren't permitted to leave the group or disclose their whereabouts to anyone outside. They're not allowed to act on their own discretion, he said. Their schedules are loaded with pre-scripted interviews, while photos for each report are carefully screened by authorities for approval.

"The so-called press corp is a string tied around every reporter's neck. ... You have to go wherever you are asked to go," Zhang said in an interview. "They eat and live together and act in concert, monitoring each other—it's basically a prisoner's dilemma."

Normally, in China, if a reporter treads the wrong political line, they have to write a self-criticism, and the company would usually act as

### Netizens

To the many netizens who are skeptical of the authorities' claims, they are looking for the three criteria that were outlined in a widely circulated article posted onto a Chinese internet bulletin board to be met before believing that the epidemic may be contained.

The three criteria are: all schools in China reopen; North Korea and Russia reopen their borders to China; and the CCP holds its Lianghui ("Two Sessions"), the Party's annual conference for its rubber-stamp legislature and the advisory body, the Chinese People's Political Consultative Conference.

This year's Lianghui was scheduled for March 3 to March 13. On Feb. 24, the Party announced that it would be postponed due to the epidemic.

## 'Propaganda Team': Beijing Muzzles Reporters in Wuhan

EVA FU

The Chinese regime has kept close tabs on state media reporters since the start of the CCP virus outbreak to make sure reporting is in sync with official narratives, a former reporter told The Epoch Times.

Canada-based Zhang Zhenyu, a former reporter with ifeng, a Hong Kong-based pro-Beijing media, revealed Beijing's detailed instructions to around 300 Chinese state media reporters who were dispatched to the outbreak ground zero of Wuhan since the early stages of the outbreak in January. The revelations were based on his sources working in the industry in China.

He said the top priority of these on-the-ground reporters was to not report any negative news.

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A man arrives at Beijing railway station as he heads home for the Lunar New Year on Jan. 21, 2020.

a buffer to protect the reporter, Zhang said. However, by rounding the reporters together, the regime effectively strips off this protective layer and may directly punish anyone for veering off track.

"In the past, we would escape under such circumstances, but in a place like Wuhan, you can't run away even if you wanted to. In plain terms, they have become pawns in this [press] corp."

### Beijing's Directives

Beijing's Cyberspace Administration, the regime's chief internet censorship agency, issued roughly five guidelines to the reporters, Zhang said, citing his connections from China.

First, they needed to shift the focus away from the severity of the outbreak and emphasize how the city is heading back to the state of normalcy.

The reporters were also told not to report new cases to avoid stoking public fears, Zhang said. Instead, they would step up the coverage on how the outbreak is worsening overseas to direct the attention elsewhere, and to showcase how the regime's way of governance is superior to democratic systems abroad.

Further, an "alarm system" has been put in place to filter out sensitive content about the outbreak on the internet, he said. A recently leaked document from Hubei Province showed that officials had hired at least 1,600 censors in the region to remove any critical remarks online in real time.

Ahead of their trip to Wuhan, reporters had been warned not to violate the terms, as any issues that arise from their mistakes would be a matter of national security, Zhang said.

The reporters didn't dare to discuss their work even with family, knowing that their phones are likely tapped, according to Zhang.



# Chinese Communist Party Should Pay Reparations for Pandemic Coverup, Rep. Banks Says

EVA FU & JAN JEKIELEK

The Beijing regime should pay a “severe price” for covering up the deadly CCP virus pandemic and inflicting a huge financial and health toll on the United States and Americans, Rep. Jim Banks (R-Ind.) told The Epoch Times.

The “reparations” could take on a variety of forms, including forcing China to forgive some or all of the U.S. national debt that China has bought up, institute tariffs on Chinese goods as a punishment, and pull state pension funds out of Chinese investments, according to Banks.

“We have got to hold China accountable and make them pay,” he said on The Epoch Times’ American Thought Leaders program.

## Beijing’s Coverup

During the early stage of the CCP virus outbreak in January, the Chinese regime blocked U.S. experts at the U.S. Centers for Disease Control and Prevention from visiting China to study how the United States should prepare for an outbreak.

It was only on Feb. 10 that a team of international health specialists led by the World Health Organization, including two from the United States, arrived in China.

“It took us too long to get the medical experts into the country. We wish that could have happened more quickly,” U.S. Secretary of State Mike Pompeo said at a Feb. 18 press conference, adding that he hoped to see more transpar-



Rep. Jim Banks (R-Ind.) on Capitol Hill on March 27, 2019.

We have got to hold China accountable and make them pay.

Jim Banks, Republican Representative for the U.S. state of Indiana

ency from the Chinese side during its initial response to the outbreak.

U.S. national security adviser Robert O’Brien, during a March think tank event, also criticized the Chinese regime for silencing whistleblowers and preventing information about the virus from getting out. The initial coverup of the virus, O’Brien said, “probably cost the world community two months to respond.”

Such censorship had dangerous consequences, Banks said during the interview.

“That means two months we’ve lost in trying to prepare for this, and all the while, my local econo-

my, constituents in my district are seeing the havoc that is the result of China’s negligence.”

A March study by University of Southampton researchers, currently in preprint and not yet peer-reviewed, suggested that officials in China could have cut the number of total infections down by 95 percent had they enacted measures to contain the virus’s spread three weeks earlier than they did. China placed parts of the country on lockdown beginning on Jan. 23.

“China should pay a severe price for that negligence, for their role in the matter of allowing this to happen,” Banks said.

## Blaming the US

Recently, the regime has ramped up disinformation campaigns targeting the United States, with some top Chinese officials amplifying conspiracy theories on social media, in an effort to shift international attention away from its botched handling of China’s epidemic.

On Twitter, Zhao Lijian, a Chinese foreign ministry spokesperson, suggested that the U.S. Army was responsible for introducing the virus into the outbreak epicenter of Wuhan.

A week ago, the United States became the first country to start a human trial of a vaccine against the virus. In a remark that also insinuated that the virus had U.S. origins, Chen Xuyan, director of the ICU department at the government-affiliated Beijing Tsinghua Changgeng Hospital, told state-broadcaster

CCTV that such a step was “way too fast.”

Chen added that she suspects the United States had been working on it “really early” and “had the virus strain in possession even earlier.”

Banks said the Chinese regime is pushing this narrative “because they know that they are culpable and they know that this coronavirus will always be associated with the current regime and the CCP leadership in China today,” Banks said.

He said the vaccine propaganda shows “the depth of disinformation that we’re probably going to see a whole lot more of, in the days, weeks, and months to come.”

On March 17, China also announced plans to revoke media credentials of U.S. journalists working for The New York Times, The Wall Street Journal, and The Washington Post in China, a move that Banks called “an act of informing the rest of the world that they have no intent upon being transparent.”

“We should readily dismiss anything that we read coming out of China,” he said.

“The Chinese propaganda machine is going to tell us what they want the rest of the world to hear, not necessarily what is fact.”

Rather than “business as usual” with China, Banks called for a “rebuilding process” to “disentangle” from the Chinese economy.

“This is a moment in time in American history where we’re learning a really important lesson that I hope we never repeat.”



People line up to get a test at Elmhurst Hospital due to the CCP virus outbreak in Queens, New York, on March 24, 2020.

# New York Reports Another Surge in COVID-19 Cases, Two to Three Weeks From ‘Apex’: Governor

ZACHARY STIEBER

New York state is 14 to 21 days from the peak of COVID-19 infections, Gov. Andrew Cuomo said on March 24, as he asked the Trump administration to give the state all 20,000 ventilators in the national stockpile.

Officials previously predicted the peak would hit on May 1.

State officials had projected a need for 110,000 hospital beds, but the rate of COVID-19 infection is increasing, prompting officials to raise the projected curve—the projected rise, peak, and fall.

New projections show New York may need 140,000 beds, Cuomo said.

“The apex of this pandemic is higher and sooner than we thought. We believe we are 14 to 21 days away from this apex,” he told reporters in New York City.

“We are scaling hospital capacity as fast as humanly possible. I will turn this state upside down to get the hospital beds we need.”

Cuomo pleaded with the federal government to give up the 20,000 ventilators in reserve to the state.

Four hundred ventilators from the federal government arrived in New York City on March 24 but

Cuomo dismissed the number, telling reporters: “Four hundred ventilators? I need 30,000 ventilators.”

“You’re missing the magnitude of the problem, and the problem is defined by the magnitude,” he said.

President Donald Trump pushed back in a virtual town hall in Washington, noting that the government sent some ventilators to the state.

“They could’ve had 15,000 or 16,000,” if they had ordered them in 2015, Trump said. “They can’t blame us.”

Four thousand additional ventilators were being sent to the state over the next 24 hours, Rep. Lee Zeldin (R-N.Y.) said later in the day. The ventilators were coming as a result of discussions between Cuomo’s office, Zeldin, and incoming White House Chief of Staff Rep. Mark Meadows (R-N.C.).

**Surge in Infections**

New York reported another surge in infections, with 4,790 new cases, including 2,599 in New York City. The state now has 25,665 confirmed cases, the bulk

of which—more than 14,900—are in the city.

Westchester, Nassau, and Suffolk counties each have more than 1,800 confirmed cases, with each seeing an increase of 422 or more overnight.

“What happened to New York is going to wind up happening to California and Washington state and Illinois. It’s just a matter of time,” Cuomo said.

“Deploy the resources. Deploy the ventilators here in New York for our apex. Once we’re past that critical point, deploy the ventilators to other parts of the country where they’re needed.”

New York would be responsible for transporting the ventilators to anywhere in the country the Trump administration wants, the governor said.

He also called on Trump to use the Defense Production Act to force companies to produce ventilators to help meet the 30,000 figure that state officials are projecting.

Some companies are stepping forward and shifting their manufacturing facilities to the production of ventilators, Vice President Mike Pence, the head of the White House Coronavirus Task Force, told reporters on March 23. They include Ford, General Electric, and 3M.

The administration asked governors to survey all outpatient surgical centers and hospital operating rooms for surgical ventilators, which can be easily converted to ventilators for people with COVID-19 because of a decision the Food and Drug Administration made recently. There are tens of thousands of surgical ventilators across the nation, according to Pence.

“That’s in addition to what we have in the National Stockpile, the ventilators that we have in the marketplace today, as well as extraordinary efforts by American industry to step up and join us in manufacturing more ventilators for the American people,” Pence said.

The White House didn’t immediately return questions about whether the administration will send additional ventilators to New York.

# Trump: Spread of CCP Virus Not the Fault of Asian Americans

ISABEL VAN BRUGEN

President Donald Trump said on March 23 that Asian Americans aren’t responsible for spreading the CCP virus and that they need protection, after he was accused of racism in labeling the growing pandemic the “Chinese virus” last week.

“It’s very important that we totally protect our Asian American community in the United States, and all around the world,” Trump said during a White House press briefing March 23 with his virus task force.

“They are amazing people and the spreading of the virus is not their fault in any way, shape, or form,” he said. “They’re working closely with us to get rid of it, and we will prevail together.”

Trump emphasized his comments in a Twitter thread on March 23.

When asked at the news conference what prompted his remarks, Trump said that it seems that “there could be a little bit of nasty language toward the Asian Americans in our country.”

“I don’t like that at all,” he said. “So I just wanted to make that point, because they’re blaming China, and they are making statements to great American citizens that happen to be of Asian heritage, and I’m not gonna let that happen.”

It came after the president called the CCP virus the “Chinese virus” in a Twitter post last week.

“The United States will be powerfully supporting those industries,

like Airlines and others, that are particularly affected by the Chinese Virus. We will be stronger than ever before!” Trump posted on March 17.

Trump explained the following day at a press conference that his choice of words was based on Beijing “putting out information that was false, [saying] that our military gave this [virus] to them.

“Rather than having an argument, I had to call it where it came from. It’s a very accurate term,” he said.

Trump has repeatedly criticized China and its handling of the virus outbreak, but he’s been careful to avoid criticisms of its leader, Xi Jinping.

On March 20, Trump said he greatly respects China and Xi, but added that it was unfortunate the virus began in China and got out of control. U.S. Secretary of State Mike Pompeo said Beijing’s delay in sharing information about the virus created risks for people worldwide.

At the same time, Trump and his administration have strongly rejected attempts by some Chinese officials to blame the virus on the U.S. military.

Trump last week suggested that the Chinese communist regime is to blame for the CCP virus, which has spread to more than 160 countries and territories around the world, killing thousands.

Reuters contributed to this report.



U.S. President Donald Trump, flanked by officials and business leaders, announces a national emergency with regard to the coronavirus in the White House Rose Garden in Washington on March 13, 2020.





JASON REDMOND/AFP VIA GETTY IMAGES

The Life Care Center nursing home where some patients have died from COVID-19 is pictured in Kirkland, Washington, on March 5, 2020.

# 90-Year-Old Washington Woman Is Now ‘Coronavirus Free,’ Family Says

JACK PHILLIPS

A 90-year-old nursing home patient who was suffering from coronavirus appears to have recovered, said a family member.

The woman, Geneva Wood, was staying at the Life Care Center in Kirkland, Washington, the site of the initial CCP virus outbreak in the United States.

Her family member, Kate Neidigh, said she is “officially coronavirus free,” according to posts she made on social media.

“She never gave up. She is a fighter, she is a survivor,” said Cami Neidigh, Wood’s daughter, KIRO reported.”She’s weak and she’s lost a lot of weight. To give her a hug, she’s so fragile but it was great. She wouldn’t let go it was a nice, long, hard hug.”

Neidigh wrote on Instagram that Wood is expected to be home in three to four days. She will then be forced to self-quarantine.

Wood was diagnosed with pneumonia on Feb. 18. The COVID-19 diagnosis didn’t come until sometime later, according to reports.

On March 11, Wood’s condition declined to such an extent that doctors said she would likely pass away soon. They allowed her family members to hug her while wearing protective gear to say their last goodbyes.

“She was crying for us and reaching her arms out to us and crying,” said Neidigh. “They finally let us suit up and go in one at a time and talk to her. She gave us her last instructions and she was saying her goodbyes and we were all at peace.”

After about 12 days, she, however, was able to improve.

“This has gone world-wide because we’re trying to keep it positive,” said Neidigh, adding: “It’s a message of hope and keep fighting and take care of each other.”

She never gave up. She is a fighter, she is a survivor.

Cami Neidigh, daughter of 90-year-old COVID-19 survivor

# Shareholder Files Lawsuit Against Sen. Richard Burr Over Stock Sales

ZACHARY STIEBER

A shareholder filed a lawsuit against Sen. Richard Burr (R-N.C.) over stock sales that were made after Burr received closed-door briefings on the threat of the new CCP virus in early February.

Burr, the chairman of the Senate Intelligence Committee, sold between \$628,000 and \$1.7 million of his stocks on Feb. 13, according to Senate financial disclosures. A week later, the stock market began to decline as the new virus spread.

The biggest sales from Burr included stocks from Wyndham Hotels and Resort and Extended Stay America, which have both seen decreased values in recent weeks.

Wyndham shareholder Alan Jacobson said in the new lawsuit that Burr committed “acts of securities fraud” and abused “his powers as a U.S. Senator.”

The stock sales were made for Burr’s personal gain, Jacobson alleged, after learning of nonpublic information on which he based his stock trades.

Jacobson is seeking compensatory damages.

Burr claimed that he “relied solely on public reporting to guide my decision to sell the stock,” including reports from CNBC’s Asia bureaus.

He asked the Senate Ethics Committee to probe the sales, saying an independent review “is warranted to ensure full and complete transparency.”

Ethics Chairman Sen. James Lankford (R-Okla.) hasn’t announced whether a probe will be conducted, nor has Ethics Ranking Member Sen. Chris Coons (D-Del.). Neither returned requests for comment.



GABRIELLA DEMCZUK/GETTY IMAGES

Chairman Richard Burr (R-N.C.) speaks during the Senate Intelligence Committee hearing at the Hart Senate Building in Washington on Feb. 9, 2016.



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# OPINION

BETSY JOLES/GETTY IMAGES



Chinese police officers walk in front of the gated entrance of The Palace Museum in Beijing on Jan. 26, 2020.

## Here’s Why the CCP Owns This Pandemic

The Chinese Communist Party’s lies led to the global pandemic and untold number of deaths

JAMES GORRIE



As the pandemic continues on its deadly path around the globe, some crucial facts are being pushed aside by the media and international organizations that wish to preserve their relationship with China.

As a result, the narrative of this global disaster has been changing dramatically under the guidance of the Chinese regime.

Therefore, let’s refocus on some key facts. The pandemic began in Wuhan, the capital city of Hubei Province, in China. Furthermore, the virus did not come from Wuhan’s wild animal market.

Rather, that which we prefer to call the CCP virus likely came from China’s one and only national biosafety laboratory—the only Level 4 facility in China that handles coronaviruses. And just where is that lab located?

In Wuhan. How do we know that the outbreak came from the lab? Chinese leader Xi Jinping said so himself.

At a meeting in Beijing in February, he talked about the necessity of setting up a national system to contain coronaviruses to prevent future epidemics and limiting biosecurity risks, “to protect the people’s health,” because lab safety is a “national security” issue, China expert Steven W. Mosher wrote in the New York Post.

If the outbreak came from the wild animal market, why would Xi mention laboratory safety? The only reason could be that the Wuhan lab was the source of the outbreak.

Furthermore, Maj. Gen. Chen Wei, China’s leading biowarfare expert in the People’s Liberation Army (PLA), was dispatched to Wuhan in January. Chen’s job was to contain the outbreak, according to Mosher.

As the world now knows, she failed.

### China’s Deadly Virus Leaks

What’s more, coronavirus outbreaks are nothing new in China. There’s knowledge of at least two leaks of coronaviruses since 2003, both from a Beijing lab.

However, we do know that China’s contagious pathogen is a new form of coronavirus, which is why some referred



(Left) A Chinese volunteer wears a protective suit as he uses fumigation equipment to disinfect common areas of a local residential compound in Beijing on March 5, 2020. (Right) Medical staff treat CCP virus patients at a hospital in Wuhan, China, on March 19, 2020.



to it using the “novel coronavirus” label in the beginning weeks of the outbreak.

But others, including almost every major American news outlet, referred to the virus as the “Wuhan virus,” because it came from Wuhan.

### The CCP’s Culpability

Now let’s talk about the Chinese Communist Party’s (CCP) culpability.

The Party controls China’s military forces. The study and production of all bioweapons are authorized by the CCP. The Party, therefore, bears full responsibility for the novel coronavirus that somehow escaped the lab protocols that Xi referred to above.

The Party also directed the country’s response—or non-response—to the outbreak. The lies, the deception, the denials, the decision to allow infected people to travel, are all the responsibility of the Party.

How high does the Party’s culpability go?

The food chain of decision-making is easy to follow. The Party leadership controls the CCP, and President-for-life Xi Jinping controls the Party leadership. In fact, Xi makes the final decisions about almost everything.

The CCP is directly responsible for this global pandemic. No one else.

### The Timeline Is Damning

Depending on the source of information, the first cases were in October, November, or December 2019. The South China Morning Post’s source is a Chinese government report that puts the first case on Nov. 17, 2019.

By Dec. 15, there were 27 cases. By Dec

20, there were 60 cases. On Dec. 27, Wuhan health authorities were informed by doctors of a new virus spreading quickly.

With a city of 11 million people to infect, the disease spread rapidly. By Jan. 1, 2020, there were 381 confirmed cases. But the Chinese regime and local authorities in Wuhan still insisted that there was no human transmission of the disease, even though the number of cases had doubled in two days.

**The lies, the deception, the denials, the decision to allow infected people to travel are all the responsibility of the Party.**

On Jan. 25, China’s authorities allowed millions of people to leave Wuhan for the 40-day Lunar New Year celebration—the greatest mass movement of people on Earth. Hundreds of millions more would travel throughout the country and some to the rest of the world, carrying a deadly virus with them, infecting people, cities, and nations wherever they went.

The Chinese regime knew this in advance, did nothing to stop it, and warned nobody.

Throughout January and February, more cases, more deaths, were covered up by authorities. When doctors and medical personnel tried to sound the alarm that patients were sick and dying from a new kind of virus or novel coronavirus, they were arrested and forced to sign confessions that they were lying. Eventually, the word got out to the world.

For over a month, the United States and WHO offered to send experts who could be there within 24 hours. The U.S. Centers for Disease Control and Prevention (CDC) expected to go, but China refused.

Why? For one reason only: The CDC experts know a biowarfare agent when they see one.

### Deflecting the Blame

Instead, China invited the heavily politicized World Health Organization (WHO). Their main contribution was to praise China’s leadership and change the name of the disease to COVID-19 as a way of insulating the Party leadership from blame.

It was a lie of omission and complicity then, and remains so now.

The agency’s rationale is that the virus doesn’t discriminate by race, creed, or nationality, and, therefore, calling it the Wuhan virus, the Chinese virus (as President Donald Trump calls it), or the CCP virus is inaccurate or even racist.

If the president is a racist for insisting on blaming the pandemic on China and, more specifically, the CCP leadership, then so are millions of Chinese who also blame the Party. That would include the founders of The Epoch Times, who, as far as I know, are still Chinese.

Is blaming the CCP for the pandemic that’s bringing suffering, death, and economic ruin to the entire world fair and accurate?

As a recent report points out, if China had acted just three weeks earlier, 95 percent of the spread of the disease could have been contained. But that didn’t happen, did it?

The world is worse off today and will be going forward because of the CCP. In effect, the Party signed the death warrants for thousands and thousands of people. But then, that’s quite familiar territory, isn’t it?

*The Epoch Times refers to the novel coronavirus, which causes the disease COVID-19, as the CCP virus because the Chinese Communist Party’s coverup and mismanagement allowed the virus to spread throughout China and create a global pandemic.*

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



# China Has Stripped Us Bare

As our economy teeters, the communists are poised to strike. Instead make them pay

DAVID FLINT



No one should have been surprised by the Wuhan virus, according to the respected research group, EcoHealth Alliance.

As argued here (21/3), the blame for playing down earlier pandemics lies with the U.S. mainstream media, who cynically tailor their reporting for blatant political purposes. EcoHealth attributes increases in the number of pandemics, taking over 300,000 lives since 2001, to massive increases in urbanisation, international travel and chicken and pig consumption as well as those sickening ‘wet markets.’

The incidence of pandemics, they ominously warn, will only increase exponentially. Just on increased urbanisation, Australia’s politicians are committed to bringing in 100,000 immigrants every quarter, provided none is a persecuted white South African farmer.

Most go to the eastern seaboard capitals, all bursting beyond their infrastructure. The politicians do this, not as the constitution insists, for the ‘peace, order and good government’ of Australia. They do it so that this will produce GDP statistics which justify the fake claim that we haven’t had a recession for years.

The fact is that even in the unlikely event that the Beijing communists were to behave properly, we would still have some pandemics. And the U.S. media has lost the power to suppress news about them, even if a Democrat were in the White House.

So what is done to fight the Wuhan virus now will be seen as a precedent.

The effectiveness of the Trump model will be clouded by a media still outraged by his being president and the likelihood he will win against an apparently senile opponent with an unimpressive record and allegations of family corruption. This reluctance to credit Trump for his response to Wuhan extends beyond the United States. For example, Trump has been unjustifiably described in the Australian as being ‘missing in action’ (Paul Kelly) and ‘badly mishandling the crisis’ (Greg Sheridan).

The key to the Trump response is to immediately restrict travel from the source, even if it means standing up to China which no President has previously done. Followed the next day by Australia, the result was every tin-pot politician in the West was eventually determined to be seen to be similarly strong, even in areas where Trump was much more versatile, such as social



QUINN ROONEY/GETTY IMAGES

People queue to enter Centrelink in Melbourne, Australia, on March 24, 2020.

We now find that not only have we lost most manufacturing; some of our best farms are little different from the supermarkets whose shelves are being cleared by profiteers to resell in China.

distancing.

Thus while Australian authorities have displayed extraordinary negligence over the entry of cruise liner passengers and in not acting against the devious evasion of bans by some universities, they did what even the threat of Japanese invasion did not, they closed Sydney’s beaches.

This demonstrates one thing: except for staged photo opportunities, politicians never experience the forced proximity of peak-hour public transport.

Apart from immediate travel bans, the Trump model involves federal assistance and something he was obviously working on even as he was being impeached, a truly impressive public-private partnership. On the basis that patients can become infected in hospital, one innovation is to put testing in unlikely places with drive-through labs, some even in supermarket carparks.

Despite their propaganda, the communists are entirely to blame for the crisis. Yet their counter-propaganda goes around the world, found recently in a large supplement in the Sydney Morning Herald. This propaganda is not only repeated by some journalists, but politicians who should know better also foolishly lend credibility to Beijing’s claims about overcoming their virus.

These have been thoroughly exposed in the columns of the Epoch Times, which points out that the closing by China of 21 million of their mobile phone accounts suggests a far higher death toll. They say that the virus should be

renamed ‘CCP’, the ‘Communist Party of China’.

This raises a related issue, the massive sell-off of premium Australian assets to corporations under the control and direction of the Beijing communists. On this, a significant number of the political class have shamefully profited from promoting this divesting of our children’s heritage. Some even call for us to wind down the U.S. alliance. The result of that would be that we would eventually become a Beijing satellite.

Australia would be different from most satellites which are either appalling dictatorships like Zimbabwe and Venezuela, or those who could not repay loans described as aid. Australia would be a coup for Beijing in its plan to be the world’s dominant power by 2049, the first English-speaking democracy to be reduced to de facto colonial status.

If this happens the warmists can well and truly forget their fairy tale, that by the following year, all power will be coming from renewables. We can also forget about the obsolete Turnbull submarine fleet which won’t be delivered even by then.

The politicians have made us too dependent on the communists. It began with the Whitlam and Hawke governments adopting an extreme academic theory about free trade that no other comparable country was naive enough to apply: drop all protection without insisting on full reciprocity. (Hawke also began the bans on water harvesting and nuclear power.) This in many ways was similar to allowing the communist regime into the WTO. The result was predictable:

the communists cheated.

What else could we expect from a criminal dictatorship which executes innocent people, especially but not only the Falun Gong, to maintain a lucrative organ-harvesting trade?

We now find that not only have we lost most manufacturing; some of our best farms are little different from the supermarkets whose shelves are being cleared by profiteers to resell in China. Under the ‘paddock to plate’ policy, Australia gains nothing from the enormous profits made from our magnificently clean, untainted food.

With the Beijing-created economic crisis and the collapse of the dollar, Alan Jones has warned that the communists could clean up on our remaining assets at bargain-basement prices.

Alan Jones’s colleague, Michael McLaren, has the solution. Australia propose to President Trump a treaty for a Nuremberg-style tribunal into the cause of crisis to make urgent findings on the balance of probabilities and to assess interim and final damages to be recouped from Beijing’s investments.

David Flint AM is a former chairman of the Australian Press Council and Australian Broadcasting Authority and is an emeritus professor of law.

This article was originally published on The Spectator (Australia).

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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# Do We Love Our Children Too Much—Or Not Enough?

MARK HENDRICKSON



Headlines can only be so long, so let me place this article’s headline in a particular context: When one of our children receives a low grade or a bad report from a teacher, whose side do you take? Do you take the teacher’s report seriously or do you “know” that the problem is with the teacher and not your child?

Similarly, when a coach plays someone other than your child in a sports contest, do you think the coach is an idiot?

Here’s another setting in which parents may disagree with someone who is supervising their child: high school theater. Recently, my wife and I attended a high school musical. It was exceptionally well done—a thoroughly enjoyable theatrical experience in which all the actors “nailed” their parts. It was a beautiful example of what my wife, a retired theater director, calls “ensemble acting”—the star was the show itself, not a single performer. And that was the problem.

The mother of the lead actor accosted and berated the director of the musical in the hallway outside the auditorium—right in front of multiple shocked witnesses. She was irate that the show had been directed in such a way that the spotlight was not trained on her son more than on other members of the cast. Her son, apparently, was upset about this, and so Mom ripped into the director so aggressively that school security had to intervene.

So, what’s the problem here? The lead actor did a fine job in his role and his work helped the entire production to succeed. He had had key and lead roles in the three previous annual musicals, so it wasn’t like he had been shortchanged of stage time during his high school career. And he’s a good actor. One problem, though, is that he thinks he’s a great actor. He doesn’t have the experience and perspective to understand that he’s a big fish in a small pond, and that there are young people as talented as he in most of the high schools across the country.



BEN MULLINS/UNSPLASH

Adults increasingly criticize, argue, ridicule, and abuse other adults who have supervisory positions over their children—teachers, coaches, officials in sports contests, theater directors, etc. It didn’t use to be this way.

The other problem is that Mom is convinced that her boy is a national treasure and that the director, rather than recognizing his greatness and paying tribute to it, desecrated her son by treating him exactly the same as she treated his peers.

Mom clearly loves her son. She should—that’s what mothers do! But she didn’t have enough love for her fellow man left over to teach him to be willing to graciously share the spotlight with other cast members and to spread around the joy of a well-performed production.

Nor did she have enough love in her heart to show respect for a professional lady who had brought much happiness to her school community for many years by producing excellent shows—a woman who had given the boy several juicy roles; a woman who worked 12- and 14-hour days teaching a full load of classes at the high school while also pulling together the musical.

Even if Mom had a legitimate beef, she should have had enough recognition of the many contributions that the director had given to the community and approached her in a respectful manner.

Such aggressive behavior seems to be becoming more common

in our society. Adults increasingly criticize, argue, ridicule, and abuse other adults who have supervisory positions over their children—teachers, coaches, officials in sports contests, theater directors, etc. It didn’t use to be this way. Over the last 50 or 60 years, it has grown progressively worse.

We boomers may have been spoiled in some ways, but when we were in school, if we got a bad grade or a teacher’s report of unruly behavior, our parents wouldn’t sympathize. They told us we had better shape up. We were taught to respect the person holding the position, even if we didn’t like the person himself.

I shake my head when parents complain about a teacher giving junior a low grade. My old junior high school teacher, with whom I went to see “The Call of the Wild” last month, gave me a D+ on the very first paper I ever wrote for him. I had always gotten A’s in elementary school, but in the seventh grade, the standard was uncompromising: If you want an A, then write correctly (i.e., like an adult)—youth was no excuse. Whew, English class was hard, but by the end of 8th grade, after writing a theme a week for two whole school years, Mr. Walters had me writing at an adult level—

something which benefited me greatly.

By contrast, about a decade ago, a bright coed wrote a paper for me that merited a “C.” Like several of my wife’s college students, her reaction was one of incredulity: “I’ve never gotten less than an A before. How dare you!” Her mother even wrote me a letter extolling the virtues of her daughter’s paper while commenting on my apparent blindness. It never escalated from there, but when the student later asked me for a recommendation, I politely declined.

In my coaching career, which included a state championship in girls’ softball, I preempted any temptation for a parent to lobby for his or her daughter to play a certain position or more innings by announcing a policy to both players and parents at a team meeting before the season started: If anyone tries to influence my personnel decisions, the player being lobbied for will be benched. I had to make it clear that the squeaky wheel would not get the grease from me.

Frankly, I’m worried about our society today. I know that not every teacher or coach is absolutely top-notch, but what are we teaching our children when we blatantly scorn and disrespect teachers, coaches, directors, etc.?

Are we really loving our children if we assume they’re always right? Or would we love them more by teaching them that the world doesn’t revolve around them, that they should respect their elders, that they should work harder to improve themselves, and they should try to see some value in what their elders are trying to teach them? Are we really loving our children if we take their side whether they are right or wrong? I think not, but I suspect many of you will disagree.

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

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

## Meekness as True Strength

CONTINUED FROM A1

our minds and impairs our ability to see the situation as it is; when we resist giving in to this temptation, we place ourselves in control of ourselves, if not the situation. Or, as St. Thomas Aquinas wrote in the Summa Theologica, “For anger ... is ... a very great obstacle to man’s free judgment of truth: wherefore meekness above all makes a man self-possessed.”

Being self-possessed is true freedom, rather than the illusory freedom in which we feel no need to resist whatever emotion is presenting itself at any given moment. Being a slave to one’s passions is true enslavement, no matter how good or powerful the pleasure in reckless abandon may feel.

This isn’t to say that our emotions and/or passions are inherently wrong or evil. For example, there are many occasions when



HULTON ARCHIVE/GETTY IMAGES

Circa 1270, Saint Thomas Aquinas (1225-1274), the Italian philosopher and theologian.

The meek respond to adversity by maintaining control of the situation at hand, rather than allowing themselves to be controlled by the situation itself.

being angry is actually justified. However, when we cultivate the virtue of meekness, we’re able to take a higher path that leads to a greater good.

Those who are meek have a level of self-control that leads to the types of serenity in which they’re able to find satisfaction and happiness even in the face of adversity; those who exhibit this mindset exert more influence over longer timelines than those who give in to their passions and are enslaved

to their desires.

Meekness allows reason to take hold in our psyche. When we master our passions, we actually become more powerful; this is what the virtue of meekness truly signifies. We don’t surrender our power when we make a conscious choice to be meek. Instead, we choose to harness and focus our power to increase our strengths.

When a great evil has been done to you, it may often be completely moral to take decisive action against those who have orchestrated these injustices against you. In fact, taking action can actually prevent others from falling victim to the evils that were done to you.

Yet, it’s important to remember that retaliation that has its origin in anger often results in a never-ending escalation of violent action and words. It may seem natural and good to act out, rather

than permit yourself to be acted upon. However, this need not be a binary decision when the virtues are considered.

The virtue of meekness is actually closely related to the cardinal virtue of fortitude, as it takes a heroic level of control and self-mastery to regulate anger that is fueled by things such as injustice. Let fortitude give you the courage to never flee from battle and let meekness grant you the control not to charge into a fight recklessly. Meekness grants you the gift of stability by giving you control.

In the same way that competent Special Operations Forces cannot be created after emergencies occur, virtues cannot be cultivated in the midst of a crisis in which they are needed.

Growing in virtue is a deliberate task; approaching perfect virtue is a

lifelong journey. Like any journey, you have to begin by taking the first step. If you’re serious about becoming a better human being, you should start today. Why not make meekness the virtue you start working on right now? If your answer is “I don’t need to become meeker,” then you’ve already identified the first error in your own thinking. Acknowledge that fact and get to work correcting your deficiencies.

*Chris Erickson is a combat veteran and former Green Beret, with extensive experience deployed to various locations across the world. He now works in the communications industry. You can follow him on Twitter @EricksonPrime.*

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

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

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

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

We report respectfully, compassionately, and rigorously.

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

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

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

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SPECIAL SERIES

# How the Specter of Communism Is Ruling Our World

## Using the Law for Evil

The Epoch Times here serializes “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 Ten

1. Law and Faith

Law is the iron force of fairness and justice that affirms good and punishes evil. What is good and what is evil must be determined by those who write the laws. From the perspective of faith, these criteria come from gods. Religious scriptures provided the basis for the laws that govern human society.

The Code of Hammurabi in ancient Babylon was the first written law in human history. Engraved in the stone tablet, above the code itself, is a powerful scene: Shamash, god of the sun and justice, bestows the laws to King Hammurabi. This is the depiction of a god granting a human sovereign the authority to govern his people using the rule of law.

For the Hebrews, the Ten Commandments in the Old Testament were considered to be simultaneously divine as well as secular law—a tradition that became the foundation of Western legal culture. Starting with 4th-century Roman emperors and the East Roman Justinian I and his successors, and continuing to Alfred the Great, the first of Britain’s Anglo-Saxon kings, the legal system took the Ten Commandments of Moses and Christian doctrine as its inspiration.

Followers of religion believe that in order to be considered legitimate, the law must accommodate divine standards of good and evil, as well as religious teachings. The thinking behind nonviolent civil disobedience in the United States can be traced back to early Christian doctrine. The Roman emperor commanded that Christians worship Roman gods and that statues of the emperor be erected before Jewish synagogues. As this meant direct violation of the first two Commandments, Christians opted to face crucifixion or be burned at the stake rather than follow them. In other words, secular law must be subordinate to divine commandment, which is sacred and inviolable.

In general, the Ten Commandments can be divided into two categories. The first four describe the relationship between man and God—that is, what constitutes the appropriate reverence for God. The other six govern relationships between people and, at their core, reflect Jesus’s teaching to love others as you love yourself. Reverence for God is an imperative that enables humanity to maintain, unchanged, the principles of fairness and justice.

## The law must accommodate divine standards of good and evil, as well as religious teachings.

The same is true of China, where historically the law was promulgated by imperial decree. The emperor or Son of Heaven must follow providence and the principles of Heaven and earth. This is the “Tao” or Way imparted by Lao Zi and the Yellow Emperor. The Han Dynasty scholar Dong Zhongshu said: “The greatness of Tao originates from Heaven. Heaven never changes, and neither does the Tao.” In ancient Chinese usage, “Heaven” is not an abstraction of the natural forces, but a supreme god. Faith in the Tao of Heaven forms the moral bedrock of Chinese culture. The Chinese legislative system derived from this belief influenced China for thousands of years.

American legal scholar Harold J. Berman believed that the role of the law coexists with compliance to overall principles of social morality and faith. Even under the separation of church and state, both are mutually dependent.

In any society, the concepts of justice and legality must trace their roots to that which is considered holy and sacred.

Put another way, the law must carry authority, which comes from the fairness and justice endowed by gods. Not only is the law fair and just, it is also holy. The modern legal system retains many facets of religious ceremony that strengthen its power.

2. Law as an Instrument of Tyranny Under Communist Regimes

Communist parties are anti-theist cults. They will never follow the teachings of righteous gods in their legislative principles, and they aim to sever societies’ links to their ancestral culture and traditional values. From the very beginning, there was no prospect for communist parties to maintain fairness or justice.

a. Extralegal Policies of State Terror

In traditional society, Christians talked about loving others as you love yourself. Confucian teachings say that the benevolent man loves others. Here, love is not limited to the narrow concept of love between a man and a woman, or the love that exists among family members or friends. Love also encompasses benevolence, mercy, justice, selflessness, and other virtues. With this cultural foundation, not only is the law sacred, but it embodies the spirit of love in human society.

No legal system can hope to account for any and all possible forms of conflict and provide judgments for each. Thus, laws are not only specific regulations, but they must also factor in the subjectivity of all parties. The judge must follow the spirit of the law and pass a verdict that abides by the principle of benevolence.

In the Temple of Jerusalem, Jesus admonished the Pharisees for their hypocrisy, for despite strictly adhering to the words of Moses, they ignored virtues required by the code, such as justice, mercy, truthfulness, and the like. Seeing beyond literal meaning, Jesus healed on the Sabbath and sat with gentiles, for what he cared about was the spirit of kindness within the doctrines.

By contrast, communism is rooted in hatred. It not only hates God, but also hates the culture, lifestyle, and all traditions that gods established for humanity. Marx did not mince words in expressing his desire to doom himself to ruin and bring the world down with him. He said, “With contempt shall I fling my glove in the world’s face, then shall I stride through the wreckage a creator!”

Sergey Genadievich Nechayev, the crazed revolutionary of czarist Russia, wrote in his pamphlet “The Revolutionary Catechism” that the revolutionary “has broken all the bonds which tie him to the social order and the civilized world with all its laws, moralities, and customs, and with all its accepted conventions.”

“He is their implacable enemy, and if he continues to live with them it is only in order to destroy them more speedily,” he wrote.

Nechayev demonstrated clear hatred of the world and saw himself beyond the authority of the law. He used the clerical term “catechism” to describe his vision of a cult that despises the world. “He is not a revolutionary if he has any sympathy for this world,” Nechayev said.

Lenin expressed a similar view: “Dictatorship is rule based directly upon force and unrestricted by any laws. The revolutionary dictatorship of the proletariat is rule won and maintained by the use of violence by the proletariat against the bourgeoisie, rule that is unrestricted by any laws.”

Wielding political power to kill, torture, and mete out collective punish-

ment in the absence of legal restraints is nothing other than state terror. This cold-blooded brutality is the first step taken under the rule of classical communist regimes.

In the month following the Bolshevik overthrow of the Russian government in 1917, hundreds of thousands of people were killed in the course of the political struggle. The Bolsheviks established the All-Russian Extraordinary Commission, abbreviated Cheka, and endowed it with powers of summary execution. From 1918 to 1922, the Chekists killed no less than 2 million people without trial.

## The drivers of communism commit atrocities not out of ignorance, but out of malice.

Alexander Nikolaevich Yakovlev, former propaganda minister of the Central Committee, Soviet Politburo member, and secretariat of the Communist Party of the Soviet Union (CPSU), wrote in the preface of his book “Bitter Cup: Russian Bolshevism and Reform Movement” that in “this century alone, 60 million people in Russia died as a result of war, hunger and repression.” Using public archives, Yakovlev estimated the number of people killed in Soviet campaigns of persecution at 20 million to 30 million.

In 1987, the Politburo of the Soviet Union set up a committee, of which Yakovlev was a member, to review miscarriages of justice under Soviet rule. After reviewing thousands of files, Yakovlev wrote: “There’s a feeling that I’ve long been unable to shake. It seems that the perpetrators of these atrocities are a group of people who are mentally deranged, but I fear that such an explanation runs the risk of oversimplifying the problem.”

To put it more plainly, Yakovlev saw that the atrocities committed in the communist era didn’t stem from ordinary human thinking or impulses—rather, they were carefully planned. These crimes were not committed for the greater good of the world, but from a deep hatred of life itself. The drivers of communism commit atrocities not out of ignorance, but out of malice.

Following the establishment of the Soviet Union, state terrorism was imposed by subsequent communist regimes, such as China, North Korea, and Cambodia.

As described in “Commentary Seven: On the Communist Party’s History of Killing” from “Nine Commentaries on the Communist Party,” the Chinese Communist Party (CCP) caused between 60 million and 80 million deaths prior to the period of reform and opening up—a figure that may exceed the combined death toll of both world wars.

b. Ever-Changing Standards of Right and Wrong

While communism ignores all sense of legality to practice state terrorism in pursuit of its domestic goals, it puts on a show in front of Western countries by claiming it’s committed to implementing the rule of law. It does this so that it can engage, infiltrate, and subvert free societies in the name of trade and economic partnership, cultural exchange, and geopolitical cooperation.

For instance, at the onset of reform and opening up in 1979, the CCP passed a “criminal procedure law,” ostensibly to strengthen the judiciary institution. But this law has not been seriously enforced.

See next edition for the next installment.



# Time Has Come to Remove the Cancer of the CCP

DIANA ZHANG

It’s always been a mystery to me as to why America dealt with the Soviet Union as an evil communist regime, but treated China as a mild one that could be bought with money and a good lifestyle. We thought we were rich enough, powerful enough, and attractive enough to change China into a normal society such as one in the free world. Instead, the business and investment from the United States have made the Chinese Communist Party (CCP) stronger. The CCP is like a cancer that sucks nutrition from a healthy organ to become a bigger threat to the whole body. The spread of the CCP virus around the world shows us how dangerous the CCP is. It is contagious. It is invisible. It is deadly. It is a threat to everyone on this planet. When The Epoch Times published the editorial series, “Nine Commentaries on the Communist Party,” which lays bare the history of the CCP, readers wrote to us asking, “Where was The New York Times when this was happening?” When the Great Leap Forward happened and millions were killed, we thought it was a China issue. When the Great Famine happened and 40 million people starved to death, it was a remote problem. When the Tiananmen Square massacre happened, we continued to do business with the CCP. When the persecution of the spiritual practice Falun Gong happened, we tried to please the CCP by looking away. In some ways, the CCP has

Insiders say the death toll from the CCP virus has surpassed 1 million.



A paramilitary police officer stands guard in Tiananmen Square in Beijing, China, on March 11, 2018.

changed. It actually has grown. It has slicker packaging and understands the West better—so it can do a better job of taking advantage of the West. Its propaganda always uses the United States as a negative example, telling the Chinese people that the CCP is better. In many ways, the CCP has never changed—its nature has never changed. During the Great Famine, CCP officials blockaded many villages, not allowing people to go out to beg for food. It was more important to the CCP to hide the truth. Sixty years later, when the coronavirus spread, some villages were sealed off, some homes were locked from the outside. Some children starved to death. The CCP says there have been 3,259 deaths from the virus, but this doesn’t match what we have seen happening in China. We know cremation centers in Wuhan were operating 24 hours a day, seven days a week. Outside some villages, bodies were burned in

open-air pits. Forty mobile furnaces were shipped to Wuhan. Each can burn five tons of “medical waste and dead animal bodies” (animal bodies or human bodies?) each day. Insiders say the death toll from the CCP virus has surpassed 1 million. We have no way to prove or disprove that number. Recent reports of the remaining number of cellphone users in China suggest the number of deaths may be far higher than previously suggested. China has three cellphone carriers. China Mobile reported that it lost roughly 7.25 million users in February, while China Telecom lost 5.6 million users in February. The relatively small China Unicom hasn’t released its February report. But in January, it lost about 1.19 million users. Supposing that China Unicom kept all its users in February, the entire Chinese market still lost about 12.85 million cellphone users that month. How many of those

people died in the past month? With the CCP concealing information about the virus, the world has been caught unprepared. Now, we have become victims, as the virus has crossed borders. Should we continue to deal with the CCP like we are dealing with a group of gentlemen? We have lost our manufacturing jobs; we have lost intellectual property. Now, are we are going to lose our family members, and maybe our own lives? When a cancer continues to grow, what is the end result? Fortunately, we are still strong as a country. However, when good cells fight off cancer, it’s a life-and-death struggle. If we don’t see this clearly, if we don’t take out the CCP as soon as possible, a more deadly virus might come. This CCP virus should be lesson enough for us. Eliminating the CCP doesn’t require World War III. If we cut our ties to it, it will starve to death quickly, like a cancer separated from its host.

## One Belt, One Road... One Virus

CONTINUED FROM A1

to accurately self-report, the true impact of this disaster on Italy is even more apparent. Italy’s numbers can be trusted, as can Spain and France’s, and so the disparity is stark, ranging from 5,476 to 2,206 to 674. So the question immediately arises: Why does Italy, a free, democratic country, have such a high death toll?

### Why Italy Indeed

There has been much recent speculation and commentary about this development, mostly centering around Italy’s aging population or the quality of available health care. In fact, the chief reason that Italy now finds itself at the center of the worst of this current pandemic isn’t due to a larger elderly population or substandard medical care. It can be summed up in one word: globalism. Italy’s political elite class made two key mistakes. The first mistake was to allow a huge migration of ethnic Chinese into the country. There are now an estimated 320,000 Chinese living in Italy, many of them in the northern part of the country where the virus has been especially bad. (The actual number could be far higher since there is a booming illegal human-smuggling trade.) The second mistake was to enter into an economic agreement with the CCP called the “Belt and Road Initiative” (BRI, also known as One Belt, One Road). The Party is using this economic policy in countries such as Italy to position itself for world dominance, and specifically as a competitor to the United States. As the Council on Foreign Relations explained in an article published in January, titled “China’s Massive Belt and Road Initiative”:



ANDREAS SOLARO / AFP VIA GETTY IMAGES

“China’s Belt and Road Initiative, sometimes referred to as the New Silk Road, is one of the most ambitious infrastructure projects ever conceived. Launched in 2013 by President Xi Jinping, the vast collection of development and investment initiatives would stretch from East Asia to Europe, significantly expanding China’s economic and political influence.”

**Opening the Door to a Pandemic** Tracy Beanz of the investigative news website UncoverDC.com published an amazing report on March 20, titled “Why Italy?” that took an in-depth look at why it so quickly became the world’s most vulnerable country to the CCP virus and its devastating effects. In her report, Beanz cites several news articles from years ago where this decades-long mass migration from China to Italy was examined in a mostly positive light, such as this article, which appeared in September 2010 in The New York Times, titled “Chinese Remake the ‘Made In Italy’ Fashion Label.” It was exactly one year ago that the BRI economic agreement between the CCP and the Italian government was finalized. Now, it appears a far more ac-

Medical workers in coveralls wheel a patient under intensive care into the newly built Columbus COVID 2 temporary hospital to fight the CCP virus, at the Gemelli hospital in Rome on March 16, 2020.

Why does Italy, a free, democratic country, have such a high death toll?

curate title for this policy would be “One Belt, One Road... One Virus.” The biggest overall result of this worldwide pandemic launched from inside China is that it is causing many of the world’s political leaders to reassess their relationship, both economic and diplomatic, with the CCP.

### A World Awakens to the Globalist CCP Threat

The pandemic has awakened many to the direct and very real danger of being dependent on the regime in Beijing, under the CCP’s iron-fisted control, for vital products and services such as medical supplies, lifesaving drugs, and key electronics. Globalism was sold by our political elite class as a wonderfully positive concept over the past several decades, since it was framed as the inevitable wave of the future. However, there are also very real dangers and pitfalls that come with outsourcing your country’s vital medical and national security infrastructure to what may very well be a hostile foreign power. Before the outbreak of this pandemic, the CCP had certainly engaged in enough blatantly bad behavior in recent years to lead any responsible political leader to seriously question any policy of outsourcing vital infrastructure to China. Sen. Josh Hawley (R-Mo.) and Sen. Tom Cotton (R-Ark.) and several other legislators have been tirelessly working to point out the very real threat of the CCP’s rampant spying and tech theft, and also how outsourcing 5G technology to Huawei was a direct compromise of the United States’ national security. In just the past year, with its crude handling of the Hong Kong protests, followed by the NBA’s blatant self-censoring, along with the revelation of massive concen-

tration camps created for Uyghurs, there were already plenty of reasons for President Donald Trump’s administration to begin looking for ways to decouple from the United States’ economic and infrastructure dependence on China. Even some top Democrats who were at the forefront of the globalist agenda in the Bush and Obama years have come around to the wisdom of steering clear of the CCP when it comes to vital US infrastructure.

### Stark Truth Emerges: CCP Is a Hostile Foreign Power

Had China’s present totalitarian government been honest with the rest of the world from November 2019 through January, the virus could have been contained within China. Instead, even into mid-January, the CCP was lying to the World Health Organization, which was passing fake information to Trump. That was while the Chinese authorities were desperately trying to suppress the truth, arresting and imprisoning doctors and whistleblowers who were revealing the reality of the situation. The CCP government has followed this duplicity with engaging in an infuriating disinformation campaign about the virus’s origins in China, followed by a threat to withhold Chinese-manufactured medical drugs from the United States during this present crisis. These aren’t the actions of a friendly government. They certainly aren’t the actions of a trusted business partner. The CCP is a hostile foreign power, and it is far past time that many governments around the world began treating it that way.

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



VAPING

E-cig Flavors Add Risk

Flavors shape vaping behavior and add another layer of chemical risk.

See B2

DEEMPHOTOGRAPHY/SHUTTERSTOCK



MINIMALISM

Quarantined? Declutter Your Home While Stuck Inside

Set out on some achievable tasks to help simplify your home while you wait it out.

See B4

MARCH 26 - APRIL 1, 2020 B1

LIFE

THE EPOCH TIMES

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Mandatory quarantines can be ordered for people who test negative for the virus but have likely been exposed.

Social Distancing

The Best Tool We Have to Fight the Coronavirus

What is social distancing and why is it so important as the world grapples with this highly infectious disease?

THOMAS PERLS

As the coronavirus spreads into more and more communities, public health officials are placing responsibility on individuals to help slow the pandemic. Social distancing is the way to do it. Geriatrician Thomas Perls explains how this crucial tool works.

What Is Social Distancing?

Social distancing is a tool public health officials recommend to slow the spread of a disease that is being passed from person to person. Simply put, it means that people stay far enough away from each other so that the coronavirus—or any pathogen—can't spread from one

person to another.

The Department of Health describes social distancing as avoiding non-essential gatherings and keeping a distance of 1.5 meters—about one body length—from other people. Additionally, across the nation, non-essential gatherings like theaters, pubs, and clubs have temporarily closed. Many conventions around the world are being canceled, and food venues are limited to take away or home delivery. I've stopped taking the train during rush hour. Now I either work from home or drive in with my wife, or I take the train during off-hours so I can maintain the 1.5 meter distance.

Social distancing also means not touching other people, and that includes

People can spread the coronavirus for at least five days before they show symptoms.

handshakes. Physical touch is the most likely way a person will catch the coronavirus and the easiest way to spread it. Remember, keep that 6-foot distance and don't touch.

Social distancing can never prevent 100 percent of transmissions, but by following these simple rules, individuals can play a critical role in slowing the spread of the coronavirus. If the number of cases isn't kept below what the health care system can handle at any one time—called flattening the curve—hospitals could become overwhelmed, leading to unnecessary deaths and suffering.

Continued on B8



# E-cig Flavors May Be More Than Alluring;

Flavors shape vaping behavior and add another layer of chemical risk

WEIHONG LIN & RAKAIA KENNEY

Millions of Americans are vaping, and some are getting sick. Since June 2019, 2,711 have been hospitalized and 60 have died due to EVALI (e-cigarette-associated lung injury), the devastating lung disease linked to e-cigarettes.

Five million users are middle and high school students. Some are as young as 11, although it’s illegal to sell vaping products to anyone under 21.

Especially for kids, much of the allure is flavor. E-cigarettes offer attractive smells and tastes. Fruit, mint, candy and dessert flavors are the favorites, and studies suggest they ignite the desire to vape. That’s why the Trump administration just banned the sale of those sweet flavors from cartridge-based e-cigs, the delivery method most popular with teens.

One of us (Weihong Lin) is a chemosensory neurobiologist, and the other (Rakaia Kenney) is a research assistant in Lin’s lab. Put simply, we study how the sensory systems and brain react to chemical stimulation. With e-cigarettes, we are focusing on how the enticing flavors ensnare our children.

But our studies have shown that the effect of flavor goes beyond the pleasure they may bring—the flavorings themselves may actually harm tissue.

### Flavors Enhance E-cig Appeal

The tobacco industry has long been using flavorings to make their products more palatable; it added menthol to cigarettes nearly a century ago.

Today, the allure of flavors in e-cigarettes bring potential health consequences, and kids are particularly vulnerable. E-cigarettes can put adolescents at risk for respiratory, cardiopulmonary diseases, brain disorders, and cancers.

About 20,000 flavored e-liquids are on the market—countless combinations of hundreds of flavoring molecules extracted from natural ingredients or artificially made. The

vast majority are volatile odor chemicals, perceived not by taste, but by smell.

Your olfactory system, with far more sensitivity than your taste buds, can distinguish more than 10,000 smells. During vaping, a flavoring enters our nose, and like any agreeable scent, immediately evokes the fond memories and pleasant emotions associated with the aroma. Vanillin, a popular e-cigarette flavoring, smells like dessert; ethyl maltol, a flavoring used in many foods, has a candy-like odor. The user, comforted and calmed, savors the moment—then goes back for more.

But e-cigarette vapor also contains nicotine, heavy metals, and formaldehyde, as pungent as they are harmful. Mixing in delectable flavorings disguises the unpleasantness of these chemicals, much like the cherry additive that camouflages the otherwise medicinal taste of children’s cough syrup.

Yet perceptions of irritation and pain in the nose, mouth, and throat serve as warning signals. A bitter taste might originate from a toxic plant. Irritation in the nose or respiratory tract indicates the inhaled substance is potentially harmful.

But now that flavorings in e-cigarettes mask the warning signals, many consumers have been lulled into believing vaping is benign. They rate mint flavors as safer, though they are not. And instead of irritation from the e-cigarette prompting a cough—an action that removes harmful stimuli from the airway—the flavorings instead dampen the user’s sensory alarms and protective reactions. The risk of chemically induced injury, along with nicotine abuse, is increased.

### How Flavors Themselves May Be Toxic

Although the U.S. Food and Drug Administration has acknowledged some flavorings as “safe for consumption,” its label dodges a critical distinction. Safe for consumption does not mean safe for inhalation. While scientists still haven’t confirmed the inhalation toxicity for all flavorings, the latest research reveals some disturbing evidence.

Many of the most common flavorings can

Many of the most common flavorings can cause inflammation, cell death, free radical formation, and DNA damage when present at high levels.



Flavorings in e-cigarettes mask the chemicals that consumers would’ve tasted and smelled in the toxic vapors.

cause inflammation, cell death, free radical formation, and DNA damage when present at high levels. One class of compounds, known as furfurals, triggers tumor growth in mice.

Flavor molecules, reacting with the propylene glycol in the e-liquid, can produce metabolites, or intermediate substances that are part of metabolic reactions, that are irritating to the respiratory system. Long-term exposure to irritants can lead to chronic cough, inflammation, hyper-reactive airway (wheezing, shortness of breath), edema (swelling in the arms, hands, legs or feet), and acute lung damage.

Some flavorings, inhaled chronically or at high levels, are already known to cause serious and sometimes deadly respiratory illnesses. Diacetyl, a buttery flavor used in processed foods—notably some popcorn products—causes “popcorn lung,” an irreversible disease that affects factory workers exposed daily to the compound.

Many e-liquids contain diacetyl; an analysis found the substance in 39 out of 51 tested e-cigarette samples. In about half the samples, the estimated daily consumption was above safety limits.

Patients with EVALI exhibit a significant number of symptoms and all were attributed to vaping. In one survey, users reported cough (40.0 percent), dry or irritated mouth or throat (31.0 percent), dizziness or



Long-term research is needed to fully comprehend the adverse health effects.

# Sparkling Water’s Little Known Effect on Your Teeth

Sugar drinks are well known for causing cavities but fewer people know what carbonated drinks do

NICOLA INNES & SUZANNE ZAREMBA

For many people, the start of a year is a time for new health resolutions—be it eat more vegetables, consume less sugar or drink more water.

Keeping hydrated is essential for body functions such as temperature regulation, transporting nutrients and removing waste. Water even acts as a lubricant and shock absorber for joints.

But while most people know they should drink more water, it can be a bit boring. So what about sparkling water as an option to liven things up a bit? After all, sparkling water is just as good as normal water, right? Not quite.

### Fizzy Fluids

Sparkling water is made by infusing water with carbon dioxide. This produces carbonic acid with a weak acidic pH of between three and four. That “feel good” mouth sensation you get after sipping a carbonated drink is in fact the chemical activation of pain receptors on your tongue responding to this acid, giving a pleasing taste. And here’s part of the problem, because acid in drinks can harm our teeth.

The outer layer of our teeth, dental enamel, is the hardest tissue in the body. It is made of a mineral called hydroxyapatite that contains calcium and phosphate. Saliva is mainly water but also contains calcium and phosphate.

There is normally a balance between tooth minerals and the minerals in saliva. The mouth and saliva normally have (a pH of six to seven), but when this drops below five and a half, calcium and phos-

phate molecules move out of the teeth and into saliva. This can happen because of the carbonic acid in fizzy drinks.

### Bad for Teeth?

This demineralization creates tiny pores in the tooth mineral and the enamel starts to dissolve. Initially, the pores are microscopic and can still be plugged by putting calcium or phosphate back in, or by replacing calcium with fluoride—this is how fluoride in toothpaste works to protect teeth. But once the amount of lost tooth mineral reaches a certain level, the pores can no longer be plugged and the tooth tissue is lost for good.

If teeth are bathed in acid from carbonated drinks frequently, more minerals can be dissolved out than get put back in, and there is more risk of tooth wear or erosion.

So although plain sparkling water is better for your teeth than flavored sodas (diet or regular) which have a lower pH, still water is best—it has a pH of around seven. Incidentally, club soda is not only carbonated but has some “minerals” added for flavor. These may include sodium, so if you are watching your salt intake you also need to be mindful of this.

### Pure Water

It’s also worth pointing out that sparkling water is not an appetite suppressant. Despite what you might read online, there is no strong scientific evidence to suggest that drinking sparkling water will make you feel fuller or curb your appetite. Yes, drinking carbonated water will fill up your stomach (probably making you belch too) but it won’t stay in your stomach any longer than still water.

Even when sparkling water is drunk alongside food or meals, there is no difference in how quickly the stomach will empty compared to still water. Scientifically, it is difficult to measure hunger and fullness, which means that studies investigating these are based on, or influenced by, people’s personal feelings—and naturally us humans are all very different. In fact, the European Food Safety Authority, which provides independent scientific advice on food safety, doesn’t endorse any health claims related to foods or drinks said to increase satiety.

Health agencies advice drinking between six to eight glasses of fluid per day. As well as water, this can also include lower fat milk and sugar-free drinks, along with tea and coffee. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories, is free and contains no sugars that can damage teeth—unlike the myriad of sports, energy and carbonated drinks that flood supermarket shelves.

Of course, if you are swapping sugary soft drinks with sparkling water then this is a step in the right direction. Indeed, soft drinks are estimated to contribute to approximately 25 percent of sugar intake in adults and increase oral acidity. Most sparkling waters do not have added sugars, though some do, so always read the label.

So when it comes to trying to increase your fluid intake, still water is still the preferred option. But if a glass of water is not really your thing, sparkling water can help you stay hydrated and can be a tasty alternative to plain water—but just be mindful of how frequently you drink it for your dental health.



That “feel good” mouth sensation you get after sipping a carbonated drink is in fact the chemical activation of pain receptors on your tongue responding to this acid, giving a pleasing taste.

Nicola Innes is a professor of pediatric dentistry at the University of Dundee in the United Kingdom, and Suzanne Zaremba is a lecturer in nutrition at the Centre for Public Health Nutrition Research at the University of Dundee. This article is republished from The Conversation.



# They Also Add Toxic Chemicals

ALL PHOTOS BY SHUTTERSTOCK

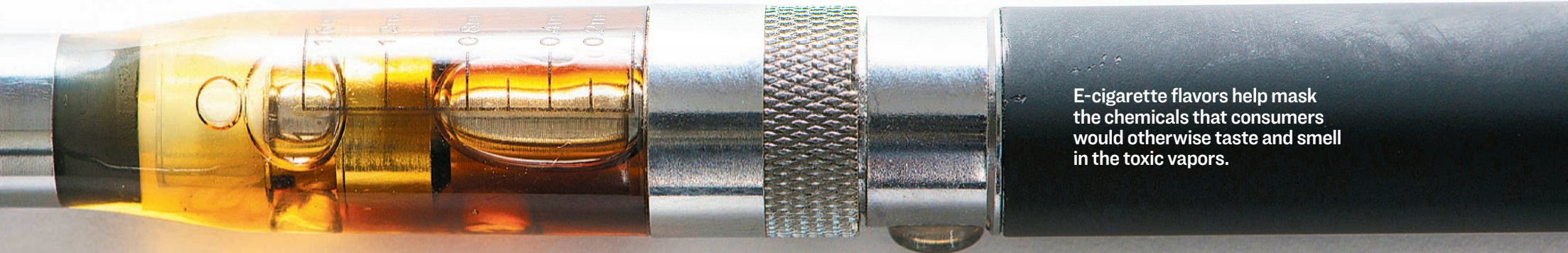
lightheadedness (27.1 percent), headache or migraine (21.9 percent), or shortness of breath (18.1 percent).  
Similar health problems have been reported by patients with chemically induced sick building syndrome. This implies that e-cigarette users share common health problems with those suffering from chemical exposure.

### What About Long-Term Vaping?

Ongoing chemical exposure, especially at high doses, can cause olfactory dysfunction, including a reduced sense of smell. This encourages chronic e-cigarette users to choose stronger-flavored e-liquids to receive a sufficient buzz. In turn, more potent e-liquids generate more irritation and damage to the nose, lungs and lower airway.  
The health effects of e-cigarette exposure go beyond the sensory and respiratory systems. Mint and candy flavors are more than chemical accessories that enhance a harmless experience. They shape our behavior, perhaps for a lifetime.  
Our government is making progress towards keeping teens away from e-cigarettes. Now, long-term research is needed to fully comprehend the adverse health effects and toxicity of flavorings and other chemical substances in the e-cigarette vapor to prevent the potentially catastrophic effects of vaping.



When it comes to vaping, for kids much of the allure is flavor.



*Weihong Lin is a professor of biological sciences at the University of Maryland–Baltimore County, and Rakaia Kenney is a research assistant at the University of Maryland–Baltimore County. This article is republished from The Conversation.*

# Yes, You Should Wash Fruits and Vegetables

Your produce has been through a lot of hands before it landed in your crisper

LISA ROTH COLLINS

As a child, I used to pick and eat vegetables straight out of our family garden—red juicy tomatoes, crisp green beans, and sweet corn—but today we are all urged to wash fruits and vegetables before we eat them. This tip is true even if you are eating organic produce.  
So what’s the deal?

### Why Is It Important to Wash Fruits and Vegetables?

You should wash all of your fruits and vegetables, including organics, to help remove any bacteria, including *Escherichia coli* (e. coli), from the surface of the produce. The majority of the bacteria reside in the soil that is attached to the fruit and vegetables, so washing it away is important.  
Although buying or growing organic food reduces your exposure to harmful pesticides and other chemicals that are typical in conventionally farmed produce, contamination is always possible. One form of contamination is drift from conventional farms in the area of the organic farm. Contamination also can occur while the produce is in transit, when it is stored, and even when it is on the shelves, as customers have a habit of touching lots of different produce while they are shopping.  
Unless you are completely confident about the integrity of your homegrown fruits and vegetables and the soil and water you are using to grow them, taking a few moments to

wash the fruits of your labors is a good idea.  
It’s important to wash loose produce versus pre-packaged items because they are more likely to have soil attached to them. Vegetables with lots of nooks and crannies—such as lettuces and other greens—are especially prone to hold onto their dirt.  
It’s probably not necessary to rewash pre-washed or triple-washed greens or other lettuce combinations. However, if you do, be sure not to contaminate them with any surfaces that have touched meat, dairy, or other foods.

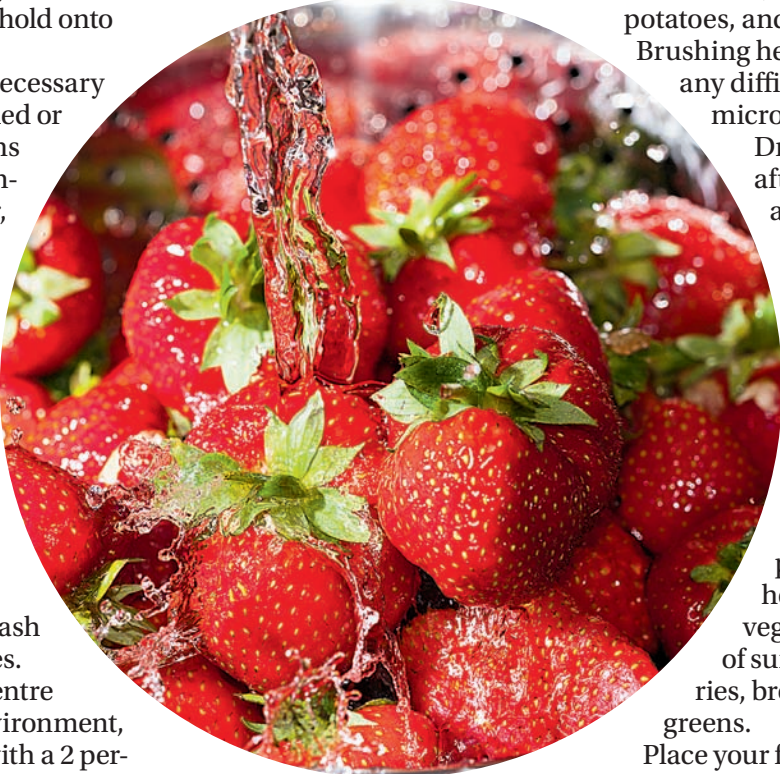
### Is It Really Effective?

I have often wondered whether it is really effective to wash fruits and vegetables. According to the Centre for Science and Environment, washing produce with a 2 percent salt solution will eliminate most of the pesticide residues that typically appear on the surface of fruits and vegetables. About 75 to 80 percent of residues are removed when you wash produce with cold water.  
Some fruits and vegetables hold onto their soil and pesticides a little better than others. When washing your produce, pay special attention to apples, grapes, greens, guava, mangoes, peaches, pears, plums, and

tomatoes.

### How to wash your fruits and vegetables

You have various ways to wash fruits and vegetables—using one of several DIY approaches or a commercial produce wash.



You should wash all of your fruits and vegetables, including organics, to help remove any bacteria, including *Escherichia coli* (e. coli), from the surface of the produce.

### Water Rinse

The water rinse approach can be used for all fruits and vegetables, although some vegetables

that have lots of hiding places for soil require some additional attention.  
Use cool or cold water and a colander to rinse your fruits and vegetables. You may need to use a vegetable brush to scrub produce such as melons, cucumbers, carrots, turnips, potatoes, and winter squash. Brushing helps to eliminate any difficult to remove microorganisms.  
Dry your produce after washing with a clean towel. This will remove any remaining bacteria.  
A water soaking method also is effective. Fill a basin or sink with enough cool water to soak the produce. This approach is especially helpful for fruits and veggies that have a lot of surfaces, such as berries, broccoli, and leafy greens.  
Place your fruits or vegetables in the water and swish them around so the water can reach all of the crevices. Soak and swish for about 2 minutes. You will need to separate the individual leaves of leafy greens to get them clean.  
**Salt Soak**  
You can add 1 to 2 teaspoons of salt to the soaking water. This method is good for all varieties of fruits and vegetables. Rinse the produce well after soaking.

**Vinegar Soak**  
Prepare a solution of 90 percent water and 10 percent white vinegar in a basin or bowl. Soak your fruit or vegetables in the mixture for 5 to 15 minutes, stir them around, and then rinse thoroughly before using.  
This approach can remove pesticides and reduce bacteria. However, a vinegar soak may affect the taste and texture of some fruits and vegetables, so be sure to thoroughly rinse off the vinegar-water.  
**Commercial Wash**  
You can purchase fruit and veggie wash from many grocery and health food stores. A variety of brands are available, some as a spray and others as a soak. Sprays are typically better for “harder” fruits and vegetables, such as apples, pears, tomatoes, potatoes, and carrots. Soaks are great for “soft” produce or produce that has a lot of crevices such as greens, broccoli and cauliflower, strawberries and other berries, and grapes.  
**Bottom Line**  
You want the cleanest, safest produce for you and your family. That means even if you always buy organic fruits and vegetables—and sometimes that’s a real challenge—it’s still good to clean them properly.  
*Lisa Roth Collins is a registered holistic nutritionist and the marketing manager at Naturally-Savvy.com, which first published this article.*



BECOMING MINIMALIST

# Quarantined?

## Declutter Your Home While Stuck Inside

Here are 14 achievable tasks to help you simplify your home while you wait things out

JOSHUA BECKER

Got some unexpected free time in the schedule? Maybe your local church, school, or sports team gathering just got canceled. Maybe your vacation plans just got upended and now you're going to be stuck at home for the next few weeks instead of leaving. Or maybe your local stores are all out of necessary supplies so there's no use leaving the house anyway.

Take a look around the house and see if there is a lived-in room that you can declutter entirely in 45 minutes.

Either way, I think we all want to remain productive. Maybe some extra time at home could do us all some good—if we choose to use the time wisely. I've seen some recent chatter about people spending extended periods of time at home. Tasks such as cooking, cleaning, and decluttering seem to top their list of goals. And because Clutter-free, the first app to provide everything you need to own less, won't actually be released until next week, I thought it might be helpful to create a list of home-based decluttering tasks for you to work through with your family

today (or one each day if you're planning to be home that long).

**14 Achievable Tasks to Help Declutter Your Home**

**Challenge-Based Tasks**

**1. Take the 12-12-12 challenge.** The rules are simple: locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home. That's it. Repeat if desired.

**2. Fill an entire trash bag.** Get a trash bag and fill it as fast as you can with things you can donate at Goodwill. Ann Marie hosts 40 Bags in 40 Days challenge every year during the Lenten season. You can still hop in late and join the community of people completing this challenge daily.

**3. Sort through a pile of mail or paper.** Junk mail piling up on your kitchen counter or a stack of paper somewhere it shouldn't be? For this challenge, look for piles of paper in places they don't belong (kitchen counters, dining room tables, coffee tables) and tackle those piles first. Work to get through them quickly and easily.

**4. Set a physical boundary for toys.** I'm not a big fan of making your kids declutter their stuff unless you've led by example, so don't start with this challenge. But when the time is right, take a look at the toy collection in your home and create a helpful physical boundary for them (a shelf, a closet, a wall, etc) and then help your child curate their toys to fit.

**5. Clean commonly-touched items.** It's always important to keep often-used surfaces clean of germs and contagious viruses and stuff. Maybe now more than ever. Using an effective cleaner, take time to clean countertops, faucets, doorknobs, drawer pulls, light switches, remotes, keyboards. You know, all the things that should remain clean in order to shorten your time at home.

**Time-Based Tasks**

**6. 15-minute family challenge.** If your whole family is getting tired of the indoors, see if you can talk them into a fun game. Take 15 minutes as a family and see if you can find 100 things to remove from your home. Give them instructions to scatter, find only things that belong to them, and see if your total pile numbers 100 things by the end.

**7. 20-minute linen closet clean-out.** You can probably declutter all the old towels and linens in your linen closet in 20 minutes. Set a timer and get it done. You've been meaning to anyway, now's your chance.

**8. Declutter one room in 45 minutes.** Take a look around the house and see if there is a lived-in room that you can declutter entirely in 45 minutes. Maybe your living room, family room, or dining room. Work hard to challenge your assumptions about what needs to stay in the room, removing as much as you can. When it's complete, take a break and enjoy the peace and calm of a clutter-free room. Maybe tackle a new room tomorrow?

**9. Skip one television show.** I mean, really, you can only watch so much television before you start to feel terrible anyway. So skip one show that you'd normally watch and use the time to declutter. That's 30 minutes (or maybe even 60) of progress creating a new living environment.

**Area-Based Tasks**

**10. Clean out your car/vehicle.** Too often our vehicles fill up with unnecessary things: old CDs, sunglasses, Happy Meal toys, receipts, coins, empty water bottles, paper trash. Grab two bags: one for garbage and one for items to relocate. Fill them quickly with everything in your car that doesn't need to be there. You'll be surprised how quickly you can empty your vehicle of unneeded clutter.

Given the amount of free time you're going to have at home over the next couple weeks, you might be surprised what new opportunities you are paying the way for.



# What Parents Should Know About Kids and COVID-19

Don't panic, wash your hands, and remember—children are not at high risk from this virus

YALE UNIVERSITY

While the situation is swiftly evolving, and experts are learning more about COVID-19 daily, there are things parents and their kids can do to take precautions. “The first, and most likely scenario, is that children are contracting COVID-19 but are getting a milder version of the disease,” says Thomas Murray, a pediatric infectious disease specialist at Yale School of Medicine and associate medical director for infection prevention at Yale New Haven Children's Hospital. Other possibilities: they're not exposed, or they're exposed and don't contract the infection. “Given how quickly it circulates and what we know about other respiratory viruses in children, this is unlikely,” Murray says. Based on what's known, it appears children contract COVID-19—but present a milder disease. As of today, there have been no known deaths reported in the 0-9-year-old age group and there have been few hospitalizations. The disease seems to primarily affect older adults and those with underlying health problems. As for how to protect children, the rules are simple, explains Murray. “Wash your hands, wash your hands, and then wash your hands. Kids like to touch their face. Your nose, mouth, and eyes are all portals of entry for viruses into your body,” Murray said. Frequent hand washing, especially with toddlers and kids who are in day-care, is important. Keep kids away from people who are

sick, especially if they have respiratory symptoms. And if your kids are sick, keep them home. For COVID-19, one of the most important things for containment is to isolate people who have the virus. While it's not clear yet how much COVID-19 is transmitted from surfaces, we know other respiratory viruses can be, Murray says. If children are sick, keep them home from school, as normal. “Any fever, cough, respiratory symptoms—these are all reasons to stay home,” Murray said. And, if you have a child with a respiratory illness who has frequent contact with elderly grandparents or caregivers, try to separate them until the child is feeling better—kids can be reservoirs for respiratory illness. Call your healthcare provider if you know you have been exposed to someone who is a positive COVID-19 case, or if you have a high fever, severe cough—just like you would otherwise. “You don't have to call your pediatrician for mild illness because it could be any number of viruses,” Murray says. “Again, the virus appears to be mild in children, and there are no available therapies today.” Providers urge families to avoid the emergency room unless their child genuinely requires emergency care. This will help keep emergency services available for the children who really need them and protect children who are most at-risk. Be

Keep kids away from people who are sick, especially if they have respiratory symptoms.



BEATRIZ VERA/SHUTTERSTOCK

vigilant. Wash your hands. It's about containment, not the seriousness of the disease because it's new. COVID-19 presents respiratory illness with symptoms including fever, cough, and shortness of breath. Flu symptoms are similar, and usually come on suddenly. Symptoms include fever higher than 100.5 degrees, extreme exhaustion, muscle or body aches, and chills. The flu, particularly influenza B, has hit children across the country hard this year. “We're not out of the woods with flu season yet,” Murray said. For children with chronic pulmonary or respiratory illnesses like cystic fibrosis, it is business as usual. “For those families, don't treat this any differently than flu or other highly contagious respiratory illnesses. Wash your hands and avoid sick contacts.” If you do contract COVID-19 or are exposed to a diagnosed patient, be prepared to be quarantined for 14 days—so have enough household supplies to keep you stocked for two weeks. In closing, Murray says while there is a potential for widespread disease, his advice is simple: Prepare, don't panic. “Just be vigilant. Wash your hands. It's about containment, not the seriousness of the disease, because it's new. In five years, this may be just like flu.”

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“The first, and most likely scenario, is that children are contracting COVID-19 but are getting a milder version of the disease.” Thomas Murray, a pediatric infectious disease specialist at Yale School of Medicine and associate medical director for infection prevention at Yale New Haven Children's Hospital



**11. Clear out clothes you don't wear.** Open your closet and drawers, notice how you usually wear the same things every day? Now's a good time to get rid of the others: clothes that don't fit, clothes that are too old, clothes that are out of style, clothes with holes, clothes that just don't complement your figure the way you thought they would. Clear them out and open up your closet (and mornings).

**12. Sort through your pantry.** It seems like now is a pretty good time to get a good handle on what home essentials you already have and what is still needed. So take an afternoon this week to sort out your pantry—removing anything old, expired, or unlikely to get used.

**13. Food storage containers.** Your kitchen doesn't need to be a punchline about Tupperware lids and the fact that they never match the container you need them to. We declared Tupperware bankruptcy many years ago, getting rid of our entire stack, and replacing them with containers that stack easily. Do the same.

**14. Clear your desktop.** A clutter-free desktop is such a beautiful place to get work done—whether it's career-based work or home-based work. So find some time and finally clear yours. Process piles of paper and remove unneeded supplies to craft an entirely new work environment. Who knows? Given the amount of free time you're going to have at home over the next

**Spending a few extra hours or days over the coming weeks at home with family may be just what we need as a society.**

couple weeks, you might be surprised what new opportunities you are paving the way for. We live busy lives—maybe too busy from time-to-time. Spending a few extra hours or days over the coming weeks at home with family may be just what we need as a society. If that's you, for whatever reason, I hope you find the list above helpful in making the most of your time making your home the best it can be.

*Joshua Becker is an author, public speaker and the founder and editor of Becoming Minimalist where he inspires others to live more by owning less. Visit [BecomingMinimalist.com](http://BecomingMinimalist.com)*



BEATRIZ VERA/SHUTTERSTOCK

MINDSET MATTERS

# When Crisis Strikes, We Remember What Matters Most

In times of fear, we return to the simple joys, and to each other

NANCY COLIER

With all the craziness going on in the news, all the reasons we should avoid each other, not touch anything, not trust anything, not trust each other, I decided to take a walk in the park.

Why not? It was a beautiful day and mother nature herself seemed to be conspiring to encourage me back into her embrace. I headed to Central Park, not expecting to find anything particularly surprising, maybe just some fresh air and the normal healing that comes from being in nature. But I was wrong. Wow, was I wrong.

What I found was a park with people. It seems that everyone in New York City had the same idea. Everyone was out—playing frisbee, playing catch, playing with their dogs, playing games, playing music—just playing, period. People were talking, walking, running, singing, laughing, flying kites, conversing, biking, yoga-ing. It was remarkable, a beautiful thing to behold. Yesterday in the park reminded me of who we really are as human beings.

When life feels uncertain, in times of instability, we return to what is most basic—the simple pleasures: conversation, walking, nature, making music, being together. When we are stripped of the ability and opportunity to acquire, avoid, distract, and entertain ourselves in the usual ways, we come back to what is



MARIA SBYTOVA/SHUTTERSTOCK

Now is a time to keep company with our friends, family, and faith, to convene with nature, be of service, walk, listen too to silence, and find love where it lives.

most precious; we come back to each other and to nature. Yes, there will be suffering that comes with this current health crisis. And, at the same time, perhaps there can also come some profound wisdom, a reminder of what really matters, and what's always here. Yesterday was a gift, a kind of shared Sabbath. It was a day we all took a communal breath, a step back, a beat to assess what really matters. When we are frightened, when our existence feels threatened, we return to each other. When everything is in flux, changing from moment to moment, we remember what is unchanging, what cannot be taken away, no matter what is

happening in our life situation. We come home to people, to nature, and in a sense, to love. We return to what truly nourishes us, calms and connects us, and reminds us that we are well—no matter what. Under all the anxious thoughts, the choppy surface waves of our mind, there is a deep presence within us, an experience of being—a stillness, a silence. You can feel this presence right now. Just for a moment, unhook from the thoughts swirling in your mind, the fears and what-if scenarios (you can pick them up when you finish). Bring your attention out of your head and down

into your body. Take a conscious slow breath. Invite yourself to relax. Sense your own presence, feel the experience of just being, the here-ness below the thoughts. Within each of us, there is a peace, a calm that's always here. Now is a time to tap into this presence, this ground in the midst of the groundless. This time of uncertainty will pass. The time will come when we will again feel protected and sheltered by our external system—when the predictability of our world will again lull us into a sense of safety and immortality. While this health crisis may

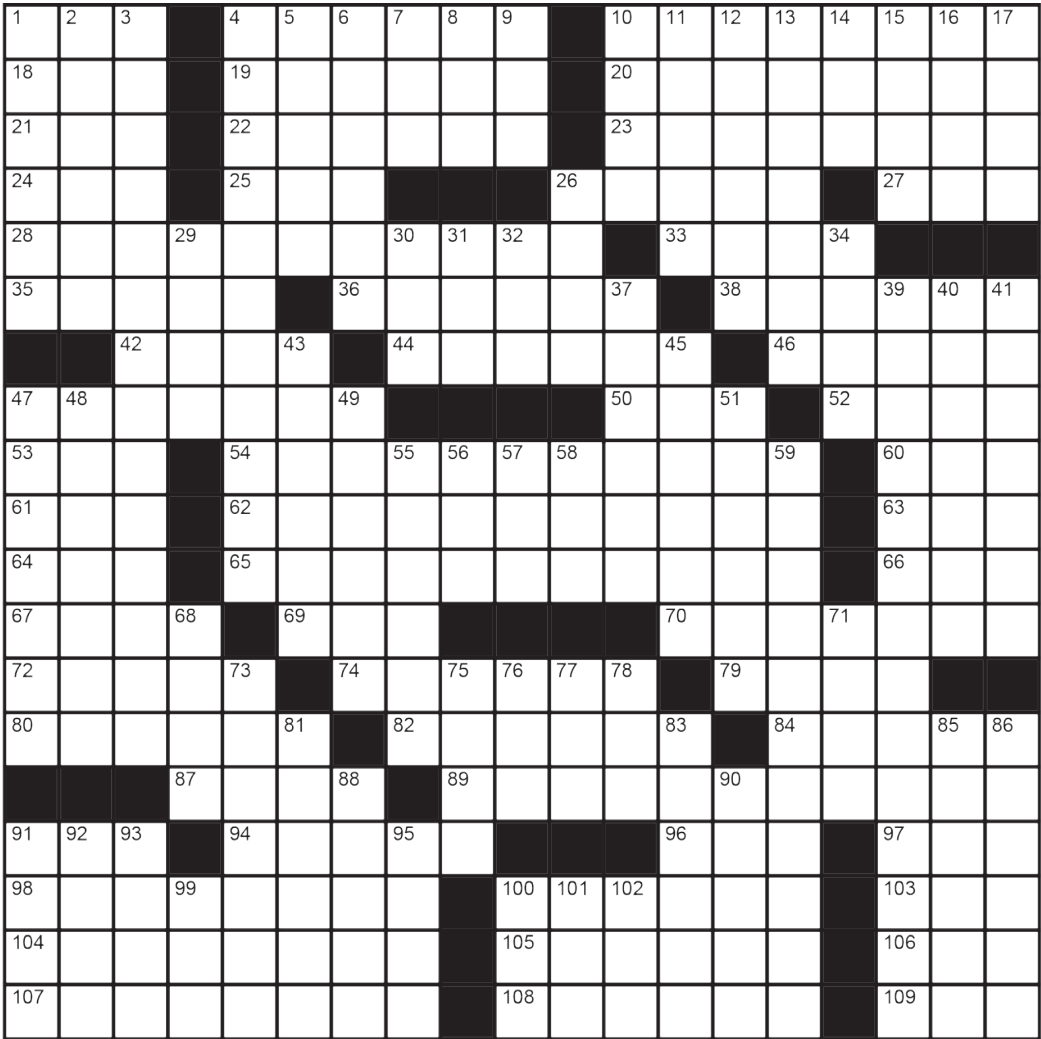
be temporary, and also extremely challenging, let us not get caught up in just the fearful thoughts and thus lose sight of the profound opportunity that a time like this offers. It is in times like these, which don't come often, times when we can no longer rely on our system to ground us, that we have the opportunity to go within, to rethink and reclaim what really matters to us, to reacquire ourselves with our deepest values. Now is a time to keep company with our friends, family, and faith, to convene with nature, be of service, walk, listen to and make music, listen too to silence, and find love where it lives. This is also a time to cultivate the steady place within ourselves, the place that's here with or without a system. Now, when the guard rails have temporarily come off our lives—and the structure that provides safety and a sense of who we are is momentarily dismantled—this is a time to ground ourselves in the present moment, find the steady place inside, and remember what really matters, what cannot be taken away. Ultimately, this is the moment to remember who we are—no matter what. Rev. Nancy Colier is a psychotherapist, interfaith minister, and the author of the book "The Power of Off: The Mindful Way to Stay Sane in a Virtual World." For more information, visit [NancyColier.com](http://NancyColier.com)



\* 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. Symptom of Tourette's Syndrome
- 4. Marvel's Robert Drake
- 10. Accountant's partial sum
- 18. Ancient Tokyo
- 19. End of a Rugby game
- 20. Septic tank worker
- 21. Matchsticks game
- 22. Kind of artist
- 23. British Christmas treat
- 24. CD-\_\_\_\_
- 25. Numerical suffix
- 26. End
- 27. "... book by \_\_\_\_ cover"
- 28. GREEN

33. Trig. function

- 35. "A man who, when he smells flowers, looks around for a coffin," per H. L. Mencken
- 36. A capybara, for one
- 38. Foreboding atmospheres
- 42. Make out, to a Brit
- 44. Drives
- 46. Anchor on a ship
- 47. Part of a place setting
- 50. Astonish
- 52. Earthen pot
- 53. Indian flatbread
- 54. Cruise promoter, perhaps

60. Many

- 61. Saturn's wife
- 62. Sculpture term
- 63. Put out
- 64. Don Trump Jr.'s son
- 65. Interrogation aid
- 66. Tidy sum, for short
- 67. Centers of activity
- 69. Lodge member
- 70. Cold compensation
- 72. Bitcoin, maybe?
- 74. Chatter, in Queensland
- 79. Send off
- 80. "Big D"
- 82. Fume
- 84. Wilkes-\_\_\_\_, PA.
- 87. Exuberance

89. Authority source

- 91. "A Midsummer Night's Dream" extra
- 94. Complain
- 96. Rural sight
- 97. Consumed
- 98. Christian, for one
- 100. Expensive spread
- 103. Kernel
- 104. Veto a veto
- 105. Aquarium fish
- 106. Cluster of French vineyards
- 107. At the present time
- 108. Tie up
- 109. Nav. rank

Down

- 1. Madagascar insect eater
- 2. Craziness
- 3. Levelheaded and rational
- 4. Muscles between ribs
- 5. Raccoon relative
- 6. Job preceder
- 7. College in "Knowing"
- 8. Ruckus
- 9. Lithic leader
- 10. Bar order, with "the"
- 11. An Eastern Christian
- 12. Diminutive
- 13. "Poly" attachment, in school names
- 14. Bauxite, e.g.
- 15. African antelope
- 16. "I don't care \_\_\_\_"
- 17. Alternative to Levi's
- 26. Fraction of a newton
- 29. Certain Scandinavian
- 30. "Nay" and "nah"
- 31. "Silent Spring" killer
- 32. "... Mockingbird" novelist
- 34. Angel's headwear

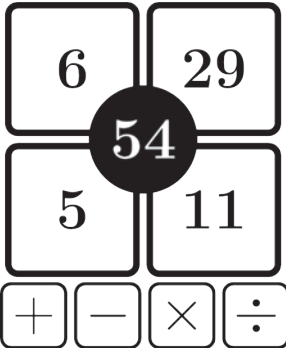
37. Calamitous

- 39. Me-first attitude
- 40. Sub-Saharan scourge
- 41. In plain contrast
- 43. Kind of magazine
- 45. Sugary foods
- 47. In need of lubrication
- 48. Starchy food
- 49. Recently
- 51. Ballade endings
- 55. Stolichnaya, Absolut and Smirnoff
- 56. "... \_\_\_\_ he drove out of sight"
- 57. Serve to be re-served
- 58. "Andy Capp" quaff
- 59. Columbia picture?
- 68. Bermuda, e.g.
- 71. Zen riddle
- 73. Axlike weapon
- 75. Inclination
- 76. Worker in a garden
- 77. Bobble
- 78. Preacher (slang)
- 81. Plant known as "seer's sage" because of its hallucinatory effect
- 83. "Mmmmm"
- 85. Yield
- 86. Nether region
- 88. Down and out
- 90. Quit
- 91. Like the Styx
- 92. Prefix meaning "toward the left"
- 93. Zoomed
- 95. Son of Hera
- 99. \_\_\_\_ Hayes (Iwo Jima flag raiser)
- 100. 1/20 ton (Abbr.)
- 101. "Chances \_\_\_\_"
- 102. Winery sight

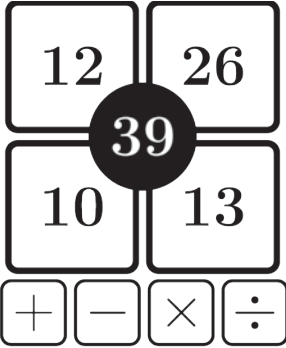
4NUMBERS

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

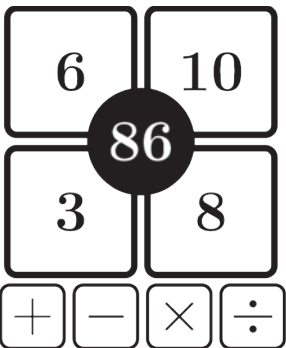
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28



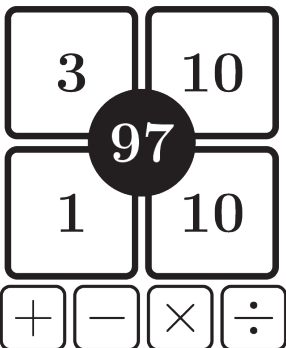
Hard 1 - 2 Solutions



Hard 2 - 2 Solutions



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

BLEAT  
CAVIAR  
CEASE  
CLEAT  
COATI  
CYNIC  
DALLAS  
DEATH  
DELISH  
ENVOIS  
EREBUS  
ESTHER

GIRLIE  
ICEMAN  
IDIOCY  
LATELY  
NOWADAYS  
OVERRIDE  
RODENT  
SALVIA  
SEE RED  
TATTOO  
TECHNIC  
TETHER

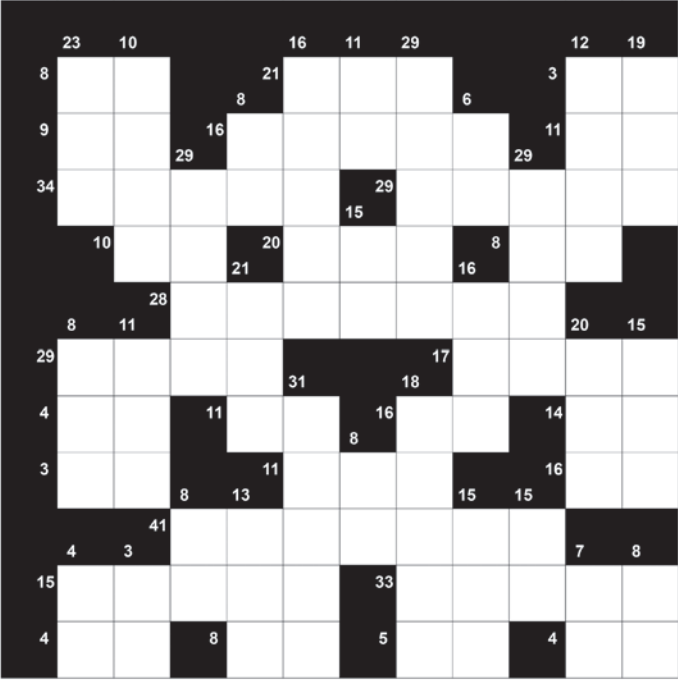
TRAGIC  
UNOILED  
UTENSIL  
YABBER  
ANAEROBE  
BANTAM  
BARRE  
HALBERD  
NEEDY  
RETURN  
TORCHBEARER

KAKURO

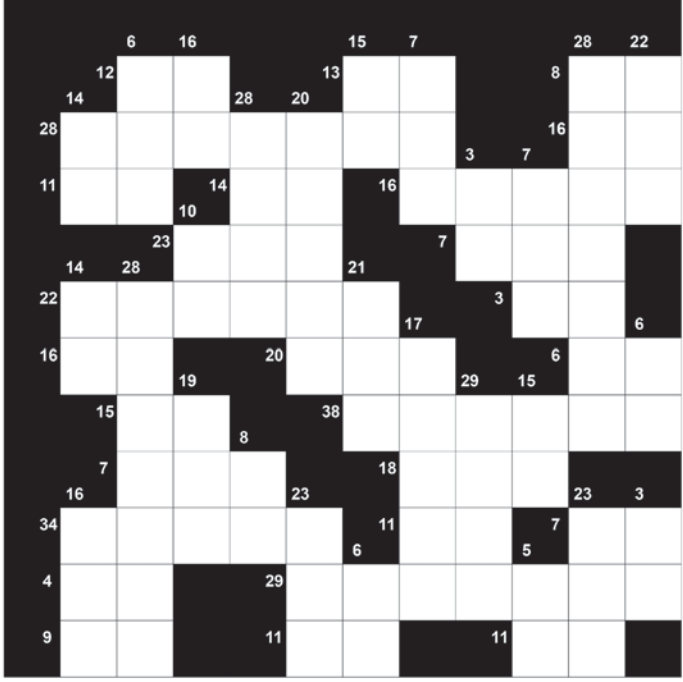
CONSTRUCTED BY EPOCH TIMES STAFF

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

Large: Hard



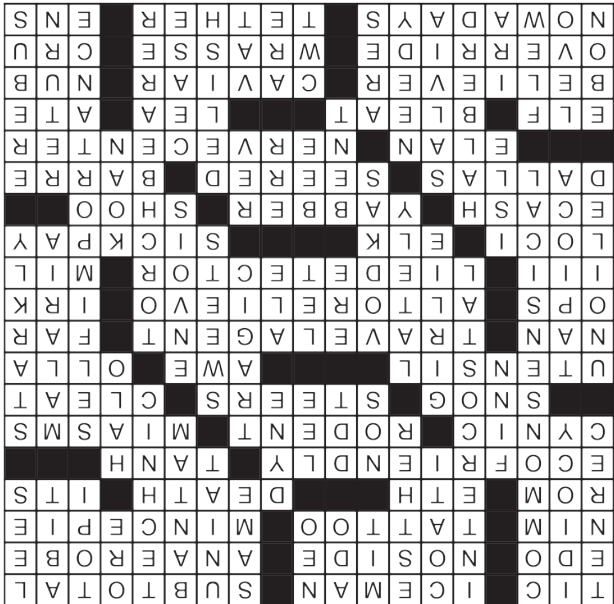
Large: Easy



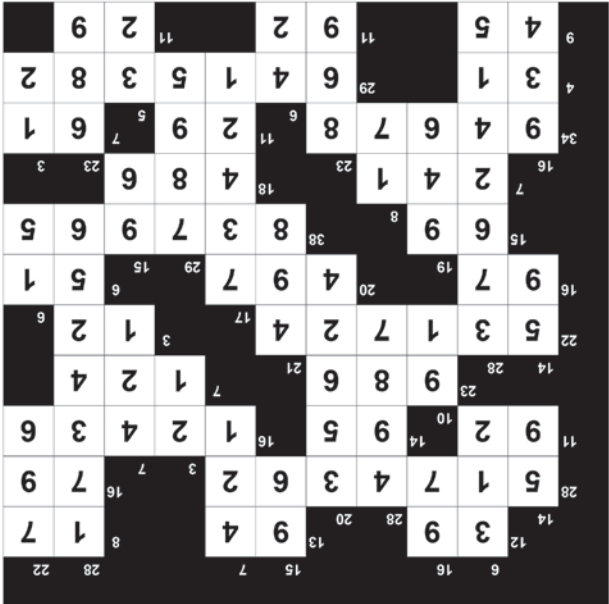
WORK SPACE

SOLUTIONS

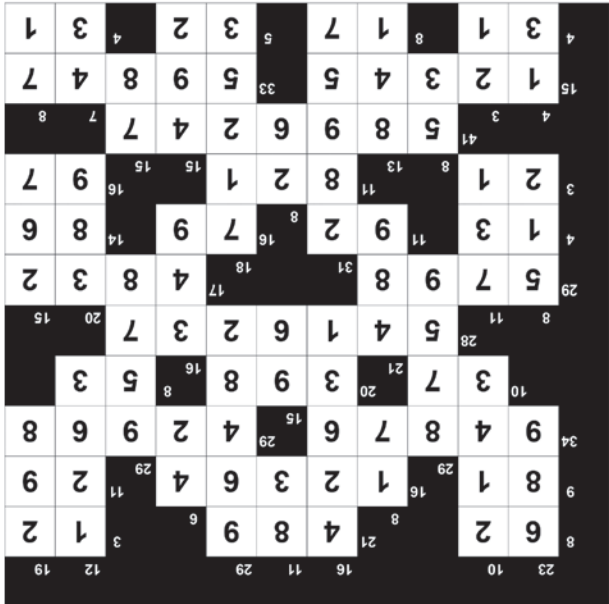
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**  
 $62 + 5 \times (9 - 6 - 11) = 29$   
 $5 \div 6 + 11 + 5 \div 9 = 12$
- HARD 2**  
 $12 - 96 \times 2 \times 10 = 13$   
 $26 + 10 \div 13 \times 10 = 12$
- EASY 1**  
 $8 + 6 \times (10 + 3) = 101$
- EASY 2**  
 $1 \times (3 - 10 - 10) \times 10 = 1$









# Social Distancing

## The Best Tool We Have to Fight the Coronavirus



What is social distancing and why is it so important as the world grapples with this highly infectious disease?

Continued from B1

There are a few other terms besides social distancing that you are likely to hear. One is “self-quarantine.” This means staying put, isolating yourself from others if there is a reasonable possibility you have been exposed to someone with the virus.

Another is “mandatory quarantine.” A mandatory quarantine occurs when government authorities indicate that a person must stay in one place, for instance, their home or a facility, for a period of time. For coronavirus, that is 14 days. Mandatory quarantines can be ordered for people who test negative for the virus but have likely been exposed. Officials have imposed mandatory quarantines in Australia for all those who arrived in the country after midnight on March 15, including returning Australians. Those who have

been in close contact with a confirmed COVID-19 case are also required to undergo the mandatory quarantine period.

**Why Does Social Distancing Work?**

If done correctly and on a large scale, social distancing breaks or slows the chain of transmission from person to person. People can spread the coronavirus for at least five days before they show symptoms. Social distancing limits the number of people an infected person comes into contact with—and potentially spreads the virus to—before they even realize they have the coronavirus.

It’s very important to take a possibility of exposure seriously and quarantine yourself. According to recently published research, self-quarantine should last 14 days to cover the period of time during which a person could reasonably present with symptoms of COVID-19, the disease caused by the coronavirus. If after two weeks they still don’t have symptoms, then it’s reasonable to end the quarantine. Shorter quarantine periods could happen for asymptomatic people as tests to rule out the virus become widely available.

**Why Is Social Distancing So Crucial?**

At the moment, it’s the only tool available to fight the spread of the coronavirus.

For now, there are no drugs available that can slow down a coronavirus infection.

Without a way to make people better once they fall sick or make them less contagious, the only effective tactic is making sure hospital-level care is available to those who need it. The way to do that is to slow or stop the spread of the virus and decrease the number of cases at any one time.

**Who Should Do It?**

Everyone must practice social distancing in order to prevent a tidal wave of cases. I am a geriatrician who cares for the most vulnerable people: frail older adults. Certainly, such individuals should be doing all they can to protect themselves, diligently practicing social distancing and significantly changing their public ways until this pandemic blows over. People who aren’t frail need to do all they

can to protect those who are, by helping to minimize their exposure to COVID-19.

If the public as a whole takes social distancing seriously, overwhelming the medical system could be avoided. Much of how the coronavirus pandemic unfolds in the United States will come down to individuals’ choices.

**If the number of cases isn’t kept below what the health care system can handle at any one time—called flattening the curve—hospitals could become overwhelmed, leading to unnecessary deaths and suffering.**

*Thomas Perls is a professor of medicine at Boston University. This article is republished from The Conversation.*



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KATE RIDDER/SHUTTERSTOCK



# Immune Boosters for Cold or Flu

TARA HANTSKE

Your immune system is your body's natural defense against illness and disease. Keeping your immune system healthy will ensure that your body will know exactly what to do when you are exposed to a cold, the flu, or other infections. The health of your immune system will determine your overall health, how often you get sick, and how well you handle sickness. Use these tips and tricks to keep your immune system healthy and able to handle it when that cold attacks.

**Immune Boosters: Food**  
You can eat your way to a healthy immune system. The saying that an apple a day keeps the doctor away has some truth. Eating more organic fruits and veggies on a daily basis will boost your immune system, naturally. Foods that are high in vitamin C and D will help ward off those inevitable germs you encounter. One of my favorite ways to do this is to make a smoothie in my blender. Here's a great recipe:

- 1 organic Honeycrisp apple
- 1 organic Bosc pear
- 2 stalks organic celery
- 1-2 organic carrots
- 6-8 leaves of organic romaine lettuce
- 1 organic green pepper
- splash of organic lime juice
- sprinkle of organic cayenne pepper

Blend and enjoy. These "green drinks" not only taste great, but they will also increase your energy, decrease mental fog, boost your immunity, and can aid in weight loss. This is one great way to get a ton of immune system support that works for kids and adults. Other foods that act as immunity boosters because they are loaded with vitamins and minerals include green pepper, spinach, kale, onion, garlic, lemon, cinnamon, and raw cacao. Besides eating well, at the first sign of a sniffle, headache, or that feeling like you are dragging a little, there are

several things you can do to help your body combat and recover from a cold.

**Lemon and Cayenne**  
Squeeze half an organic lemon into hot water and sprinkle in some cayenne pepper. Organic lemon is high in antioxidants called bioflavonoids which are credited with lemon's disease-fighting powers. Drink your lemon water daily or even several times per day.

**The health of your immune system will determine your overall health, how often you get sick, and how well you handle sickness.**

**Apple Cider Vinegar**  
Apple cider vinegar, contains polyphenols, another antioxidant that is also found in fruit, vegetables, wine, coffee, and chocolate. These compounds can help your body deal with disease-causing free radicals and a spoonful of apple cider vinegar a day can be useful during cold season.

**Vitamin C and Sleep**  
Researchers generally agree that high doses of vitamin C can shorten the duration of a cold. Sleep is also critical as your body is repairing each cell overnight. Sleep also allows your body to focus on fighting infection rather than dealing with all the daily activities you engage in.

*Tara Hantske is a health advocate and former Division 1 athlete who knows first-hand the power and importance of the mind-body-health connection to success and optimal health. You can read her articles at Tara Hantske Wellness. This article was originally published on Naturally Savvy.*

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# How to Actually Stop Touching Your Face

We do that hundreds of times a day without even realizing it

CAITLIN CLARK

Health care professionals keep saying avoid touching your face as protection from COVID-19, but it's a lot easier said than done.

Whether it's scratching an itch or resting our chins in our hands, the coronavirus outbreak has made many of us aware of the urge to reach for our faces—and we do it a lot. A 2015 study in the American Journal of Infection Control observed a group of medical students touching their faces an average 23 times an hour.

“It's just an activity we do that we don't even think about,” said Cynthia Weston, an assistant professor at Texas A&M University's College of Nursing. “You feel like your hair's in your eyes, so you go to brush it away, or you feel tired and you rub your eyes, or your nose itches.”

Communicable infections like the coronavirus spread through droplets mobilized when a person coughs, sneezes, or laughs. Those organisms fall on surfaces in the area of the infected person and the next person who touches the surface, like an elevator button, doorknob, or keyboard, picks up the virus on their hands.

That's why health officials, including the Centers for Disease Control and Prevention, recommend people wash their hands often and avoid face-touching. Touching facial mucous membranes—the nose, eyes, and mouth—gives the virus a source of entry, Weston said.

It's a simple way to protect ourselves from infection, but the advice can be tough to follow. So how do you break a habit that you might not even do consciously?

**Know Your Face-Touching Triggers**

Brian Anderson, an assistant professor in Texas A&M's psychological and brain sciences department, is an expert on habits, specifically how people learn to associate objects with outcomes that are either good or bad and how that influences behavior.

The phenomenon he studies is a non-conscious habit in the oculo-motor system—something people aren't necessarily thinking about until they look at an object.

There are common threads between what he studies and habits that people aren't aware of, like face-touching, he said. The key is understanding that it's not something that happens randomly.

“For touching your face, you tend to do that when you are in certain situations or feel a certain way,” Anderson said. “So if you feel bored, if you feel very empathetic in the context of a conversation, you may lean forward and put your hand in your chin. The first step for somebody trying to overcome a habit is to raise your consciousness.”

To start, people should try to identify the kinds of situations or experiences that motivate them to touch their face. There will be variations day by day, but the urge will be much stronger under certain circumstances. People rub their eyes when they're tired, for example, or rest their chin in their hands during meetings or lectures.

People have to appreciate that they will always be habit-driven creatures, Anderson said, and “white-knuckling” won't be enough to kick the habit.

“That has some utility in the short term, but it's ultimately not going to be a long-term solution,” Anderson said. “Consciously rehearsing, ‘OK, don't do it,’ you're actively thinking about it and monitoring your behavior. That only works when you're devoting conscious resources to doing that, and that won't be the majority of the time.”

**Change Your Habits—And Be Patient**

If you know what your triggers are, you can more actively monitor



the habit. It's an important first step, but if people really want to curb face-touching, they need to develop new habits to engage in when they find themselves fighting the urge, Anderson said.

“To make your life as easy as possible, you want that habit to be somewhat similar, but safer,” he said. “If you have a tendency to rub your eyes, maybe take a clean handkerchief with you and pull that out to rub your eyes, and then clean it at the end of the day.”

People can also rest the sides of their heads against their fingers rather than putting their chin in their hands. Their hands would still be coming into close contact, but would not be near a mucous membrane.

“You can retrain new habits, and if you want to make your life as easy as possible, try to make those new habits at least similar to your old habits so they can still fulfill the same basic drive,” Anderson said.

Don't expect a new habit to become automatic any time soon, though. Realistically, it could take weeks to more than a month. Habits become stronger and more ingrained the more people engage with them.

“You need to build up a lot of experience to make it automatic,” he said. “Probably multiple hundreds of times. Within two or three weeks, hopefully, you'll start to feel some gravity toward your new habit. It's not going to be fully automatic, but within a few weeks expect it to become a little bit easier.”

Until then, Weston urges people to practice good hand hygiene and wipe down shared surfaces.

“Handwashing sounds so simple, but that really is going to be the absolute best way to prevent the spread of any of these infections,” she said.

**Touching facial mucous membranes—the nose, eyes, and mouth—gives the virus a source of entry.**

“**The first step for somebody trying to overcome a habit is to raise your consciousness.**

*Brian Anderson, an assistant professor in Texas A&M's psychological and brain sciences department*

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# Healthy Stockpile Essentials to Get You Through a Quarantine

If you are homebound for two weeks, make sure you have foods that help, rather than hinder, your recovery

DEVON ANDRE

Coronavirus (COVID-19) is here, and it's likely only a matter of time before it's in your community. If that's not scary, think about this: If you're quarantined in your home for two weeks, what are you going to eat?

Frozen pizza, TV dinners, canned soups, and sugary snacks don't lend themselves to battling illness or keeping you healthy—especially if you've got a chronic health condition.

People with high blood pressure, Type 2 diabetes, high cholesterol, and heart disease might struggle to manage their conditions under such circumstances. Most non-perishable items, for example, are loaded with sugar, saturated fat, and sodium.

That could increase the risk of a non-coronavirus related medical event during a quarantine.

If you have an existing chronic medical condition, it's very important that you're prepared for a quarantine. Aside from having all of your required medication, stockpiling nutrient-dense, low-sodium, and low-sugar food can help you make it through.

Here are a few rules to follow:

**Stock up on frozen or canned fruit and vegetables:** Frozen fruit and vegetables are just as nutritious as fresh ones and can add plenty of healthful nutrients if you are quarantined. Frozen or powdered superfoods are rich in fiber and antioxidants and may help manage any chronic conditions you might have. Canned tomatoes are a great source of lycopene to promote heart health and can be used in a variety of meals like pasta, chili, or sauce.

**Prioritize canned goods that are stored in water:** Nutritious canned foods stored in water, like beans and tomato, can be useful if water supply runs short. You can save the water they are stored in to cook. Cooking with water can also be a useful form of hydration. Homemade soups, for example, can be made hearty and with far less sodium than prepared canned options and don't take up much more storage space.



If you're going to be stuck in your home for two weeks, make sure you've prepared a healthy inventory of nutrient-dense foods that last.

**Focus on satiety:** Rice, oats, pasta, and beans are all pantry staples. On their own, beans and oats are very nutritious and filling. Pasta and rice can be easily filled out. Adding lean unprocessed meat, tomato, and leafy greens to your pasta can increase its satiety. So can stockpiling whole wheat options. Virtually anything can be added to rice to make a filling and nutritious meal.

**Snack sensibly:** Snacks should also be nutrient-dense and satiating. Nuts, seeds, nut butter, protein bars, protein powder, and jerky are all nutrient-dense, filling, and have a long shelf-life. When it comes to buying jerky, opt for low-sodium options. Getting enough protein during a quarantine is also important to promote strength, energy, and tissue growth.

**Keep some treats on hand:** Dark chocolate, coffee, and tea can last for a long time if stored correctly and can provide a morale boost if needed. These items are rich in antioxidants, and if you're quarantined, it's nice to have these tasty pleasures on hand.

If you're going to manage blood pressure, cholesterol, heart disease, and more under a COVID-19 quarantine, stockpiling the right items is essential. Follow these rules to pull nutrient-dense, anti-inflammatory foods from your freezer and pantry.

*Devon Andre holds a bachelor's degree in forensic science from the University of Windsor in Canada and a Juris Doctor degree from the University of Pittsburgh. Andre is a journalist for BelMarra-Health, which first published this article.*





# Health Benefits of Oranges

## Backed by Science

This sunny fruit has medicinal qualities that outshine the simple chemical known as ascorbic acid

SAYER JI

The orange is both a literal and symbolic embodiment of the sun, from whose light it is formed and vibrantly emanates. As a whole food, it irradiates us with a spectrum of healing properties, the most prominent of which some call “vitamin C activity,” but which is not reducible to the chemical skeleton known as ‘ascorbic acid.’ Science now confirms the orange has a broad range of medicinal properties, which is why the ancients knew it both as a food and medicine.

As our increasingly over-diagnosed and over-medicated population leaps lemming-like over the cliff of pharmaceutically-driven conventional medicine, with most drugs carrying a dozen or more adverse side effects for every benefit advertised, we can find great wisdom in Meryl Streep’s quote:

“It’s bizarre that the produce manager is more important to my children’s health than the pediatrician.”

Indeed, many common fruits and vegetables crouching at the local produce stand have hidden healing powers, and have been used as both medicines and nourishing foods since time immemorial. We’re only just beginning to understand how these foods contain vitally important information-containing molecules, such as microRNAs, which profoundly impact the expression of our entire genome.

I firmly believe that access to fresh, organic produce is as vital to health as access to water and clean air. Over the course of hundreds of millions of years, the bodies of our ancestors (whose genes are still within our own) grew alongside flowering and fruiting plants, and the tens of thousands of phytochemicals (and informational molecules) they contain, many of which now regulate and maintain the expression and health of our genes. Therefore, without the regular consumption of these foods, the development of suboptimal health, and likely many feared acute and chronic diseases, is inevitable.

The orange is one such food-medicine marvel, containing a broad range of compounds increasingly being recognized to be essential for human health. We consider it a sweet treat, its juice a refreshing beverage, but do we ever really reflect on its medicinal properties? GreenMedInfo.com has indexed no less than 37 distinct health benefits its use may confer, all of which can be explored on our Orange Medicinal Properties research page online.

What follows are some of its most well-established therapeutic applications, divided into three parts: the juice, the peel, and the aroma:

The Juice of the Orange

Many of us mistakenly look to orange juice today as a dangerous source of highly concentrated fructose—simple “carbs”—without recognizing its profound medicinal properties. We should be wary of over-processed and pasteurized juice that has lost its pulp and potent nutrient content. Fresh-pressed juice from organic oranges is best. This will ensure that the bioactivity and informational quality of the orange remain intact, and at its highest potency.

THOCEN/SHUTTERSTOCK



A 2000 study found that the aroma of orange essential oil reduces anxiety, generates a more positive mood, and a higher level of calmness in women exposed to it in a dental office waiting room.

Conventional nutritional science still looks at the vitamin C activity of oranges as equivalent to the molecular weight of the compound known as ascorbic acid, without realizing that an orange embodies (as do all whole foods) a complex orchestra of chemistries, the handiwork of millions of years of evolution, which is to say a process of intelligent biological design. The ‘monochemical nutrient’—ascorbic acid—is merely a shadow of the vitamin C activity that is carried and expressed through only living foods.

The orange, after all, looks like a miniature sun, is formed as a condensation of energy and information from sunlight, and therefore is capable of storing, and after being eaten, irradiating us with life-giving packets of information-dense gene-regulating nutrition, by a mechanism that will never be fully reducible to or intelligible by the chemical skeleton we know of as ascorbic acid.

This is also why it’s important to avoid

the reductionistic mode of thinking that likes to reduce the infinite complexity of foods, with all their many healing properties, down to single nutrients and their molecular weights. Oranges are a great example of this, as vitamin C alone can not account for the wide range of health benefits they possess, especially considering that their peel and their aroma also constitute therapeutic elements of this incredible whole food.

Given that thought, here are some of the evidence-based benefits of orange juice:

**Orange Juice Improves ‘Good’ Cholesterol:** While it is debatable that lowering so-called LDL cholesterol is nearly as good for heart health as statin drug manufacturers would like for us to believe, raising HDL cholesterol does seem to have real health benefits. This is, however, quite hard to do with diet and nutrition, and impossible through medication. Other than taking high-dose fish oil, few things have been studied to be effective. Except, that is, orange juice. A 2000 study found that the consumption of 750 mL of orange juice a day, over a 4 weeks, improved blood lipid profiles by decreasing the LDL-HDL cholesterol ratio by 16 percent in patients with elevated cholesterol.

**Orange Juice Boosts Bone Health:** A 2006 animal study in male rats found that orange juice positively influenced antioxidant status and bone strength.

**Orange Juice (Mixed With Blackcurrant Juice) Reduces Inflammation:** A 2009 study in patients with peripheral artery disease found that orange and blackcurrant juice reduced C-reactive protein by 11 percent and fibrinogen levels by 3 percent, two concrete measures of systemic inflammation. A 2010 study found that orange juice neutralizes the proinflammatory effect of a high-fat, high-carbohydrate meal and prevents endotoxin-induced toxicity.

**Orange Juice Boosts Weight Loss:** A 2011 study found that children who regularly drank orange juice consumed an average of 523 calories a day more than children who did not drink orange juice regularly. Yet surprisingly, there was no difference in the weight levels between the orange juice consumers and the non-orange juice consumers.

**Orange Juice May Dissolve Kidney Stones:** A 2006 study found that orange juice consumption was associated with lower calculated calcium oxalate supersaturation and lower calculated undissociated uric acid, two indices of lowered urinary calcium stone formation.

**Orange Juice Extract Suppresses Prostate Proliferation:** Despite the fructose content, a 2006 study found a standardized extract of red-orange juice inhibited the proliferation of human prostate cells in vitro.

The Peel of the Orange

The peel of the orange contains a broad range of potent, potentially therapeutic compounds. These include pectin and flavonoid constituents, such as hesperidin, naringin, poly methoxy flavones, quercetin and rutin, various carotenoids, and a major odor constituent known as d-limonene, which makes up 90 percent of the citrus peel oil content. It is listed in the US Code of Federal Regulations as generally recognized as safe, and is commonly

used as a flavoring agent. D-limonene has been studied to have potent anti-cancer properties, including against metastatic melanoma.

The whole peel extract has been studied to have a wide range of benefits:

**Orange Peel Exhibits Anti-Arthritic Properties:** A 2010 study found that orange peel extract significantly suppressed vaccine adjuvant-induced arthritis in a preclinical model.

Many of us mistakenly look to orange juice today as a dangerous source of highly concentrated fructose—simple ‘carbs’—without recognizing its profound medicinal properties.

**Orange Peel Flavonoids Exhibit Anti-Cancer Properties:** A 2007 study found that orange peel extract inhibited tumorigenesis in a preclinical mouse model of adenomatous polyposis and increases programmed cell death. Two additional 2007 studies found that orange peel extract has anti-breast cancer properties. The first, by exhibiting chemopreventive properties against mammary tumor lesions in an animal model. The second, by inhibiting breast cancer cell lines in vitro. Additionally, a 2000 study found that flavanone intake is inversely associated with esophageal cancer risk and may account, with vitamin C, for the protective effect of fruit, especially citrus fruit, on esophageal cancer. Finally, a 2005 study found that carotenoids from oranges may help to reverse multidrug resistance.

The Aroma of the Orange

The physiological mechanisms by which aromas may have therapeutic properties (aroma-therapy) are well-established. The small molecules that comprise the aroma of things are capable of entering directly through the nostrils and into the olfactory lobe, thus enabling them to have profound effects on deep structures within our brain, and, as a result, our entire bodily and emotional infrastructure.

**Orange Scent Reduces Anxiety, Boosts Mood:** A 2000 study found that the aroma of orange essential oil reduces anxiety, generates a more positive mood, and a higher level of calmness in women exposed to it in a dental office waiting room. This finding was confirmed again in a 2005 study, where ambient odors of the oil reduced anxiety and improved mood in patients waiting for dental treatment.

Clearly oranges have a lot to offer as a medicinal food, beyond the obvious aesthetic pleasures they afford. Science may never plumb the depths of their value to our body and mind, but what has been revealed thus far is compelling enough to put it back on the list of ‘superfoods’ which we aspire to consume more of in order to nourish ourselves on a deep level.

Sayer Ji is the founder of GreenMedInfo.com, a reviewer at the International Journal of Human Nutrition and Functional Medicine, co-founder and CEO of Systome Biomed, vice chairman of the board of the National Health Federation, and steering committee member of the Global GMO Free Coalition. This article was originally published on Greenmedinfo.com



# What’s the Difference Between Pandemic, Epidemic and Outbreak?

REBECCA S.B. FISCHER

The World Health Organization has declared COVID-19 a pandemic. This is a landmark event.

As an epidemiologist listening to the steady stream of conversation around the coronavirus, I’m hearing newscasters and neighbors alike mixing up three important words my colleagues and I use in our work every day: outbreak, epidemic, and pandemic.

Simply put, the difference between these three scenarios of disease spread is a matter of scale.

**Outbreak**  
Small, but unusual.

By tracking diseases over time and geography, epidemiologists learn to predict how many cases of illness should normally happen within a defined period of time, place and population. An outbreak is a noticeable, often small, increase over the expected number of cases.

Imagine an unusual spike in the number of children with diarrhea at a daycare. One or two sick kids might be normal in a typical week, but if 15 children in daycare come down with diarrhea all at once, that is an outbreak.

When a new disease emerges, outbreaks are more noticeable since the anticipated number of illnesses caused by that disease was zero. An example is the cluster of pneumonia cases that sprung up unexpectedly among market-goers in Wuhan, China. Public health officials now know



Pandemic is the highest level of global health emergency and signifies widespread outbreaks affecting multiple regions of the world.

the spike in pneumonia cases there constituted an outbreak of a new type of coronavirus, now named SARS-CoV-2.

As soon as local health authorities detect an outbreak, they start an investigation to determine exactly who is affected and how many have the disease. They use that information to figure out how best to contain the outbreak and prevent additional illness.

**Epidemic**  
Bigger and spreading.

An epidemic is an outbreak over a larger geographic area. When people in places outside of Wuhan began testing positive for infection with SARS-

CoV-2 (which causes the disease known as COVID-19), epidemiologists knew the outbreak was spreading, a likely sign that containment efforts were insufficient or came too late. This was not unexpected, given that no treatment or vaccine is yet available. But widespread cases of COVID-19 across China meant that the Wuhan outbreak had grown to an epidemic.

**Pandemic**  
International and out of control.

In the most classical sense, once an epidemic spreads to multiple countries or regions of the world, it is considered a pandemic. However, some epidemiologists classify a situation as a

pandemic only once the disease is sustained in some of the newly affected regions through local transmission.

To illustrate, a sick traveler with COVID-19 who returns to the United States from China doesn’t make a pandemic, but once they infect a few family members or friends, there’s some debate. If new local outbreaks ensue, epidemiologists will agree that efforts to control global spread have failed and refer to the emerging situation as a pandemic.

**Terms Are Political, Not Just Medical**

Epidemiologists are principally concerned with preventing disease, which may be fundamentally different than the broader concerns of governments or international health organizations.

**It doesn’t mean the virus has become more infectious or more deadly, nor that your personal risk of getting the disease is greater.**

The WHO has declared only two pandemics in history: for influenza in 1918 and for influenza H1N1 in 2009. For weeks, epidemiologists like me have been calling the coronavirus a

pandemic. From an epidemiological perspective, the WHO’s declaration is overdue. As of March 11, the official numbers count excess of 120,000 cases in at least 114 countries. Eight countries, including the United States, have more than 1,000 cases each, and community spread has been documented in several U.S. states.

Pandemic is the highest level of global health emergency and signifies widespread outbreaks affecting multiple regions of the world. However, the WHO statements remain hopeful that the pandemic can be controlled and the damage minimized by taking immediate aggressive steps.

The formal declaration of COVID-19 or any other infectious disease as pandemic tells governments, agencies, and aid organizations worldwide to shift efforts from containment to mitigation. It has economic, political, and societal impacts on a global scale and the WHO takes extreme care when making this determination.

This formal declaration needn’t incite fear or cause you to stockpile surgical masks. It doesn’t mean the virus has become more infectious or more deadly, nor that your personal risk of getting the disease is greater. And it doesn’t mean that efforts to fight COVID-19 are being abandoned. But it is a historical event.

*Rebecca S.B. Fischer is an assistant professor of epidemiology at Texas A&M University. This article is republished from The Conversation.*

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