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QUOTES *In the
News*

“At a time when we should be supporting one another to recover from a pandemic PRC officials recklessly hid from the world, Chinese officials are busy evicting African students into the streets without food or shelter.”

A U.S. State Department official on the increasing racism against black people in China

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“Sunlight reduced infectious virus to undetectable levels after just 3 minutes of exposure to the solar equivalent of midday sun...”

A U.S. Science and Technology Directorate report on the effect of sunlight on the Wuhan virus

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“No matter how you look at it, from ancient times until now—shortcomings, mistakes, and disasters notwithstanding—our system for producing human flourishing is plainly one of the most successful ever created.”

Author William Gairdner writes on the greatest achievements of Western civilisation

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“They mess with your mind until you have no opinions whatsoever.”

Steven Mosher writes on the mind control nanotechnology research of Charles Lieber

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Australian Prime Minister Scott Morrison with Foreign Minister Marise Payne addressing media at Kirribilli House in Sydney on Dec. 10, 2019.

AU-CHINA

Australia Joins Calls for Investigation Into CCP Virus Outbreak

An independent review would identify for us about the genesis of the virus, says Payne

VICTORIA KELLY-CLARK

Australia will call for an independent international review of how the Chinese Communist Party (CCP) and the World Health Organization (WHO) handled the outbreak of the CCP virus.

Speaking to ABC Insiders, Foreign Affairs Minister Marise Payne said it's essential that an independent investigation probe the initial outbreak, which has since infected more than 2 million people and caused economic

crises in many countries.

“An independent review would identify for us about the genesis of the virus, about the approaches to dealing with it and addressing it, about the openness with which information was shared” by the WHO, said Payne.

Responding to a question about who should conduct the review, Payne said there was precedence in

That strikes me as a bit poacher and gamekeeper.

Foreign Affairs Minister
Marise Payne

Continued on A2

OIL MARKET

US Oil Price Plunges Well Below \$0 as Storage Sites Near Capacity

PETR SVAB

U.S. oil prices plunged to unprecedented negative numbers on April 20 as a lack of storage space and weak demand forced oil producers and traders into the bizarre situation of paying anybody willing to take the oil.

The price of West Texas Intermediate (WTI), the leading U.S. oil price index, to be delivered in May dropped at one point to about negative US\$40 a barrel, before somewhat rebounding to negative US\$37.63.

The negative price was caused by traders who realized that there's going to be a severe lack of capacity to store the oil about to be pumped out in the coming weeks. The market

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Britain's Foreign Secretary Dominic Raab walks from the Foreign Office to 10 Downing Street in central London to attend the Government's daily COVID-19 briefing, on April 20, 2020.

UK-CHINA

UK Warns No More 'Business as Usual' With China After Pandemic Ends

CATHY HE

Britain's relationship with Beijing will no longer be “business as usual” after the COVID-19 pandemic is over, UK foreign secretary and acting Prime Minister Dominic

Raab said, in a sign of a toughening stance toward the communist regime over its handling of the outbreak.

“There absolutely needs to be a very, very deep dive after the event

Continued on A7

CORONAVIRUS

Don't Bank on a COVID-19 Vaccine, Say Top Scientists

ISABEL VAN BRUGEN

The world's leading experts on the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus, have warned against banking on a vaccine for the disease, because there is no guarantee one can be developed.

The chief scientific adviser to the UK government, Sir Patrick Vallance, said

Continued on A7

PATRICK HAMILTON/AFP VIA GETTY IMAGES



Virgin Australia aircraft are seen parked on the tarmac at Brisbane International airport on April 21, 2020.

AIRLINES

Virgin Australia Enters Voluntary Administration

CADEN PEARSON

Virgin Australia announced Tuesday that it has gone into voluntary administration amid the CCP virus pandemic.

This comes after its international shareholders voted against rescuing the struggling airline on Monday after failing to get the Australian government to bail it out.

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CHINA

Chinese Nationals Stranded In Russia After Beijing Blocks Entry Over Virus

NICOLE HAO

In an attempt to contain imported cases of the CCP virus, China closed off its border with Russia, causing many Chinese nationals who live or work there to be stranded.

After the outbreak of the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus, Russia first closed its entire 2,600-mile-long border with China on Jan. 30, and stopped most of scheduled flights into China on Feb. 1.

Russia also banned travelers from China and evacuated its citizens from China in February.

Closed Ports

Chinese authorities closed the land ports at Heihe city, Suifenhe city, and

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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.

1 Million Australians Lose Income Within 4 Weeks

SOPHIA JIANG

The full picture of the economic impact from the CCP virus pandemic has not yet been painted, but recent Australian surveys depicts a bleak prospect for job security, business sentiments, and consumer confidence—all pointing to a gloomy and looming economic downturn.

The latest survey released by the Australian Bureau of Statistics (ABS) on April 20 indicated that the proportion of paid hours worked by adults reduced by 8 percent between the first week of March and the first week of April, just after lockdown restrictions were enforced. It's the first of its kind in gauging the household impact of the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus.

Between March 31 and April 6, 1,059 people were surveyed via telephone across Australia.

The sample is much smaller, and therefore less statistically accurate, than the monthly labour force data, but it highlights the drastic effect of the lockdown which was induced by the pandemic.

In the first week of April, only 56 percent of respondents were working paid hours, versus 64 percent in early March.

The reduction of eight percentage points, if applied to the total number of employed persons—13 million in March—translates to around one million people who have lost their income in the space of four weeks.

By contrast, the proportion of respondents who said they still have a job only dropped from 66 to 63 percent. This may indicate many employers are trying to keep positions for their staff while having to stand them down temporarily due to the lockdown.

In the meantime, the proportion of those who reported that they did not have a job increased by 3 percent.

Consumer and Business Confidence Plunges

The findings of the ABS is in line with recent business and consumer confidence indicators released by major banks.

The ANZ-Roy Morgan consumer confidence data released on March 29 were the worst ever recorded since the inception of the survey in 1973.

The reading measures confidence in future financial conditions, confidence in the current economic conditions, and confidence in “time to buy



People queue outside Centrelink in Pam Beach in Gold Coast, Australia, on March 23, 2020.

The Grattan Institute report estimated that between 14 and 26 percent of the entire Australian workforce—up to 3.4 million people—will lose their job in the coming months as a direct result of government shutdowns and social distancing rules in place to slow the spread of the CCP virus.

a major household item”.

It reported that confidence plunged to 65.3, significantly lower than in the deep recessions of the early 1980s and early 1990s during the Global Financial Crisis.

Confidence bounced back a bit on April 5 and again on April 12, after the legislation of the Jobkeeper payment, yet remained at one of its lowest-ever levels.

Westpac's consumer sentiment survey released on April 15 recorded the single biggest monthly decline of nearly 20 percent in the 47-year history of the survey. It also found that seven percent of the respondents have lost their jobs over the last month, while an additional 14 percent were stood down without pay.

Similarly, NAB business monthly survey published on April 14 showed that both business conditions and business confidence recorded a negative reading. Business confidence plunged to the lowest level on record as cash-strapped firms struggle to survive amid slowing sales or forced closures.

Alan Oster, NAB Group Chief Economist said the situation would get worse before getting better.

“We expect a recession of unprec-

edented speed and magnitude for the Australian economy over the next three quarters.

“This will see a sharp increase in unemployment,” he said in a statement.

Long Road to Recovery

A new analysis from Grattan Institute, published on April 19, points to more daunting unemployment prospects than the Treasury forecasted last week.

The report titled “Shutdown: Estimating the COVID-19 Employment Shock” estimated that between 14 and 26 percent of the entire Australian workforce—up to 3.4 million people—will lose their job in the coming months as a direct result of government shutdowns and social distancing rules in place to slow the spread of the CCP virus.

In the long run, the unemployment rate could rise to 10 or 15 percent.

The effects of the shutdown restrictions vary with industry and income groups. The hospitality industry would be the hardest hit, where more than half of all workers could lose their jobs—followed by retail, education, and the arts.

Lower-income workers are twice more likely to be out of work than

higher earners, and younger workers and women are more likely to suffer because they largely work in industries most affected by lockdown rules.

In a report summary, the research team highlighted that: “Australia could be facing the worst or one of the worst economic downturns in its history.”

As for recovery prospects, the researchers warned against any thought of a swift recovery. It said: “History tells us that recovery from periods of high unemployment is rarely fast.

“The longer this downturn goes, and the worse it gets, the less likely the labour market and the broader economy can spring back afterwards.”

On a positive note, the report says that the Australian government is now on the right track by spending record amounts trying to cushion Australian workers and businesses from the worst impacts of the unprecedented crisis.

It also advises that the government focus needs to shift from economic support to economic stimulus in due course, and more economic reforms are needed to boost productivity and long-term living standard.

Australia Joins Calls for Investigation Into CCP Virus Outbreak

CONTINUED FROM A1

past reviews of “egregious human rights issues.”

She then ruled out the WHO. “That strikes me as a bit poacher and game-keeper,” she said.

Prime Minister Scott Morrison said the foreign affairs minister has his “very, very strong support” on the issue, adding that transparency is important for global public health.

“It's important that the WHO ... and all parties part of the WHO, act with great transparency. ... It's important for public health globally that there is a transparency in the way that you can get access to this important information early,” he told reporters in Canberra on April 21.

It is known that by at least mid-December, the CCP was aware of human-to-human transmission in the virus epicenter of Wuhan. Yet the CCP didn't admit this until Jan. 20, after 5 million people had left Wuhan.

Another three days passed before Chinese authorities implemented the first containment measures for the surrounding Hubei Province—by which time the disease had already spread around the country and overseas.

Yet at the time, the WHO advised countries such as Australia against implementing bans on travel from China. Against the WHO's advice, Australia announced a China travel ban on Feb. 1.



Liberal MP Andrew Hastie and Labor Senator Kimberley Kitching attend the launch of the Quarterly Essay 'Red Flag, Waking up to China's challenge' written by Peter Hatcher at Parliament House in Canberra, on Nov. 26, 2019.

Payne stated that Australia shares the same concerns that the United States has identified in relation to the WHO.

Despite these concerns, the prime minister recently said that Australia wasn't cutting funding to the WHO. Australia has a joint project with the WHO in the Pacific region.

This came after U.S. President Donald Trump cut \$400 million (\$635 million) in annual funding to the WHO.

Australia is currently reviewing its strategic partnership with the communist regime.

Former Australian Foreign Affairs Minister Alexander Downer agreed with Payne. He said the world's policy toward China needs to change and China needs to be held accountable for the crisis it unleashed.

CCP Response and Cooling Relations

On April 20, CCP Foreign Ministry spokesperson Geng Shuang denied that the Chinese regime had done anything wrong in relation to the

pandemic.

Geng asserted that Payne's remarks were “not based on facts” and that China's ruling party had acted in a “transparent and responsible manner.”

Australia and China are currently experiencing a cooling of diplomatic relations, with Payne saying that Australia is currently reviewing its strategic partnership with the communist regime.

“All of these things will need to be reviewed, [and] will need to be considered in the light of changes in the world economy,” she said.

Liberal MP Andrew Hastie, chairman of the Australian Parliament's Intelligence and Security Committee, has called for just such a review.

Hastie began a petition to push back against the CCP's attempts to influence and reshape Australia to its advantage. He described it as a “generational challenge” for Australians.

Over the past month, the Chinese Embassy in Australia has denounced the Australian media and vocal politicians such as George Christensen and Liberal Sen. Alex Antic for what it sees as disrespectful or slanderous commentary about its handling of the pandemic.

Australia, alongside hundreds of countries, is suffering from the severe public health and economic impacts of the CCP virus pandemic.

Epoch Times reporter Caden Pearson contributed to this article.

Wagga Wagga Moves to Sever Ties With Sister City in China, Then Backpedals

HENRY JOM

New South Wales’ largest inland city, Wagga Wagga, voted to cut its relationship with Chinese sister city Kunming in Yunnan province last week over concerns that the Chinese regime covered up and lied about the severity of the CCP virus.

However, the motion was recinded in an extraordinary council meeting on April 22 when nine councillors overturned the motion 6-1. Two councillors did not vote citing a conflict of interest.

Spearheaded by councillor Paul Funnell, the motion was initially passed on April 14. In addition to severing the ties Wagga Wagga had with Kunming—which were in place since 1988—Funnell had also called to sever relationships with two other friendship cities, Tieling in Liaoning province, and Rugao in Jiangsu province, which started in 2012 and 2014 respectively.

“Given that these current arrangements are actually with the governing and ruling authorities of the said provinces and educational facilities, we are therefore in relations with the totalitarian communist regime of the People’s Republic of China,” Funnell said in his report to Wagga Wagga Council.

“This is the same Chinese communist government that delights in lies, subterfuge, and coverups; for example, by now trying to claim that the U.S. military is responsible for the spread of COVID-19.”

Funnell added that the Chinese regime’s actions and inaction post the outbreak has “brought death and destruction across the world ... and Wagga Wagga LGA (Local Government Area) has not been spared.”

According to NSW Health, the Murrumbidgee Local Health District in southern NSW—which includes Wagga Wagga and surrounding areas—has 44 reported cases of the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus. There was one reported death as of April 15.

Following the April 14 motion, Mayor Greg Conkey issued a statement saying that he would immediately put forward a rescission motion to be considered at the April 22 council meeting. He did not vote at the initial meeting due to illness.

“It’s hypocrisy,” Conkey told SBS News the next day. “The three councillors who voted in favour of it either directly or indirectly benefit from our very close trading ties with China.”



A general view of Wagga Wagga Historic Council Chambers on May 5, 2019. Wagga Wagga is a major regional city in the Riverina region of New South Wales, with a population of more than 54,000 at the 2016 census. It is an important agricultural, military, and transport hub of Australia.

It’s hypocrisy. The three councillors who voted in favour of it either directly or indirectly benefit from our very close trading ties with China.

Wagga Wagga Mayor Greg Conkey



Deputy Prime Minister Michael McCormack during a press conference at Parliament House, Canberra, on Jan. 6, 2020.

“It’s all very well for them to say they’re opposed to the central government, but that has nothing to do with our sister city and the strong friendship and ties we have with them.

“We are a very proud multicultural city, we have 112 nationalities represented, and we speak 107 languages, so I’m really just devastated by this,” Conkey added.

Councillor Tim Koschel, who had initially supported the motion, had come forward on April 15 to say that he had changed his mind on the issue, apologising to the Kunming municipality for passing the motion.

Deputy Prime Minister and Member for Riverina, Michael McCormack, and the Chinese Consulate General in Sydney also called for the decision to be reversed.

The Consulate-General published a letter on April 16 urging the council to “effectively restrain the words and deeds of individual city councillors so as not to cause further negative impact on the overall cooperation between the two sides.”

In response, Funnell said the Chinese regime’s pressure to silence him was proof that Australia has a problem of foreign interference.

“We should be able to have in our

democracy without fear nor favour, ... freedom of speech, and opinion, and thought. But this week proves that you’re not allowed,” he said.

Funnell said he respected concerns that there might be fallout from the decision, including a potential loss of trade.

“My simple answer to that: what about the fallout, and the deaths, and the mayhem, the destruction, that has come about through the world?” he said.

Australia is currently suffering its highest unemployment rate in 26 years as a result of the economic downturn caused by the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus—which the Chinese regime covered up.

It is expected that 1.7 million jobs will be lost in the June quarter. More than 800,000 businesses have already registered for the federal government’s Jobkeeper program to help them stay afloat until the crisis is over.

Request From Sister City

According to Funnell, the city of Wagga Wagga received a letter from Kunming’s municipal government on Jan. 29 requesting face masks and Personal Protective Equipment (PPE) as China was “under a severe situation of preventing and controlling pneumonia.”

Funnell told 3AW radio host Tom Elliott that one week later, the city received another letter from Kunming that praised the Chinese regime’s victory over the CCP virus.

According to Funnell, the letter stated: “After confirming China’s victory over the epidemic, I will invite you to lead a delegation to show you a healthy, prosperous, and vibrant Kunming.”

“I’ve never supported the communist regime, and never will. And I don’t want to be in a relationship with the communist regime,” Funnell said.

Funnell added that he has been accused of racism and received threats despite his efforts to make it clear that the issue was not about race but rather the communist ideology.

He said he had received support from his community, 10 councillors in other cities and regions, and even from Chinese Australians.

“We need to be able to have this discussion because I think the majority of Australians, I think the majority of people around the world, are concerned about the [CCP] infiltration.”

Virgin Australia Enters Voluntary Administration

CONTINUED FROM A1

government to bail it out.

The airline has appointed Deloitte as voluntary administrators of the company and a number of its subsidiaries, Virgin announced in a media release.

“We have commenced a process of seeking interest from parties for participation in the recapitalisation of the business and its future, and there have been several expressions of interest so far,” said Vaughan Strawbridge, a Deloitte administrator.

The Australian government believes voluntary administration will provide an opportunity to find a private-sector solution, restructure the company’s debt, and emerge with a new owner.

Doubling down on comments made by the treasurer yesterday, the finance minister today told ABC News Breakfast that the government is not in the business of owning an air-



I know how devastating the news today will be to you all, in most countries federal governments have stepped in, in this unprecedented crisis for aviation, to help their airlines. Sadly, that has not happened in Australia.

Virgin founder Richard Branson

line. “But we do want to see two airlines continue,” said Senator Mathias Cormann.

“There’s a lot of opportunity from here on in to ensure that there is a viable second airline in Australia moving forward,” he said.

Opposition Labor Perspective

Opposition Labor Leader Anthony Albanese said he doesn’t agree with the federal government’s decision to not intervene for Virgin’s employees.

“This isn’t a market failure,” he told ABC radio this morning. “This is as a result of a government decision, the right decision, to shut down sections of the economy to deal with the health crisis.”

Albanese wants the government to step in and save the airline, cutting through the complexities of a private-sector solution to protect Virgin’s 15,000 direct and indirect employees.

He said the government’s lack of intervention could

pose a long term threat to the national economy as more people would become unemployed.

However, Virgin will continue to be eligible for the federal government’s Jobkeeper payments during the period of administration. The Jobkeeper package provides \$750 per week to companies per employee to help with retaining staff until the pandemic is over.

Albanese posted a joint statement on Twitter with MP Catherine King calling on the federal government to buy a stake in the failing airline.

Founder Richard Branson Weighs In

Virgin founder Richard Branson wrote an open letter that he published on Twitter to console the airline’s employees while taking a swipe at the Australian federal government for not bailing the company out.

He wrote: “I know how devastating the news today

will be to you all, in most countries federal governments have stepped in, in this unprecedented crisis for aviation, to help their airlines. Sadly, that has not happened in Australia.”

As the pandemic hit, Virgin already carried about \$5 billion in debt. It employs about 10,000 people and supported another 5,000 indirect jobs.

In fact, the Australian government has offered support to the aviation industry as a whole amid the CCP virus crisis. It has provided over \$700 million in rebates, over a billion dollars worth of relief packages, and underwrote a limited schedule of flights serviced by Virgin, Qantas, and Qantas subsidiary Jetstar.

It has always been the government’s position that Virgin should turn to its shareholders for a bailout. “Virgin has very substantial shareholders. Singapore Airlines and Etihad Airlines own 20 percent each. There

is 40 percent or thereabouts that is owned by substantial Chinese investors,” said the finance minister.

In the media release and in a post on Twitter, Virgin confirmed that it will continue to operate its scheduled international and domestic flights that are helping to transport essential workers, maintain important freight corridors, and bring Australians home.

Virgin’s decision to enter voluntary administration comes a week after it suspended trading its shares.

It also follows weeks of turmoil in Australia’s aviation sector, which has been devastated by lack of demand due to the domestic and international travel restrictions put in place by the federal government to slow the spread of the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus.

Follow Caden on Twitter: @CadenPearson



African men walk near Little North Road, part of an ethnically diverse quarter of Guangzhou known as Little Africa in Guangzhou, China, on Feb. 3, 2019.

Racism Against Black People in China Amid Pandemic Sparks Diplomatic Crisis

EVA FU

Abuse and racism against Africans in southern China amid pandemic fears have spurred backlash in their home countries, leading to diplomatic tensions.

Having claimed success in suppressing the CCP virus, commonly known as the novel coronavirus, China over the past month has announced few local infections, instead highlighting imported cases, although research studies, accounts from locals, and internal documents have challenged the authenticity of the official data.

Guangzhou, an industrial hub in southern Guangdong Province and home to one of Asia’s largest African populations, has been on edge after several infections were reported among African migrants.

Africans soon found themselves to be the targets of virus-related discrimination.

Videos posted on social media showed Africans being forced out of their hotels after proprietors feared that they could potentially carry the CCP virus, refused service at restaurants and shops, and were subject to passport seizures and mandatory quarantines. Some had to sleep on the streets.

A McDonald’s site in Guangzhou recently displayed a notice stating that “black people are not allowed to enter the restaurant.” The fast-food giant’s China branch later apologized on its official Weibo social media account and said it suspended the outlet on April 12 for a half-day of training.

Stigmatized

Tensions escalated in Guangzhou after a cluster of 16 cases broke out among African residents, in the district known as Little Africa, on April 7. Officials then mandated Africans to undergo testing followed by quarantine at their own expense, whether or not they had the virus.

More than 4,550 Africans in Guangzhou have been subject to mass testing since early April, and at least 111 have tested positive, according to the mayor.

While virus-fueled xenophobia has been on the rise around the globe, the cases are generally isolated, while in China, the same kind of racism is playing out at the governmental level, according to Anders Corr, a policy analyst and the publisher of the “Journal of Political Risk.”

Chinese authorities’ racism also demonstrates that China isn’t a safe place to do business, Corr added. “What China is doing is really

This is the Chinese version of reality: they’ve claimed that they didn’t have any more cases, that they had defeated the disease, the pandemic, in their own country. And so, logically any new cases in China must be coming from ‘outside.

Anders Corr, policy analyst and the publisher of Journal of Political Risk

shooting itself in its own foot because people are looking at this and realizing that China’s not really a safe place to go, it’s not a safe place to do business ... if you look like anything other than a Han Chinese [the ethnic majority],” Corr said.

Zhou, a Guangzhou local, told The Epoch Times that an African couple running a restaurant within a mile from his village were both infected with the virus.

“Now, Africans can get arrested by the police whenever they appear on the street,” he said.

Asita Awovie, a Nigerian currently studying civil engineering at the Chang’an University in China’s Shaanxi Province, plans to return home after less than a year in the country.

“My parents are worried because they think it is not safe living here anymore,” he told The Epoch Times. “The situation in my region is fair and the university tried to keep us safe but as for me, I don’t actually trust China again.”

‘Hollow’ Bilateral Ties

The Chinese regime is one of Africa’s largest creditors, having loaned African nations around US\$143 billion between 2000 to 2017, according to research by Johns Hopkins University. By 2018, around a fifth of the continent’s external debt was owed to China, according to the UK-based advocacy group Jubilee Debt Campaign.

Yet the decadeslong relationship with African countries now faces challenges in the aftermath of the racist incidents in Guangzhou.

Anozie Maduabuchi Cyril, consul-general of the Nigerian consulate in Guangzhou, lashed out

at Chinese officials for the unfair treatment, noting that the Nigerian government didn’t single out Chinese while handling the outbreak in Nigeria.

“If you seize a Nigerian passport, it’s like you’re seizing Nigeria as a whole,” he said in a video that has since gone viral.

Nigerian House Speaker Femi Gbajabiamila also summoned the Chinese ambassador on April 10 for a meeting. He showed a video clip of alleged abuse in China and pressed the Chinese official for an explanation.

“It’s almost undiplomatic the way I’m talking, but it’s because I’m upset about what’s going on,” he said.

The Sierra Leone Embassy in China, in an April 10 notice, said representatives of African ambassadors have met with Chinese foreign ministry officials to protest the citizens’ “disturbing and humiliating experiences,” and reminded the Chinese side of African support.

The U.S. State Department also condemned the Chinese authorities’ treatment of Africans.

“The abuse and mistreatment of Africans living and working in China is a sad reminder of how hollow the [People’s Republic of China]-Africa partnership really is,” a State Department spokesperson said on April 11.

“At a time when we should be supporting one another to recover from a pandemic, PRC officials recklessly hid from the world, Chinese officials are busy evicting African students into the streets without food or shelter.”

Toluwani Eniola contributed to this report.



A Chinese security man at the entrance to the “Little Africa” district in Guangzhou, the capital of Guangdong Province, China, on March 1, 2018.

Beijing Angry After German Newspaper Demands Regime to Pay US\$160 Billion for Causing Pandemic

CATHY HE

Europe’s most-read newspaper has joined calls for compensation from Beijing over its coverup of the CCP virus outbreak causing the pandemic that has devastated economies around the world.

Bild, Germany’s largest paper, in an article titled “What China owes us” published last week, said the regime ought to pay damages totaling nearly 150 billion euros (US\$163 billion) for loss to the country caused by the pandemic.

The “invoice” included 24 billion euros (US\$26 billion) in lost tourism revenue in March and April, 1 million euros (US\$1 million) per hour in costs for flag carrier Lufthansa, and US\$50 billion euros (US\$54 billion) in lost profits for German small businesses.

Growing calls for compensation come as Western governments increasingly demand more transparency from the regime about its handling of the outbreak.

The article prompted an angry response from the Chinese embassy in Germany, which in an open letter to Bild’s editor-in-chief Julian Reichelt denied that the regime had breached its obligations under international law, and accused the paper of xenophobia.



People walk by the editorial offices of Bild Zeitung in Berlin, Germany, on Jan. 6, 2011.

Reichelt then responded with his own open letter to Chinese leader Xi Jinping, which said “your Government and your scientists had to know long ago that corona[virus] is highly infectious, but you left the world in the dark about it.”

“Your top experts didn’t respond when Western researchers asked to know what was going on in Wuhan,” he wrote.

Earlier this month, a report by UK think tank Henry Jackson Society found that the regime could be sued for trillions of dollars for its initial coverup of the outbreak, which it said was a breach of international law.

Several lawsuits have been launched in U.S. courts suing the regime for economic loss caused by the pandemic.

Meanwhile, Western countries, including the United States, Britain, and Australia have stepped up calls for an investigation into the origins of the virus, while criticizing the regime’s lack of transparency.

The spat between the regime and Bild came not long after France’s foreign office summoned Chinese ambassador Lu Shaye to express “clear disapproval” over comments a Chinese diplomat made about nursing home staff in France who had abandoned their posts and left its residents to die.

French foreign minister Jean-Yves Le Drian, in an interview with French outlet Le Monde published on April 20, said, “I can’t accept that anyone, including the Chinese embassy, slanders staff of our retirement homes.”

Chinese Nationals Stranded In Russia After Beijing Blocks Entry Over Virus

CONTINUED FROM A1

Dongning city in Heilongjiang province, as well as Hunchun city in Jilin province, on April 4 and April 7. All are cities that border Russia.

Then, land ports at Manzhouli and Heishantou in Inner Mongolia were closed before April 11—leaving no land ports with Russia open.

For Chinese nationals who wish to fly back home, China’s foreign ministry said they are required to install a mobile “health code” app beginning on April 15. Chinese citizens must update their health information every day for 14 days before they take a flight back to China.

Then, the Heilongjiang provincial government announced on its website on April 15 that people would not be allowed to take flights into China if they present any CCP virus symptoms.

Because there are very few flights currently operating between Russia and China, most Chinese in Russia would choose to fly to a border city, and then take a bus to land ports to try their luck.

However, some Chinese found ways to cross the border illegally.

The Heilongjiang provincial health commission reported on April 16 that a diagnosed patient Mr. Chen entered China via the Suifenhe port on April 7.

It’s unclear how Chen entered China.

The provincial government offered rewards to citizens who report people who illegally crossed the border. “Anyone who reports a case of someone entering China illegally will be rewarded 3,000 yuan (US\$424). Anyone who detains individuals who entered China illegally and hand them to the government will be rewarded



Chinese tourists walk along a street in Moscow, on Jan. 29, 2020.

Chinese regime knows very clearly that Russia is expelling some Chinese, but it still closed off the borders and refused to let Chinese go back home... It’s a sharp contrast from Western countries that overcame difficulties to evacuate their citizens from China when the virus first broke out.

Li Yuanhua, Chinese historian

ALEXANDER NEMENOV/AFP VIA GETTY IMAGES

5,000 yuan (US\$706),” the government posted on its official Weibo account on April 13.

Chinese Stranded

On April 13, Chinese who were stranded in Blagoveshchensk city, Russia posted a video on social media and asked for help. Blagoveshchensk and Heihe city of China are separated by the Amur river.

“Every day, more Chinese arrive here [from other Russian cities] to wait and enter China. But we can’t cross the border and nobody gave us any explanation,” the man said in the video. Then, another man joined him in the video and pleaded for the Chinese government to help.

The netizen who posted the video explained that 31 Chinese were stranded in Blagoveshchensk and had to sleep on the streets because they did not have enough money to pay for accommodations.

The Chinese consulate in Vladivostok, Russia notified nationals on April 7, 15, and 16 that the land ports were closed and people should not try to return to China via Vladivostok.



A boy holds his little sister in the Chinese market in the town of Ussuriysk in Russia, on Sept. 7, 2000.

Life In Russia

There are some Chinese nationals who want to return home, while others have been expelled by the Russian government.

Xiu Ping has lived in Moscow for more than 20 years. She told the Chinese-language Epoch Times on April 16 that the Russia government shut down two large wholesale markets—the Sadovod market and Lyublino market—in Moscow at the end of March.

“Tens of thousands of Chinese businesspeople work at these two markets,” Xiu said. “Since March 28, Russia launched a stay-at-home policy.”

Xiu introduced that many of these Chinese businesspeople lived in crowded places to save money, and may want to return to China where they have families.

Moscow mayor Sergei Sobyenin spoke about the outbreak during an April 10 interview with the state-run RIA Novosti news agency.

Sobyenin said that the city punished several hundred Chinese citizens who violated the city’s quarantine rules put in place to prevent the

CCP virus from spreading. Dozens were repatriated.

In Moscow, people who violate quarantine rules can be fined up to 5,000 rubles (US\$68).

Chinese historian Li Yuanhua criticized the Chinese authorities’ decision to block off its border with Russia, and urged the government to allow people to go back home.

“Chinese regime knows very clearly that Russia is expelling some Chinese, but it still closed off the borders and refused to let Chinese go back home... It’s a sharp contrast from Western countries that overcame difficulties to evacuate their citizens from China when the virus first broke out,” Li told the Chinese-language Epoch Times on April 15.

Mr. Yu, a resident in Harbin city, Heilongjiang also thought Chinese authorities made the wrong decision. “No matter if they are studying in Russia or doing business there, they have parents and siblings in China. It’s their right to come back home... The authorities didn’t take responsibility. It should evacuate people,” he said.

MIGUEL MEDINA/AFP VIA GETTY IMAGES



A resident wearing a face mask exits a shop after buying a newspaper in Treviolo, Italy, on April 9, 2020.

Press Freedom Group Warns of China’s Pandemic Disinformation Campaign

FRANK FANG

Reporters Without Borders (RSF), a nonprofit that advocates for press freedom, is warning people to beware of China’s continued global disinformation campaign in connection with the CCP virus.

“On the pretext of ‘setting the record straight’ about the coronavirus, Beijing is pumping out lies and imprecisions designed to discredit journalists’ work and sow doubt about what they are reporting,” said Cédric Alviani, head of RSF’s East Asia bureau, in a statement published on April 18. Alviani added: “It is important that the public is not taken in by the Chinese propaganda and gives preference to reporting by media outlets that respect journalistic principles.”

The statement explained that China’s disinformation campaign is designed to “drown out critics” who blame Beijing for the spread of the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus.

Media outlets have pointed to Chinese authorities’ decision to censor early warnings, such as silencing eight doctors, among them ophthalmologist Li Wenliang, for posting on Chinese social media about a new form of pneumonia in late December.

Meanwhile, Chinese citizen journalists have gone missing, including Fang Bin, for reporting on the ground in Wuhan, the epicenter of the outbreak in China.

RSF pointed to the example of Chinese officials claiming that the United States army “brought the epidemic to Wuhan.”

In late March, China Global Television Network (CGTN), the international arm of China’s state-run broadcaster CCTV, also “distorted statements” made by the director of an Italian pharmacological research institute, Giuseppe Remuzzi, to U.S. public radio broadcaster NPR.

“[CGTN was] implying that he [Remuzzi] was saying that the coronavirus epidemic had begun in Italy a month before its appearance in China,” according to the RSF statement.

Since February, Chinese ambassadors have been attacking international media over its critical coverage of Beijing’s response to the pandemic.

Most recently, on April 14, Chinese ambassador to France, Lu Shaye, was summoned by the French foreign ministry over “posts on the embassy website and Twitter account defaming French healthcare personnel and a French

parliamentary coalition,” according to RSF.

“Certain publicly voiced opinions by representatives of the Chinese embassy in France are not in line with the quality of the bilateral relation between our two countries,” French Foreign Minister Jean-Yves Le Drian said in a statement about his meeting with Lu, according to Reuters.

On April 12, the Chinese embassy in France published an article titled, “Restoring distorted facts—Observations of a Chinese diplomat posted to Paris.” The article cited an unnamed diplomat, who suggested that caretakers at nursing homes in France had abandoned their jobs, leaving residents to die of hunger and COVID-19, the disease caused by the virus.

The article was published just days after France raised its virus death toll from 8,911 to 10,328 in a single day, according to local media France 24, with a steep rise in deaths occurring at nursing homes.

The Chinese article also accused French and Taiwanese authorities of attacking Tedros Adhanom Ghebreyesus, director-general of the World Health Organization (WHO).

“The Taiwanese authorities, supported by more than 80 French parliamentarians in a co-signed declaration, even used the word ‘negro’ to attack him. I still do not understand what could have gone through the heads of all these French elected representatives,” the article stated.

Taiwan’s Ministry of Foreign Affairs, in a statement issued on April 15, said the article, which was tweeted by the official account belonging to the Chinese embassy in France, was a false accusation.

In an article, Reuters wrote that it could not find any evidence that French lawmakers backed such a declaration, nor that Taiwanese authorities used this word to insult Tedros.

Together, Chinese ambassadors and China’s hawkish state-run newspaper Global Times have been “waging a crusade against western journalists, accusing them of ‘lying’ systematically in order to blame China for the pandemic,” according to RSF.

Mekong River Groups Urge China to Show Transparency After Dam Report

BANGKOK—Groups working to protect the Mekong River have called for greater transparency and cooperation from China after a report that Chinese dams held back water during a damaging drought in downstream countries last year.

China has disputed the findings of the U.S. government-funded study and said it will do its utmost to guarantee a reasonable discharge of water to the Mekong basin countries of Laos, Thailand, Cambodia, and Vietnam.

The study, by research and consulting company Eyes on Earth Inc., said that according to satellite data 11 Chinese dams held back water at a time when China had higher-than-average levels—while levels downstream were at their lowest in over 50 years.

The Mekong River Commission (MRC), an inter-governmental body that works with the governments of Laos, Thailand, Cambodia, and Vietnam in managing the Lower Mekong basin, said the study did not prove that the withholding of water caused the drought.

But its secretariat said it sought more information from China as well as a more formal working relationship.

“China, as an MRC dialogue partner, has provided its water level and rainfall data during flood season, from only two of its stations on the upper Mekong,” it said in response to Reuters questions. “The MRC has attempted to acquire dry season data from China, but no agreement has yet been reached.”

None of the governments in the

downstream countries responded to a Reuters request for comment. Water flow on the Mekong is a sensitive topic in relations with China, the region’s dominant power.

In Thailand, the hashtag #StopMekongDam was trending on Twitter on April 15 as a result of the new report.

Activists said the study confirmed their suspicions.

“We cannot just sit around and wait for China to say when they are releasing the water from their dams; Mekong countries need to have a say on this too,” said Niwat Roykaew, an environmental activist in northern Thailand.

China has no formal water treaties with the lower Mekong countries and shares only limited information.

In Cambodia, Hok Menghoin of the NGO Forum on Cambodia said the report would at least help downstream governments to press their case in their discussions with China.

“China’s actions must go well beyond periodic releases of water,” said Pianporn Deetes, a Thai activist for the International Rivers pressure group.

“There needs to be long-term change in dam operations to prioritize the ecosystem services vital to the livelihoods of downstream communities.”

Washington, which has been challenging China’s growing influence in Southeast Asia, has said Beijing essentially controls the Mekong.

*By Panu Wongcha-um, Prak Chan, and James Pearson
From Reuters*

PANU WONGCHA-UM/REUTERS



A general view of the future site of the Luang Prabang dam is seen on the Mekong River outskirts of Luang Prabang province, Laos, on Feb. 5, 2020.

US Oil Price Plunges Well Below \$0 as Storage Sites Near Capacity

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ket quickly reached a point where storage became more valuable than the oil itself.

Storage capacity has been scarce for weeks while demand has dramatically slowed due to efforts to mitigate the global spread of the CCP virus.

Contracts to buy oil produced in May need to be closed by April 21 on the Chicago Mercantile Exchange (CME). Traders who speculate on oil prices close such contracts with no intention of obtaining the physical oil. Instead, they plan to sell the contracts later, hopefully at a higher price. As the deadline approached, it became clear how scarce were buyers who can actually take deliveries of the oil. Speculators stuck with the contracts thus went into a frenzy to unload them.

“This is a reminder that you never say never in oil,” said Phil Flynn, senior analyst at The PRICE Futures Group. “Those that said that WTI would never trade negative were proven wrong from the coronavirus.”

It’s the “crazy times,” he said in an email, where there’s “more oil to deliver than anyone wants.”

So far, the phenomenon seems temporary. For now, contracts for oil produced in June remain positive, at around \$20 a barrel.

Industry in Distress

The rock-bottom oil prices threaten to wipe out a major part of the U.S. oil industry. WTI has been below \$20 for nearly a week now, while producers need it on average above \$30 to at least cover operating expenses for existing wells.

Some producers can pump at a price as low as \$2 to \$5 a barrel.



Oil pumpjacks are seen at the Huntington Beach Oil Fields in Huntington Beach, Calif., on April 20, 2020.

The rock-bottom oil prices threaten to wipe out a major part of the U.S. oil industry.

Most, however, need much more. Many can’t even turn a profit below \$40, according to a survey by the Federal Reserve bank of Dallas.

To open a new well, oilers on average need the WTI to be about \$50.

Pandemic Effect

The CCP (Chinese Communist Party) virus, also called novel coronavirus, broke out in the central Chinese city of Wuhan around November 2019, before spreading across China and the world.

By April 20, there have been over 2.47 million confirmed cases and nearly 170,000 deaths, with many more likely in countries with unreliable data.

The pandemic prompted governments to impose stay-at-home orders and business shutdowns that forced millions into unemployment. With economic slowdown,

demand for oil plummeted, leaving oilers scrambling to cut costs and production.

“Because producers have been lagging in their production cuts, we’re seeing an overwhelming amount of crude oil looking for a place to go around the world,” said Andy Lipow of Lipow Oil Associates.

Crude stockpiles at the oil trading hub in Cushing, Oklahoma, rose 9 percent in the week to April 17, totaling around 61 million barrels, market analysts said, citing an April 20 report from Genscape.

“It’s clear that Cushing is going to fill, and it will stay full for the next several months,” Lipow said.

Price War

The glut has been exacerbated by a price war between Russia and Saudi Arabia that started after Russia walked away from talks on

production cuts with the Organization of Petroleum Exporting Countries (OPEC) in early March. Both countries then escalated production, flooding the already shrinking market.

Moscow, Riyadh, and other major oil producers have since agreed to cut production by 9.7 million barrels a day, but those cuts don’t begin until May. Meanwhile, Saudi Arabia is ramping up deliveries of oil, including big shipments to the United States.

Worldwide oil consumption is roughly 100 million barrels a day, and supply generally stays in line with that. But consumption is down about 30 percent globally, and the cuts so far have been much less.

Filing the Reserve

To prop up the industry, President Donald Trump has ordered the filling of the Strategic Petroleum Reserve (SPR), which can hold about 700 million barrels, but only stored some 635 million in January.

Yet, the \$3 billion earmarked for filling the SPR was cut from the coronavirus stimulus package by Democrat legislators, who criticized it as a “big oil” bailout.

On April 14, the Energy Department announced contracts with nine oil companies to store oil for them in the SPR.

The contracts under negotiation are for some 23 million barrels that should be delivered to the SPR in May and June, “with possible early deliveries in April,” the department said in a release.

“Awardees can schedule return of their oil through March 2021, minus a small amount of oil to cover the SPR’s cost of storage.”

Reuters contributed to this report.

Reporter Who Hid Beijing Ties When Questioned by Trump Could Be Fined \$16,000 in Taiwan

FRANK FANG

TAIPEI, Taiwan—A Taiwanese reporter working for Chinese state-run media could face a heavy fine in his native hometown.

The reporter, named Chang Ching-yi, was much talked about on Taiwanese social media after attending an April 9 press briefing at the White House on the pandemic.

He was called on to ask a question. President Donald Trump asked where he was from, a question seemingly to find out which media Chang worked at.

Chang responded to the question by saying he was from Taiwan, where he was born. However, his response covered up the fact that he works for Dragon Television, a broadcaster owned by China’s state-run Shanghai Media Group.

Chang was the second person to be less than forthright about his affiliation with Beijing. Three days earlier, on April 6, a reporter named Wang Youyou at the Hong Kong-based Phoenix TV denied she was working for the Chinese regime when asked by Trump. Phoenix TV in fact has ties to top officials in the Chinese Communist Party’s opposition faction.

On April 16, Chiu Chui-cheng, spokesperson of Taiwan’s Mainland Affairs Council, a government agency that deals with cross-strait affairs, said that Chang, a Taiwanese citizen, violated a local law with his employment, according to Taiwan’s government-run Central News Agency (CNA).

Chang violated Article 33 of the Act Governing Relations Between People of Taiwan Area and Mainland Area according to Chiu. Under the law, people are prohibited from holding any positions in China’s political parties, military, or institutions of any political nature. Any violators could be fined from \$100,000 to \$500,000 New Taiwan Dollars (about \$3,320 to

Under the [Taiwanese] law, people are prohibited from holding any positions in China’s political parties, military, or institutions of any political nature.



U.S. President Donald Trump answers questions from the media during the daily briefing on COVID-19 at the White House in Washington on April 21, 2020.

\$16,620).

According to Chinese search engine Baidu, Chang was born in Taiwan in 1979, and graduated with bachelor’s degrees in journalism and Arab studies at the National Chengchi University. He received his master’s degree in international relations at New York University.

Chang became a Washington-based reporter with Phoenix TV in 2010 and joined Dragon TV in July 2014.

Chang has about 32,300 followers on his official Weibo account. And on March 20, he took a jab at Trump when he posted two photos of Trump’s press conference notes showing what appeared to be his changing the term “Corona” virus to “Chinese” virus.

“Any political figures who shift blame to other countries cast a chill over people,” Chang wrote in the Weibo post.

On March 17, Trump first used the term “Chinese virus” in his tweet. He later explained that he used this wording to challenge China’s false information. A Chinese diplomat posted a tweet suggesting that the U.S. military passed the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus, to China.

The U.S. government has long warned about the Shanghai Media Group’s close ties with Chinese authorities.

In October 2005, the Congressional-Executive Commission on China (CECC) issued a statement, naming Shanghai-based media outlets, including Shanghai Media Group, of

working with the city’s propaganda department to improve news screening and censorship in China.

“[These media outlets] offered specific measures to establish and perfect coordinated and effective long-term administrative mechanisms for pre-reporting strict examination and approval, as well as for post-reporting review, monitoring, and examination,” CECC stated, citing state-run media People’s Daily.

Following Chiu’s announcement, some users of Taiwan’s popular bulletin board service, PTT, called for stronger measures against Chang, including revoking his Taiwan’s citizenship.

One user named “nikewang” wrote: “Use [Taiwan’s] anti-infiltration law to investigate him, since the CCP is paying his salary.”

Taiwan passed the anti-infiltration law in December last year to combat Beijing’s efforts to influence the island’s politics and democratic process, through processes such as illicit funding of local politicians and media.



Reporter Chang Ching-yi (L) and President Donald Trump at a CCP virus press briefing at the White House on April 8, 2020.

US Calls on Beijing to Grant Freedom of Movement to Chinese Rights Lawyer

WASHINGTON—The United States on April 20 called on the Chinese communist regime to allow freedom of movement to prominent rights lawyer Wang Quanzhang, who has been released after five years of unjust detention, the U.S. State Department said in a statement.

“We remain very concerned about reports of his declining physical and mental health, and of his mistreatment in prison,” the State Department said, adding that Washington remained concerned by China’s “weak rule of law, arbitrary detentions, and torture in custody.”

A Chinese court in January 2019 had imprisoned the prominent rights lawyer for 4 1/2 years for subversion of state power, after he was tried a month before in a hearing that rights groups called a sham.

Wang’s family was continually denied visitation rights until June 2019, when his wife and son visited him briefly.

Wang took on cases deemed sensitive by Chinese authorities, such as defending poor villagers and cases of police torture.

Wang was released on April 5. At the time, human rights group Amnesty International expressed concerns that Wang may not be truly free.

“There are reasons to fear that Wang Quanzhang’s release from prison offers merely the illusion of freedom. The Chinese government has a history of monitoring and controlling human rights defenders even after they’re released from jail,” Doriane Lau, Amnesty’s China researcher, said in a statement.

“Despite his release, he will be subject to heavy surveillance and unable to return to the home where his wife and young child have been waiting for him for four and a half years.”

Epoch Times staff Frank Fang contributed to this report. From Reuters

UK Warns No More 'Business as Usual' With China After Pandemic Ends

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and review of the lessons, including of the outbreak of the virus,” Raab said at a press conference in London on April 16. “I don’t think we can flinch from that at all.”

His comments come amid escalating criticism by the United States of the Chinese regime’s lack of transparency during the pandemic. Meanwhile, many U.S. lawmakers have called for the regime in Beijing to be held accountable for its role in covering up the outbreak, which caused its global spread.

Asked if there would be a “reckoning” with Beijing after the crisis ends, Raab, who is standing in for Prime Minister Boris Johnson as he recovers from the CCP virus, replied: “There’s no doubt we can’t have business as usual after this crisis, and we’ll have to ask the hard questions about how it came about and how it could have been stopped earlier.”

Earlier this week, the Trump administration confirmed it was investigating the origins of the outbreak, including whether it came from a high-level laboratory located in Wuhan, the epicenter of the virus.

U.S. Secretary of State Mike Pompeo, in an April 15 interview on Fox News, said the United States is “working diligently” to determine where the virus came from and how it began to spread.

“The Chinese government needs



Britain's Foreign Secretary Dominic Raab speaks at the daily coronavirus news conference at 10 Downing Street in London, Britain April 16, 2020.

to come clean and needs to be accountable,” Pompeo added. “It needs to explain what happened and why it is the case that that information wasn’t made more broadly available.”

But China’s foreign ministry spokesman Zhao Lijian said at a April 16 press briefing that World

Health Organization (WHO) officials “have said multiple times there is no evidence the new coronavirus was created in a laboratory.”

Meanwhile, in the UK, members of Johnson’s ruling Conservative Party have called for a reset of relations with Beijing due to its handling of the pandemic.

Former Tory leader and foreign secretary William Hague, who now sits in the House of Lords, said that Britain can’t be dependent on China for technology as the recent crisis has demonstrated that it doesn’t “play by our rules.”

The former head of the UK’s chief intelligence agency MI6, Sir John Sawers, told BBC Radio on April 15 that the regime concealed crucial information about the initial outbreak and was “evading” its responsibility in causing the pandemic.

Last month, the Daily Mail reported, citing unnamed government sources, that ministers were pushing for a reevaluation of Britain’s relationship with China, and pressing Johnson to block a deal to allow Chinese telecom giant Huawei to build large parts of the country’s 5G network.

The UK was criticized in January after it allowed Huawei a limited role in its 5G network, with U.S. officials saying the move endangered national security.

French President Emmanuel Macron, in an interview with the Financial Times published April 16, said there are questions concerning Beijing’s handling of the outbreak.

“Let’s not be so naive as to say it’s been much better at handling this,” Macron said of China’s management of the outbreak.

“We don’t know. There are clearly things that have happened that we don’t know about.”

Don't Bank on a COVID-19 Vaccine, Say Top Scientists

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lance, said on Sunday that even if new vaccines are developed for protection against the CCP virus, they would be “long shots” because it would take time to ensure that it is safe.

“All new vaccines that come into development are long shots. Only some end up being successful,” he said. “Coronavirus will be no different and presents new challenges for vaccine development. This will take time.”

This week, researchers from Oxford University are set to begin human trials of a potential COVID-19 vaccine and believe a million doses will be available by September, even before trials prove whether the shot is effective.

Professor Sarah Gilbert, who is leading the British scientists’ efforts, admitted Sunday that success could not be guaranteed, and that scientists believed COVID-19 patients could be reinfected with the virus after recovery.

“I think it probably is likely that if someone has been infected, they will be able to be reinfected in the future,” she told the BBC. “We don’t know the interval yet.”

She said immunity acquired after infection may not last as long as a vaccine-induced immunity.

Gilbert’s comments came as Mike Ryan, the World Health Organization’s (WHO) top emergencies expert, told reporters that the U.N. agency is unsure whether the presence of antibodies in blood gives full protection against reinfection with the CCP virus.

Ryan also said that even if antibodies were effective there was little sign that large numbers of people had developed them and were beginning to offer so-called “herd immunity” to the broader



PEDRO VILELA/GETTY IMAGES

population.

“A lot of preliminary information coming to us right now would suggest quite a low percentage of population have seroconverted [to produce antibodies],” he said at a briefing on Friday. “The expectation that ... the majority in society may have developed antibodies, the general evidence is pointing against that, so it may not solve the problem of governments.”

As more than 70 establishments race to develop a vaccine for the virus around the world, a separate leading expert on the disease warned last week that the threat of the CCP virus may be around “for the foreseeable future.”

“Some viruses are very, very difficult when it comes to vaccine development—so for the foreseeable future, we are going to have to find ways to go about our lives with this virus as a constant threat,” said David Nabarro, a professor of global health at London’s Imperial College and an envoy for the WHO on COVID-19.

“That means isolating those who show signs of the disease and also their contacts,” he told the UK’s Observer newspaper. “Older people will have to be protected. In addition hospital capacity for dealing with cases will have to be ensured. That is going to be the new normal for us all.”

More than 2.4 million people have been reported to be infected by the CCP virus worldwide and at least 165,338 have died, according to a tracking map by Johns Hopkins University, although the figures are believed by some experts to be unreliable owing to inaccurate data from China.

Biologist working on virus inactivation on March 24, 2020.

Some viruses are very, very difficult when it comes to vaccine development—so for the foreseeable future, we are going to have to find ways to go about our lives with this virus as a constant threat.

David Nabarro, professor of global health at London's Imperial College and WHO envoy

Reuters contributed to this report.

Sunlight Destroys CCP Virus Quickly: Government Tests

ZACHARY STIEBER

Government tests show sunlight rapidly destroys the CCP virus, according to a Department of Homeland Security Science and Technology Directorate report.

“Sunlight destroys the virus quickly,” the report states.

Researchers simulated sunlight and found it greatly increased the inactivation rate of the CCP (Chinese Communist Party) virus, a novel coronavirus that emerged from mainland China last year, on surfaces relative to darkness.

The half-life of the virus was 2 minutes with full solar intensity, or similar to New York City or the District of Columbia during a clear day on summer solstice.

“Sunlight reduced infectious virus to undetectable levels after just 3 minutes of exposure to the solar equivalent of midday sun on a sunny day in the middle latitudes of the U.S.,” researchers wrote.

Half solar intensity killed the virus in 3 minutes while quarter intensity, equivalent to a clear day at the end of February, inactivated it in 4 minutes.

The CCP virus showed no decay when no light was used.

The risk of transmission from surfaces that are outdoors is lower during daylight, according to the tests.

More tests are planned for higher concentrations of the virus “to better understand decay rate.”

Higher temperatures and higher levels of humidity also inactivated the virus, researchers found.

“If a location has a COVID-19 (+) individual and is going to be vacated for cleaning, turn up indoor heat and humidity if possible,” they wrote. Increasing air flow indoors may reduce risk of transmission, the results suggested.

Researchers with the Department of Homeland Security also tested the effectiveness of commercial cleaners on surfaces with the CCP virus and found that bleach or 70 percent isopropyl alcohol killed the virus in

both wet and dried saliva on stainless steel in just 5 minutes. They plan to test shorter contact times with cleaners as well as analyze how other off-the-shelf products such as Lysol spray and Clorox hydrogen peroxide cleaner work against the virus.

The report wasn’t released by the government. Yahoo News obtained it and released it online. It is marked “for official use only.”

A Department of Homeland Security spokesman told The Epoch Times: “The department is dedicated to the fight against COVID-19, and the health and safety of the American people is its top priority.”

“As policy, the department does not comment on allegedly leaked documents. It would be irresponsible to speculate, draw conclusions, or to inadvertently try to influence the public based upon a document that has not yet been peer-reviewed or subjected to the rigorous scientific validation approach,” he added.

The department’s Science and Technology Directorate announced ongoing research into the CCP virus in March. Researchers would be trying to answer questions about the impact of a range of conditions, like temperature and humidity, to determine the virus’s survivability in the air, in respiratory fluids, and on various types of surfaces.

Research was taking place at the National Biodefense Analysis and Countermeasures Center laboratory.

Research against other viruses has shown sunlight is effective against them.

Researchers in November 2019 found full intensity simulated sunlight caused influenza virus aerosols to decay much faster than in darkness. The study was published in The Journal of Infectious Diseases. A study published in 2003 found ultraviolet light can “efficiently eliminate the viral infectivity” of SARS, another coronavirus.



CHRIS HYDE/GETTY IMAGES

A kayaker enjoys Tallebudgera creek in Gold Coast, Australia, on April 16, 2020.

Celebrating the West

WILLIAM GAIRDNER



With COVID-19 spreading everywhere, these are unsettling times. All of us are self-isolating and cut off from the normal routines of social life and work. A byproduct of this unsettling new reality is that we are being more or less forced to spend a lot of time alone with just ourselves. But that's not so bad. Actually, it's an opportunity to reflect a little more deeply on the meaning of our lives, and in the midst of so much uncertainty to be thankful, even to celebrate who we are and what defines us as a people.

In my previous two articles for The Epoch Times, I took aim at how modern multicultural and globalist policies have been undermining the deep-culture distinctiveness of the West in an effort to persuade us—even to shame us—into believing that who we are is nothing special.

But I say enough is enough. The insightful U.S. critic Irving Babbitt warned 100 years ago that if we forget who we are, if a civilization begins to drift, the direction is always downward. So I have decided to fight back, and do my bit to stop the drift.

In this article, I want to celebrate some of the precious gifts of our civilization, without apology. Because no matter how you look at it, from ancient times until now—shortcomings, mistakes, and disasters notwithstanding—our system for producing human flourishing is plainly one of the most successful ever created.

Our Great Political System

Let's begin with the fact that with the exception of the Roman Peace that lasted more than two centuries (27 B.C. to 180 A.D.), no political system in human history has ever produced as successful a combination of national and international peace and prosperity within and between nations sharing the same system.

It's basically a freedom system bounded by policy and law that, with a vulnerable reliability, guarantees lawful individual liberty, specified rights to private property, free association, more or less free speech, lawful free enterprise, regulated trade, defensible borders, and equality before the law. The various totalitarian attempts to replace this system with dictatorship, whether of the national socialist (fascist) or international socialist (communist) variety, have consistently produced chaos and death for millions, and disaster for themselves.

And when it comes to the longstanding dream of all people to exercise some control over those who govern them? The modern Western system culminates in the most important and hard-won right of all—unbelievable, actually: the right to “throw the scoundrels out.” And oh, what a beloved right that is! It's the people's bloodless mechanism for correcting their own and their leaders' past mistakes and starting afresh; for counting heads instead of breaking them; and a precious gift of our ancestors, to be venerated.

We forget too readily that this right, in turn, is rooted in the most revolutionary idea of all: that the people have rights and duties that are independent of whatever human rule—or ruler—under which they happen to find themselves. These rights are grounded in human nature, and in our specifically Western familial, moral, and religious convictions, as enshrined in our constitutional documents, common law, and traditions.

These began as a claim and ideal of ancient Greek and Roman “natural law,” as reflected in dramatic works such as Sophocles's “Antigone,” and as spelled out so clearly in the philosophical works of such as Cicero.

They then spread as a Christian ideal, where we learn that this kind of law is “written on the heart.” This was, in turn, brilliantly expounded by Thomas Aquinas in the 13th century (and by Hugo Grotius in the 17th) as the first international “law of nations.”

Perhaps the crowning legal achievement of the West is the belief—much maligned by modern progressives, but lying deep in our legal tradition—that natural law is above, and superior, to mere human law, and so when the former

is transgressed, the latter must be held to account. Aquinas taught that “lex iniusta non est lex”—“an unjust law is not a law”—and therefore, though it may be called a law, isn't morally binding. It was precisely his natural-law standard that was invoked by the judges at Nuremberg to convict Hitler's henchmen who, but for this, would have been freed of all war crimes. The judges laid it down that a mere human law loses all obligatory power if it violates the generally recognized principles of international law, or the natural law.

Further, and despite all that may be reproached of our unique and intentionally limited, checked, and balanced Western political system—whether a republic such as the United States of America, or a constitutional monarchy such as England and the modern nations that began as her colonies—our right to express our individual views through elected representatives, who, in turn, are checked by a loyal opposition (in the monarchies), or by an alternatively loyal or disloyal one (in republican systems, such as in the United States), and by a region-based senate system (so that majorities cannot trample minorities) ... why, the whole jumble is a superior crowning glory that's served as a legal and constitutional repellent of dictators and despots for centuries.

Our Great Legal System

Basic English individual liberties and rights to protection from arbitrary power and state interference were enshrined in the Magna Carta in 1215, and though always under threat and with a precarious endurance, have been defended and improved ever since.

Ronald Reagan was correct: “Freedom is never more than one generation away from extinction.”

It needs criticism and ongoing improvement, but as compared to the legal systems of other cultures? No contest! To just a handful of jurists and political philosophers of the British tradition (think of the enormous and continuing influence of Edward Coke and of Blackstone's “Commentaries”), and to many fine jurists since, we owe our powerful arguments against excessive statism, as well as the myriad common-law rights we too often take for granted, including respect for life as reflected in our harsh laws against murder, arson, rape, and even suicide (which used to be called self-murder).

The historian Alan Macfarlane has shown that as compared to the late arrival of such rights in other nations, the English people and all those nations spawned by England have enjoyed specific rights to private property and inheritance since the 12th century, hundreds of years before those living in other cultures (many of which even today do not have such firm rights).

On top of all this is the right to be presumed innocent until proved guilty (summed up in “Blackstone's ratio”: “It is better that ten guilty persons escape than that one innocent suffer”). And to be judged by a jury of peers or an independent judge, with a right of appeal to a higher court, is another constitutional gift of our ancestors.

As mentioned, other than Rome at the height of her glory (from whence the West has absorbed much in the way of legal practice) no other system has ever provided citizens with such a cornucopia of legal rights and freedoms. The practical reality is that in all nations that have thrown in their lot with the West, citizens are presumed free by birth and by inherited right, and the main function of law is not to tell them what they must do—the totalitarian preference—but only what they can't do.

There is a huge difference between a law that says, “Go anywhere you want, but stay off the grass,” and one that says, “You are only allowed to walk on public sidewalks.” Western citizens must stand proudly in defense of their liberty-based laws and rights. They are products of a unique and highly particular inheritance and civilization, like no other.

Our Great Freedom System

Especially to be praised are what I call “the tools of freedom and wealth creation,” bits of which have arisen sporadi-



The ceiling of the Sistine Chapel in Vatican City.

A bust of Marcus Tullius Cicero (106–43 B.C.), Roman orator, philosopher and statesman. Drawing by P P Rubens, engraved by H Withouse 1638.

HULTON ARCHIVE/GETTY IMAGES



Perhaps the crowning legal achievement of the West is the belief that natural law is above, and superior, to mere human law.

cally in other cultures. After all, most human beings are natural traders. But as a complete system? Only in the West. On this note, the word “capitalism” should be mothballed, simply because it's too often a slur-term of the left.

All private and public systems employ capital to advantage, including totalitarian ones (in fact, they love capital. They just don't want you to have any). The real engine of our economic success is not capital. It's “free enterprise.”

Compared to all other systems—communism, socialism, fascism, and yes, even so-called democratic socialism Bernie Sanders-style (all of which are top-down statist systems)—ours is quite amazing. Its focus is the flourishing of free individual initiative under the same rules for all. It's a system that supplies the ordinary citizen with largely unrestricted free choice in daily commercial life with respect to how to spend the fruits of personal labor and invention. It's a kind of “dollar democracy,” under which millions of very ordinary people voluntarily make or break those who serve their needs and wants.

Notwithstanding the huge debt burdens carried by so many democracies, and the fact that all government debt is really deferred taxation, what I have called our Freedom System is still mostly that.

It's a superior system of free enterprise, private property rights, common-law rights, contractual rights, equal justice for all, protection against force and fraud, and investment opportunities large and small that enable the vast majority of people to freely guide their own lives economically, to their own ends, by their own means, in a culture more or less free of normative corruption. It's a superior, universally-duplicable system that we owe ... to what? To our unique cultural history and those who fashioned it, and to nothing, and no one else.

No other culture in the history of the world has ever produced a system as successful. And that's why so many other people have been adopting our system.

Our Great Philosophical, Literary, Aesthetic Tradition

The contributions to human life, understanding, and enrichment by many other cultures have of course been impressive in their own right—Asian, African, Indian, etc.—and are properly and vigorously to be celebrated by those raised in their embrace. But they're not my culture. So, like billions of others, I am ineradicably biased in being able authentically to discuss and defend only one deep culture—my own.

In my 20s, I lived in France for a year—“vive la différence!” I loved it, and am still fluent in French. I also lived in Japan for a half-year, and loved that, too, and can still speak a little Japanese. But I got hooked by luminous feelings of Western origin very young when singing solo



ALEX PROIMOS/CC BY 2.0

parts to Handel’s Messiah, and reading moving poetry, plays, and novels by great English authors.

You don’t possess a deep culture. It possesses you. I remember so clearly a cold winter’s night lying in the dark on my futon in Tokyo, thousands of miles from home, listening to my little pocket radio. I was trying to understand a little of the Japanese chatter and music a bit alien to my ears, when suddenly, I got hijacked by the West. A heart-achingly mournful “fado” song by Amalia Rodrigues, a famous Portuguese singer, simply claimed me. I was overcome by a sudden powerful emotion as the West and all it meant in my forlorn night took possession of me. Soul-penetration. A piercing of the heart. The next morning, I booked a ticket home.

The first thing I did when I got back was to find a recording of her song.

For many reasons—too many to recount here—I am persuaded that the cumulative human search for goodness, truth, and beauty in our tradition is unique (as are all traditions, after all), something to marvel at and defend, and that the recent root and branch attack upon it—mostly by privileged, overeducated progressive radicals wandering in a riot of sanctimonious repudiation of all things Western—ought to be energetically rebuffed. That’s what I am doing.

I have tried to find equivalents to the work of the greatest Western artists, thinkers, and writers, only to conclude—and I enjoy vigorously debating this point—that when we consider the whole 2,500-year span, there is simply no other civilization past or present that has produced works of the human mind and heart—of philosophy, literature, music, and art—quite as grand and fruitful of human flourishing as those of the Western tradition.

From Plato and Aristotle, to Augustine and Aquinas, to Descartes and Kant, and

Perhaps the crowning legal achievement of the West is the belief—much maligned by modern progressives, but lying deep in our legal tradition—that natural law is above, and superior, to mere human law, and so when the former is transgressed, the latter must be held to account.

A romanticized 19th-century recreation by James William Edmund Doyle of England’s King John (R) signing the Magna Carta at Runnymede.



PUBLIC DOMAIN

onward; from the indelible beauty of the King James Bible to the soaring architecture of Westminster and Chartres, angelic choir voices descending; to the glorious music of Bach, Beethoven, Mozart, Handel, Tchaikovsky—and so many others; to our great English literature, from “Beowulf,” to the “Canterbury Tales,” to the incomparable works of William Shakespeare above all, whose turns of phrase and genius are simply inexplicable and a gift to all mankind; to Keats and his “Ode to a Nightingale,” Hopkins’s “The Windhover,” Stevens’s “Sunday Morning,” Yeats’s “Among School Children,” and for me, in the embodiment of a dreamy mythic childhood on a farm, Dylan Thomas’s “Fern Hill”:

Time held me green and dying / Though I sang in my chains like the sea.

And of course, let us include all that other very fine French, German, Italian, and Spanish literature over the ages, and more, old and new, all the fine poetry, and the novel form, from Cervantes, Fielding, Dickens, Tolstoy, Balzac, and Dostoevsky, to Joyce and Faulkner, Lawrence, and Mann (I haven’t kept up with the moderns).

And then, all those gorgeous sculptures and paintings—the stunning Winged Victory of Samothrace (by an unknown Greek artist two centuries before Christ. Unknown! At a time when no other culture had anything comparable. Not even close). And then ... Michelangelo’s gorgeous statue of David, the ceiling of the Sistine Chapel, the Pietà, and all of Rembrandt, Turner, much of Van Gogh, many of the French Impressionists, and yes—a lot of Canada’s fine Group of Seven—so much stunning painting and sculpture.

I simply can’t look at Rodin’s mournful work “The Burghers of Calais,” without feeling the personal agony of those chiseled subjects, frozen in their painful beauty. Oh, my heart.

And, of course, our lofty English language—of all languages, the most ample, most flexible, the most free and open to innovation (because the least policed!)—has, especially because of our culture of adaptive freedom, become the new “lingua franca” of the entire world.

Open and ample? I once heard a famous professor of French linguistics in a Stanford University lecture boast that he could find all, or part, of every word of the French language, somewhere in the English language. Flexible? Resourceful? No language has over the past millennium absorbed and made its own so many thousands of words from other cultures.

“The Oxford English Dictionary” is a record of this vast process. It’s still the largest and most astonishing glory of all the world’s dictionaries, the miraculous endeavor of its assembly after more than a century of freely contributed labor by language-lovers all over the world, a signal tribute to one people’s love of their culture and language.

Our Great Judeo-Christian Tradition

At the root of all cultural and moral systems a distinct theology may always be discovered, even if buried, camouflaged, or frozen, so to speak. Even anti-God secular humanism boasts of itself as “a religion” (“Humanist Manifesto,” 1933).

So here, I will only say that despite so many faults and wrong turns, burnings, crusades, and so on, the theology of love and moral self-examination, we find at the heart of Christendom seems quite fundamental as the basis for a sound national culture and morality. I like the Christian insistence on individual moral responsibility, on the sacred right to life of all human beings (though, in recent times, for adult convenience, almost all nominally Christian nations have denied this to the unborn), on the essential goodness of creation, on the equal liberty and rights of all, and on the call for universal love.

Indeed, the notion of individualism itself, as historian Larry Siedentop has shown in “Inventing the Individual” (2014), has arisen not from secular liberal theorists, as most of us have been falsely taught, but from the universalism first preached by Saint Paul and subsequently developed by the Canon Lawyers of the Middle Ages. Even modern democracy has a root in the councils of the Christian church. It was Innocent III who stated at the third Lateran Council in 1215: “That which affects all should be decided by all.”

How unusual and unprecedented, among the nations of the world, that was.

Perhaps the most politically relevant aspect of Christendom from its very beginning is the foundational belief attributed to Jesus himself, that we should “render unto Caesar the things that are Caesar’s, and unto God the things that are God’s” (Matthew 21:21). Even diehard atheists and libertarians ought to love him for that. That’s another foundation of the natural law ethic described above, a saying that, for as long as it survives, drives a wedge between free people everywhere and all totalitarian forms of power, past and present.

Jean-Jacques Rousseau, one of the architects of modern totalitarian ideology, hated Jesus for saying that, because it created what he called the “two heads of the eagle” of power, blocking the unity of state power by calling it always to account.

This is surely the chief political legacy of Jesus to all mankind—and one invoked almost solely by citizens of the West. It stands all political power on its head by turning the governed into perpetual moral judges of their governors. I don’t think the democratic systems of the Western world, so many centuries in development, and regardless of how secular they may be today, could have evolved in the way they have without that original admonition.

Because Christianity is uniquely rooted in a belief in absolutes—which is to say, in the existence of discoverable universal truth—we have been culturally gifted the belief that we live in a universe of profound (and discoverable) meaning. This belief has, in turn, unleashed a cornucopia of near-miraculous scientific and technological development, for the reason that no people or culture will search for absolute truth if they believe there is none to be found. It explains why so many other cultures rooted in other theologies have never developed much, or have lain dormant for centuries, only now importing or copying the vibrant technologies and inventions of the West.

In terms of worldwide patents issued on a per-capita national basis, nations of a Judeo-Christian origin dominate.

Beginning with the University of Bologna in 1088, Christendom was responsible for the creation of the world’s first true universities, and for a great many of the best universities since, for many of the world’s great hospitals, and, of course, for countless national and global charitable organizations. The Christian communities and citizens of the West tend to be universally more freely charitable than their secular counterparts in the West, or anywhere else. I say “freely” because they give of their own free will, and aren’t commanded to do this by state or church. A great many of the private international organizations that help the poor and less developed of the world are also Christian origin.

In these, as in so many things, the West, my deep culture, has never had an equal—and it still doesn’t.

This is a truth of which to be proud, and to defend.

William Gairdner is an author who lives near Toronto. His latest book is “The Great Divide: Why Liberals and Conservatives Will Never, Ever Agree” (2015). His website is WilliamGairdner.ca

Science Forces Mankind to Grapple With Technophobia vs. Technophilia

ROGER KIMBALL

In 2003, Chinese scientists at the Shanghai Second Medical University “successfully fused human cells with rabbit eggs.”

Around the same time, researchers at the Mayo Clinic “created pigs with human blood flowing through their bodies,” while at Stanford University, an experiment was being contemplated “to create mice with human brains.”

No wonder, then, many people are worried about the ethical implications of genetic engineering. They read about cloning or “harvesting” embryos for genetic material, about fusing human with rabbit cells, and they wonder whether we haven’t started firmly down the path described by Aldous Huxley in “Brave New World.”

Today, we cull certain biological material from so-called “dispensable” embryos; tomorrow, might we not have factories for the production of children carefully segregated according to genetic endowment?

Worrying About the Worriers

But if many people worry about what genetic engineering portends, others worry about what misplaced public anxiety such scientific research will mean for the progress of science. Such people aren’t necessarily insensitive to ethics; but for them, the search for scientific truth is ineluctable.

Public opinion might delay the march of progress. It will never entirely derail it. So (they argue) it behooves us to pursue science wherever it leads. If we don’t, someone else will, and we in the West are better equipped to deploy new technologies wisely and humanely.

To oppose the application of genetic engineering (the argument goes) is to be a latter-day Luddite, railing against a technology whose effects might be painful at first but ultimately liberating.

It’s a mistake to dismiss out of hand either side of the argument: those who worry about genetic engineering, or those who worry about the worriers.

FREDERIC J. BROWN/AFP VIA GETTY IMAGES)



Biologist Yin Zhi holds an offspring of a genetically engineered pig, born with green patches when held up against ultraviolet light, in Harbin, Heilongjiang Province, China, on Jan. 11, 2008.

Today, we cull certain biological material from so-called “dispensable” embryos; tomorrow, might we not have factories for the production of children carefully segregated according to genetic endowment?

Consider the plus side. The therapeutic promise of genetic engineering is more than enormous: it’s staggering. No one who has seen somebody suffer from cancer or Parkinson’s disease or any of the many other horrific ills that the flesh is heir to can be deaf to that promise.

Of course, any powerful technology can be put to evil purposes as well as good ones. In this sense, one might say that technology is like fire. It is neither good nor bad in itself. It is good when used appropriately for good purposes, and bad when used inappropriately or for evil purposes.

It would be pleasing to think that we could apply some calculus to determine the moral complexion of a particular application of genetic engineering. It is not at all clear, however, that the moral quandaries with which genetic engineering confront us can be solved by such a calculus.

Problems With No Solution

Part of the problem is that the creed—familiar to us from Marxism—that “the end justifies the means” seems particularly barbarous when applied directly to human reality, as it is in genetic engineering. Are all embryos potential candidates for “harvesting,” or only certain embryos? And what about newborns, another good source of genetic material? Are

certain infants to be regarded as potential “raw material” for genetic experimentation?

It’s easy to conjure up a nightmare world in which some human beings are raised for spare parts. Already in certain parts of the world, the bodies of executed criminals, among others, are raided for various organs. Why not extend the practice?

My own belief is that humanity is on the threshold of an awesome moral divide. Recent advances in the technologies of genetic engineering—cloning, stem-cell research, and the like—confront us with moral problems for which we have no solution. Perhaps the biggest problem concerns the nature of the technologies involved.

When we look back over the course of technological development it is easy to be a technological optimist. Science and technology have brought us so many extraordinary advances that one is tempted to close one’s eyes and take a leap of faith when it comes to technology.

No doubt science and technology have brought us many destructive things, but who except the hermits among us would willingly do without the conveniences—including life-saving conveniences—they have given us? It’s impossible, I think, for any rational person to say “No” to science and technology.

Self-Deification

But can we afford to say “Yes”? Are there lines to be drawn, limits to be respected? If so, where do we find the criteria for drawing those lines and limits? There is no simple answer to such questions. Perhaps the one thing that is certain is we are operating here in a realm beyond certainty. No one will come up with a formula that can be successfully applied to all cases.

There are two dangers. One is the danger of technophobia: retreating from science and technology because of the moral enormities it makes possible.

The other, more prevalent danger, is technophilia, best summed up in the belief that “If it can be done, it may be done.” There are many

things that we can do that we ought not do. As science and technology develop, we find ourselves wielding ever greater power.

The dark side of power is the temptation to forget its limitation. Lord Acton was right to warn that “Power corrupts, and absolute power corrupts absolutely.” None of us, of course, really commands absolute power. Our mortality assures that for all of us will end in the absolute weakness of death.

But the exercise of power can be a like a drug, dulling us to the fact of our ultimate impotence. It’s when we forget our impotence that we do the most damage with the power we wield. At the end of the magisterial book, “Main Currents of Marxism,” the Polish philosopher Lezsek Kolakowski observed that “The self-deification of mankind, to which Marxism gave philosophical expression, has ended in the same way as all such attempts, whether individual or collective: it has revealed itself as the farcical aspect of human bondage.”

It would be a mistake to think that Marxism has a monopoly on the project of self-deification. It’s a temptation as old as mankind itself. The Greeks called it hubris. And the book of Genesis warns us about such hubris with the story of the serpent’s promise to Eve: “Ye shall be as gods.”

But modern technology has upped the ante on hubris. Our amazing technological prowess seduces many people into thinking we are or, with just a bit more tinkering, might become gods. The first step in that process is to believe that one is exempt from normal moral limits: that “if it can be done, it may be done.” It is a foolish thought, a dangerous thought.

But it is one with which we will all find ourselves having to contend as we continue to surprise ourselves with our strange cleverness.

Roger Kimball is the editor and publisher of The New Criterion and publisher of Encounter Books. His most recent book is “The Fortunes of Permanence: Culture and Anarchy in an Age of Amnesia.”

The ‘Talented’ Harvard Scholar, Charles Lieber

STEVEN W. MOSHER



Professor Charles Lieber’s arrest on Jan. 28 made headlines on all the major U.S. media. After all, he was not only a Harvard professor, he was a world-class researcher in nanotechnology, working on highly sensitive research projects for the U.S. government.

The FBI complaint alleges that he had been secretly participating in China’s “Thousand Talents Plan” since 2011, paid some US\$600,000 a year, plus expenses, to open and operate a lab at the Wuhan University of Technology (yes, that Wuhan).

We know that China contracts with U.S. experts in this way in order to steal their research and gain commercial and military advantages over the United States. In fact, more than 7,000 U.S. scientists and other experts have been recruited in this way over the past decade, according to a Senate report made public last Nov. 18. But few were as well compensated as Lieber.

What was it about Lieber’s research that the Chinese Communist Party (CCP) was willing to pay millions for? I’ve looked up some of his research in nanotechnology, and was startled by what I found.

To begin with, the two-timing professor was doing cutting-edge research in nanotechnology. Nanotechnology—which is science, engineering, and technology conducted at a molecular or even atomic scale—is key to several of the 11 areas identified in the “Made in China 2025”

plan to dominate the high-technology high ground of the future. Robotics, IT, and medical devices, for example, would all clearly benefit from nanotechnology.

But there’s more to it than that. Over the past decade and a half, Lieber has been working to develop nanoelectronics-enabled cellular tools to record and modulate neuronal activity in the brain. Lieber called his early work in using nanowires to connect neurons “revolutionary.” He suggested that it can be used to record and influence brain activity and “opens the possibility for hybrid circuits that couple the strengths of digital nanoelectronic and biological computing components.”

Nanotechnology is key to several of the 11 areas identified in the ‘Made in China 2025’ plan to dominate the high-technology high ground of the future.

That is exactly what he went on to do with his new Chinese colleagues from the Wuhan University of Technology over the past decade: integrate electronics in a minimally invasive manner within the central nervous system. Over the years, they have injected “macroporous electronics” by syringe into chosen regions of the brain. They have proven that these “injectable electronics” can be integrated with the brain and continue to function for at least a year.

In other words, Lieber and the Chinese

MENAHEM KAHANA/AFP/GETTY IMAGES



Charles Lieber attends an award ceremony in the Knesset (Israeli parliament) in Jerusalem on May 13, 2012.

researchers he was training were implanting microchips in the brains of lab animals to monitor and affect their behavior.

All of the research that Lieber has been involved with has involved rats and mice, not humans. But given the lack of ethical controls on research in communist China, one wonders if in the nanotechnology lab that he set up, parallel research is being done on humans there, or soon will be.

Are you beginning to see why the Chinese regime would pay a great deal of money for the privilege of, shall we say, picking Charles Lieber’s brain?

After all, it was the CCP which, back

in the 1930s, invented what has become known as “brainwashing.” This is a literal translation of the Chinese term, xi nau, or “wash brain.”

I still recall the anguish in a former political prisoner’s voice as he described being brainwashed by Communist Party officials.

“They mess with your mind until you have no opinions whatsoever,” he said.

Once your will to resist has been ground away, reality is defined not by your senses, or by your intellect, but by the Party. You have no opinions either, except those that the Party wants you to have.

In other words, the CCP has long been engaged in a kind of crude kind of mind control, and perhaps saw in Lieber’s work an opportunity to take “brainwashing” to the next level.

We aren’t yet at the point where a chip can be implanted in someone’s brain to read their thoughts, or affect their behavior. But even the possibility must be tantalizing to a political party bent on total control. It isn’t hard to imagine even a primitive version of Lieber’s devices serving as a kind of mental taser, capable of lashing people into submission remotely. Lieber faces up to five years in prison for selling his U.S. taxpayer-funded research to China on the cheap. If convicted, he will have plenty of time to reflect on the consequences of handing over to a one-party dictatorship the ability to invade people’s very minds.

Steven W. Mosher is president of the Population Research Institute and the author of “Bully of Asia: Why China’s Dream Is the New Threat to World Order.”

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Chapter Ten (Cont.)

3. How Communism Warps the Law in the West (cont.)

d. Restricting Law Enforcement

Under liberal influence, many judges or legislative agencies deliberately curtail the legitimate power of law enforcement, effectively turning a blind eye to crime. The communist specter’s aim in doing this is to paralyze the state apparatus in order to stir up social turmoil, which in turn creates excuses either for the expansion of government, or the necessary conditions for a coup or revolution.

Many states have passed far-left laws, a typical example being the “sanctuary state” act. Among other provisions, a sanctuary state prohibits federal officials from arresting illegal immigrants in local prisons, including those with outstanding warrants for their arrest. Local police are barred from cooperating with federal agents to enforce immigration laws.

This poses a serious security risk for the public. In July 2015, illegal immigrant Jose Ines Garcia Zarate shot and killed a young woman who was walking along Fisherman’s Wharf in San Francisco. Zarate had a history of crime: He had been charged with seven felonies involving drugs and robbery, and possession of weaponry, and had been deported five times. When San Francisco passed its sanctuary city law, Zarate was released from custody and evaded the federal immigration authorities who had been demanding his sixth deportation.

When a criminal stands trial, extremely strict standards are placed on the prosecution. This is ostensibly to protect the legitimate rights of the suspect, but often the result is that criminals are able to take advantage of loopholes in the law. Cunning suspects, or those who enjoy status or privileges, who understand the law and regulations, or who hire capable attorneys, can drag out the legal process, at great cost to the judicial system. Even guilty suspects can be very hard to bring to justice.

Influenced by the spread of “sexual liberation,” verdicts in cases involving sex crimes often cite findings in recent research to argue that the damage caused by the abuse is little or nonexistent. Many cases have been resolved by reducing the sentences of sexual predators.

Many ordinary criminals have had their original sentences reduced as well, owing to budget shortages or on account of prisoners’ rights. The real motivation, though, is political correctness—to weaken the power of the law, disturb social order, and pave the way for expanding the government further.

Today, the law has been turned against the divine teachings that originally inspired it.

For the law to be fair, it must administer strict punishments to those who commit unpardonable crimes. Since antiquity, murder has been punishable by death. But today, some countries and territories have abolished capital punishment on such grounds as “humanity,” “tolerance,” or a supposed respect for life.

Under the influence of twisted liberalism and progressivism, some people give undue weight to prisoners’ rights—no matter the severity of the crime—while remaining strangely silent regarding the victims. If a murderer is fed and housed by taxpayer money, his loss of freedom is hardly a fair trade for the death of the victim and the trauma

it causes to loved ones.

Many researchers in the United States have found that capital punishment is effective in deterring crime. David Muhlhausen, a senior policy analyst in The Heritage Foundation, testified in front of the Senate Judiciary Committee in 2007 that capital punishment has a deterrent effect and can save lives.

In the 1990s, three professors, including Paul Rubin at Emory University, examined 20 years of crime statistics from 3,000 cities and towns across the United States and concluded that “each execution results, on average, in eighteen fewer murders.”

Even scholars who are against capital punishment must concede that it has a deterrent effect.

By pushing the concepts of freedom and legality to extremes, the devil has distorted the law and robbed it of its sanctity.

e. Using Foreign Laws to Weaken US Sovereignty

When liberal judges can’t find wording in the U.S. Constitution to support their personal opinions, they use laws passed in other countries to sustain their arguments.

For instance, in the case of Lawrence v. Texas (2003), a judge wanted to repeal a Texas statute “banning consenting homosexual adults from engaging in sexual acts,” but could not find anything from the Constitution to support his case. He then quoted an “authoritative agency” outside of the United States as saying that homosexuality was “an integral part of human freedom in many other countries,” and successfully repealed the law. This case resulted in repeals of similar statutes in 13 other states.

Communist thought has spread around the world in different forms. The socialist trend throughout Asia and Europe is plain to see, and it has great influence in Africa and Latin America as well. Countries such as Zimbabwe and Venezuela are socialist countries in all but name. Even Canada is not free of its influence.

Commerce and globalization have brought the United States into closer connection with other countries. In order to introduce elements of socialism domestically, liberal judges leverage the excuse of conforming to international convention and then use case law to alter the spirit of the Constitution. If even the United States, as the leader of the free world, can’t maintain basic, traditional standards, the entire globe will be lost to communism.

4. Restoring the Spirit of the Law

Today, the law has been turned against the divine teachings that originally inspired it. Legality has become the tool the devil uses to trample upon the moral foundation of human society, bringing it to the brink of destruction.

Anti-traditional and immoral legislation has weakened the ability of the law to maintain social order, leaving the expansion of state power as the only “solution” to the malaise.

The French thinker Alexis de Tocqueville cautioned that dictatorship was the only means of government that could bring people together in a society devoid of faith. Today’s perversion of the law is eroding traditional beliefs and driving society toward tyranny.

Should the devil succeed in obtaining full control of the law, it would prove a powerful weapon in the corruption of humanity. Under such circumstances, people would be left with only two options: either refuse to follow the authorities, or betray their morality in order to comply with the degenerate laws. The former would mean the destruction of law in practice, for as jurist Harold Berman put it, “The law must be believed in; otherwise, it exists in name only.” The latter option entails a slippery slope of moral decline, creating

a downward cycle in which the law and the state of society compete in a race to reach rock bottom. In either case, society at large would have no way out of this demonic vortex.

The 1958 book “The Naked Communist” lists 45 goals pursued by the Communist Party to infiltrate and undermine the United States. Seven of them concern the legal system.

If we are unable to maintain the moral standards dictated by divine commandment as our criterion for recognizing ultimate good and evil, then we are doomed to lose our judicial independence to the communist specter.

The 16th goal consists of using the court’s technical decisions to weaken important U.S. institutions by claiming that their conduct infringes upon public rights.

The 24th goal is to abolish all laws restricting indecent content by portraying them as censorship that violates free speech and expression.

The 29th is to challenge the Constitution as flawed, obsolete, or incompatible with international practice.

The 33rd is to abolish all laws and legislations that interfere with Communist Party operations.

The 38th goal is to make it legal for non-police agents to carry out arrests. All behavioral problems are to be delegated to mental health workers.

The 39th is to wrest control over the field of psychiatry and impose mental health laws to control individuals who don’t accept communist aims.

The 45th goal is to abolish the Connally Reservation, also known as the Connally Amendment. This regulation gives the United States the right to favor domestic jurisdiction over rulings by international courts. The purpose of this goal is to prevent the United States from protecting its domestic sovereignty and instead to have international bodies such as the World Court overrule the U.S. judiciary.

Comparing the goals listed above with what has already been implemented, it is apparent that communism is well-placed to continue undermining U.S. law and justice.

Be it state-sponsored policies of hatred in countries controlled by communist regimes, or regulation in Western countries where communist ideology has eroded the legislative and judicial institutions, in both cases the target is the spirit of the law—that is, reverence for the divine and traditional morality.

If we are unable to maintain the moral standards dictated by divine commandment as our criterion for recognizing ultimate good and evil, then we are doomed to lose our judicial independence to the communist specter. Agents under the influence of communism will use the law to suppress the righteous and promote the wicked—unwittingly executing the specter’s plans to exterminate humanity. There is little time left to reverse this trend.

This concludes Chapter Ten.

See next edition for the next installment.

China’s Tech Totalitarianism

JOHN STOSSEL



The media tell us China “beat coronavirus.” I don’t believe it. The Chinese government lies. AEI’s Derrek Scissors argues that they’ve underreported the number of COVID-19 cases by millions.

Still, it’s possible that China has the virus under control.

But at what cost?

Most of us in America now practice “social distancing.” I’ve barely left my house in a month. I do that voluntarily.

Forty-two states do have some sort of shelter-in-place orders, but most of American’s social distancing is voluntary.

Not so in China. China’s dictators are quick to take extreme measures against whatever they see as a problem. They locked down Wuhan—closed roads to the city, stopped public transit, and banned private cars. Chinese police have even welded people into their homes to keep them inside. They’ve tied people to posts for not wearing face masks.

China spies on every citizen, using more than 200 million cameras and social media tracking. Electronic eavesdropping lets them analyze every person’s political leanings and social interactions. They use that to give everyone a trust score.

Your “trust” score drops if you criticize the government—or the trust score system. You lose points if you do things like play “too many” video games, watch porn, or have friends with low scores.

Then the government punishes you by doing things like slowing your internet speed, keeping your kids out of good schools, or stopping you from getting good jobs.

Now, some Americans say our



A man wearing a protective face mask walks under surveillance cameras as China is hit by an outbreak of the coronavirus virus, in Shanghai on March 4, 2020.

government should be more like China’s.

“Still no nationwide stay-at-home order!” complains MSNBC’s Rachel Maddow (even though that would be unconstitutional—the 10th Amendment leaves such things to states).

Frightened people push bad law.

“You’re walking toward the communists voluntarily! That scares me,” said Li Schoolland, an immigrant from China I interviewed before the pandemic.

“After I came to the United States I thought, no more politics. I’m in the land of the free!” she recounts. But after she saw some Americans embracing authoritarian ideas, she thought, “No, I have to tell the American people, ‘Don’t let this happen.’”

Schoolland survived China’s Great Leap Forward, Great Famine, and Cultural Revolution. Her parents

were doctors, “intellectuals,” which meant they, and she, were sent to horrible work camps where they received communist “re-education.”

I thought this repressive era of communism was over. Starting in the late 1970s, China’s leaders modernized their economy and became a major trading partner with the United States.

But no, “the repression is not over,” says Schoolland. China’s spying on people to create “social trust” scores is an example of it.

“The control of people’s mind, people’s mouth, people’s pen, never stopped.”

That’s something to think about now in America, when so many politicians are eager to do more.

Florida set up checkpoints on highways and planes, requiring people who enter from coronavirus hot spots, like New York and Loui-

siana, to self-quarantine for 14 days. Travelers must give officials contact information so officials can check up on them.

In Rhode Island, police went door to door, checking on people with New York license plates.

Colorado police handcuffed a man for playing softball with his daughter in a park. Father and daughter were more than six feet apart, but the officers clustered together to make their arrest.

In a pandemic, some extreme measures are needed. But repressive government controls like China’s should not be our role model.

California police ordered a group of young men to sit on the ground while they photographed them and fined them US\$1,000 each because they bought beer at 7-Eleven that was an hour away from their homes.

Of course, in a pandemic, some extreme measures are needed.

But repressive government controls like China’s should not be our role model. The virus began in China and spread farther because their autocrats suppressed information, denied the virus could spread between people, and punished scientists who told the truth. Even people who post opinions about the virus may be locked up in China.

I’m glad I live in America, where I’m free to say anything I want about the virus—or my government.

John Stossel is an award-winning news correspondent and best-selling author. His latest book is “No, They Can’t: Why Government Fails—But Individuals Succeed.”



How to Keep Safe From the CCP Virus

In times like these, you need trusted information.

The Epoch Times was months ahead of other media in covering the CCP virus, commonly referred to as the novel coronavirus.

Similarly, The Epoch Times was among the first to report on the SARS epidemic in 2003.

That is because we are truly independent and not afraid of reporting honestly on the Chinese

Communist Party (CCP) and the threat it poses to the world.

Now, during the CCP virus outbreak, the CCP is flooding the world with deceptive propaganda, and The Epoch Times is at the forefront of exposing the truth.

See through the deception, and keep yourself and your family truly informed, by reading The Epoch Times.

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SOCIAL DISTANCING

How to Help Teens Shelter in Place

Teens are not made for isolation, which makes COVID-19 measures especially hard on them.

See B3

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IN THE LIGHT PHOTOGRAPHY/SHUTTERSTOCK



HOME BIRTH

Childbirth During the CCP Virus

Why we should keep healthy mothers and newborns away from hospitals during the pandemic.

See B8

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LIFE

THE EPOCH TIMES

GIULIA SCARPALEGGIA

FROM THE TUSCAN TABLE

The Secrets of
Tuscan
Ragù

Hearty Tuscan ragù will become one of your go-to sauces for pasta.

The classic meat sauce takes time, good ingredients, and a heavy dose of grandmother’s wisdom

GIULIA SCARPALEGGIA

These days are made for ragù. It is cold outside, and the windows in your kitchen will quickly be fogged up by the steam from the pot of meat sauce sputtering on the stove. The smell, that familiar, heartwarming, delicious aroma, will stick to your clothes like the warmth of your grandma’s hug.

I grew up eating my grandma’s Tuscan ragù, something she would make to celebrate our Sunday family gatherings. In

the past, the hearty meat sauce was reserved for only holidays or special occasions, such as days of threshing or harvesting.

My grandmother Marcella is Tuscan, born and bred. She has always lived in the countryside, in between Siena and Florence. Her food is therefore Tuscan to the core, or, to be more precise, her recipes are from the hills of Val d’Elsa, the valley of the river Elsa, influenced partly by Sienese cuisine and partly by that of Florence.

My grandfather Biagio was instead from Basilicata, a tiny region in the south of Italy, wedged

between Campania and Puglia. In the ‘50s, he moved to Tuscany with part of his family, including his sister, Aunt Valeria, who was the best cook in the family. She was very resourceful, as she used to feed a large family with just a few, poor ingredients.

Grandma Marcella and Aunt Valeria clicked immediately, with food as their common ground. They used to visit each other on Sundays, sharing food and the table with their families. It was during one of those visits when Aunt Valeria heard for the first time a peculiar sound coming from my grandma’s kitchen.

It was my grandma, chopping vegetables on a wooden cutting board with a mezzaluna, a crescent-shaped knife with two handles. She was preparing the battuto, a mix of finely chopped vegetables—usually carrots, celery, and onions—that serves as the backbone of her festive meat sauce, the Tuscan ragù.

Valeria was very curious about the dish, and thoroughly enjoyed it when served with thick, homemade tagliatelle, so she asked my grandma if she could share her secrets.

Continued on B4

If you don’t have hours to spend in the kitchen, using sausage meat instead of plain ground meat is my favorite shortcut.

Are You Afraid to Be Alone With Yourself?

Our devices are making us fear our own company and that robs us of ourselves

NANCY COLIER

People often ask me how I think human beings are changing as a result of our addiction to technology. The fact is, we are changing in innumerable ways, but perhaps none more profoundly than in our relationship with ourselves—that is, how we experience our own company.

It is paradoxical. On the one hand, those of us who live our lives on social media believe that every cinnamon latte we consume is extraordinary and meaningful to others. We share every thought and feeling, imagining the world as our doting mother, celebrating every itch we scratch. And yet, despite our temporary sense of self-importance, we have lost touch with an internally generated sense of self-worth and meaning.

We determine much of our value by the number of thumbs up we receive on social media. We may not feel important or likable until our friends validate us with public “likes.” And if our Snapchats are left unopened, our self-worth can plummet. We are on an endless roller coaster, riding between feeling that we matter and are valuable, to believing that we are worthless and unlovable—all driven by an external, and often unknown, audience.

In the age of technology, many of us dread being alone. We consider time spent in our own company to be time to kill or to be avoided at all costs. The few moments at the end of the day when all of the devices are finally off and the distractions are gone are often viewed as boring at best and frightening at worst. To be left alone with just ourselves is to be left in a vacuum, with nothing to do and nowhere to be.

These days, when a meaningful moment occurs—perhaps we go out of our way to help a stranger on the street—rather than privately processing the event and reflecting on the experience, too many of us immediately announce our story on social media: “#gratitude” or “kickin’ it with kindness.”

And then we wait for the virtual world to respond, to determine what the expe-

At this moment in history, too many of us are trying to outrun ourselves, with the great help of technology and the unending distractions it offers.

In the age of technology, many of us dread being alone.

rience will mean, and most importantly, to tell us what the event says about who we are—our identity.

Getting Reacquainted

At this moment in history, too many of us are trying to outrun ourselves, with the great help of technology and the unending distractions it offers. The goal seems to be to make it to the end of our lives without spending any time with ourselves along the way. What a tragic goal.

We treat technology as if it were our savior. We imagine that somewhere inside its magical, mysterious maze lies the key to our happiness and fruition, a place where we will finally be able to settle down and be present. Somewhere, somehow, our smartphone will deliver peace.

In truth, we cannot experience authentic well-being if we cannot tolerate our own company. We can only distract ourselves for so long before we run out of places to hide and distractions to hide in. When we chase anything external for our sense of completeness and worth, we set ourselves up for certain failure and suffering.

Nothing outside of us can ever complete us, not even technology. Every spiritual, philosophical, and psychologi-

cal tradition eventually leads us back to ourselves, to the one thing too many of us abandon in the course of our searching. Our true refuge is not in the next best app or an updated rose-gold smartphone. Ultimately, we are the destination we are seeking.

The next time you feel the impulse to check your smartphone or computer to fill an idle moment, ask yourself:

- What would I have to feel right now if I couldn’t use it?
- What am I experiencing right now that I am wanting to get away from?
- What am I really longing for in this moment?

If you still use technology after contemplating these questions, that’s OK, too. What’s important is to start shifting your mindset so that you can experience yourself as a place to be and as someone you want to spend time with. At the end of the day, this relationship with ourselves is the true measure of well-being.

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We consider time spent in our own company time to kill, or to be avoided at all costs.

How to Maintain Community While Social Distancing

Keeping your distance doesn’t mean staying disconnected from the world around you

ERIC STANN

It’s possible to maintain community while social distancing to contain the spread of COVID-19, according to a professor of health psychology.

In an effort to slow the spread of COVID-19 throughout the United States, thousands of in-person gatherings are now canceled, including sporting events, parades, concerts, and church services. For many, the CDC recommendations on social distancing can start to feel isolating. People who have anxiety and depression can have their symptoms exacerbated, and people who are not normally depressed or anxious can start to feel disconnected and lonely.

However, there are ways to maintain community while still being responsible, according to professor Laura Schopp, chair of the department of health psychology in the School of Health Professions at the University of Missouri.

“We can mitigate the effects of social distancing by reaching out to others in different ways,” Schopp said. “It is very empowering when everyone feels like they have a place to make a contribution.”

We can mitigate the effects of social distancing by reaching out to others in different ways.

professor Laura Schopp, chair of the department of health psychology in the School of Health Professions at the University of Missouri



FIZES/SHUTTERSTOCK

There are ways to maintain community while still being responsible.

Schopp offers the following insight for maintaining community:

Call or Video Chat With Family and Friends

Connecting with others virtually can build a sense of community during a difficult time.

This includes virtually checking in with people through text messaging and hanging out in video group chats. People can consider using phone trees to check in on family members and to keep everyone posted on how they are doing. You can play board games using video chat or FaceTime. You might want to consider a brief daily call with a small group of friends to plan what you will do today in the event that you cannot get out. Just make sure that your conversations include non-virus-related topics since it can be easy to focus on the virus and forget all the things that are going well.

Cook for Others in the Community

Cook a meal for a friend, family member, or neighbor who doesn’t cook or deliver groceries to someone who is housebound.

This is a small way to make a big impact and will also brighten your day. Consider leaving kind notes for others outside their houses or an occasional small gesture of care, such as a small jar of cut flowers or a book you’ve recently enjoyed. Make sure others who cannot leave their houses have your cellphone number. Also, don’t forget to ask about

their pets—do they have enough cat litter or dog food? Additionally, consider sharing suggestions for funny videos or classic movies you have enjoyed.

If you are uncertain of their condition, leave the item on the doorstep. Otherwise, maintain the six-foot rule. Items left should be clean.

Be Friendly With Social Distancing

There’s no need to avoid eye-contact and smiling at your neighbor. We’re all in this together. A polite wave can be a great morale booster during these tough times.

Share Your Extras

If you have extra toilet paper or cleaning supplies available, consider sharing your surplus to help others. Food banks, homeless shelters, and other local agencies need your donations. Many people struggle in the best of times to ensure that their families have the resources they need, and the virus puts even more pressure on individuals and organizations just when securing those resources may be most challenging.

The views and opinions expressed here are based on the research and/or opinions of the faculty member and do not reflect the university’s official stance.

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Try using feeling words instead of criticizing them.

How to Help Teens Shelter in Place

Teens are not made for isolation, which makes COVID-19 measures especially hard on them

CHRISTINE CARTER

Last week my kids began arriving home from their various schools. We invited our oldest daughter’s longtime best friend, Lena, over for a homecoming dinner. She’s like a member of our family, and we were excited to see her, too, despite closing schools and social-distancing recommendations. The kids are all healthy, we reasoned. We had Lena wash her hands when she came in; we resisted hugging her. Then we got a government order to shelter in place and having had Lena over the night before suddenly seemed like a reckless mistake. But not all families in our neighborhood agree. Parents all around me are reasoning that their high schoolers have been hanging out together anyway, so they’ve already “shared germs.” Lots of seemingly rational (but dangerously short-sighted and scientifically unvalidated) arguments for letting kids out of the house are circulating, including the belief that teens and college students won’t get seriously sick, and that they aren’t contributing to the spread of COVID-19 beyond their “friend groups.” Teenagers, college students—and other families—can be difficult to control. When asked how she is holding up, a friend texted “two of my kids are at home being good citizens and students doing homework. The other is at the beach with her friends being a part of the problem.” Another worried mother of younger kids proclaimed: “Why, for the love of God, is it so hard to follow the guidelines and ISOLATE?” It isn’t that we aren’t trying. Isolating teenagers and young adults is hard. Another friend is understandably coming unglued. “My kids keep skating around rules and being with friends every time I close my office door to work.” She has two teenagers and a big corporate job she’s got to keep doing. She’s trying to care for elderly in-laws, and her younger daughter needs medication that she’s having trouble securing. “I feel like I should be able to

control them. I’m trying. But my anxiety is so heavy. I’m emotionally exhausted.” Time is of the essence. Accidents from Italy make it clear that we need to get our young people—those who are carrying the coronavirus but not showing any symptoms—to stop spreading it. Today matters. “It only takes a one-day difference in action to see a 40 percent reduction in cases—that’s enormous. It really conveys the urgency of the situation,” infectious disease epidemiologist Dr. Britta Jewell explained to the New York Times. Teenagers and college students have amplified innate, developmental motivations that make them hard to isolate at home. The hormonal changes that come with puberty conspire with adolescent social dynamics to make them highly attuned to social status and peer group. Friends feel like everything. Social isolation is hard for humans of all ages, but it is more profoundly distressing for adolescents—especially if they think that their friends are all hanging out without them. In addition, their hard-wired attunement to social status makes them super touchy about whether or not they are being treated like children. Their most central developmental job during adolescence is to individuate, to leave the nest and become independent from us, their parents. So, of course, they feel infantilized when ordered to shelter in place. What can we do to encourage teens to comply with social-distancing measures? We need to work with their existing motivations. Teens are unlikely to be persuaded by arguments—however brilliant and logical—that conflict with their innate, developmental motives. Let’s start with their high motivation to individuate, to be out from under our control. We can work with this existing motivation by treating them like competent young adults rather than little kids. **Expect Teens to Contribute** Teens can help with meal prep and household cleaning. We expect our kids to keep family

spaces clear of their belongings, and also to help with actual cleaning by vacuuming and wiping down the counters. Being nice to their siblings—keeping conflict low amid tight quarters—is a meaningful contribution. Planning fun activities for the family to do together might be the most important contribution of all. **Often teens simply need to make a plan, and sometimes if they aren’t asked to articulate it, they won’t do it.** **Allow teens to manage themselves.** Teenagers can handle their own schoolwork, and other responsibilities without nagging or cajoling. This does not mean that we won’t set expectations or establish the structure and support they need to function in this new reality. Nor does it mean that we don’t engage with them. It means that we give them space to operate freely within the limits we agree to as a family. **Ask them to help us with our work.** “My kids keep interrupting me on Zoom calls for stupid stuff,” a friend texted me, frustrated to the brink. Most teens need us to be clear about how their constant interruptions affect us. Try using feeling words instead of criticizing them. For example, explain rather than accuse: “I feel embarrassed and stressed when I’m on a video call and you keep asking me questions” vs. “It is inconsiderate and selfish of you to keep interrupting my meetings.” **Use non-controlling, non-directive language.** One good way to do this is to ask them questions instead of telling them what to do. For example: “Is there anything that I can do to help you get some exercise today?” My all-time favorite question is this one: “What’s

your plan?” As in: “What’s your plan for getting your homework done?” This makes it clear that they are still in control of their own behavior, and it helps put them in touch with their own motivations and intentions. Often teens simply need to make a plan, and sometimes if they aren’t asked to articulate it, they won’t do it—especially those who are used to being nagged because they know their parents will eventually get frustrated and do their planning for them. **Acknowledge that all of this is difficult.** Many students coming home from school are experiencing a sense of great loss right now. Their feelings of grief, anxiety, stress, and isolation are hard to cope with. But one of the great lessons of adulthood is that they can do hard things. We can also tap into their high attunement to the social world by emphasizing their social value—how their lives have a purpose, meaning, and impact on other people. While Generation Z’s impact on this global pandemic might be obvious to us adults, it’s not to many of our kids. Here is what we said to our teen who was resisting isolation:

- We know that you want to see your friends. We know that you are bored and lonely.
- We hope you see clearly that you are not a passive actor here, along for the ride. Your actions are directly affecting the course of this crisis.
- We are wondering: What do you truly care most about in this crisis?
- Who can you help, and who are you concerned that you might harm? How can you use your skills to help the world right now?
- Your grandchildren might ask you about the role you played during this pandemic. What will you tell them?

 If they just aren’t getting it, try humor, which can be hugely effective with teenagers. Not comfortable with that? Try asking them to demonstrate their understanding of the graphs showing the exponential potential

of coronavirus infection rates. Show them the videos coming out of Italy and hospitals here in the United States pleading with folks to stay home. Help them see that this is not about what they want or expect from life. It’s about what life is expecting from them right now. We expect them to rise to the occasion and be a part of the solution—not the problem. The best outcome right now is that we get the virus under control before our hospitals are overwhelmed. If this happens quickly, my family will accuse me of being too aggressive. They may be angry with me for having unnecessarily ruined a few weeks of their lives. That is the outcome I am hoping for. No matter what happens, there are incredible, urgent life lessons here. We are teaching our kids both directly and through our own example how to take responsibility—not just for ourselves and our immediate family, but for our local and global community, as well. We are all being called to demonstrate our character and commitment to others and to the greater good. Our young people are being called, too. Let’s give them the opportunity to step up.

We are all being called to demonstrate our character and commitment to others and to the greater good.

Christine Carter, Ph.D., is a senior fellow at the Greater Good Science Center. She is the author of “The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction” (BenBella, 2020), former director of the GGSC, and served for many years as the author of its parenting blog, “Raising Happiness.” This article was first published by the Greater Good online magazine.

FROM THE TUSCAN TABLE

The Secrets of Tuscan Ragù

The classic meat sauce takes time, good ingredients, and a heavy dose of grandmother’s wisdom

Continued from *BI*

My grandma has always been generous with her recipes, so she gladly listed the ingredients and explained the cooking method: a copious battuto, plenty of extra virgin olive oil, then ground beef and ground pork, red wine, and tomato sauce.

When Aunt Valeria attempted cooking her ragù, she thought she would drastically reduce the amount of vegetables and increase the amount of meat, since in her experience, that was a sure path to a tastier result.

Yet her ragù was never as good as the one my grandmother would bring to the table on Sundays.

Every time Grandma tells me this story, she cannot help but smile. The trick to a successful meat sauce, she would say, is to use plenty of vegetables, as they did in the countryside to save money and bulk up the sauce. That and, of course, a wooden spoon for stirring and a very long, slow cooking time.

One Name, Many Sauces

One of the reasons Aunt Valeria misunderstood my grandma’s advice owes to the incredible amount of recipes listed under the label of “ragù.”

The most famous is probably the rich and indulgent Bolognese ragù. It begins with a battuto made of carrots, celery, and onion, made richer with a good amount of minced pancetta. The meat is often ground beef, cooked with dry white wine and a small amount of tomato purée. The ragù is finished with milk, or cream, to round out the flavor.

Remember that, for pasta purists, ragù alla bolognese is supposed to be served with thick and porous homemade tagliatelle—not spaghetti, which does not hold the sauce half as well.

Southern ragù, such as the kind enjoyed in Naples, is completely different. The battuto is made with just finely chopped onions, sautéed until translucent in olive oil and lard. The meat is not ground, but rather a triumph of rich cuts—a piece of beef shoulder wrapped in prosciutto or pancetta; braciola, a beef roll stuffed with cheese, garlic, parsley, raisins, and pine nuts; and pork sausages or ribs—all slowly simmered with red

wine in tomato sauce.

At least three hours of cooking are required for the meat to fully release its flavor; some cooks will settle for no less than six. When the ragù is ready, the meat-infused tomato sauce is used to dress dry pasta, usually candele, ziti, maccheroni, or paccheri, and the meat is served as a main course—after all, you’ve just spent half a day cooking it.

This is the type of ragù my Aunt Teresa was used to; no wonder she thought to add more meat to her Tuscan ragù.

These are obviously generalizations. As always happens, every family has its own recipe for ragù, and so these Bolognese, Neapolitan, and Tuscan characterizations are more styles than precise recipes.

How to Make Tuscan Ragù

For my grandmother’s Tuscan ragù, the battuto is built from finely chopped carrot, celery, and red onion, but sometimes also parsley, garlic, or leeks. The aromatics are sautéed over low heat in plenty of extra virgin olive oil, and then stirred into the ground meat.

As for the meat, at home we traditionally use both lean minced beef and minced pork. Sometimes we replace the ground pork with the same weight in fresh pork sausages; the ragù will be tastier but slightly fattier.

If you prefer an old-fashioned, robust sauce, finely mince a thick slice of Tuscan prosciutto or spalla (cured pork shoulder) and add it to the ground meat. Or, opt instead for chicken livers—or rabbit livers, as my great-grandmother used to do—for a rich sauce typical of the countryside, where such backyard animals were more common than beef and pork. The ragù will be darker, but acquire a creamier texture, which marries beautifully with homemade tagliatelle.

Sometimes, to build heartier flavor in her ragù, my grandma would also add a handful of dried porcini mushrooms, previously soaked and finely minced.

Tuscan ragù is cooked with red wine, poured in little by little, and pas-sata, tomato purée made from purely tomatoes that have been peeled and blended into a sauce—even better if it is your homemade one, prepared and



Bolognese ragù, rich and indulgent, with tagliatelle.

At least three hours of cooking are required for the meat to fully release its flavor; some cooks will settle for no less than six.

TUSCAN RAGÙ

Armed with patience and good ingredients, this will become one of your go-to sauces for pasta. You won’t need to spend the whole morning watching the pot simmering on the stove, just be sure to check it and give it a stir every now and then.

This recipe will make a big batch. Use some of it to dress a bowl of tagliatelle, some to make a lasagna, and freeze what is left in small portions.

MAKES ABOUT 12 SERVINGS

- 1 red onion
- 2 carrots
- 3 stalks celery
- 1 small bunch parsley
- 4 tablespoons extra virgin olive oil
- 300 grams ground pork
- 450 grams ground pork
- Salt
- Freshly ground black pepper
- 3/4 cup red wine

6 1/3 cups tomato purée

2 tablespoons tomato paste

Using a good sharp knife, finely mince the onion, carrots, celery, and parsley. We call this battuto in Italy, while the French call it mirepoix. If you prefer to use a food processor (even my grandma has abandoned her cutting board and mezzaluna for a vegetable chopper) do it in several rounds: First process the celery, parsley, and carrot together, then the onion, just enough to finely shred it. Be careful not to reduce the onion to a mush.

Cover the bottom of a pot with extra virgin olive oil. Add the finely chopped vegetables, along with a generous pinch of salt—this will help you cook the vegetables without burning them, as the salt will extract the moisture from the vegetables. Cook over low heat for about 10 minutes, stirring often. The battuto should be happily sizzling; do not burn it or let it darken too much. Now that the battuto has been sautéed in olive oil, we call it a soffritto.

Reduce the heat to medium and add the ground beef and pork. Stir with a wooden spoon to break the meat into smaller pieces

and mix it into the soffritto. Stir continuously, using the wooden spoon to scrape the meat from the bottom and the sides of the pot. The meat will release some liquid, so cook it until the liquid has been completely absorbed and the meat is nicely browned. It will take at least 20 minutes. Season with salt and pepper.

Now gradually pour in the red wine in at least three separate additions, reducing it completely each time before adding more. This way, the wine will flavor the meat without boiling it.

Add the tomato purée and the tomato paste, stirring thoroughly. The ragù will begin to sputter. Cover the pot and simmer slowly, on the lowest heat.

Cook for at least an hour and a half, even two hours, stirring from time to time. You will notice puddles of olive oil forming on the surface of the meat sauce, colored red by the long cooking time with the tomato sauce. Keep cooking until you do not see them; then, the ragù will be ready.

Recipe by Giulia Scarpaleggia



Tuscan ragù, slowly simmered on the lowest heat for hours.

ALL PHOTOS BY GIULIA SCARPALEGGIA UNLESS OTHERWISE NOTED



Ingredients for battuto, the backbone of a ragu.



canned during the heat of summer. To give more character to the ragu, and get a more rustic sauce, sometimes I prefer to replace the passata with the same weight of peeled tomatoes, roughly crushed with my hands. I often add two large tablespoons of tomato paste, too, another secret that my grandma shared with me.

New Variations

Although ragu nowadays is almost always considered red, made with some kind of tomatoes—either peeled and chopped, pureed, or in the form of tomato paste—it is also possible to find delicious white ragu, made without tomatoes. An example is a white pork ragu. Use a flavorful, not too lean cut of pork, such as pork neck, as a base. Then add a generous amount of vegetables, following my grandmother’s wisdom. Without tomato, the acidity comes from white wine, poured in little by little to cook the meat. Other white ragus can be made with poultry, like chicken or guinea fowl, or even with rabbit meat.

If you don’t have hours to spend in the kitchen, using sausage meat instead of plain ground meat is my favorite shortcut. Sausage ragu is a quick and clever alternative to the classic Sunday sauce, requiring half the cooking time of a meat sauce made following all the rules, but with all the richness and flavor. Choose fresh Italian sausages, either spiced or with fennel seeds, and cook it exactly as you would a Tuscan ragu, but reduce the simmering time to about one hour. In recent years, it’s also easy to find vegetarian ragu on menus, often based on pulses, especially lentils. As always, begin with an abundance of finely chopped vegetables, then add the lentils and cook them until soft. White wine, tomato paste, and even dried mushrooms add depth of flavor, an instant reason to celebrate.

Giulia Scarpaleggia is a Tuscan born and bred food writer, food photographer, and author of five cookbooks, including “From the Markets of Tuscany.” Find her online at her blog, JulsKitchen.com



(Above) Sausage ragu makes a quick and clever alternative to the classic, long-simmered Sunday sauce.
(Left) Grandma Marcella making lasagne with her ragu.



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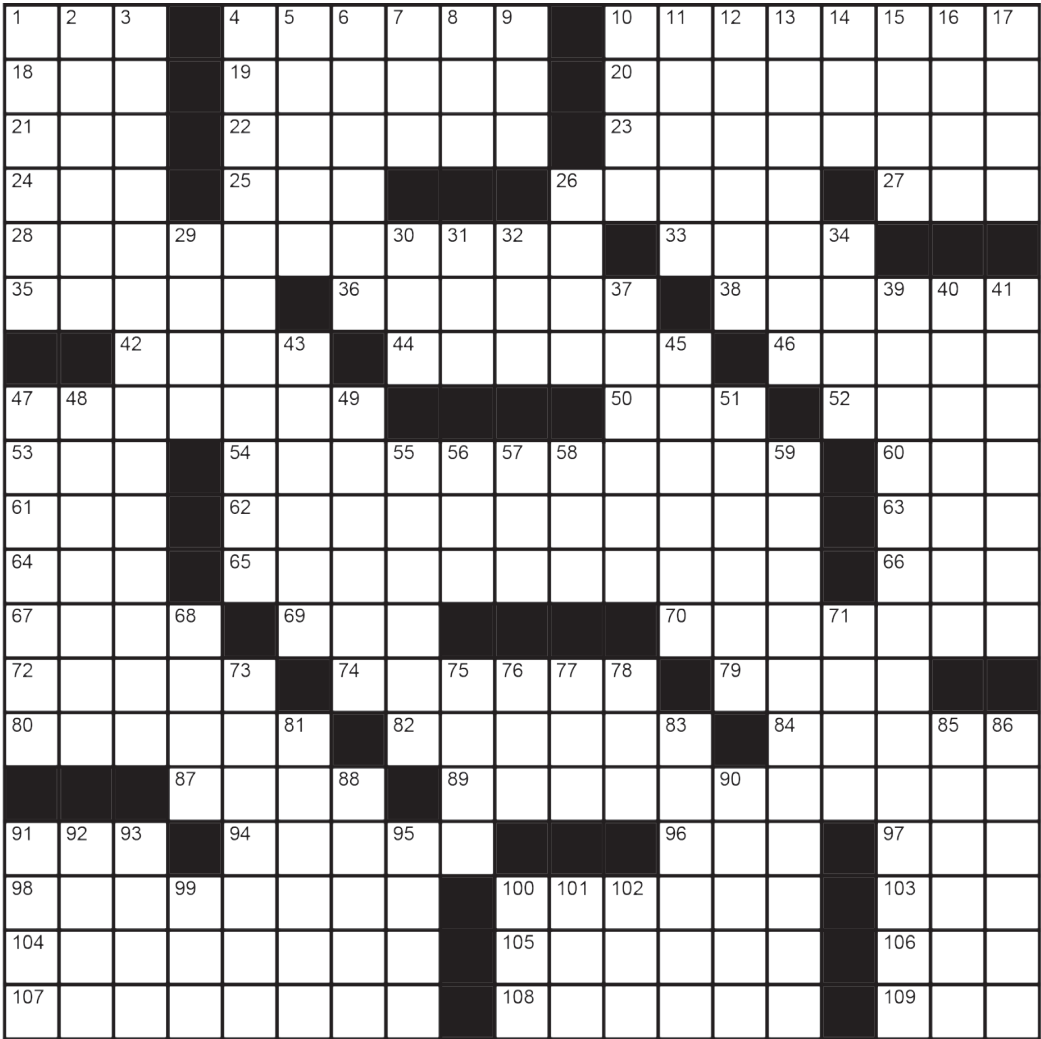
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* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

1. Fish on many a sashimi platter
4. Chicken
10. Bilks
18. “___ of a Preacher Man”
19. Botched
20. Monopoly avenue
21. Bean holder
22. Bring in
23. Chilean capital
24. Mamie’s man
25. Drop in on
26. Moving
27. “Pease Porridge ___”
28. Tiger Balm, e.g.
33. Individuals
35. Rattled
36. Ancient Egyptian amulet
38. Not smooth
42. Margosa tree
44. Memory trace
46. More terrible
47. Treaty topic
50. “Arabian Nights” flyer
52. Topological shapes
53. Squeal
54. Knowledge based on empirical fact
60. Fall from grace
61. “Bobby Hockey”
62. “Fiddlesticks!”
63. Farm structure
64. When doubled, a dance
65. Baptism?

66. “Friend or ___?”
67. Fireplace parts
69. “Chuang Tzu” principle
70. Spewing candy?
72. “American Psycho” novelist Bret Easton ___
74. Guard
79. Slash mark?
80. Burn up
82. Ape
84. High men and low women
87. Noble
89. Highlighted agenda item
91. Bronze ___
94. Wrinkle removers

96. “... can ___ long way”
97. Jeans brand
98. Gall
100. Antacid, for short
103. Rascal
104. Music using contra-puntal parts
105. Digs near the water
106. Sound of a mosquito biting the dust
107. Accords
108. Precious
109. Charlotte-to-Raleigh dir.

Down

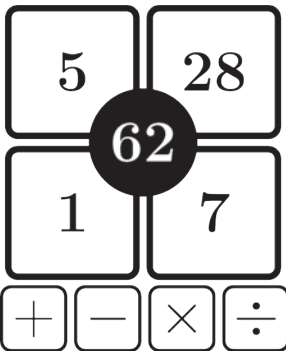
1. Gelatin garnishes
2. Carroll’s caterpillar smokes one
3. The existence of God, e.g.
4. They’re skewered and grilled
5. Small part
6. 20 equal 1 kurus
7. Sorority letter
8. “...all that wealth ___ gave”: Gray
9. ‘50s wildlife threat
10. Crude bed, in Britain
11. Poet’s Muse
12. Alternative to sending to jail
13. Unoriginal work
14. “Pat, can I buy ___?”
15. One of the Four Corners states
16. Acronym for U.S. Army-wide directive
17. _____ machine
26. Month before Nisan
29. Pound, e.g.
30. One-spot

31. Crayola color
32. Unit of energy
34. Exec
37. Bologna Stone
39. Make a hybrid
40. Beneficiary
41. Furies
43. Chart
45. Being bossy?
47. Throat lozenges
48. Costume feature?
49. Decent
51. Early spring bloomer
55. Not-too-bright crowd
56. “Time out!” hand signal
57. Balk while relieving
58. “A Breeze From Ala-bama,” for one
59. Obviously
68. Whereabouts
71. Xbox game
73. Devil, to Muslims
75. Little lies
76. Three-toed bird
77. Nada
78. Ft. Worth neighbor
81. Wide of the mark
83. Overturn
85. Kind of band
86. Treeless plain
88. Soprano Lehmann
90. Moldings at the base of columns
91. Campaign worker
92. Beam
93. Formerly, once
95. Bitter end?
99. Rink surface
100. “AbFab” producer
101. Marker letters
102. Clawer

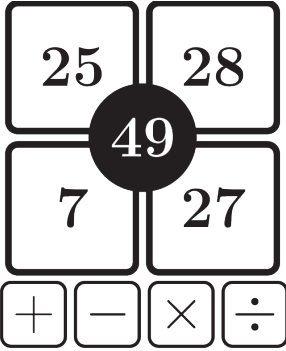
4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

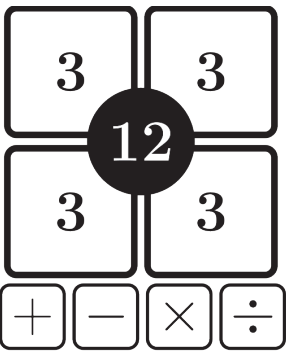
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28



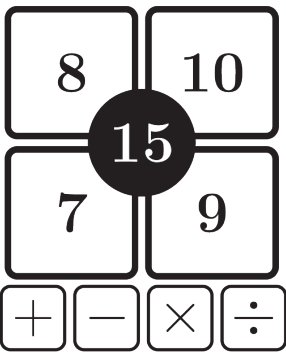
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 2 Solutions



Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

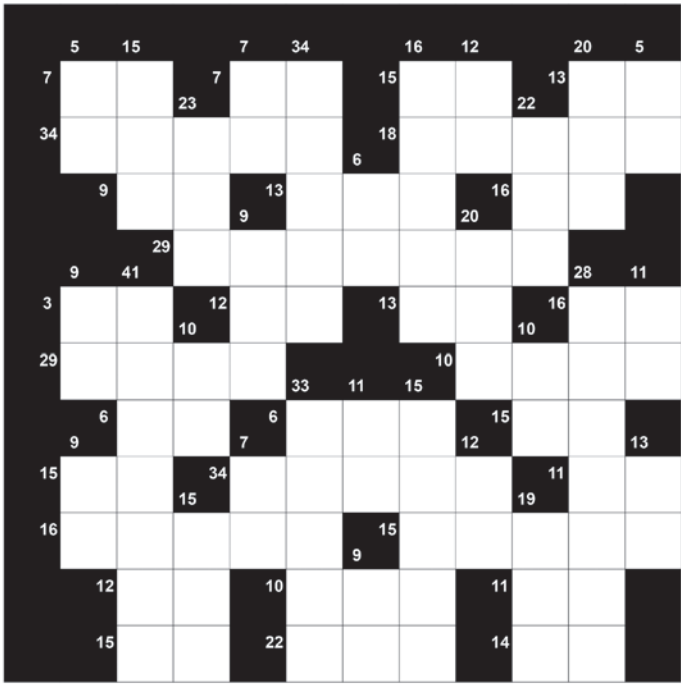
- ASPICS
- ASTIR
- BARITE
- BICARB
- BOATEL
- CAMEO
- CROCUS
- CUTESY
- DEFEND
- DIRER
- ELLIS
- ENTENTES
- ERATO
- ERRANT
- FINING
- HASHED
- HERITOR
- HOOKAH
- IRONS
- IRRITATE
- LOTTE
- NEGATE
- RETREAD
- SCARED
- SEETHE
- SHAITAN
- SHMOES
- SHOOK
- SIMIAN
- STEPPE
- SUBMERGENCE
- TORES
- ALTOS
- ASPERS
- BOTHERATION
- DEFRAUDS

KAKURO

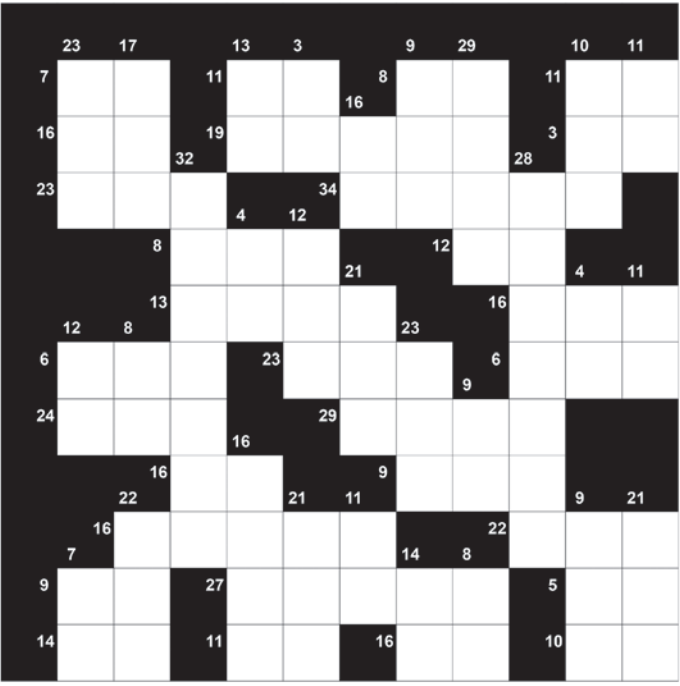
CONSTRUCTED BY EPOCH TIMES STAFF

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



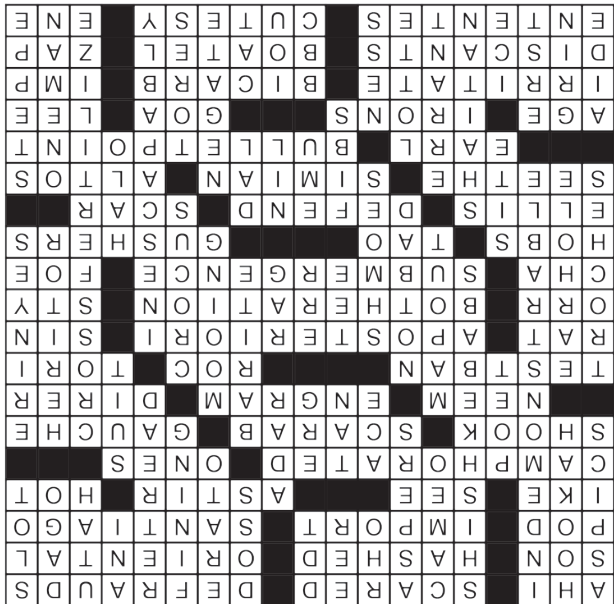
Large: Easy



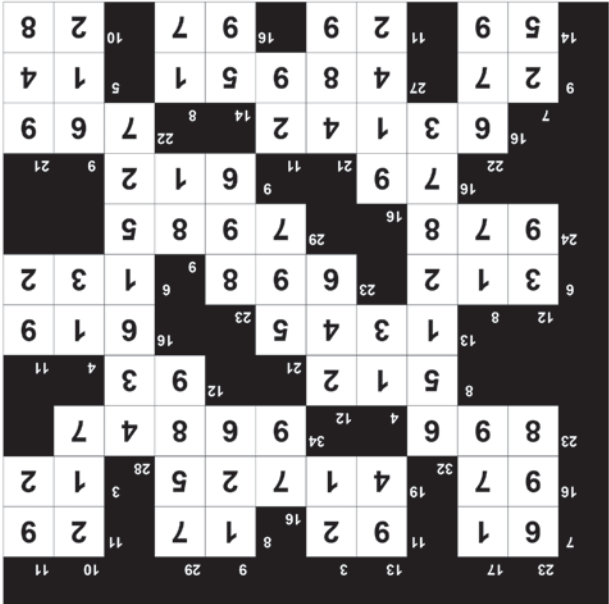
WORK SPACE

SOLUTIONS

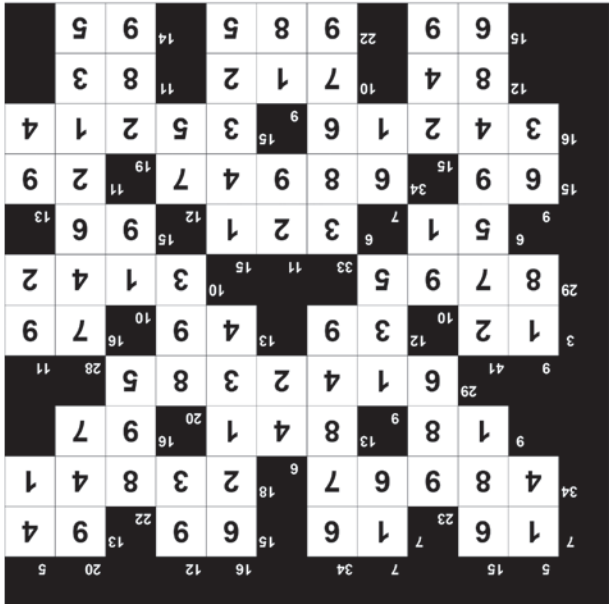
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1
1 - 1 = 0
7 - 5 + 28 = 30
- HARD 2
7 - 7 = 0
27 - 25 = 2
3 + 3 + 3 + 3 = 12
3 ÷ 3 ÷ 3 ÷ 3 = 1
- EASY 1
(6 - 0) × (7 + 8) = 66
(6 - 8) × (7 - 0) = 14

SUPERSUDOKU

CONSTRUCTED
BY KANNAN SANKARAN

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

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

SUDOKU

Hard

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

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

Easy

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

KAKURO

CONSTRUCTED
BY EPOCHTIMES STAFF

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

Easy

| | | | | | | | | | | | | | |
|----|---|----|---|----|---|---|----|----|----|----|--|----|--|
| | | 26 | | 16 | | | | | | 34 | | 10 | |
| 4 | | | | | | | | | | | | 10 | |
| | | | | | 3 | | 11 | | 12 | | | | |
| 41 | | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | | |
| 11 | | | | | | | | | | 7 | | | |
| | | | | 26 | | | | 23 | | | | | |
| | | 6 | | | | | | 5 | | | | | |
| | | | | | | 9 | | | | | | | |
| | | | | 23 | | | | | | | | | |
| | 6 | | 7 | | | | | | | 23 | | 8 | |
| 28 | | | | | | | | | | | | | |
| 11 | | | | | | | | 22 | | | | | |
| 4 | | | | | | | | | | 11 | | | |

Hard

| | | | | | | | | | | | | | |
|----|--|----|----|---|----|----|----|----|----|---|----|--|----|
| | | | 22 | | 13 | | | | 23 | | 11 | | 7 |
| | | 15 | | | | | | 23 | | | | | |
| 34 | | | | | | | 29 | | | | | | |
| 28 | | | | | | | | | | | | | |
| 7 | | | | | | 14 | | | | | | | |
| | | | | | 12 | | | | | | 38 | | 15 |
| 10 | | | | | | | | | 10 | | | | |
| | | | | | | | | | 3 | | | | |
| 41 | | | | | | | | | | | | | |
| 14 | | | | | | 11 | | | | | | | |
| | | | | | 9 | | | | | | | | |
| | | | | 4 | | | | | | 4 | | | |
| 9 | | 14 | | | | | | | 7 | | | | |
| 35 | | | | | | | | | | | | | |
| 23 | | | | | | | | 7 | | | | | |



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SOLUTION BELOW



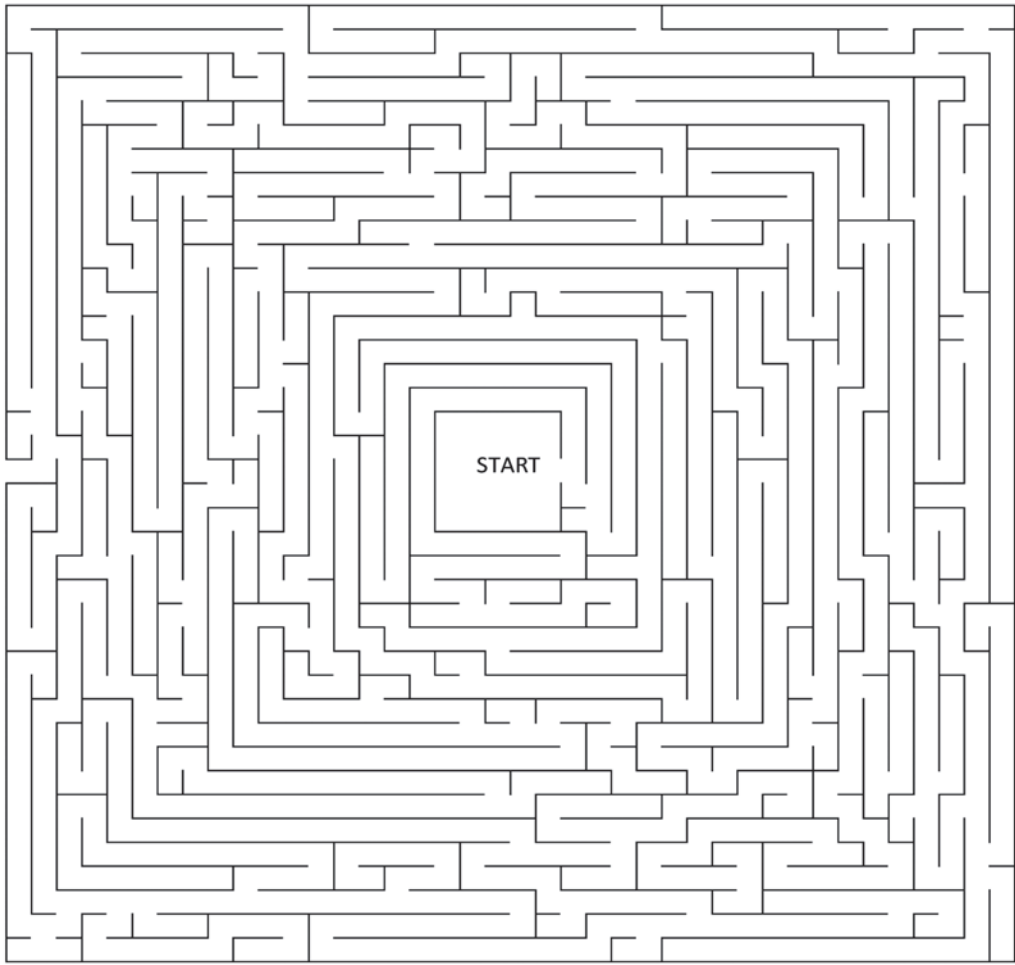
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WORK SPACE

CRYPTIC QUOTE: SPRING IS COMING!

Quote by: Robert Orben

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

P
K J Q X G F X K F U D K H I W U T K I W X G F
U G M A U Q M Y X A M Q U L M Q Y U Q L M G

WORK SPACE

EPOCH DOKU

CONSTRUCTED
BY EPOCHTIMES STAFF

| | | | | | |
|----|-----|-----|----|----|-----|
| 6 | 14+ | 4* | | 2- | 6+ |
| | | | 3 | | |
| 1- | 1- | | 5- | | 3 |
| | 1 | 11+ | 3- | 3/ | |
| 6+ | 5+ | | | 2/ | 10+ |
| | | 15* | | | |

KEN 算 KEN

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

| | | | | | |
|-----|---|-----|-----|-----|-----|
| 12x | | 1 | 16+ | 3÷ | |
| 1- | | 10+ | | | 1 |
| 11+ | | | 3 | 24x | |
| | | 5- | 2÷ | | 72x |
| 24x | | | 3- | | |
| | 2 | 7+ | | 6+ | |

SOLUTIONS

SUPERSUDOKU

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | D | 2 | 9 | 8 | 3 | 7 | A | 6 | 1 | 3 | 1 | B | 8 |
| O | F | 6 | B | 3 | A | 5 | 1 | C | 4 | 2 | 7 | 2 | E |
| A | 8 | 5 | 3 | 1 | E | 8 | 6 | 7 | A | 2 | 6 | 9 | C |
| J | 8 | 0 | V | 6 | 8 | 3 | E | 8 | 0 | 2 | 9 | 5 | 7 |
| 1 | 7 | 4 | 4 | 6 | 3 | 2 | 9 | 5 | 3 | 7 | 1 | 2 | 1 |
| F | 6 | D | 7 | A | 8 | 6 | 7 | B | 4 | 5 | 3 | 0 | C |
| 6 | B | 0 | A | 4 | 3 | 5 | 9 | 6 | 1 | 7 | 4 | 2 | 8 |
| C | 5 | 3 | 8 | 0 | 9 | E | C | F | 1 | 7 | 8 | 2 | 6 |
| 3 | 5 | 3 | 8 | 0 | 9 | E | C | F | 1 | 7 | 8 | 2 | 6 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 2 | B | 8 | 0 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
| 3 | 6 | A | 4 | 1 | F | 2 | 0 | 7 | B | 9 | 6 | 4 | 1 |
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Both too much and too little exercise are bad while somewhere in the middle is just right.



AFRICA STUDIO/SHUTTERSTOCK

Should I Exercise During the

Experts explain the appropriate amount of exercise to stay healthy without exhausting your immunity

TAMARA HEW-BUTLER & MARIANE FAHLMAN

So here we are, perfecting our social distancing skills while schools, sports, and other forms of social engagement are on indefinite hold because of a dangerous virus named after a (regal) crown.

The coronavirus is named as such because the center envelope is surrounded by small protein spikes called peplomers. These little protein spikes wreak havoc when they attach to lung tissue and hijack otherwise healthy tissue into building a potentially lethal coronavirus army of invaders.

Because the virus settles primarily with the respiratory tract—the nose, mouth, and lungs—it is highly contagious when people sneeze, cough, or exchange respiratory droplets with others. Despite its importance, social distancing has been a social disappointment for many weekend warriors, team sport athletes, fitness fanatics, and sports fans who find camaraderie and biochemical joy from the dopamine rushes and stress reduction that come from regular exercise.

We are both sports scientists who study athlete health and safety. We're also proud exercise addicts who find the prospect of not exercising almost as disturbing as the prospect of the disease itself.

Here's how exercise affects the immune system in response to the flu and

some practical tips on how much people should (and should not) exercise.

Look for the 'Just Right' Amount

Both too much and too little exercise are bad while somewhere in the middle is just right. Scientists commonly refer to this statistical phenomenon as a "J-shaped" curve. Research has shown exercise can influence the body's immune system. Exercise immunity refers to both the systemic (whole-body cellular response) and mucosal (mucous lining of the respiratory tract) response to an infectious agent, which follows this J-shaped curve.

A large study showed that mild to moderate exercise, performed about three times a week, reduced the risk of dying during the Hong Kong flu outbreak in 1998. The Hong Kong study was performed on 24,656 Chinese adults who died during this outbreak. This study showed that people who did no exercise at all or too much exercise—over five days of exercise per week—were at the greatest risk of dying compared with people who exercised moderately.

Additionally, studies performed on mice demonstrated that regular exercise performed two to three months prior to an infection reduced illness severity and viral load in obese and non-obese mice.

Thus, limited animal and human data cautiously suggest that exercise up to three days per week, two to three months prior, better prepares the immune system to fight a viral infection.

What if we have not exercised regularly? Will restarting an exercise routine be good or bad? Limited data, also obtained from mice, suggests that moderate exercise for 20–30 minutes a day after being infected with the influenza virus improves the chances of surviving. In fact, 82 percent of the mice who exercised 20–30 minutes a day during the incubation period, or the time between getting infected with flu and showing symptoms, survived. In contrast, only 43 percent of the sedentary mice and 30 percent of the mice who performed strenuous exercise—or 2.5 hours of exer-



cise a day—survived.

Therefore, at least in laboratory mice, mild to moderate exercise may also be protective after we get infected with the flu virus. But while a little exercise is good, no exercise—or even too much exercise—is bad.

For those who are "committed exercisers," how much exercise is probably too much during a flu pandemic? It is clear that both too much exercise and exercising while sick increases the risk of medical complications and dying.

We conducted studies on both collegiate football players and cross-country runners, which showed a decrease in secretory immunoglobulin A, or "sIgA" when athletes competed and trained hard. sIgA is an antibody protein used by

During Coronavirus Hospital Surge, a Midwife Recommends Home Birth

Keeping healthy mothers and newborns away from hospitals and freeing up resources for those infected are big wins

MANAVI HANDA

For many health care providers who worked through the 2003 SARS epidemic, especially in epicenters, like Toronto, the COVID-19 pandemic is a reminder of the many lessons health care providers learned at that time. Social distancing measures are the most effective way to "flatten the curve" and minimize the spread of the epidemic.

For people with high blood pressure, diabetes, preterm labor, and other health issues, home birth wouldn't be the safest option.

However, as a midwife working in Toronto for more than 20 years, I can also speak about another important lesson learned during SARS that is often forgotten or overlooked: the importance of home birth and the role of midwives during an epidemic.

There is ample evidence from high-income countries like Canada, the United States, and the United Kingdom to demon-

strate the safety of home births for healthy people who have a trained midwife. In fact, research shows that home birth may even be beneficial in terms of rates of unnecessary interventions, complications, and associated costs to the system.

The evidence is so compelling that in 2014, the United Kingdom's National Institute for Health and Care Excellence (NICE)—the main body responsible for setting guidelines for health care in the UK—recommended home births for all low-risk healthy pregnant people. Since the selection criteria for home birth is vitally important to safety, being a low-risk pregnant person is an important factor. For people with high blood pressure, diabetes, preterm labor, and other health issues, home birth wouldn't be the safest option.

However, despite these recommendations, the mainstream perception hasn't greatly changed regarding the hospital as the preferred place of birth for the large majority. The reasons for this are numerous and complicated, and highly related to social norms, preferences, and perceptions of risk.

I have seen many news articles, targeted campaigns, TV shows, and even movies supporting home births. But in all my 20 years as a regulated midwife, nothing in my recollection came close to changing people's minds about the place of birth more than SARS.

For midwives, this wasn't necessarily surprising, as we know the safety of home birth. But it was one of the first times mainstream public perception was greatly altered.

Home Births During a Pandemic

During a pandemic, people quickly remember that hospitals are, and should be, for sick people; that is, those needing medical care. Ironically, however, in Canada and the United States, childbirth is the top reason people are admitted to hospitals.



KIEREN/SHUTTERSTOCK

Research shows that home birth may even be beneficial in terms of rates of unnecessary interventions, complications, and associated costs to the system.

During a pandemic, it soon becomes apparent what a bad idea it is to have healthy women and newborns in the same place as those who are unwell due to a contagious infection.

I fully appreciate all the bells and whistles of modern medical care—when they are needed. But, like many of my colleagues, I prefer a home birth for low-risk births with a healthy uncom-

plicated pregnancy and normal labor. Not just because it can be very beautiful—quiet, intimate, family-oriented—but also because it is actually safer for healthy people—especially during a pandemic.

Although I could talk about the great benefits of home births in general, I'm specifically advocating for home births, or out-of-hospital births, during the pandemic. So, as our health resources and hospital beds become more scarce, I hope we remember the importance of home birth.

Lessons From SARS

SARS was one of the rare times in my career that I had both obstetrical and pediatric colleagues openly supporting the idea of home births and encouraging people to stay out of the hospital. At that time, we understood hospital care should be saved for those who were at high risk. This was even more clear as the situation worsened during the SARS epidemic.

There were many other important lessons learned during SARS, particularly for Canadian midwifery—although there is almost no academic literature on this subject. However, I do have some anecdotal experience to share as a front-line care provider during that time.

Midwives are an important part of the health force that is often overlooked. Our specialty is low-risk normal birth: This is where we have the most expertise and where we can be most effective.

This is a time when other birth attendants—mainly obstetricians—will be called on for their clinical and surgical specialty skills to manage those pregnant people who have complications, have COVID-19, or are unwell for other reasons.

Midwives can be divided into those who work within the hos-

pital setting and those that work outside within the community. This would help prevent movement in and out of people's homes and health care settings.

During a pandemic, people quickly remember that hospitals are, and should be, for sick people; that is, those needing medical care.

Midwives have a lot of crossover skills between nurses and physicians. We can stitch and prescribe, like a physician, but also start an IV and take blood, like a nurse. There are many things we can use our skills for beyond birthing.

Some midwives have more advanced skills such as being able to assist during surgery, perform bedside ultrasounds, and conduct vacuum deliveries. These skills could be important as the health force declines.

Birth centers, or other out-of-hospital birth locations, should be considered and opened as places for low-risk people to give birth and for healthy newborns to stay.

Finally, the needs of those who are pregnant are often overlooked. Home birth has many potential benefits, but most importantly in a pandemic, we need healthy people to give birth with the best chances of staying healthy—which doesn't always mean hospital.

Manavi Handa is an associate professor of the midwifery education program at Ryerson University in Canada. This article was first published on The Conversation.

Coronavirus Pandemic?



LORDN/SHUTTERSTOCK

the immune system to neutralize pathogens, including viruses.

sIgA is also closely associated with upper respiratory tract infections (URTI). When sIgA levels go down, URTI's usually go up. We saw this relationship in football players who showed the most URTI symptoms when their sIgA levels were lowest. This indirectly suggests that over-exercise without adequate recovery may make our body more vulnerable to attack, especially by respiratory viruses. So, when it comes to immunity, our studies show that more exercise is not necessarily better.

How Much Exercise May Be Just Right?
Here are some guidelines based on just the right amount—for most people.

Excessive exercise can put additional strain on your immune system, while moderate exercise can keep it in fighting form should infection strike.

Do not exercise past exhaustion, which increases the risk of infection.

New Study Suggests Exercise Can Supplement ADT

Exercise may alleviate the side effects of hormone reduction therapy for prostate disease

DEVON ANDRE

If you're undergoing hormone reduction therapy to treat your prostate, a new study finds exercise can aid recovery and limit side effects.

Androgen suppression therapy, or androgen deprivation therapy (ADT), is a common treatment used to limit androgen production and stymie the spread of compromised prostate cells.

Consistency and adherence are essential if you're interested in experiencing any of the benefits of exercise.

But the treatment comes with a number of side effects like increased body fat and reduced efficiency of the cardiovascular and pulmonary systems. These side effects can boost the risk of heart attack or stroke while also reducing the quality of life.

According to a new study, one way to limit these risks is through exercise.

An international study ex-

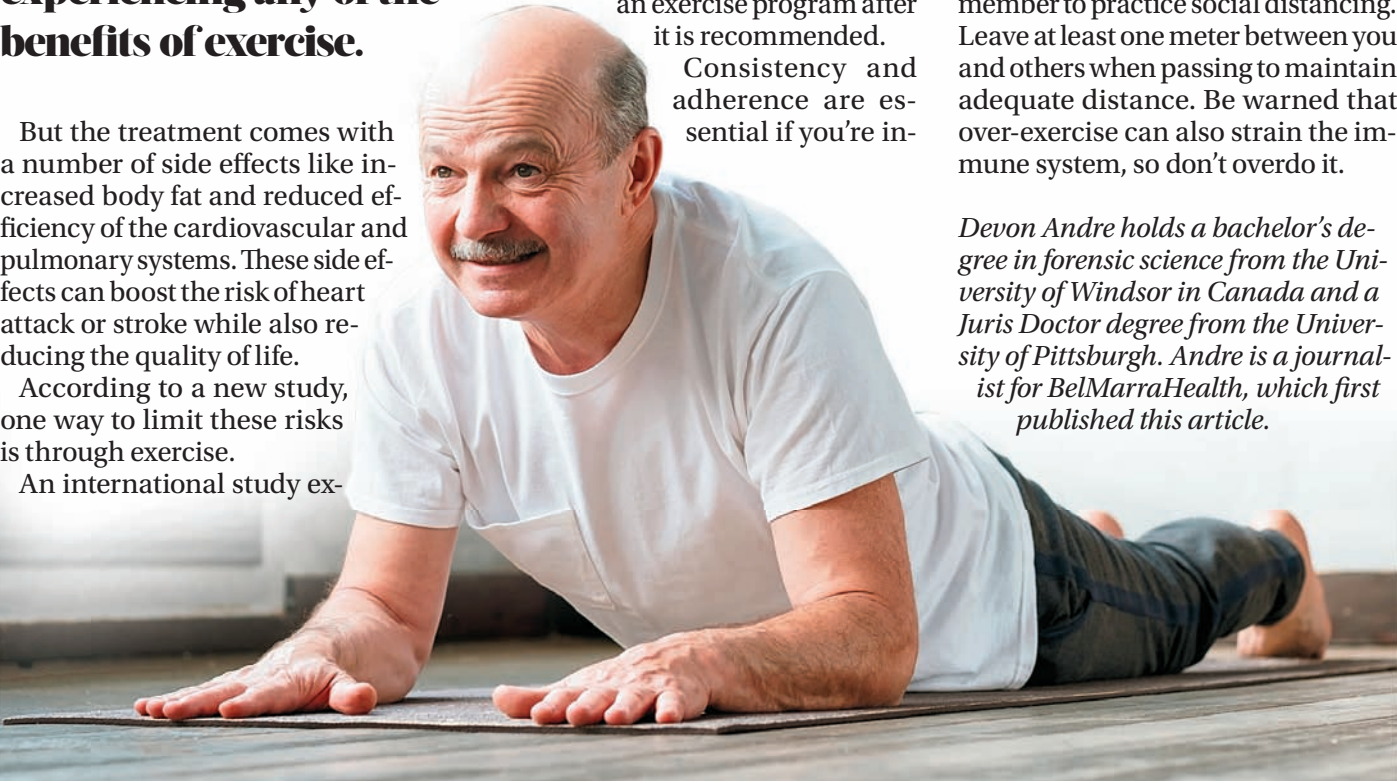
amined if a supervised exercise program could help reduce ADT side effects in 50 men. The exercise group completed three months of supervised aerobic and resistance training for 60 minutes twice per week.

Afterward, they continued with self-directed exercise for three weeks.

The study started before participants began ADT, and it was noted that the side effects associated with the treatment went way down. Participants showed several benefits, including improvements in fatigue and lower risk for heart and lung disease.

Researchers noted that the first three months following ADT is when side effects develop, and exercise may help combat them. Starting just before is recommended, and continuing an exercise program after it is recommended.

Consistency and adherence are essential if you're in-



KOLDJINO/SHUTTERSTOCK

- Do perform mild to moderate exercise (20–45 minutes), up to three times per week.
- Strive to maintain (not gain) strength or fitness during the quarantine period.
- Do avoid physical contact during exercise that is likely to expose you to mucosal fluids or hand-to-face contact.
- Wash and disinfect equipment after use.
- If you use a gym, find one that is adequately ventilated and exercise away from others to avoid droplets.
- Remain engaged with teammates through social media, rather than social gatherings.
- Eat and sleep well to boost your immune system.
- Remain optimistic that this too shall pass.

How Much Exercise May Be Too Risky?
Here are some things not to do:

- Do not exercise past exhaustion, which increases the risk of infection. An example would include marathon running, which increases the risk of illness from 2.2 percent to 13 percent after the race.
- Do not exercise if you have any flu-like symptoms.
- Do not exercise more than five days a week.
- Do not exercise in crowded, enclosed spaces.

Do not overdrink fluids, especially when sick, to try and “flush out” the toxins or prevent dehydration. It is not true that you can “flush out” toxins.

The J-shaped (“just right”) curve suggests that exercise, like most things, is best in moderation. Stay safe out there and be creative. The game is not over, just temporarily suspended.

Tamara Hew-Butler is an associate professor of exercise and sports science at Wayne State University, and Mariane Fahlman is a professor of kinesiology, health and sport studies at Wayne State University. This article was first published on The Conversation.



SAVVAPANF PHOTO/SHUTTERSTOCK

Are You Sure You're Buying Whole Grains?

‘Multigrain’ and ‘made with whole grains’ may falsely indicate meaningful whole grain content

MOHAN GARIKIPARITHI

“Eat more whole grains” is one of the most common pieces of nutritional advice modern science continues to affirm. Whole grains are high in fiber and other nutrients that are associated with a lower risk of heart disease, Type 2 diabetes, obesity, and more.

But do you know how to buy a whole grain item? Does “multigrain” mean whole grain? And are all whole grain products created equally?

The answers might surprise you. First, a few quick facts about whole grains. Whole grains are made of three main components: the bran, germ, and endosperm. The bran and germ are the most nutritious parts that are likely responsible for whole grain's effects on blood pressure, cholesterol, digestion, and more.

As far as whole grains go, oats and brown rice are completely intact. Quinoa and amaranth are safe bets, too. Whole grain flour is milled in a way that retains the three parts even though they are not intact.

One full serving of whole grains is 16 grams. Recommendations are that you should eat 48 grams—three servings—of whole grains per day for health benefits. So, how do you know how much you're getting if this information is not on nutrition labels?

The easiest way is to look for the golden stamp of the Oldways Whole Grains Council, a consumer advocacy group. They have three tiers of whole grains to help customers understand what they are getting:

100 percent Whole Grain: The product features 16 g of whole grains per serving and is entirely made from whole grain.

50 percent Whole Grain: At least half of each serving is whole grain. This means there are 8 grams of whole grain per serving.

Whole Grain: This means that less than half of a serving is made from whole grain, yet there is still at least 8 grams per serving. Proportionally, though, there are more refined grains than whole.

Of course, not all products get the stamp. To assess whole grain content, pay attention to where they are listed on the ingredients list. If whole grains are near the top, then there is likely a decent supply.

Lastly, don't be fooled by certain keywords that sound good but don't indicate whether or not a product is whole grain. These words or phrases include “multi-grain,” “made with whole grain,” “stone-ground,” and “organic.”

These terms don't tell you anything about the whole grain content, specifically, so they should not be relied on. The last thing you want to do is buy something detrimental when you think it's healthy.

Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). He practiced clinical medicine for over a decade. During a three-year communications program in Germany, he developed an interest in German medicine (homeopathy) and other alternative systems of medicine. This article was originally published on Bel Marra Health.

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THE EPOCH TIMES

POETRY

Comfort for the Living

POETRY and DEATH

JEFF MINICK

Poets, like the rest of us, have varying attitudes toward death.

Some urge resignation, others rage; some point us to an empty tomb and salvation, others to the dust of obliteration; some bemoan the brevity of three-score-years and ten, others celebrate life even when faced with imminent death.

Others write poems on death that act as consolation for the living, medicine to ease our suffering and grief. These poets, possessed of the power to make beauty out of pain, put their words to paper to give us hope in the midst of our desolation. They remind us, too, of certain truths often forgotten—that death is a part of life and that while we live, our dead live on in us.

“Kindly” seems a strange word to apply to death, but many of us who are older have witnessed that kindness, especially in the demise of those who have suffered pain for years.

Like Dickinson, Christina Rossetti resorted to metaphor to explore the mystery of death in her lovely poem “Up-Hill.”

Does the road wind up-hill all the way?
Yes, to the very end.
Will the day’s journey take the whole long day?
From morn to night, my friend.

But is there for the night a resting-place?
A roof for when the slow dark hours begin.
May not the darkness hide it from my face?
You cannot miss that inn.

Shall I meet other wayfarers at night?
Those who have gone before.
Then must I knock, or call when just in sight?
They will not keep you standing at that door.

Shall I find comfort, travel-sore and weak?
Of labour you shall find the sum.
Will there be beds for me and all who seek?
Yea, beds for all who come.

Here, death offers an end to the troubles of this world for the “travel-sore and weak.”

A Thousand Winds

Some poets believe that death, however horrific or unexpected, wins no final victories. In “Death, be not proud,” Christian writer John Donne chides Death for its vanity, writing at the end of the poem: “One short sleep past, we wake eternally/ And death shall be no more; Death, thou shalt die.”

Mary Frye turned to nature for her images of eternity. A housewife and florist, she wrote “Do Not Stand at My Grave and Weep” on a brown paper shopping bag after hearing the story of a Jewish girl from Germany. Young Margaret Schwarzkopf was staying with the Fries in the United States and was unable to visit her dying mother in anti-Semitic Germany. Frye wrote the poem—various versions exist, as she never copyrighted it—as a message of comfort for her young houseguest:

Because I could not stop for Death—
He kindly stopped for me—
The Carriage held but just Ourselves—
And Immortality.

Do not stand at my grave and weep
I am not there; I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sun on ripened grain,

Study of a mourning woman, 1500–1505, by Michelangelo. Pen and brown ink, heightened with white lead opaque watercolor.

PUBLIC DOMAIN

I am the gentle autumn rain.
When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry,
I am not there; I did not die.

The Dead Live On in Us

Other poets remind us that the dead live on in us—fixtures in our memory, whispers in our hearts. In William Wordsworth's "We Are Seven," the poem's narrator meets an 8-year-old "little cottage girl" and asks whether she has sisters and brothers. She answers seven, and when he asks where they are she replies that "two of us at Conway dwell,/And two are gone to sea./Two of us in the churchyard lie,/My sister and brother."
The narrator tries to convince the child that she has only four siblings, but she is having none of his arguments. At the end of the poem, he reports:

"But they are dead—those two are dead!
Their spirits are in heaven!"
'Twas throwing words away, for still
The little maid would have her will,
And said, "Nay, we are seven!"

Some time ago, I dabbled in poetry. Perhaps the verse below, written about a girl I'd known in elementary school and composed long years later when grief over the death of someone I loved had a stranglehold on me, will further explain these relationships between the living and the dead.

Ora Pro Nobis

The dead die when we living let them die;
We breathing clasp to hearts our breathless dead;
We cover them with sheets on icy beds;
In silent rooms they speak our names.
They cry
To us: "Remember me! Remember me!"
Ah, Cissy, I remember you. Your eyes
Which last saw light at seventeen still lie
In me like jeweled cuts of sun-cut sea.
I dream your eyes, their baffled quiet grace;
Others forget, but I do not forget;
You prick my prayers, poor altars of regret;
My mind's sharp eye calls back your sea-sun gaze.
Pray all, I pray, who read these lines
of song,
For her whose eyes are gone when
I am gone.

Connections

Our dead live on in us. Some deeds and words of my grandfather, born more than 120 years ago, remain a piece of me. My wife lives on in me, and in my children, and through them, in my grandchildren who never met her.
The Persian poet Rumi recognized this connection between the living and the dead in "The Window":

Your body is away from me
But there is a window open
From my heart to yours.
From this window, like the moon
I keep sending news secretly.

Actions, most of us agree, speak louder than words. In our visits with the dying and at the graveside, our presence when at all possible is the vital ingredient to saying goodbye.
But after "the shutting away of loving hearts in the hard ground," words are sometimes all we have.

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



"In Memoriam," circa 1858–1861, by Alfred Stevens. Musée d'Ixelles.



Certain poets view death as a friend offering the possibility of immortality and rest.

"Angel of Grief" at Stanford University.

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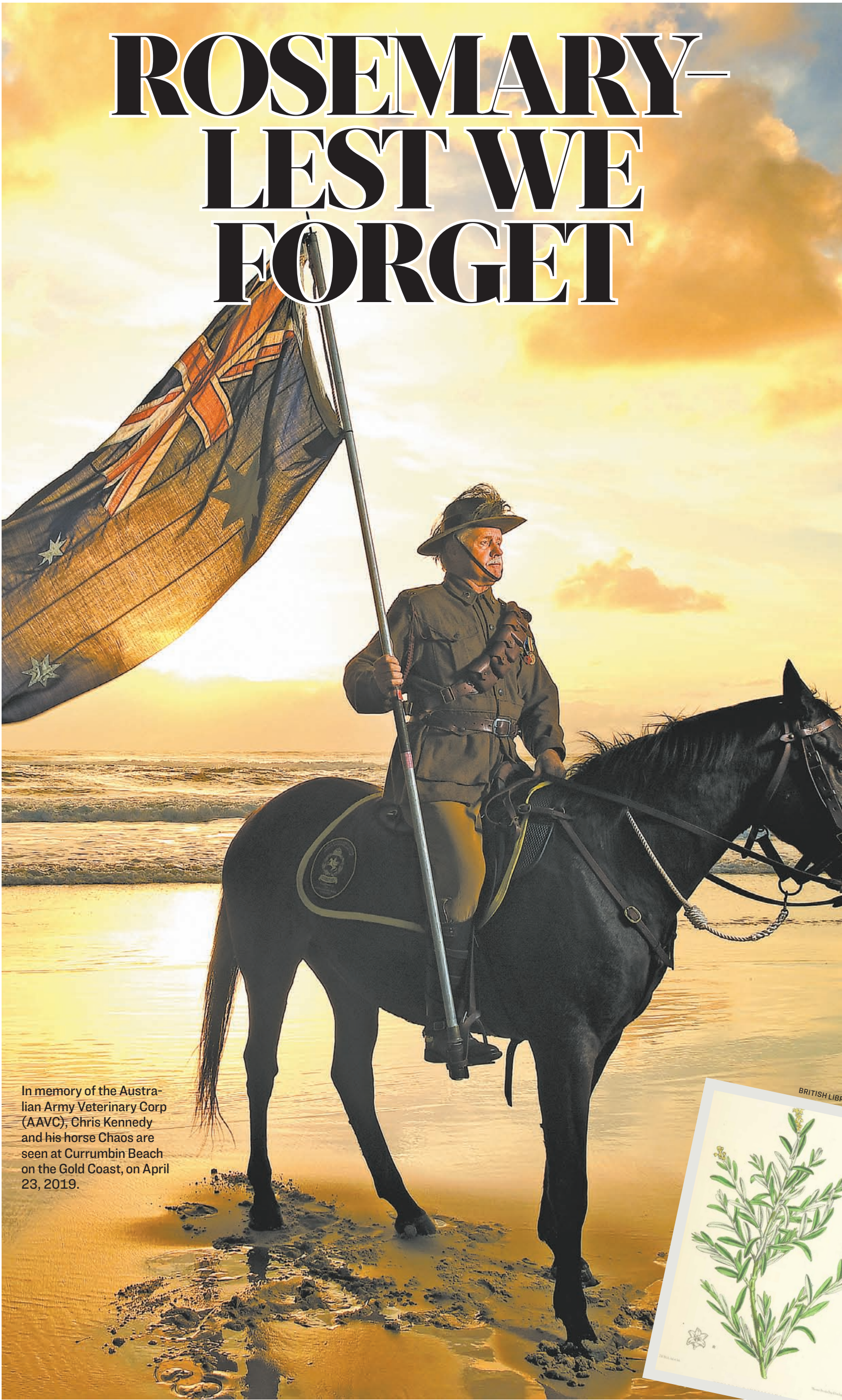
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In memory of the Australian Army Veterinary Corp (AAVC), Chris Kennedy and his horse Chao's are seen at Currumbin Beach on the Gold Coast, on April 23, 2019.

ROSEMARY— LEST WE FORGET

LUKE HUGHES

This ANZAC Day, veterans all over Australia will don a sprig of Rosemary in remembrance of our brave soldiers who, 96 years ago, clambered up the cliffs of Gallipoli in a desperate bid to gain a beachhead and in doing so, crushed bushes of wild Rosemary underfoot, releasing that unforgettable aroma.

Since ancient times, Rosemary has been associated with memory. Rosemary was traditionally grown on the graves of ancestors in western Asia to remember them and invoke their guidance and protection.

As a herb of memory, it also became the emblem of fidelity for lovers and was entwined in the wreath worn by brides.

In Europe, Rosemary is still used for remembrance at weddings, funerals, for decorating churches, as incense in religious ceremonies or for occasions where a solemn pledge is being made.

Relaxing and Stimulating

This symbolic association with memory is well grounded in the fact that Rosemary's strongly aromatic oils stimulate brain function, penetrating through to memory stimulus cells.

For those who wish to make good use of the memory herb to aid their studies, drink Rosemary tea regularly for a few months before an exam and you will find that it will sharpen your recall and comprehension.

Rosemary has an affinity with the sympathetic nervous system and, as such, is a very effective muscle relaxant, especially after a long hard day of physical exertion.

Taken as a tea or some leaves left to soak in bathwater, Rosemary will help to release any muscular tension that could later turn into pain and stiffness.

Likewise, Rosemary oil rubbed into the temples will ease tension around overstrained eyes and forehead brought on by a day spent staring at computer screens followed by an hour or so stuck in traffic. A couple of drops massaged into the temples will see tension disappearing in minutes.

Rosemary has been hailed as a cure-all throughout many cultures and ages, but on April 25, for Australians, it will not only symbolise memory, but also mateship—Lest We Forget.

ANZAC DAY ROSEMARY WREATH



DESCRIPTION

According to legend, the Virgin Mary, while resting, spread her cloak over a white flowering rosemary bush. The flowers turned the blue of her cloak, and from then on, the bush was referred to as the "Rose of Mary."

On ANZAC Day, small sprigs of rosemary are pinned in the coat lapel or held in place by medals to remember our fallen soldiers and commemorate their brave service.

The tradition began when a wounded digger brought back a small rosemary bush from the shores of Gallipoli and sprigs of this bush were worn to honour the fallen. To mark Anzac Day in 2020, make an Anzac Day Rosemary Wreath to hang on your front door.

MATERIALS

- 12 Gauge florist wire
- 26 Gauge florist wire
- Pliers
- Secateurs
- Rosemary stems (cut 30-60cm lengths from the garden)
- Gum nuts or lavender for decoration
- Vintage String or ribbon

STEPS TO MAKE THE WREATH

Step 1.

Cut a 1 metre (or more) of the 12 Gauge wire

to make the skeleton of the wreath. With your pliers, make a loop at one end of the wire.

Step 2.

Starting from one end of a 60cm long rosemary branch, twist the wire around the rosemary until you reach the other end.

Step 3.

Slide the end of the wire through the loop and wrap around to close the wreath. Once secure, safely hide any sharp wire ends in the foliage.

Step 4.

Start wrapping and weaving additional rosemary branches around the wreath. Anchor new rosemary branches into the existing wreath structure. This will stop the wreath from unravelling.

Step 5.

As you are weaving, use 10cm lengths of 26 Gauge wire to tidy up branch ends and strengthen the structure of the growing wreath.

Step 6.

When your rosemary wreath is complete, it's time to decorate. Secure your gum nuts or lavender in place with 10cm lengths of 26 gauge wire.

Step 7.

If you need to hide any wire, wrap your string or ribbon over the top.

This Rosemary Wreath is a wonderful addition to your front door this Anzac Day or use it as a table centrepiece.