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QUOTES *In the News*

“The system will become more closed, rather than more open. This is, after all, the ‘natural state’ of a high-tech, bureaucratic, totalitarian state.”

Steven Mosher, president of Population Research Institute, on the Wuhan virus’s impact on China’s virology research

CHINA | A4

“The Chinese government is not trustworthy, they’re not our friends, and one could deem them to be our mortal enemy.”

Kyle Bass, founder of Dallas-based Hayman Capital Management

WORLD | A7

“Taiwan has proven that mass lockdowns aren’t necessary to minimise or even eliminate infections.”

Author James Gorrie writes on Taiwan’s remarkable success in managing the Wuhan virus

OPINION | A8

“Low-yield nuclear warheads of less than 5 kilotons are the perfect weapon to blur the distinction between nuclear and conventional warfare.”

National security expert Chriss Street writes on China’s intensifying strategic competition

OPINION | A12

INSIDE

AU.....A2
China.....A4
World.....A5
Opinion.....A8

FEATURES
Arts & Tradition.....B1
Food.....B8

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Australian Prime Minister Scott Morrison (left) and Australian Federal Treasurer Josh Frydenberg speak during a press conference on the government’s bushfire response at Parliament House in Canberra on Jan. 6, 2020.

AU-CHINA

Australia Won't 'Succumb to Threats' from an Anxious China

China's actions are anxiety 'masquerading as strength'

CADEN PEARSON

Australian Prime Minister Scott Morrison and Home Affairs Minister Peter Dutton remain unmoved as Chinese diplomats abandoned diplomatic decorum because of Australia’s unapologetic push for an international inquiry into the origin and handling of the CCP virus outbreak in Wuhan.

“Australia will continue to pursue what is a very reasonable and sensible course of action. This is a virus that has taken more than 200,000 lives across the world. It has shut down the global economy,” Morrison told reporters on April 29. “We don’t lightly form the views that we do on these things. We hold the position that we have.”

While in an interview on 5AA Radio the same day, Dutton said, “Of course we are not going to be deviating off course from dealing with a very serious issue. We aren’t going to be held to ransom or succumb to threats from

anybody.”

The comments came after the Chinese embassy in Canberra leaked its version of an April 28 conversation between high-level Australian diplomat Frances Adamson and China’s Ambassador Cheng Jingye.

In addition to the inquiry, Australia has been seeking international support for reform of the World Health Organisation in order to prevent any future repeat of actions that contributed to the Wuhan outbreak becoming a global pandemic. This includes the United Nations organisation’s dissemination of the catastrophically incorrect information that the virus was not transmissible from human-to-human.

Hours after the Chinese embassy’s leak to Australian media, the Department of Foreign Affairs and Trade (DFAT) released a statement expressing—
Continued on A2

We won’t bow to economic coercion, we will continue to talk up in Australia’s national interest, and we won’t trade off health outcomes for economic outcomes.

Treasurer Josh Frydenberg

CHINESE REGIME

Global Opinion Starts Shifting Against Beijing Amid Pandemic

BOWEN XIAO

Global opinion has started to shift against Beijing as an increasing number of leaders and officials have challenged or sought to seek accountability and transparency from the Chinese Communist Party (CCP) over it’s handling of the pandemic.

Experts told The Epoch Times an international falling out

is occurring and will only continue to ramp up as countries start to seriously rethink their relationship with Beijing. They said leaders are becoming more wary of the communist state due to how it responded to the outbreak,
Continued on A5



Australian Foreign Minister Marise Payne attends a press conference in Canberra on Feb. 6, 2020.

IRAN-US

Pentagon Officials: Trump Sent 'Important Warning' to Iran

SIMON VEAZEY

Senior Pentagon officials have characterized President Donald Trump’s statement on Iranian harassment of U.S. Navy ships as an “important warning.”

In that statement, posted to Twitter on April 21, the president said he had instructed the Navy to destroy Iranian gunboats if they harassed

U.S. ships.

Speaking at a Pentagon briefing later, civilian and uniformed officials at the Department of Defense characterized the tweet as more of a warning than an explicit shift in rules of engagement or standing orders, but praised the president’s statement.

Trump wrote on Twitter, “I have instructed the United States Navy

COVID TRACING

Over 2 Million Aussies Download 'COVIDSafe' App

VICTORIA KELLY-CLARK

The Morrison government’s “COVIDSafe” app reached over 2 million downloads just 24 hours after its release, the government said on April 27.

Federal health minister Greg Hunt told Sky News that Australians had responded magnificently to the app’s launch.

“COVIDSafe” was launched on
Continued on A2

VIRUS INQUIRY

Penny Wong Says Politicians ‘Overreached’ on Foreign Policy But Supports Virus Inquiry

CADEN PEARSON

Australia’s shadow foreign affairs minister Senator Penny Wong (SA) said Labor supported the Coalition government’s calls for an independent inquiry into the early Wuhan outbreak of the CCP virus, in a piece published in the Sydney Morning Herald on April 27.

But she also criticised the government’s politicians and its supporters who she said had “overreached on Australia’s foreign policy” when they criticised China to “play to their own audience.”

Wong’s message was that Australia—
Continued on A3

TRACEY NEARMY/GETTY IMAGES



Senator Penny Wong at Parliament House in Canberra on Dec. 2, 2019.

AFRICA

Nigerian Lawyers Are Latest to Sue Chinese Regime Over Spread of CCP Virus

FRANK FANG

A group of Nigerian lawyers has filed a class-action lawsuit against Beijing over the spread of the CCP virus.

The lawyers are demanding US\$200 billion in compensation for the “loss of lives, economic strangulation, trauma, hardship, social disorientation, mental torture and disruption of the normal daily existence of people in Nigeria,” a statement by professor Epiphany Azinge says, according to several Nigerian media reports.

Azinge, a member of the London-based Commonwealth Secretariat Arbitral Tribunal and former direc—
Continued on A6

UNITED NATIONS

China’s Appointment to UN Rights Panel Draws Opposition

CATHY HE

A growing chorus of officials and activists are calling on the United Nations to reverse the appointment of China—one of the world’s worst human rights abusers—to a seat on a U.N. Human Rights Council (UNHRC) panel.

Chinese diplomat Jiang Duan’s recent appointment to the five-member UNHRC Consultative Group was akin to the “fox guarding the henhouse,” except “that pales as an illustration of what is taking place here,” said Tony Perkins, chairman of the U.S. Commission on International Religious Freedom.

China’s appointment to the panel, which vets candidates for the council’s independent rights experts, means it will have the power to influence the investigation of human rights issues around the world.

Perkins told The Epoch Times’ “American Thought Leaders” program that the U.S. commission has spoken out against this development.

“And quite frankly, any country that
Continued on A4

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.

Australia Won't 'Succumb to Threats' from an Anxious China

CONTINUED FROM A1

ing regret for the embassy’s choice to breach “long-standing” diplomatic practises. It said for its part, DFAT would continue to act “according to the highest standards of professionalism, courtesy, and respect.”

The following morning on April 29, the embassy released a response that accused Australian officials of leaking information and the contents of the phone call to the media.

The embassy said that China doesn’t “play petty tricks,” but then went on to contradict this statement by saying, “But if others do, we have to reciprocate.”

The Chinese regime has increasingly been vocal in its complaints about Australian public officials and media who speak and report about the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus.

Tensions escalated this week after Cheng told the Australian Financial Review in an April 26 interview that the “Chinese public” may boycott Australian products and universities if it probes the virus’ origins. This has been seen as a threat by many in Australia.

“I think some of the comments are very much out of line and regrettable,” the home affairs minister told 5AA Radio.

Treasurer Josh Frydenberg said China’s latest criticisms of Australia are ludicrous.

“It’s prudent and sensible for there to be an independent and transparent investigation to the origins of this global pandemic,” he told Sky News on April 28.

“We won’t bow to economic coercion, we will continue to talk up in Australia’s national interest, and we



Home Affairs Minister Peter Dutton seen with diners at the Golden Lane Chinese Restaurant in Brisbane on Feb. 28, 2020. Dutton was encouraging Australians to keep eating out at Chinese restaurants that saw a drop in customers since the outbreak of the CCP virus.

Australia is at a strategic, diplomatic, and economic turning point in our relations with China.

South Australian Senator Rex Patrick



won’t trade off health outcomes for economic outcomes.”

Former Labor minister Stephen Conroy told Sky News that the embassy’s leak of “some edited comments” from a conversation with the Secretary of DFAT was to their own advantage and “demonstrates they’re not interested in returning to the status quo.” He said the CCP “want to bend Australia to its will.”

Conroy said Australia sent a strong message that it would not be “bullied.”

The Stakes for China

Michael Shoebridge, director of the Defence and National Security Strategy and Policy program at the Australian Strategic Policy Institute said China’s actions are anxiety “masquerading as strength.”

“The stakes are high for the Chinese government not just internationally but domestically, because a credible international inquiry into the pandemic and events and actions within China at the start will undercut Beijing’s rewriting of history that is trying to tell us the Party is triumphant



Chinese Ambassador to Australia Cheng Jingye speaks to the media during a press conference at the Ambassador's residence in Canberra on Dec. 19, 2019.

over COVID,” he told The Epoch Times via email on April 29.

China’s Australian embassy is acting no differently to other ones around the world. Shoebridge said several ambassadors have been called in by their hosting governments over similar “aggressive behaviour.”

“This behaviour by Ambassador Cheng and the Chinese Embassy shows the enormous pressure that Beijing is under because of their failure to be transparent about the beginning of the pandemic in Wuhan and the Chinese authorities’ roles in the early part of what is now a global public health and economic crisis,” Shoebridge said.

China’s Economic Threats

A successful trade relationship with China will depend on its respecting Australia’s sovereignty and independence, Morrison told reporters.

Morrison believes Australia and China can maintain its strategic partnership, even as the virus origins are investigated.

He also doesn’t appear to be afraid of China’s threat of economic con-

sequences.

“Australia will find markets, as we have now for a long time, all around the world,” he said.

“The predominance of our trade relationship with China is obviously resources based, and I see no reason why that would alter in the future. The thing about our relationship with China is it’s a mutually beneficial one.”

Call to Reset China Relations

Crossbench senator Rex Patrick said in a press release on April 29 that Australia’s relations with China needed a reset following Jingye’s threat of a Chinese boycott.

“The Ambassador revealed China’s true diplomatic face and confirmed concerns about China’s preference for control and coercion rather than partnership,” said Patrick.

“Australia is at a strategic, diplomatic, and economic turning point in our relations with China,” he said.

Patrick will try for a sixth-time to establishing a parliamentary inquiry into relations with communist China when Parliament sits next month.



Samples of rare earth minerals at Molycorp’s Mountain Pass Rare Earth facility in Mountain Pass, Calif., on June 29, 2015.

Two Chinese Firms Blocked From Australia’s Rare Earth Sector

DANIEL Y. TENG

Two Chinese firms have been blocked from investing in Australia’s valuable rare earth mineral sector in the past week.

It comes in the midst of tightening foreign investment rules during the virus outbreak and aligns with the federal government’s ongoing partnership with the United States to ensure rare earth supply chains are secure and not dominated by China.

On April 20, Treasurer Josh Frydenberg blocked a bid by Baogang Group Investment to invest \$20 million in Northern Minerals who operates a major rare earths project in Western Australia.

The Chinese group is a subsidiary of the state-owned enterprise Baogang (or Baotou) Group, which runs the Bayan Obo Mining District in Inner Mongolia—the largest rare earths deposit in the world.

Northern Minerals operates the Browns Range Project, which covers a vast 3,595 square kilometre area in the East Kimberley region straddling the border of WA and the Northern Territory.

The site is rich in rare earths, particularly dysprosium—an ele-

ment mainly used in magnets for electric vehicles and wind turbines.

The company’s website touted Browns Range as the only non-Chinese producer of dysprosium.

On April 24, Yibin Tianyi Lithium Industry withdrew a proposed investment following advice it would be rejected by the federal government.

One of Yibin’s backers is China’s largest lithium-ion battery manufacturer Contemporary Amperex Technology.

Yibin was aiming to invest \$14.1 million in AVZ Minerals, which operates the Manono Project in the Democratic Republic of Congo. The project is a major producer of lithium.

According to a statement from AVZ Minerals, the federal government advised Yibin that the investment would be “contrary to the national interest” and contrary to the growth of “Australia’s critical minerals sector.”

Yibin and AVZ are currently looking for alternative ways to work together.

Rare earths are 17 metallic elements essential for the manufacture of 200 high tech products, including smartphones and fibre

optic cables.

David Wilcox, a board member of Central American Nickel, told NTD that many tech industries are beholden to the Chinese communist regime due to its control over these vital metals.

“Erbium. This is key to the development of fibre optic cables which is key to developing 5G networks,” he said. “So, if we start right there in the beginning, Huawei might have lost the battle, but China’s winning the war because China has 100 percent control around the erbium market.”

Late last year, the Australian and U.S. governments formalised an agreement to begin exchanging information on the resource potential in each country, and to develop pathways for supply arrangements.

On April 22, Australian rare earth mining firm Lynas Corporation won a tender from the U.S. Department of Defense to design a rare earth separation facility. This would allow processing of ore to be done in the United States rather than be sent abroad.

In 2018, the Chinese communist regime produced 70 percent of the world’s rare earth minerals. The regime’s dominance of the sector has come under scrutiny in recent years as it has used its market power to enforce its geopolitical interests.

In 2010, the regime cut off rare earth exports to Japan following a dispute over the Senkaku Islands.

During the U.S.–China trade war, China’s state media outlet People’s Daily ran an editorial on May 2019: “Will rare earths become a counter-weapon for China to hit back against the pressure the United States has put on for no reason at all? The answer is no mystery.”

To counter any future risk, the Australian government has been actively developing its rare earths sector.

“Australia is seizing the opportunities to be a powerhouse for critical mineral and rare earth production,” according to Minister for Resources and Northern Australia Matt Canavan.

Over 2 Million Aussies Download 'COVIDSafe' App

CONTINUED FROM A1

April 26 by the health minister to help Australian health care professionals with contact tracing for the COVID-19 pandemic.

Hunt said in a joint media release on April 26 with Prime Minister Scott Morrison, Minister for Government Services Stuart Robert, and Chief Medical Officer Brendan Murphy: “We need the COVIDSafe app as part of the plan to save lives and save livelihoods.”

He continued by saying that the more people who download the app, “the safer they and their family will be, the safer their community will be, and the sooner we can safely lift restrictions and get back to business and do the things we love.”

Support From the Medical Community

Throwing its support behind the app, the Australian Medical Association’s President Tony Bartone announced the AMA believed that “COVIDSafe” would be an important way to “contain the spread of COVID-19 in the Australian community.”

Bartone posted on Twitter that he would be downloading the app and encouraged his patients to do the same.

“COVIDSafe” is based on Singapore’s open source “Trace Together” app and relies on Bluetooth technology to exchange encrypted identifiers between users’ phones when they come into proximity for more than 15 minutes. In the event that a user catches the virus, all those they came into contact with can then be alerted by health authorities after the app user grants permission for the government to access their locally stored information. All collected data is encrypted and will be deleted after 21 days. The app does not track user location data.

Privacy Concerns

In a joint statement, digital privacy watchdog groups Digital Rights Watch, Human Rights Law Centre, and the Centre For Responsible Technology said that the government “must publish the source code not only of the app, but for the entire



The Australian government coronavirus (COVID-19) tracking app 'COVIDSafe' is seen on April 26, 2020.

system at the government’s end (both State and Federal). It also suggested creating an independent authority to watch over the data.

Alice Drury, Senior Lawyer at the Human Rights Law Centre said, “Designed properly, technology can see us innovate while protecting human rights. Our privacy does not need to be collateral damage.”

“Australians deserve to have their privacy protected by laws passed by Parliament, that provide for independent oversight and mandatory public reporting of all uses of the data,” she said.

The federal government has taken pains to assure Australians that the data collected by the app will only be used for COVID-19 health-related purposes.

On April 26, Hunt said, “No person can access what’s on their phone, no other person can access what’s on your phone. It is also prohibited by law.”

He said he had also signed into law a Biosecurity Act Determination which prevents access to the data and ensures that the data is kept on a secure Australian server.

Amazon Web Services (AWS) will secure the data collected by “CovidSAFE,” according to the Department of Health’s Privacy Assessment of COVIDSafe. AWS currently has a contract with the federal government to store government data. According to its website, AWS has the highest level of data protection recognised in Australia for a public cloud service provider.

The data also cannot leave the country or be used for any purpose other than tracing people who have been flagged as being in close contact to a confirmed case. Any breach of this access is punishable by jail time.

Penny Wong Says Politicians ‘Overreached’ on Foreign Policy But Supports Virus Inquiry

CONTINUED FROM A1

lia needs to rethink its relationship with China and the ruling Chinese Communist Party (CCP), but not disengage.

Wong started by saying Australia’s relationship with the Chinese regime wasn’t straightforward even before the pandemic, noting the crackdown on Hong Kong protestors, it’s actions in the South China Sea, its dams on the Mekong threatening water security in Laos and Vietnam, and the mass detention of Uyghurs.

Wong then said that for decades, policy makers in Australia have thought that trading with the Chinese regime would bring “greater freedom” to China, but the relationship has now “clearly entered a new phase” given the CCP (Chinese Communist Party) virus pandemic, commonly known as novel coronavirus.

“As China’s weight has grown, it has asserted itself much more,” she said. “But our interests differ, as do our values: China is an authoritarian one-party state; Australia is a democracy,” she added.

Wong wants Australia to find a way to productively “manage differences” with the communist regime while standing up for Australia’s own “values, sovereignty, and democracy.”

“This has become more challenging as a result of COVID-19,” she said.

On April 27, Liberal Senator Eric Abetz (Tas) told The Epoch Times that he agreed with Wong’s assessment that Australia’s policies—including foreign affairs—should be guided by its values and its interests.

“Compromising your values is never in your long term interests and asserting our ‘values and our interests’ such as freedom and accountability will always be interpreted as ‘political’ by nations hostile to freedom and accountability,” he said via email.

If Australia stands firm by its values, Abetz said, it will give succour and encouragement to others who are “promoting those universal values in other countries.”

“That is why I’ve spoken out against an extradition treaty with China (as proposed by [former prime minister] Malcolm Turnbull and Julie Bishop) and exposed the collaboration between medical institutions in Australia with communist China’s notorious organ transplant facilities costing the lives of prisoners of conscience.

“For too long, we’ve turned a blind eye to gross human rights abuses and aggressive military stances such as the continual encroachment in the South China Sea,” he said.

One Nation Senator Malcolm Roberts (QLD) told The Epoch Times on April 27 that Wong’s piece “implicitly questioned Australia’s bilateral relationship” with the CCP.

Roberts said he also wants Australia to restore balance in its relationship



Liberal Senator Eric Abetz (left) and Liberal member for Goldstein Tim Wilson during a Parliamentary Joint Committee on Intelligence and Security Freedom of the Press inquiry in Sydney on Aug. 13, 2019.

Calling out dictatorships for what they are and do is never to be seen as ‘overreach.’ Dictatorships deny fundamental God-given individual human rights—rights for which our forebears fought and died leaving us a rich inheritance.

Tasmanian Liberal Senator Eric Abetz

with the CCP, noting that it’s important to maintain the trade relationships while holding the CCP accountable.

“Australian values include being fair, fair-dinkum, and forthright,” he said via email. “As a democratic nation whose citizens are losing many basic freedoms under [the] U.N. dictates now governing Australia, our values conflict with those of the Chinese Communist Party.”

Australia’s values are closely linked with its advocacy and promotion of fundamental values, Abetz said, “which are the universal values to which all humankind aspires—amongst them freedoms of speech, thought, religion, and political association.”

He added that Australia’s national interest should never come at the sacrifice of “our national soul and values.”

To advocate as such “is to advocate a false dichotomy, which is morally unacceptable and ultimately unsustainable,” he said.

‘Overreach’ Responses

Wong said that several politicians had “overreached on Australia’s foreign policy,” while accusing Home Affairs Minister Peter Dutton of provoking China by airing the “conspiracy theory that the virus originated in a Chinese lab” to distract from the Ruby Princess “debacle.”

The Epoch Times reached out to Dutton’s office for a comment but did not receive a response.

Liberal Senator Amanda Stoker (QLD), Roberts, and Abetz have all voiced support for the Morrison Coalition government’s call for an independent investigation into the outbreak in Wuhan. They rejected any claim of overreach.

Abetz said that Wong’s piece demonstrated to him Labor’s “muddled thinking and internal conflicts” when

it deals with left-wing dictatorships.

“Calling out dictatorships for what they are and do is never to be seen as ‘overreach.’ Dictatorships deny fundamental God-given individual human rights—rights for which our forebears fought and died leaving us a rich inheritance,” Abetz said.

Stoker told The Epoch Times on April 27 via an email that Wong’s article was an appeal to her own audience and described it as offering “little substance but plenty of barbs against the government.”

“Senator Wong’s suggestion that [the WHO] should be insulated from scrutiny is far more troubling,” she said.

Stoker appeared in an episode of 60 Minutes on April 24 in which she suggested that countries around the world could look to the International Court of Justice to hold the CCP to account through a tribunal much like the Nuremberg Trials.

“This was used, as a well-known historical example of a nation being held accountable for its actions.

“The international community has the power to establish a formal inquiry,” Stoker said, although she said there was the issue of the CCP’s “record of rejecting the jurisdiction of such tribunals.”

Roberts also rejected Wong’s claim of overreach.

“To the contrary, [the government] have not gone far enough in denouncing WHO nor in specifying the Chinese Communist Party’s dishonesty in covering up the COVID-19 outbreak,” he told The Epoch Times. “That cover-up resulted in needless deaths and economic devastation around the world.”

Stoker said the Morrison government’s calls for an independent investigation would serve to ensure that the U.N. and its subsidiary organisations provide meaningful service to the global community.



Former Prime Minister of Australia John Howard attends the state memorial service for the late former Australian PM Bob Hawke in Sydney on June 14, 2019.

Former Australian PM Says Mining Key to Recovery

AAP

Former Australian prime minister John Howard has argued against increasing taxes to pay for the federal government’s COVID-19 pandemic response bill.

In an interview with The Weekend Australian newspaper, Howard also says the impact of COVID-19 on the global economy is a reminder of the importance of Australia’s mining and energy resources, including coal.

The impact of the Morrison government’s response to the crisis is already being felt in its latest monthly financial statement for March.

It showed a budget deficit of \$22.4 billion for 2019/20 so far, and nearly \$10 billion greater after nine months of the financial year than had been forecast in in the mid-year budget review in December.

On April 25, Howard told The Weekend Australian he is not in favour of increasing taxation.

“If everybody starts arguing that the way out of this inevitable recession is to increase tax then they don’t understand economics and they don’t understand the mood and temper of the Australian people,” he said.

The government has repeatedly said tax increases are off the table as it considers wide-ranging reforms in the October budget, which will shape the national recovery.

The budget has been delayed from its traditional May release because of the pandemic.

On mining and energy, Howard said the impact of COVID-19 on the global economy was a “brutal reminder” of just how important Australia’s energy resources are and fundamental to the economic recovery.

“How anyone could possibly argue that somehow we have to reduce our reliance on our great export industries as a deliberate government policy has to be out of their mind,” he said.

“It is one of the great assets providence has given us.”

He said the energy and resources sectors and a strong economy put Australia in a better position than most countries.

The government has spent some \$230 billion in various measures to help shield the economy from impact of the coronavirus, including the \$130 billion JobKeeper scheme.

Commonwealth Securities chief economist Craig James said the virus has robbed the nation of budget surplus and the deficit is set to lift sharply from here.

“But it’s important to remember that the support payments are temporary. If the economy bounces back quickly then the deficit will start narrowing again over 2021 and beyond,” he said in a note to clients.

By Colin Brinsden

Nearly Half a Million Australians Granted Early Access to Retirement Savings

SOPHIA JIANG

Nearly half a million Australians have been approved to withdraw a total of \$3.8 billion from their super funds since the Australian Taxation Office began to process early access applications on April 20, Treasurer Josh Frydenberg announced at a press conference April 23.

The money is expected to be paid out by super funds within the next week to help Australians cope with financial hardship caused by CCP (Chinese Communist Party) virus, commonly known as coronavirus.

“The Australian Taxation Office has approved 456,000 applications, totalling \$3.8 billion,” said Frydenberg. “Those applications are now with the superannuation funds for their payment over the next five days. The average withdrawal is around \$8,000.”

\$20,000 Tax-Free

In an effort to provide further financial options to the worst-hit by the economic downturn, the federal government introduced the

early access policy in late March.

Up to \$10,000 can be withdrawn tax-free from superannuation funds this financial year 2019-20. A further withdrawal of \$10,000 is allowed in the next financial year, starting July 1. This arrangement will be in place until September.

According to the policy, an early release of superannuation is available to those who are unemployed and/or who are eligible for the government’s coronavirus supplement which is a \$550 per fortnight additional payment to recipients of the JobSeeker Payment, Youth Allowance jobseeker, Parenting Payment, Farm Household Allowance, and Special Benefit.

Those who have been made redundant or had their working hours reduced by over 20 percent, as well as sole traders whose revenue has fallen by 20 percent or more since Jan. 1, can also apply for early release of their super.

Concerns Over Long-Term Financial Security

Despite the immediate relief from tax-free cash, taking out money

now means super fund members will end up with significantly reduced savings in their retirement due to the loss of compound interest and potential investment opportunities when the economy recovers.

On April 16, the Conexus Institute, Super Consumers Australia, and The Actuaries Institute released information estimating the impact of early access on retirement savings for different age groups.

According to the calculation, a 30-year old member withdrawing \$20,000 over two years could potentially reduce their retirement balance by \$50,000.

The move also sparked concerns that the drawdowns could weaken the superannuation industry.

“Selling your super at the bottom of the market will risk squandering people’s hard-earned retirement savings,” opposition leader Anthony Albanese said in response to the decision.

Should Be a Last Resort

Given the potential costs, consumer advocate organisations are urging

super fund members to exhaust all other options before dipping into their retirement savings.

A joint statement was released by Super Consumers Australia Council On The Ageing Australia (COTA), and CHOICE to tell people there are a number of financial assistance options to help get through these tough times.

“Super will be the right option for some, but you should be looking at what else is available and possible cuts to discretionary spending before raiding the cookie jar,” Super Consumers Australia Director Xavier O’Halloran said.

The message is echoed by CHOICE Policy and Campaigns Adviser Patrick Veyret, who reminded consumers that “accessing your super should be a last resort.”

He encouraged those in financial difficulties to contact financial counsellors, not financial advisers, for a free and independent service.

The advocates also warn of scammers, urging consumers to stay well away from anyone who offers to help them access their superannuation early, for a fee.

China’s Appointment to UN Rights Panel Draws Opposition

CONTINUED FROM A1

cares about human rights should be speaking out about that and doing everything they can to prevent it from occurring,” he added.

The commission joins calls by U.S. senators, rights lawyers, and more than 100 organizations that are protesting the move.

Earlier in April, an independent tribunal that investigated the Chinese regime’s forced organ harvesting from prisoners of conscience wrote to U.N. Secretary-General Antonio Guterres, urging him to investigate the appointment.

After a year-long investigation, the tribunal in June 2019 declared China a “criminal state” after determining that the regime killed prisoners of conscience—mainly Falun Gong practitioners—for their organs to be sold on the transplant market. The tribunal concluded that the organ harvesting had taken place for years on a “substantial scale,” and persists today.

The letter from the tribunal’s chairman, Sir Geoffrey Nice, and other members, warned that allowing Beijing a role on the panel means the U.N. would be “sleep-walking into complicity” with Beijing’s human rights abuses.

The tribunal added that it had “grave concerns” that the “great institutions” of the world, including the U.N., were unwilling to confront the regime on its “extreme human rights abuses” relating to forced organ harvesting.

The letter describes China’s forced organ harvesting as “comparable, victim for victim and death for death, to the worst atrocities committed in conflicts of the 20th century.”

FABRICE COFFRINI/AFP VIA GETTY IMAGES

U.N. Secretary-General Antonio Guterres is seen on a giant screen addressing at the opening of the U.N. Human Rights Council’s main annual session in Geneva, on Feb. 24, 2020.

“The gassing of a Jew by the Nazis, the murder or butchery of an innocent by the Khmer Rouge or by Rwanda Hutus may not be worse than having a heart, liver or other organs—and the very soul—cut from a living, blameless, harmless, peaceable person,” the letter stated, quoting the tribunal’s judgment.

A spokesperson for the UNHRC told The Epoch Times that members of the Consultative Group serve in a “personal capacity,” and that the group “does not have any influence over, nor can they facilitate discussions on what issues are addressed by the Human Rights Council.”

The U.N. Secretary General’s office didn’t immediately respond to a request by The Epoch Times for comment.

Several U.S. senators, including John Cornyn (R-Texas) and Marco Rubio (R-Fla.), also wrote to Guterres, condemning the U.N. appointment.

“The Chinese government’s decision to deceive the international community about the grave dangers of the initial 2019 novel coronavirus (COVID-19) outbreak in Wuhan, China, violates any credibility on human rights and should disqualify them from a position on the Human Rights Council Consultative Group,” they wrote.

Eva Fu contributed to this report.



Chinese virologist Dr. Zhengli Shi seen inside the P4 laboratory, the Wuhan Institute of Virology, in Wuhan, the capital of China’s Hubei province, on Feb. 23, 2017.

Pandemic Reveals Alarming Absence of Ethics in China’s Virology Labs: Experts

VENUS UPADHAYAYA

The CCP virus pandemic highlights a history of mismanagement, corruption, and lack of ethics in China’s virology labs, experts say.

Questions have grown as to the source of the coronavirus that has claimed over 197,000 lives and infected more than 2.8 million around the world as of April 25, according to a count from Johns Hopkins.

But the real number of infected and killed is unconfirmed due to the lack of accurate data from China.

One widely circulated theory is that the CCP virus was manufactured inside the Wuhan Institute of Virology, something the Chinese regime has denied.

Regardless, experts say the investigations into China’s research on coronaviruses point to a lack of ethics in China’s virology labs, the root cause of which is the absolute control of the CCP over these institutes.

“For many years, virologists working in Western countries have imagined that their Chinese colleagues operate under the same ethical guidelines that they do,” Steven Mosher, president of the conservative human rights charity Population Research Institute, said in an email.

“Certainly the written rules—copied from Western countries—look identical. But in terms of actual behavior, the practices are quite different. Everything in China is driven by the political needs of the CCP,” said Mosher.

Issue of Ethics with China’s Coronavirus Research

Theories about the CCP virus escaping from the lab originate from the fact that patient zero was infected with the novel coronavirus in Wuhan, where a highly rated researcher, Dr. Zhengli Shi, had performed gain-of-function research on the SARS virus in the institute.

Gain-of-function research involves deliberately enhancing the transmissibility or virulence of a pathogen.

The U.S. administration paused funding on certain kinds of this gain-of-function research in 2014, and lifted it only in 2017 with an emphasis that a “thoughtful review process” laid out by HHS be followed.

Shi, also popularly known as the “bat woman” in China for her research on the winged mammals, had stored bats known to carry coronaviruses inside the Wuhan Institute of Virology.

The risks involved in gain-of-interest research came under debate in an article published in Nature in 2015 that discussed a chimeric

There is widespread toleration of corruption in China, which encourages citizens to ‘get away’ with unethical or illegal acts if they can, especially if by doing so, they can make extra income.

Wendy Rogers, Australian expert in practical bioethics and one of Nature’s “top 10 people who mattered in science” in 2019

virus that was found to infect humans after it was created in a lab by genetic engineering between horseshoe bats in China and the SARS virus, by an international group of virologists including Shi.

“If the virus escaped, nobody could predict the trajectory,” Simon Wain-Hobson, a virologist at the Pasteur Institute in Paris, told Nature at the time.

Though it’s not certain whether the chimeric virus was stored in Shi’s lab in Wuhan, the case highlighted the risks involved in such research. Nature recently published a disclaimer saying there is no evidence indicating it was the cause of the current pandemic.

U.S. Secretary of State Mike Pompeo said on the “Larry O’Connor Show” on April 23 that the United States is constantly evaluating such high-risk facilities around the world that research viruses to make sure all safety measures are followed.

“There are many of those kinds of labs inside of China, and we have been concerned that they didn’t have the skill set, the capabilities, the processes, and protocols, that were adequate to protect the world from potential escape,” said Pompeo.

Allegations of Sale of Animals from Lab to Market

One theory is that somehow the coronavirus came from the Huanan Seafood Market in Wuhan as a result of the pathogen jumping to humans from contaminated meat obtained from China’s research labs.

Researchers from these labs allegedly sell their leftovers after they are done experimenting on the animals.

Experts interviewed by The Epoch Times for this story have expressed concerns about this practice, due to reports of corruption inside Chinese labs. They fear it could be a channel of virus transmission.

A group of bipartisan American lawmakers expressed their concerns in a letter to the World Health Organization and the Food and Agriculture Organization, calling for a “global shutdown of live wildlife markets” after theories of the pandemic originating from the wet market came to the fore.

A recent case of such corrupt practices was reported by The Epoch Times’ Chinese edition: Ning Li, a professor from China Agricultural University was sentenced to 12 years in jail in February for selling animals from his Wuhan lab.

Of the 3.7 million Chinese yuan (US\$522,000) Li earned from his crimes, over 1 million Chinese yuan (US\$141,000) was from selling ani-

mals or milk used by the lab, including pigs and cows.

Sean Lin, a former virology researcher for the U.S. Army, said such crimes are difficult to bring to justice inside China.

“Even if people want to expose some institute staff or leaders selling experiment animals to the markets, their voice could be easily quenched by the institute leadership in the name of safeguarding the reputation of the institute,” he said.

Wendy Rogers, an Australian expert in practical bioethics and one of Nature’s top 10 people who mattered in science in 2019, said via email that such a culture further encourages corrupt practices inside these Chinese labs.

“There is widespread toleration of corruption in China, which encourages citizens to ‘get away’ with unethical or illegal acts if they can, especially if by doing so, they can make extra income,” said Rogers.

‘The System Will Become More Closed’

When asked if the pandemic will force the Chinese regime to become more transparent to the international community on its virology research, Mosher said he doesn’t believe that will happen.

“The reaction of the CCP will be to become less transparent and less ethical by hiding more and more of what it does from the scientific community, by putting more and more barriers in place to publication and international cooperation,” he said.

“The system will become more closed, rather than more open. This is, after all, the ‘natural state’ of a high-tech, bureaucratic, totalitarian state,” Mosher added, saying that those doctors and researchers who tried to be transparent about the CCP virus have been punished and censored.

“Those who have been willing participants in the web of lies spun by the central authorities have been feted and promoted. Thus the lack of ethics grows,” said Mosher.

Lin pointed out that people in China don’t have freedom of speech during the pandemic, and even doctors and nurses couldn’t come out in the open to talk about the outbreak or the lack of “medical supplies to the public media or scientific journals.”

“The world also needs to investigate whether Wuhan Institute of Virology, together with Chinese Military Medicine Units, have been conducting bioweapon development projects, even though the CCP pledged not to do so by signing the Biological Weapon Convention in 1985,” Lin added.



A memorial for Dr. Li Wenliang, who was a whistleblower of the CCP virus that originated in Wuhan, China, and caused the doctor’s death in that city, pictured on Feb. 15, 2020.



Chinese police officers wear protective masks at the Beijing Railway Station on April 4, 2020.

Global Opinion Starts Shifting Against Beijing Amid Pandemic

CONTINUED FROM A1

which originated in Wuhan.

Australia—in a bipartisan effort—recently called for an independent review into how Beijing dealt with the CCP virus, widely known as the novel coronavirus. Foreign Minister Marise Payne said the probe would require “international co-operation” and “has to be made a reality.” In wake of Payne’s remarks, Chinese ambassador Cheng Jingye threatened Australia with an “economic hit” if they did not back down. Payne later responded by criticizing and rejecting the ambassador’s threat.

In Britain, politicians such as Tom Tugendhat, a conservative parliament member and chairman of the Foreign Affairs Committee, have directly called out China for covering up the virus and hampering the global response by spreading lies—while also questioning if allowing Huawei’s 5G technology into the UK was the right call.

Downing Street officials say Beijing will face a “reckoning,” as reported by The Mail, while Britain’s intelligence community—MI6 and MI5—also believe the country needs to reassess its relationship with China.

German Chancellor Angela Merkel has urged China to be “more transparent” about the origin story of the virus, saying that it would benefit the global response.

French President Emmanuel Macron said it would be “naïve” to say China has handed the pandemic better than Western democracies, and that there is no such comparison.

In a letter dated April 22, the German interior ministry said Chinese diplomats approached the country’s officials to try and persuade them to make positive statements about Beijing’s response to the pandemic. The ministry noted that “the federal government has not complied with these requests.”

Downing Street has since removed China from its comparison virus charts which includes data from a number of other countries, over concerns the regime’s statistics were inaccurate.

In America, countless lawsuits have been filed, ranging from state attorney generals, U.S. law firms, to everyday Americans, who have sought to seek justice over China’s bungled response which they argue led to the global spread of the pandemic.

Carole Lieberman, a forensic expert witness and legal analyst, said countries around the world are waking up to the idea that the CCP

German Chancellor Angela Merkel has urged China to be “more transparent” about the origin story of the virus, saying that it would benefit the global response.



German Chancellor Angela Merkel (CDU) speaks on behalf of the federal government at the Bundestag in Berlin, Germany, on April 23, 2020.

may not have benign intentions, and that for some it is an “inconvenient truth because they want to keep their trade deals and other benefits.”

Countries are generally considered to be immune to lawsuits unless they come under the exception of their actions being akin to terrorism, Lieberman told The Epoch Times. Some of the probes are pursuing the origins of the CCP virus and whether it was intended to be a bioweapon, or if it was from China’s reckless laboratory conditions—which she noted rose to that level.

“Though China may not end up having to pay the trillions that lawsuits are seeking, their reputation has suffered an irreparable blow,” Lieberman said. “The whole world will be wary of anything to do with China for the foreseeable future.”

Internal government documents obtained by The Epoch Times have highlighted how the CCP purposefully underreported cases of the CCP virus and censored discussions of the outbreak, fueling the spread of the disease.

“For years, people have more or less let things like toxic pet food and baby products, carcinogenic products, shoddy manufacturing, and so on, slide by,” Lieberman continued.

“But, Coronavirus will be the straw that broke the camel’s back.”

Officials from a barrage of countries have publicly complained about receiving shoddy medical supplies they had bought from China in order to fight the pandemic. Among this list include Spain, the Czech Republic, Turkey, the Netherlands, Canada, and Ireland, and more. In one of the instances, rapid CCP virus tests from China failed to detect the virus accurately in 70-80 percent of all cases.

An April poll by survey firm McLaughlin & Associates found that 75 percent of Americans felt the United States should end its dependence on China for medical imports.

Casey Fleming, chairman and CEO of intelligence and security strategy firm BlackOps Partners, said free world countries will start to join together to hold the CCP accountable “not only for the false response but also monetary losses and loss of life.”

“We need to expect China to try and control the narrative, shift blame, and use coercion in the process,” he told The Epoch Times.

The Epoch Times has documented stories of some Chinese citizens—including whistleblower doctors, citizen journalists, scholars, and business people—who have been silenced by the regime for exposing the truth.

In one of the more forceful actions in response to China, Japan is putting aside \$2 billion of its stimulus money to pay companies to shift their production outside of the communist country, which ranks 177 out of 180 on press freedom in the 2019 Reporters Without Borders World Press Freedom Index.

Waking Up

It is “unquestionable” that more and more people are waking up to the

realities of what the CCP is, according to Frank Gaffney, vice chairman of the Committee on the Present Danger: China.

“What country that has suffered at the hands of this Chinese Communist Party is going to think well of them, especially as the evidence shows that if this was not a weapon that they unleashed it certainly is serving as one,” he told The Epoch Times.

Gaffney, who was assistant secretary of defense for international security policy during the Reagan administration, said while it would be difficult to hold a foreign country like China fully accountable for its actions, “at least we’ll do some things that will hurt them for what they’ve done.”

“I think what you’re going to see is certainly decoupling in terms of supply chains, that’s beginning already,” he said. “I think there’s some rethinking that’s going on in terms of companies planning to do a lot of business with the Chinese.”

Meanwhile, a new policy in India requires foreign direct investments to now require government approval, which could further sour relations between China and India.

But it’s not just politicians and leaders who are speaking out against the CCP, everyday citizens are starting to voice much of the same sentiment.

As Americans struggle to combat a crisis not encountered before in their lives, an April 21 poll by the Pew Research Center found 66 percent of Americans now have a negative opinion of China—the highest percentage recorded since the center first began asking the question in 2005. These views were held similarly by both Democrats and Republicans.

In a UK YouGov poll conducted on April 17, a majority, 50 percent, voted that they did not trust “at all” the CCP virus death numbers reported by the Chinese government. The second-highest option, receiving 32 percent of the vote, was that they “don’t fully trust them.”

The CCP’s coverup, which has made the pandemic exponentially worse for the rest of the world, marks the awakening of citizens around the world to “fully understanding the true evil of Chinese Communism,” according to Fleming.

The growing sentiment against the CCP could cause a massive shift by American and Western companies to decouple from communist China and spread their supply chain risk around the world Fleming added, while also noting that U.S. national security policy is shifting, as seen in the new National Counterintelligence strategy.

“COVID-19 has forced the world to stay at home with loss of freedom and income and plenty of free time to watch the pandemic, how the CCP has responded, and the carnage it has caused,” Fleming said.

“It is natural for citizens and governments around the world to want to hold the violator responsible. By doing so, they will remove the cloak to the true evil of Communist China,” he added.

YouTube Removing Any CCP Virus Videos That Go Against WHO Recommendations

ZACHARY STIEBER

YouTube is removing videos about the CCP virus if the content clashes with World Health Organization (WHO) recommendations.

The video platform has seen an increase in news from so-called authoritative sources and is working to reduce the visibility or completely remove videos that its employees deem unsubstantiated.

“Anything that is medically unsubstantiated, so people saying like ‘Take vitamin C, take turmeric, those will cure you,’ those are examples of things things that would be a violation of our policy,” YouTube CEO Susan Wojcicki said during a recent appearance on CNN’s “Reliable Sources.”

“Anything that would go against World Health Organization recommendations would be a violation of our policy.”

The WHO has been widely criticized for promoting talking points from the Chinese Communist Party (CCP) about the CCP virus, commonly known as the novel coronavirus, which emerged in China in 2019.

The WHO has also faced criticism for recommending against travel restrictions to try to curb the spread of the virus, ignoring warnings from Taiwan about the transmissibility of the virus, and changing a number of statements over time.

Wojcicki said the speed of the COVID-19 pandemic has led to YouTube making “numerous policy changes, all within a short period of time, to make sure that we stayed abreast of the changes.”

YouTube has removed videos discussing the theory that 5G causes CCP virus symptoms and some posted by Brazilian President Jair Bolsonaro’s channel touting hydroxychloroquine, an anti-malarial drug that’s being prescribed by doctors in multiple countries to treat COVID-19.

Neil Mohan, the company’s chief product officer, told Axios that YouTube is aggressively enforcing policies against so-called misinformation and has removed thousands of videos about COVID-19 that have come from China. Lawmakers, journalists, and others are all held to the same standard, according to the policies.

Asked about someone posting a video advising people try a medicine that hasn’t been approved by the Food and Drug Administration (FDA) for treating COVID-19, Mohan said the example “gets at the challenge.”

“It’s a balancing act. ... We are not medical experts ourselves,” he said.

YouTube has received criticism from several U.S. lawmakers for its content removal policies. Sen. Ted Cruz (R) said on April 22 the policy was “absurd,” adding: “The WHO shamelessly broadcasts Chinese communist propaganda, and now YouTube is saying it will censor anything contrary to the WHO. The CCP shouldn’t be running Silicon Valley.”

YouTube isn’t the only technology company aggressively removing content. Facebook is also removing pages, including pages for organizing protests against harsh quarantine measures.



Susan Wojcicki, CEO of YouTube, speaks at the Atlantic Festival in Washington on Sept. 25, 2019.

Trump Sent 'Important Warning' to Iran, Say Pentagon Officials

CONTINUED FROM A1

retain the right of self-defense. The president is describing and responding to poor behavior of the Iranians.”

Gen. John E. Hyten, the deputy chairman of the Joint Chiefs of Staff, denied that the word “harass” was hard to interpret in terms of thresholds for military engagement.

“The president made a clear statement,” Hyten told reporters. “I think the Iranians understand that. I think the American people understand that. We as the military have to apply that clear direction from the commander in chief into lawful orders that we execute. And we know what that means. We have no doubt what that means.”

The president’s warning follows an incident last week in which 11 Iranian boats were filmed buzzing six U.S. Navy ships in the Persian Gulf, coming as close as 10 yards in an hour-long encounter.

Asked if such an incident would now trigger a lethal response following Trump’s tweet, Hyten refused to make a general pronouncement.

“I would have to be the captain of the ship to make that decision—it depends on the situation and what the captain sees. You can’t let a fast boat get into a position where they can threaten your ship,” he said.

“We don’t talk about rules of engagement in public, but they are based on the inherent right of self-defense, they are based on hostile action, hostile intent. That’s all we need in order to take the right action.

“I like that the president



Iranian Revolutionary Guard vessels sail close to U.S. military ships in the Persian Gulf near Kuwait on April 15, 2020.



Iranian Islamic Revolutionary Guard Corps Navy (IRGCN) vessels dangerously close to U.S. military ships in the North Arabian Gulf as U.S. forces conduct joint interoperability operations in support of maritime security on April 15, 2020.

The president made a clear statement. I think the Iranians understand that.

Gen. John E. Hyten, deputy chairman of the United States Department of Defense Joint Chiefs of Staff

warned an adversary; that’s what he’s doing.”

On April 21, the Iranian military claimed to have added new longer-range anti-ship missiles to its arsenal, and on April 22 said it successfully launched its first military satellite after several failed attempts.

The developments come following several months of heightened military tensions between the two countries.

On April 15, the U.S. Navy revealed footage and images of 11 Iranian vessels coming “dangerously close” to six U.S. vessels.

According to the Navy statement, the Iranian navy ships were “repeatedly crossing their bows and sterns while they were conducting integration operations with U.S. Army Apache attack helicopters to support maritime security outside of Iran’s territorial waters.”

“The IRGCN vessels repeatedly crossed the bows and sterns of the U.S. vessels at extremely close range

and high speeds, including multiple crossings of the Puller with a 50-yard closest point of approach and within 10 yards of Maui’s bow.”

Following the president’s message on April 21, the State Department published a statement describing Iran’s “history of naval provocations” in recent years.

“Iran has long used its naval forces to terrorize the international maritime community,” said the statement, which outlined a pattern of Iran using naval harassment as leverage for sanctions relief.

“In 2015, during negotiations of the Iran Deal and after its adoption, the U.S. Navy recorded 22 incidents of unsafe and unprofessional conduct by the IRGC Navy (IRGCN), many that risked collision. An additional 36 incidents of unsafe and unprofessional conduct were recorded in 2016.”

Those incidents of naval harassment “sharply dropped” after October 2017 when Trump “made clear the United States would not tolerate

the status quo from Iran, nor appease their provocations.”

That lull in incidents continued even after the United States withdrew from the Iran nuclear deal.

Then, in May 2019, according to the State Department, Iran “began a panicked campaign of aggression to extort the world into granting it sanctions relief,” targeting ships across the world.

“In response to the elevated risk posed to commercial vessels transiting the Strait of Hormuz, the United States spearheaded the creation of the International Maritime Security Construct (IMSC), a coalition of eight European, Middle Eastern, and Asian nations,” the statement reads. “Since the IMSC was stood up in August 2019, Iranian mine attacks have ceased.

“President Trump will not tolerate or appease Iran’s foreign policy of violence and intimidation. Iran must act like every other normal nation, not a nation that sponsors piracy and terror.”



Health workers prepare to bury the remains of Nigerias Chief of Staff (COS), Abba Kyari, who died of the CCP virus at the Gudu Cemetery in Abuja, Nigeria, on April 18, 2020.

Nigerian Lawyers Are Latest to Sue Chinese Regime Over Spread of CCP Virus

CONTINUED FROM A1

tor-general of the Nigerian Institute of Advanced Legal Studies, is championing the lawsuit through his law firm Azinge and Azinge.

Nigeria, a former British colony, is part of the Commonwealth.

The CCP virus, commonly known as the novel coronavirus, originated from the central Chinese city of Wuhan. The virus has since spread to over 200 countries and territories, causing more than 56,000 deaths in the United States alone.

Nigeria

To date, there are at least 1,273 confirmed cases of the virus in Nigeria, with 40 deaths in connection with COVID-19, the disease caused by the virus, according to data collected by Johns Hopkins University.

The lawyers have concluded legal procedures for the class action against Beijing, according to the Daily Post.

“The team of legal experts planned a two-phase line of action: first is with the federal high court of Nigeria and secondly to persuade the government of Federal Republic of Nigeria to institute a state action against the People’s Republic of China at the International Court of Justice at the Hague,” the statement says.

Nigeria, a member of the Orga-

nization of the Petroleum Exporting Countries (OPEC), is one of the world’s biggest oil exporters. The recent tumble in oil prices amid the global pandemic has hurt its economy.

“Nigeria’s economy is being threatened by the twin shocks of the COVID-19 pandemic and the associated sharp fall in international oil prices,” Kristalina Georgieva, managing director of the International Monetary Fund (IMF), said in a statement published on April 7.

The IMF has projected that Nigeria’s GDP this year would shrink by 3.4 percent.

The CCP virus has also devastated Nigeria’s aviation industry. According to an April 2 press release by the International Air Transport Association (IATA), there were 3.5 million fewer passengers on Nigerian airlines compared to last year, resulting in a revenue loss of \$760 million, risking 91,380 jobs and \$650 million in contribution to the local economy.

Post-pandemic, Nigeria has applied for more than \$7 billion in emergency funds from international lenders, including the IMF, World Bank, and the African Development Bank.

On March 30, Nigeria President Muhammadu Buhari placed three states, Lagos, Ogun, and the

Federal Capital Territory, under lockdown to prevent the spread of the virus. Since then, local media have reported people crying out for food because they don’t have enough income.

Other Lawsuits

In the United States, attorney generals in Missouri and Mississippi have filed lawsuits against the Chinese regime over its coverup of the virus, while U.S. law firms have begun several class-action lawsuits.

The Chinese regime initially concealed the virus outbreak, including by silencing eight doctors who took to Chinese social media to warn people about a new form of pneumonia in late December.

Many U.S. lawmakers have criticized China for the lack of transparency about the virus outbreak, with some proposing legislation to hold Beijing accountable for the spread of the virus, including the elimination of a legal protection under the Foreign Sovereign Immunities Act (FSIA) that insulates countries from being sued in the United States.

In Italy, local nonprofit ONEurope Onlus, an advocacy group that helps integrate foreigners and immigrants into a new country, is behind a local class-action lawsuit that seeks to take Beijing to local and international courts, seeking compensation for damage caused by the virus.

Italy is among the hardest-hit by the virus, with almost 27,000 deaths and more than 199,000 infections.

Also in Italy, local consumers’ association Codacons is currently working with U.S. law firm Kenneth B. Moll to evaluate a possible class action against China, according to an April 23 statement.

Hotel de la Poste, a ski resort hotel in the Dolomites mountain range in northeastern Italy, recently presented a legal complaint to a local court, seeking compensation from China’s Ministry of Health for its loss of business, according to local newspaper Il Sole 24 Ore.

In early April, Arab News reported that Egyptian lawyer Mohamed Talaat was filing a lawsuit against the Chinese embassy in Cairo, demanding \$10 trillion in damages caused by the virus in Egypt.

Taiwan Pushes WHO Participation in Rare Ministerial Call With US

In a rare teleconference between health ministers, Taiwan has thanked the United States for its support in pushing for the island’s participation in the World Health Organization (WHO) amid the CCP virus pandemic and despite China’s objections.

In turn, the United States thanked Taiwan for sharing its medical best practices. Taiwan has limited the CCP (Chinese Communist Party) virus outbreak to just 429 confirmed cases and six deaths.

Taiwan’s lack of membership at the WHO, due to China’s objections which considers the island merely one of its provinces, has infuriated Taipei, which says its exclusion has created a glaring gap in the global fight against CCP virus.

In a teleconference late on April 27, Taiwan Health Minister Chen Shih-chung thanked U.S. Secretary of Health and Human Services Alex Azar “for the strong support extended by the United States for Taiwan’s participation in the WHO,” Taiwan’s Health Ministry said in a statement.

“Minister Chen told Secretary Azar that he hopes the U.S. will continue to support for Taiwan’s full participation in the World Health Assembly as observer and WHO meetings, mechanisms, and activities,” the statement added.

The World Health Assembly is the WHO’s decision-making body.

Taiwan attended it as an observer from 2009-2016 when Taipei-Beijing relations warmed, but China blocked further participation after the election of Taiwan President Tsai Ing-wen, who China views as a separatist, charges she rejects.

Taiwan’s Health Ministry said that Azar reaffirmed “the continued and concrete support from the U.S. of expanding Taiwan’s participation in the WHO and global health arena.”

The WHO and China both say Taiwan has been given the access to and information it needs from the body during the pandemic, but Taiwan says that has been limited.



U.S. Health Secretary Alex Azar talks to a reporter at the White House in Washington on March 4, 2020.

Azar, in a tweet, said he had thanked Chen for Taiwan’s “efforts to share their best practices and resources with the U.S.” “Now, more than ever, global health partnership is crucial and I appreciate Taiwan’s contributions.”

Direct, public interactions between ministerial-level officials from Taiwan and the United States are unusual as the two do not have official diplomatic ties.

The United States, like most countries, only has formal relations with Beijing, though it is Taiwan’s strongest backer on the international stage.

Earlier this month Taiwan and the United States discussed how to get “closer coordination” between the island and the WHO during the CCP virus outbreak, drawing a rebuke from China for “political manipulation” of the epidemic.

U.S. President Donald Trump signed a new law last month requiring increased support for Taiwan’s international role. China threatened unspecified retaliation in response.

Taiwan has been far more successful than many of its neighbors keeping the CCP virus in check thanks to early and stringent steps to control its spread.

By Ben Blanchard. Epoch Times staff contributed to this report.

From Reuters

Pandemic Should Shake Up Wall Street’s Partnership With China, Experts Say

CATHY HE

Growing distrust of the Chinese regime over how it handled the virus outbreak should prompt Wall Street to rethink its dealings with China, says hedge fund manager Kyle Bass. Beijing’s cover-up of the epidemic in China, underreporting of infection and death toll figures, and disinformation campaign aimed at deflecting blame for the pandemic have sparked anger across all levels of society. Ordinary Americans are starting to understand that the “Chinese government is not trustworthy, they’re not our friends, and one could deem them to be our mortal enemy,” Bass, founder of Dallas-based Hayman Capital Management, recently told The Epoch Times’ “American Thought Leaders” program. And soon, Wall Street’s relationship “is going to have to change. And I think it’s happening now,” he said.

Financial Decoupling?

As the pandemic continues to exact mammoth human and economic costs worldwide, a growing number of countries and regions are reevaluating their ties with the communist regime. Meanwhile, the disruption to global supply chains has forced companies to consider reducing its dependence on China as a manufacturing base, accelerating the process of “decoupling” from China. With the CCP virus causing particular devastation across northeastern U.S. states—with New York and New Jersey ranking as the two worst-hit regions in America—residents, institutions, and governments in those regions should be attuned to the fact that the virus’s global spread stemmed from the regime’s cover-up of the outbreak, said U.S.-based China commentator Heng He. “Had the Chinese Communist Party not lied, and rather truthfully reported the outbreak situation ... then perhaps it could have been contained within China,” Heng told NTD, an affiliate of The Epoch Times. However, it remains to be seen if U.S. financial institutions will start disengaging with the regime as a result of the crisis. “Wall Street has always been really cooperative with China, fueling the Chinese economy,” Frank Xie, an associate professor in the School of Business Administration at the University of South Carolina, told The Epoch Times. Xie said that recent moves by Beijing to open up its financial sector amid heightened U.S.-China trade tensions since the 2018 trade war meant that Wall Street was unlikely to leave China anytime soon. Morgan Stanley and Goldman Sachs in March became the latest foreign banks to receive Chinese regulatory approvals to take majority stakes in their Chinese securities joint ventures.

Piece of the Market

Prior to this, even though the regime had not fulfilled its pledge to open up its banking sector upon joining the World Trade Organization (WTO) in 2001, foreign banks “have nonetheless worked hard to grab a piece of the Chinese market,” Xie said. He noted that Wall Street banks have helped many Chinese companies list on U.S. stock exchanges. As of Sept. 2019, there were 172 Chinese firms listed on major U.S. exchanges with a market capitalization of more than \$1 trillion, according to the United States-China Economic and Security Review Commission. At the same time, some Western firms have hired relatives of Chinese officials in an effort to win business in the country, the professor noted. JPMorgan Chase in 2016 agreed to pay \$264 million in fines after hiring family and friends of high-level Chinese officials to gain access to banking deals—a practice that violated U.S. bribery laws. Credit Suisse and Deutsche Bank also paid large fines to U.S. regulators for similar practices. Instances of fraudulent accounting at Chinese firms, with U.S.-listed Luckin Coffee being the latest high-profile scandal, has not deterred in-



The front of the New York Stock Exchange in New York City on Aug. 18, 2011.

vestment firms either, Xie said. “I think they know a lot of [Chinese] companies are fraudulent, that a lot of companies are not abiding by financial rules, reporting rules, and accounting rules,” he said. “But unless there are companies like Muddy Waters that reveal their wrongdoings, they’ll continue to invest.” In early April, shares in Luckin Coffee collapsed after the Chinese beverage brand said an internal investigation found that its chief operating officer had falsified 2019 sales by about US\$310 million. In January, short seller Muddy Waters Research said it would bet against the stock, based on a report that the company was committing fraud. Chinese video streaming site iQiyi was also recently accused by activist financial research firm Wolfpack Research of overstating its revenue in 2019 by US\$1.1 billion to US\$1.9 billion.

Blinded

Bass blasted U.S. financial firms and companies for ignoring China’s human rights abuses in pursuit of the Chinese market. “Can you imagine if you explain to someone that you’re doing business with a regime that has more than a million prisoners of conscience locked up and is executing live organ harvesting on this population of political prisoners on a daily basis?” he said, referring to the regime’s state-sanctioned practice of killing prisoners of conscience, mainly Falun Gong practitioners, for their organs to sell on the transplant market. “And yet people like Blackstone can’t wait to invest another dollar in China,” Bass continued. “You know why? Because they just let money blind them ... to the blatant human rights abuses of maybe one of the most tyrannical regimes that’s ever lived. It’s crazy.”

US Action

The first step towards remedying this situation would be to make Chinese companies listed on U.S. stock exchanges open their audit books to U.S. regulators, Bass said. Currently, the regime blocks the SEC (Securities and Exchange Commission) or U.S. regulators to examine audit work papers of Chinese companies, saying they contain “state secrets.” “Any company that wants to list in the United States—forget about if it’s

just from China or from anywhere else in the world—you have to adhere to real audits just like U.S. companies do, you have to adhere to the same standards as U.S.-listed companies,” he said. “Let’s just level the playing field—that’s not being punitive.” Last June, a bipartisan group of lawmakers introduced bills to the Senate and House to force U.S.-listed Chinese and other foreign companies to comply with American financial disclosure regulations, or else face de-listing. U.S. public pension funds have also come under intensifying scrutiny over its investments into Chinese companies, including those that support the regime’s military, espionage, and human rights abuses. A group of lawmakers is reportedly campaigning the Trump administration to bar the Federal Retirement Thrift Investment Board, the main pension fund for federal government employees, from moving to track an index run by MSCI that includes China-based stocks under scrutiny in Washington. In recent years, global stock index providers such as MSCI and FTSE have added Chinese stocks to their global and emerging markets indices, allowing billions of dollars of U.S. investment to flow into Chinese equities. Among the companies included in the MSCI index is Chinese surveillance equipment manufacturer Hangzhou Hikvision Digital Technology, which was placed on a U.S. trade blacklist last year because its technology was being used for repression of Uyghur Muslims in China’s western Xinjiang region. The index also includes Hong Kong-listed AviChina Industry & Technology Ltd., the listing company for Chinese state-owned firm Aviation Industry Corporation of China (AVIC). AVIC and its subsidiaries develop aircrafts and weapons systems for the Chinese military. “It is absolutely crazy for our military and federal employees to be indirectly contributing to China’s military operations—and what’s worse is that nearly all of these people are completely unaware of this situation,” Rep. Mike Waltz (R-Fla.) said in an April 24 statement.

Jan Jekielek contributed to this report.



A group of demonstrators dress as Falun-gong practitioners being detained in China’s labor camps during a march in Taipei, Taiwan, on April 23, 2006.

Ukraine Police Raid Clinic Allegedly Selling Babies to Chinese ‘Single Men of Certain Orientation’

ISABEL VAN BRUGEN

The National Police of Ukraine last week raided a private reproductive clinic in Kiev that has allegedly been “selling newborns” to China for “a long time,” according to a government official. The deputy head of Ukraine’s Ministry of Internal Affairs, Anton Herashchenko, published details of the raid in a Facebook post on Sunday, saying that police “stopped the criminal activity of an international, transnational group” that is now charged with human trafficking. Herashchenko described the criminal operation—which was allegedly led by the head of the clinic, her son, two Ukrainians, and three Chinese nationals—as “a supermarket for the sale of newborns.” Members of the criminal group found women in Ukraine to register “fictitious marriages with foreigners and participate in surrogacy programs” in order to facilitate the trafficking of the newborns abroad, Herashchenko said. “For a monetary reward, the criminals provided services to solve organizational and legal issues related to the processes of fertilization, childbirth, paperwork, and legalization of the export of children outside Ukraine,” he wrote. “In other words, they sold children born to Ukrainian women to China for money.” Newborns were sold for a price of roughly \$50,000, which covered the cost of artificial insemination, organization of sham marriages, as well as legal support, according to the official. After the birth of the children, birth certificates were allegedly reissued to the names of the “buyers” and their fictitious wives—the surrogate mothers. The National Police of Ukraine said in a statement on Facebook that law enforcement officers stopped the “illegal activities” of a group “engaged in the sale of babies abroad.” “For a long time, abusers, under the guise of surrogate motherhood and through fictitious marriages with foreigners, transported newborn children not only throughout Ukraine but also to other countries.” According to Herashchenko, the majority of the group’s clients were “Chinese citizens—single men of a certain orientation.” An investigation is underway into at least 140 Chinese citizens suspected of involvement in the purchasing of newborns in Ukraine, he said. He added that it is not yet clear how many babies born in Ukraine have been smuggled out of the country. “The police will make every effort to prevent this from happening again,” Herashchenko wrote. The National Police of Ukraine reportedly conducted 11 raids in total, including at the homes of the suspects, their offices, clinic, as well as searches of their cars. Investigators found five newborns aged 2 to 6 weeks in private apartments across Kiev, which they believe were about to be trafficked, and took them to children’s hospitals. Herashchenko said that surrogacy is not regulated in Ukraine, and is not expressly prohibited by law. If found guilty of human trafficking, the group will face up to 12 years in prison, he added.

OPINION

SAM YEH/AFP VIA GETTY IMAGES



Children wearing protective masks leave their elementary school in New Taipei City, Taiwan, on March 3, 2020.

Taiwan Shows the Way Forward

The world could learn from the country close to China that avoided the pandemic

JAMES GORRIE



As people in the West begin to resist the draconian lockdowns, there's significant evidence that they're correct in their protests. Fortunately, it looks like several governors and President Donald Trump agree with them.

So does Taiwan.

Taiwan's Model Works

Taiwan has proven that mass lockdowns aren't necessary to minimize or even eliminate infections.

Even though it's in close proximity to China and has deep economic ties with the mainland, with more than 2 million travelers there in 2019, the island nation has managed almost complete avoidance of the CCP virus (commonly known as the novel coronavirus) infection.

In fact, Taiwan has been able to avoid an across-the-board lockdown, and hasn't had a new case in more than a month. Many schools, offices, restaurants, and cafes have remained open.

This astonishing achievement should have been big news months ago, and even now, but it's not.

Why is that?

Only Six Deaths in a Nation of 23 Million

One would think that the one nation that has had by far the most success protecting its population from this global pandemic—fewer than 400 cases and only six deaths—would be studied and emulated by the rest of the world with great urgency.

They obviously knew what to do right away.

But Taiwan is scarcely mentioned in news reports, and if it is, usually only in passing or referenced with other nations. To be fair, NPR and a few others have reported on it, but that country's success could be the key to stopping the pandemic without stopping our economy.

You may recall, however, that I wrote about Taiwan's protocols in this column more than a month ago, on March 16. I

didn't cover every step the Taiwanese government took, of course, because, according to a recent report in the Journal of the American Medical Association, they implemented more than 124 of them.

But there are some key steps to take that are straightforward and effective. I wrote that those "Taiwan protocols" are, for the most part, simple and easily emulated.

Early Testing of Wuhan Travelers

One of the first steps Taipei took after Beijing told the World Health Organization (WHO) that it was seeing pneumonia cases of unknown origins, was to order inspections of people arriving from Wuhan. That was on Dec. 31, 2019.

Taiwan knew from long experience that the Chinese Communist Party (CCP) lies about and distorts any facts that put it in a negative light, and that it was lying to its people and the world about the outbreak. That's why Taiwan's Centers for Disease Control and Prevention (CDC) warned WHO in a December email about the human-to-human transmission of the virus. But WHO ignored the Taiwan CDC's warning and mouthed the CCP's official story of lies instead.

=====

The key point is that Taipei did not accept Beijing's lies as the truth, nor did they believe the WHO's lies. Taiwan knew better, and we should, too.

Then, a travel ban to and from China was put in place in early February. Like Trump, Taiwan was condemned by the WHO for doing so.

Furthermore, those returning from China were quarantined for 14 days. Taipei used tracking technology on smartphones to ensure that people obeyed their quarantine orders. That, of course, isn't something that would be very popular in Western nations, but it did help.

Just as importantly, contacts of those quarantined were also tracked and quarantined if they became symptomatic. Those quarantined were paid around \$30 per day.

SAM YEH/AFP VIA GETTY IMAGES



A masked local resident (2nd L) has her temperature checked as people line up to buy masks from vending machines at the Xinyi District Health Center in Taipei, Taiwan, on April 14, 2020.

Quick Response Mask Production Plan

At the same time, Taiwan ceased all exportation of medical masks. They were criticized at the time for doing so, but that helped provide a much-needed supply on hand for all citizens. Taiwan's authorities also added 60 production lines, which took less than a month to set up.

Since then, masks have been and remain mandatory and plentiful for everyone. In fact, today, Taiwan is providing millions of masks and medical supplies to the hardest-hit countries in Europe and elsewhere in its global "Taiwan Can Help" initiative.

Checking for Fevers Everywhere

Additionally, every person entering a café, office, or other public place had their temperature taken. If a fever was detected, they were denied entry. And everyone's hands were sanitized at entry points prior to being allowed entry to a shop or café.

Think about that for a moment. Taiwan has beaten the pandemic with a minimal disruption of its society and an enviably low death rate. All this was accomplished with minimal lockdowns, no lost school year, fewer closed businesses, less damage to their economy, and only minimal trespass on civil rights.

And yet, Taiwan was one of the first nations to be exposed to the CCP virus outside of China.

What does that mean for the West's economically disastrous lockdown and now, its reopening?

We Can Do Better

It means that we can do much, much better than we are now. We don't need manufactured masks, we can make them ourselves. We can self-quarantine ourselves if needed; we've been doing so for more than a month. We can take temperatures and sanitize hands just as well as anybody else.

What's more, we don't have to have tests to end the lockdown or to preserve our way of life. Taiwan certainly didn't rely on testing to protect their people and its economy.

What we must do is initiate Taiwan's protocols across the country as soon as possible. That goes beyond masks for everyone, even though that's critical. It also includes checking for fevers, sanitizing hands everywhere several times a day, and quarantining those who are symptomatic for 14 days. In the meantime, reopen businesses, especially those in low-rise buildings that don't have multiple stories and elevators.

Additional sanitizing procedures would also likely be needed to ensure that premises are and remain disinfected. In fact, that may become a growth industry in itself. Remote workers may have to remain remote for another few weeks, but on the whole, there's no reason that we can't follow Taiwan's example and get our economy moving forward again within a couple of weeks.

Don't Believe the CCP's Lies

The key point is that Taipei did not accept Beijing's lies as the truth, nor did they believe the WHO's lies. Taiwan knew better, and we should, too.

Taiwan took the right steps to protect its people regardless of outside criticism. Because it provided for its own safety first, Taiwan is now showing the world the way forward, and helping it get there.

The Wests' reopening needs to happen as soon and as safely as possible. We should follow Taiwan's lead.

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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

Desecrating the Arts

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

Chapter Eleven

1. Art: A Gift From the Divine

Human civilization has produced
countless books on what constitutes true
beauty. Theists know that all the won-
ders in the world come from Heaven.
Profound art is an attempt to emulate
and display the beauty of Heaven in the
human world. An artist’s inspiration
comes from the gods.

If artists receive the enlightenment
and blessings from gods, they can be-
come outstanding figures in their fields.

With strong faith and devotion to the
divine, great artists during the Renais-
sance plumbed their ingenuity to create
works in praise of gods. Their righteous
thoughts and benevolent acts received
divine affirmation and blessing. Art-
ists in the mid-Renaissance period,
including Da Vinci, Michelangelo, and
Raphael, grasped techniques that far
exceeded those of their predecessors
and their peers, as if by miracle. Their
works—including paintings, statues, and
architecture—became the timeless clas-
sics of the art world.

For centuries, these works set a noble
example for humanity. By appreciating
these works, not only can the artists of
later generations study pure artistic tech-
nique, but members of the public are also
able to truly feel and see the divine pres-
ence. When these works, the techniques
that created them, and the spirit that in-
fused the artists are all preserved, human
society is able to maintain a connection
with the divine. Then, even as human so-
ciety goes through its period of decadence
and decline, there will be hope for a return
to tradition and a path to salvation.

The same principles prevail in the
sphere of music. As the saying, report-
edly from a German opera house, goes:
“Bach gave us God’s word. Mozart gave
us God’s laughter. Beethoven gave us
God’s fire. God gave us music that we
might pray without words.” For his entire
life, Johann Sebastian Bach considered
the praise and worship of and devotion
to God to be the highest principle in
the creation of his music. On all of his
important musical scores, the letters SDG
can be seen—an abbreviation of “Soli Deo
gloria,” meaning “glory to God alone.”

This is the highest realm an artist can
attain—the materialization of heavenly
objects in the human realm through
revelation from God. The great paintings
and statues, and the most sublime scores
in the early, baroque, and classical
canon, were all the works of religious
believers and represent the pinnacle of
artistic work man can attain.

The three most important elements in
artistic creation are representation, cre-
ation, and communication. All artistic
creations contain a theme, that is, the
message the author seeks to communi-
cate regardless of the art form, whether
poem, painting, statue, photography,
novel, play, dance, or film. The artist
delivers the theme into the hearts of the
reader, listener, or viewer. This process is
the communication—the transmission to
the recipient of the artist’s mind.

To achieve the goal of communication,
artists must possess a superb ability to
imitate and re-present—with the object
of imitation being the world of gods or
of man, or even the underworld. On the
basis of their target of representation,
artists began their creation—a process of
refining the deeper or more essential el-
ements of the object, and the strengthen-
ing of their own expressiveness or ability
to communicate and reach into the heart
of their audience. If the artist possesses a
righteous faith in the divine and in mo-
rality, the divine will endow him with the
inspiration of creation. Such works will
then be divine, pure, and benevolent—
beneficial to both the artist and society.

On the other hand, when the artist
abandons moral standards, negative el-
ements hijack the creative process, with
evil forces exerting influence and using
the artist to depict hideous creations
and grotesqueries from the underworld.
Works of this kind harm their author
and the wider society.

The value of the orthodox, traditional
arts thus becomes clear. Divine culture
and art in the East and the West were
connections woven between the gods
and human civilization, and were meant
to bring them into contact. The ideas
and messages transmitted through this
art are beauty, benevolence, light, and
hope. On the other hand, corrupt arts are
created by those under the control of evil
elements. They drive a wedge between
man and God and drag man closer to evil.

2. Art’s Immense Influence on
Humanity

Great works of art transmit heritage,
disseminate knowledge and wisdom,
and fortify character. They hold exalted
positions in the great civilizations of the
East and West.

The ancient Greek mathematician and
philosopher Pythagoras believed that
the secret of music is in its imitation of
the harmony of the heavenly bodies,
which itself reflects the harmony of the
universe. The Chinese held similar views.
The Chinese classics “Records of the
Grand Historian” and the “Classic of Mu-
sic” both discuss music’s correspondence
with the five elements, and how musical
instruments ought to represent and emu-
late the patterns of heaven and earth.
Only in this way can “music of the grand-
est style” exhibit “the same harmony that
prevails between heaven and earth.” In
ancient Chinese stories, this music is able
to attract the crane and phoenix, and
even summon celestial beings.

Confucius once said, “The Zhou dynas-
ty has before it the two Ages. How rich
in culture! I follow the Zhou.” He ad-
mired how the Zhou emperor ruled with
ritual and music: “The Sage-Emperor
Shun invented a five-stringed musical
instrument, which he called qin, sang to
its tune about the gentle summer breeze
from the south, and lo and behold, his
empire was well-regulated [under the
benign influence of his music].”

The “Music of Prince of Qin Breaking
Up the Enemy’s Front,” composed by
the first emperor of the Tang Dynasty, Li
Shimin, was respected by the surround-
ing ethnic minorities. The “New Book
of Tang” recorded that on the journey to
seek Buddhist scriptures from the West,
monk Xuanzang was told by a king in
one of the principalities, “Your Em-
peror must be a saint, for he composed
Music of Prince of Qin Breaking Up the
Enemy’s Front.”

During the reign of Louis XIV, the
French royal court displayed high
elegance through dance and art. Dance
contains not only the techniques of
movement, but also social etiquette
and norms. Louis XIV inspired Europe
through the art and culture of his court
and was emulated by other courts and
the population at large in Europe.

Not only was Frederick the Great of
Prussia an outstanding king, but he was
also an accomplished musician, compos-
er, and flutist. He ordered the construc-
tion of the Berlin Opera House, person-
ally supervised the opera, and opened it
to a wider set of social classes. To this day,
opera remains an important part of Ger-
man culture. These few examples make
clear the long-lasting influence that
orthodox art can exert on society.

Orthodox art conforms to natural law,
imitates divine wisdom, and brings with
it special energy and effects. It has a ben-
eficial impact on people, both physically
and spiritually. Orthodox artists work
not only at the physical, technical level,
but also, more importantly, at the spiri-
tual level, in their communion with the
theme of the work. Such artists some-
times express a sense of experiencing a
higher force beyond this physical world.
The effect is similar to that of singing an
ode to God—a solemn and divine experi-
ence that transcends human language.

For those who appreciate fine art, it is a
special vehicle for communion with the
divine. Behind art lies the accumulated
wisdom of a people, their creativity, and
inspiration. There are often profound

meanings that go far beyond what is
seen on the surface. Some works trans-
mit a special kind of spiritual energy. All
of this has an effect on viewers at a deep,
spiritual level. The effect is singular and
irreplaceable by any other means.

A good artist can influence the moral-
ity of society by instilling values into
people’s hearts through touching stories
and images. Even those without deep
learning or education can gain insight,
inspiration, and the moral lessons that
traditional art conveys. In traditional so-
cieties, consider how many learned right
from wrong, good from evil, through the
medium of folk tales such as “The Little
Mermaid” and “Snow White.” How many
Chinese learned from the four master-
piece novels of Chinese history and from
the traditional arts of storytelling and
drama? Such works display heavenly
principles to man, allow man to feel
divine greatness, and make him yearn to
assimilate to heavenly principles.

Degenerate values also exert an invis-
ible influence through art. Professor
Robert McKee wrote in his book “Story”:
“Every effective story sends a charged
idea out to us, in effect compelling the
idea into us, so that we must believe. In
fact, the persuasive power of a story is
so great that we may believe its meaning
even if we find it morally repellent.”

In both positive and negative terms,
art can have a tremendous impact on
human morality, thought, and behavior.
This is no exaggeration. Modern society
bears many examples for study.

“The Mozart effect,” for instance, has
attracted worldwide attention. The
scientific community has conducted
a number of studies on the positive
influence of Mozart’s music on people
and animals. In 2016, a more in-depth
study of the Mozart effect found that
Mozart’s music has a positive effect on
human cognitive function and behavior.
Surprisingly, playing Mozart’s music in
reverse has a completely opposite effect.
Arnold Schoenberg’s modern atonal
music has a similar effect as playing
Mozart backward—demonstrating its
damaging character.

Compared with atonal music, rock
music has an even more negative effect.
A researcher compiled data from two
similar cities: The city in which the radio
and television broadcast a large number
of rock songs saw 50 percent more cases
of pregnancy out of wedlock, dropouts,
youth deaths, crimes, and so on. Some
rock music even makes suicide seem
reasonable. “Its dark rhythms and de-
pressing lyrics certainly can be taken as
an encouragement for suicide, and it is an
irrefutable fact that young people have
snuffed out their lives while listening to it
repeatedly.” It is not uncommon for teens
who commit suicide to do as described in
the rock lyrics, and numerous rock musi-
cians have descended into depression,
drug abuse, and suicide themselves.

Another well-known negative example
is the nationalist Nazi movie “Triumph
of the Will.” Despite the director, Leni
Riefenstahl, arguing that she had created
a documentary, the propaganda movie
exhibited superb artistic mastery. The
grand scenes and displays of strength
made audiences resonate with the
energy and power behind it. A number of
the methods in camerawork and editing
influenced film for decades to come.

Yet the work also became a crucial
piece of propaganda for Hitler and Nazi
Germany, and is known as one of the
most successful propaganda films in his-
tory. The British newspaper The Indepen-
dent wrote in 2003: “‘Triumph of the Will’
seduced many wise men and women,
persuaded them to admire rather than to
despise, and undoubtedly won the Nazis
friends and allies all over the world.”

Understanding the great power of art
can help us better understand the impor-
tance of traditional art and why evil el-
ements want to undermine and sabotage
human art and cause it to degenerate.

See next edition for the next installment.

British Labour Party Elects ‘Moderate’ Starmer as Leader—A Fabian Socialist

TREVOR LOUDON



Western politics has been pushed so far to the left that small “c” communists, such as former U.S. presidential candidate Bernie Sanders and former British Labour Party leader Jeremy Corbyn, are often labeled “socialists” or even “democratic socialists.”

Some slightly less obvious socialists, such as Democratic presidential contender Joe Biden, are somehow labeled “moderates.”

A case in point is new British Labour Party leader Keir Starmer, who is being sold as a “soft-left” sensible moderate—just what is needed to bring Labour back to the middle after the far-left adventurism of his predecessor, the ultra-left Corbyn. The truth is far different.

Starmer’s replacement of Corbyn wasn’t a victory for moderate Labour principles over socialism. It was a victory for Starmer’s slower and more insidious “Fabian” form of socialism over the more open (and completely unelectable) Corbyn brand of Marxism.

Starmer is a longtime member of the legendary Fabian Society. He serves on the society’s executive committee alongside Anneliese Dodds, who also serves in Starmer’s cabinet-in-waiting—as shadow chancellor of the Exchequer. In addition to Dodds, all the top positions in Starmer’s shadow cabinet went to Fabian com-

SIMON HARRIOTT/CC BY 2.0



DAN KITWOOD/GETTY IMAGES

▲ Labour leader Jeremy Corbyn (L) and Keir Starmer, shadow secretary of state for exiting the EU, look on prior to delivering a Brexit speech at the Harlow Hotel in Harlow, England, on Nov. 5, 2019.

◀ Fabian Society plaque in London.

rades: Angela Rayner, deputy leader and chair of the Labour Party; Lisa Nandy, shadow foreign secretary; Nick Thomas-Symonds, shadow home secretary; and Rachel Reeves, shadow chancellor of the Duchy of Lancaster.

Ed Miliband, a former Labour leader and now Starmer’s shadow secretary of state for business, energy, and industrial strategy, also has a long history of Fabian Society affiliation.

Nandy also stood for the Labour Party leadership against Starmer and Rebecca Long-Bailey from the Corbyn faction. One Fabian or another was almost certain to win.

While many students of socialist history know something of the Fabian Society’s early history, few realize it’s still an influential force in British, even global, politics.

According to the society’s website, the Fabians derive their name from the “Roman general Quintus Fabius, known as Cunctator from his strategy of delaying his attacks on the invading Carthaginians until the right moment.”

The first Fabian pamphlet carried the note:

“For the right moment you must wait, as Fabius did most patiently, when warring against Hannibal, though many censured his delays; but when the time comes, you must strike hard, as Fabius did, or your waiting will be in vain, and fruitless.”

The Fabian Society began in 1884 and soon attracted some of the most prominent leftist thinkers and activists of the era to its ranks.

“The 1880s saw an upsurge in socialist activity in Britain and the Fabian Society was at the heart of much of it. Against the backdrop of the Match Girls’ strike and the 1889 London Dock strike, the landmark Fabian Essays was published, containing essays by George Bernard Shaw, Graham Wallis, Sidney Webb, Sydney Olivier and Annie Besant. All the contributors were united by their rejection of violent upheaval as a method of change, preferring to use the power of local government and trade unionism to transform society.”

Fabians would go on to found the London School of Economics to educate future leaders and the New Statesman magazine as a “respectable” transmission belt for socialist ideas.

The Fabians helped found the Labour Party in 1900 and have maintained their affiliation for 120 years.

As the Society website describes:

“In 1923, over twenty Fabians were elected to Parliament, with five Fabians in [Prime Minister] Ramsay MacDonald’s cabinet. Future prime minister and Fabian Clement Attlee received his first ministerial post at this time. ... 229 Fabian Society members were elected to Parliament in the 1945 Labour landslide, with many of them ministers in the Attlee administration.”

The pattern has continued into modern times: “After Tony Blair’s landslide victory in 1997, over 200 Fabians sat in the House of Commons, including many of the cabinet.”

It’s believed that every British La-

bour prime minister, including Harold Wilson, Neil Kinnock, Tony Blair, and Gordon Brown, have been Fabian Society members.

The Fabians can claim rightful credit for almost all of the extensive British welfare state measures enacted in the 20th century. These policies didn’t just do huge damage to Britain. They were unfortunately emulated across much of the English-speaking world.

India’s first prime minister, Jawaharlal Nehru, was heavily influenced by Fabianism and almost wrecked his country’s economy attempting to implement it.

Lee Kuan Yew, the first prime minister of Singapore, was initially strongly influenced politically by the Fabian Society according to his memoirs. However, he later abandoned his socialist views after seeing the results. In 1993, Lee said:

“They [Fabian Socialists] were going to create a just society for the British workers—the beginning of a welfare state, cheap council housing, free medicine and dental treatment, free spectacles, generous unemployment benefits. Of course, for students from the colonies, like Singapore and Malaya, it was a great attraction as the alternative to communism. We did not see until the 1970s that that was the beginning of big problems contributing to the inevitable decline of the British economy.”

Fabian Beatrice Webb’s 1909 Minority Report to the Commission of the Poor Law provided the foundation stone for much of the modern British welfare state. After World War II, the Fabians, working through the Labour Party, ushered in a social revolution in the United Kingdom.

“The Labour manifesto Let Us Face the Future had been written by Fabian Michael Young and many of the pioneering reforms of the 1945 Labour government had been first developed in Fabian essays or pamphlets,” according to the Society website.

The post-World War II Beveridge Report laid the foundations for the National Health Service (socialized medicine) and other government programs that drove taxes through the roof and caused economic stagnation that lasted well into the 1970s. Many of the Beveridge Report’s ideas were drawn from Fabian William Robson’s essay “Social Security.”

Often, Fabianism overlapped with communism. Sidney and Beatrice Webb, for instance, were avid propagandists for Stalin and the Soviet Union. Their famous two-volume report, “Soviet Communism: A New Civilization?” was much quoted in the communist press.

In 1948, their Fabian Society comrade George Bernard Shaw said: “I am a communist, but not a member of the Communist Party. Stalin is a first-rate Fabian. I am one of the founders of Fabianism and as such very friendly to Russia.”

Starmer also has communist ties—but in his case, of the Trotskyist variety.

In 1986–87, Starmer served on the editorial collective of the Marxist journal, “Socialist Alternatives.” One founder of the publication, Benjamin Schoendorff (pen name Harry Curtis), says the group

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were “radical anti-imperialist ecosocialists.”

The publication was directly affiliated to a branch of the Trotskyist communist movement led by Egyptian-born Greek activist Michel Raptis aka Michel Pablo and his Paris-based International Revolutionary Marxist Tendency.

Pablo/Raptis was a major proponent of “entryism.” While leading the international Trotskyist formation the Fourth International (FI), Raptis urged his supporters to increase their minuscule influence through systematically infiltrating larger communist parties or “social democratic” formations.

Left-wing British blogger Andrew Coates, citing Wikipedia, put it this way: “Michel Raptis, is best known for advocating this line, ‘To gain influence, win members and avoid becoming small sectarian cliques just talking to each other, the Trotskyists should—where possible—join, or in Trotskyist terminology enter, the mass Communist or Social Democratic (Labour) parties. This was known as entrism sui generis or long-term entry. It was understood by all that the FI would retain its political identity, and its own press.’”

Raptis wrote several articles for Socialist Alternatives under his own name. Communist Party members from several countries contributed to the magazine—most of them likely Trotskyist infiltra-

tors. One regular contributor, Denis Freney, had rejoined the Communist Party of Australia in 1970, after several years working in the revolutionary government of Algeria with Raptis.

Prominent British journalist Paul Mason is a regular speaker at Fabian Society conferences and a former member of the Trotskyist group Workers’ Power—which also practiced “entryism” inside the Labour Party.

In 2018, Mason created five short films for the Berlin-based Rosa-Luxemburg-Stiftung for their “200 years of Marx jubilee” celebration.

According to the organization’s website:

“Alienation, communism, revolution, exploitation and the future of machines are the topics of Marx theories Mason is exploring for showing how Marx, who Masons [sic] describes as the most influential thinker of the modern world, is still highly relevant.”

Rosa-Luxemburg-Stiftung is a German taxpayer-funded, wholly owned subsidiary of the German political party Die Linke—which is a direct descendant of the former East German Communist Party.

Mason (a Corbyn supporter) agitated alongside Starmer in the 1980s. In January, Mason wrote a New Statesman column to defend his old comrade from charges that he’s not left wing enough:

Starmer’s replacement of Corbyn wasn’t a victory for moderate Labour principles over socialism.

“You can criticise Starmer for many things. But you cannot say he is not left wing. From the miners and print workers’ strikes onwards, even if you leave aside co-editing a Trotskyist front magazine in his 20s, Starmer has been of the humanist and socially-liberal left. As someone who stood in the way of the same mounted police charge as he did, at Wapping in 1986, I can tell you it didn’t feel very centrist at the time.”

Whether Starmer is simply a leading “garden variety” Fabian or a Trotskyist “entryist” inside the Fabian Society, he is and always has been a committed revolutionary.

Starmer is not “soft left” and he’s certainly no moderate. But he could, at some point, be the United Kingdom’s next prime minister.

Trevor Loudon is an author, filmmaker, and public speaker from New Zealand. For more than 30 years, he has researched radical left, Marxist, and terrorist movements and their covert influence on mainstream politics. He is best known for his book “Enemies Within: Communists, Socialists and Progressives in the U.S. Congress,” and his similarly themed documentary film “Enemies Within.” His soon-to-be published book is “White House Reds: Communists, Socialists & Security Risks Running for U.S. President, 2020.”

Perspective on the Pandemic: Relationship Between Prince Albert II of Monaco and the Chinese Regime

LI CHEN

The CCP virus, commonly known as novel coronavirus, is spreading rapidly around the world. On March 19, Prince Albert II of Monaco contracted the virus and became the first head of state to become infected.

The Epoch Times’ editorial “Where Ties With Communist China Are Close, the Coronavirus Follows” reveals the relationship between the virus and the Chinese Communist Party (CCP), pointing out that the virus spread among countries, cities, organizations, and individuals that have close ties to the Chinese regime.

So then what’s the relationship between the monarch of Monaco and the CCP?

Prince Albert II Visited China Ten Times

Prince Albert II, as head of state and chairman of the Monaco Yacht Club, personally presented the Monaco Yacht Club Annual Breakthrough Award to Guo Chuan, who completed the sailing of the “21st Century Maritime Silk Road.”

Together, the Silk Road Economic Belt and the 21st-century Maritime Silk Road are commonly known as the Belt and Road Initiative (BRI, also known as One Belt, One Road).

Although the Chinese regime has repeatedly claimed that the BRI is a purely economic project, government officials and think tanks have criticized the initiative for being Beijing’s means of expanding influence while placing developing countries under heavy debt. For example, The New York Times previously reported about a BRI project between China and Pakistan that involved cooperation in developing military aircraft, navigation systems, radar systems, and shipborne weapons.

The Prince Albert II Foundation, established in June 2006, also maintains “close cooperation” with the China Environmental Protection Foundation to carry out projects such as a field observation station for monitoring algae bloom at Lake Taihu in China.

In September 2018, during his 10th visit to China, Prince Albert II signed a series of cooperative agreements with Beijing.

On March 24, 2019, Chinese leader Xi Jinping visited Monaco and commented that China-Monaco relations are a “role model” of cooperation “between small and large nations.”

Prince Albert II hosted Xi and his wife at his palace and implemented “unprecedented” security measures for him, according to Chinese state



Prince Albert II of Monaco (L) and Chinese leader Xi Jinping review troops upon the arrival of the Chinese President in Monaco on March 24, 2019.

media. At that time, Monaco prohibited all flights within its airspace and water traffic. Yachts were also prohibited from mooring at luxury ports.

Monaco media Hellomonaco reported on this visit under the headline, “Chinese President’s Historic Visit to Monaco.”

According to Chinese state media reports, Prince Albert II stated that Monaco hopes to expand cooperation with the CCP in all aspects.

The Royal Palace of Monaco stated that the nation was seeking to strengthen trade and economic cooperation with the Chinese regime, but didn’t provide final details of the signed agreement.

Before arriving in Monaco, Xi visited Italy, where he and the then-Italian prime minister signed an agreement for Italy to join BRI.

During Xi’s visit to Monaco, The Associated Press and other media outlets expressed their concerns about Monaco’s cooperation with Chinese tech giant Huawei on 5G telecommunications networks.

Monaco Chooses Huawei

On July 9, 2019, after Xi’s visit, Monaco officially became the first country in Europe to be fully covered by 5G with Huawei’s technology as part of its core infrastructure. The United States had tried to warn its European

allies about the national security risks of using Huawei equipment, due to the company’s ties with the Chinese military.

On the same day, Serge Telle, the minister of state of Monaco; Xavier Niel, the French businessman who owns Monaco Telecom; and Guo Ping, deputy chairman of Huawei, attended a public event for the formal announcement of Huawei’s 5G networks in Monaco.

Telle also tested positive for the virus.

What Are the Risks of Huawei?

The Canadian National Post published an opinion article in 2019, whereby the author argued that cooperation with Huawei was tantamount to “surrendering control of the lifelines of our economy and society” to the Chinese regime.

The areas impacted by 5G aren’t just telecommunications, but all areas of human society, the article stated. 5G technology would become the core of finance, health care systems, remote surgery, as well as electricity and water supply. Choosing 5G providers wasn’t only a decision about protecting information security, but also related to the integrity of data and systems that our daily lives depend on, it stated.

Its security issues have been highlighted by U.S. officials.

Secretary of State Mike Pompeo said, “Huawei is an instrument of the Chinese Communist government.” House Speaker Nancy Pelosi (D-Calif.) said that accepting Huawei’s 5G tech would be akin to “choosing autocracy over democracy.”

As early as 2012, Monaco’s main operator, Monaco Telecom, began to cooperate with Huawei.

In February 2019, Monaco Telecom and Huawei signed a memorandum of understanding on 5G cooperation.

Monaco also signed a cooperation agreement with another Chinese tech giant, the mobile payments app Alipay, in June 2017. This was the first time Alipay had signed a strategic cooperation agreement with a sovereign government.

In the editorial “Where Ties With Communist China Are Close, the Coronavirus Follows,” The Epoch Times stated: “Taking history as a mirror, as ancient Chinese scholars did, it is apparent that the coronavirus pandemic is a calamity linked with the CCP and its 70 years of brutal rule. And today, the world is an interconnected community. Any country, community, or organization that keeps too close to the CCP and falls for its deception will taste the bitter fruits of that involvement.”

Perhaps Monaco’s situation serves as an example.

China’s Low-Yield Nukes Are Perfect for ‘Gray Zone’ Provocations

CHRISS STREET

China’s testing of low-yield nuclear weapons is consistent with its strategy to intensify strategic U.S. competition in the “gray zone” just below the threshold of armed conflict.

Low-yield nuclear warheads of less than 5 kilotons (KT) are the perfect weapon to blur the distinction between nuclear and conventional warfare. Fielding such a low collateral damage system would give China the capability to back the United States into a corner, where full-scale thermonuclear war or capitulation would be a U.S. president’s only options.

Nuclear testing allows the Chinese regime to improve its atomic warheads, but it could also lead to a new generation of earth-penetrating “low-yield” nuclear weapons that would “limit collateral damage” from radioactive fallout caused by dirt thrown into the air from a blast.

The 2017 U.S. National Security Strategy warned that the United States was entering a period of intensifying strategic rivalry with China. In addition to traditional adversarial efforts to coerce, acquire influence within, or destabilize key countries and regions, China would expand the spectrum of gray zone competition to psychological warfare, subversion of political systems, and covert paramilitary and information operations.

To respond to gray zone provocations, the RAND Corp. suggests the United States divide its responses into three categories: aggressive actions that the United States should seek to deter; persistent actions it must live with but compete against; and moderate actions in the middle that the United States should actively seek to discourage over time.

Another example of China competing in the gray zone is the Intermediate-Range Nuclear Forces (INF) Treaty that



Military vehicles carrying DF-21D missiles are displayed in a military parade at Tiananmen Square in Beijing on Sept. 3, 2015.

was signed by the United States and Russia in 1987 to eliminate all ground-based missiles with ranges between 310 and 3,420 miles. As a non-signatory, China has legally fielded a huge arsenal, of which 90 percent of land-based anti-access/area denial missiles would violate the treaty.

This arsenal includes the satellite-guided DF-21D “carrier killer” that has a target range of 933 miles and a conventional high-explosive warhead that can sink U.S. warships in the eastern Pacific, and target structures at U.S. bases and those of its allies in Taiwan, Japan, and South Korea.

The United States has been forced to live with “persistent” increases in China’s conventional missiles. The DF-21D and the new D-17 hypersonic missile are now capable of being armed with low-yield nuclear warheads to attack under-

ground bunkers and 500-kiloton nuclear warheads to wipe out a fleet or city.

Consistent with seeking to “deter” the proliferation of such destabilizing weapons, the Trump administration withdrew from the INF Treaty on Aug. 2, 2019, and announced on Feb. 4 the deployment of the W76-2 “low-yield” nuclear warhead on some American ballistic missile submarines. Unlike aircraft carriers that are easy targets for China’s intermediate-range missiles, U.S. submarines can penetrate China’s defenses.

The U.S. State Department has also alleged that China violated the 1984 Biological and Toxin Weapons Convention by developing dual-use civilian and military applications.

The Chinese regime is also taking advantage of the crisis caused by the COVID-19 pandemic. It conducted a series of gray zone provocations, follow-

ing the withdrawal of the USS Theodore Roosevelt aircraft carrier task force from the East China Sea on March 24, and the simultaneous lockdown and quarantine of the USS Ronald Reagan aircraft carrier at its pier in Yokosuka, Japan.

As Beijing continues its illegal effort to claim territorial rights to 80 percent of the South and East China seas, Chinese fighter jets for the first time in more than a decade violated Taiwan airspace by crossing the “median line” of the 110-mile wide Taiwan Strait on March 31.

Ten days later, an attack formation consisting of “several” Chinese J-11 jet fighters, H-6 bombers, KJ-500 command and surveillance aircraft violated Taiwan’s airspace twice.

Without an aircraft carrier in the Eastern Pacific, the Trump administration sought to compete with such a “persistent” threat by increasing EP-3E ARIES II reconnaissance flights and conducting B-52 Stratofortress bomber sorties around Taiwan.

When China sent its Liaoning aircraft carrier near the Japanese islands of Okinawa and Miyako over the weekend, the United States on April 13 sought to “deter” such an aggressive act. The U.S. military conducted an “elephant walk” at Guam’s Andersen Air Force Base by lining up five B-52 Stratofortress strategic bombers; six KC-135 Stratotanker aerial refuelers; an MH-60S Knighthawk helicopter; and two unmanned aerial vehicles: an Air Force RQ-4 Global Hawk and a Navy MQ-4C Triton.

Chriss Street is an expert in macroeconomics, technology, and national security. He has served as CEO of several companies and is an active writer with more than 1,500 publications. He also regularly provides strategy lectures to graduate students at top Southern California universities.

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.

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The Union of Heart and Mind

What can William-Adolphe Bouguereau's "The Rapture of Psyche" tell us about our souls, hearts, and the divine?

See B2



Bread Pudding: From Scraps to Riches

Turn stale, leftover bread into this comfort food classic—for breakfast or dessert.

See B8

LIFE

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PUBLIC DOMAIN



Dante shows us a way beyond hell to purgatory. Allegorical portrait of Dante Alighieri, late 16th century, by an unknown master. National Gallery of Art.

TRADITIONAL CULTURE

Dante and the CCP Virus: What Do We Learn?

Let's take a step from hell to purgatory

JAMES SALE

When we look at the world today, we see a world of trouble, turmoil, and an increasing sense of hysteria and panic threatening to rage out of control. We seem to be victims of forces beyond our control. For the West, the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus, is perhaps a supreme example, though we may

If Dante can accurately depict hell, maybe he can also provide us with hope.

well have cited global warming, catastrophic natural phenomena, or even our own wars that never seem to end. For most, we've never seen or experienced anything like this pandemic. Those who fought in or experienced World War II are mostly dead now, and the Baby Boomer generation is the generation of affluence the likes of which the world had never experienced before—but heck, it

seems as if someone has to pay the piper today! Of course, surely we were expecting this, weren't we? We have had it before, haven't we? Why, the Black Death in the 14th century was a particularly nasty epidemic, sometimes called the Great Plague. It is estimated that it killed well over 30 percent of the European population and that it took over 200 years for the population numbers in Europe to recover.

Furthermore, by another irony, it is reckoned that the Great Plague (from China most likely) entered Europe via the Italian peninsula. Today, of course, it would appear that the CCP virus began its attack on Europe in Italy too. It would have been, perhaps, a small consolation to those who died of the plague to learn that

Continued on B4

REACHING WITHIN: WHAT TRADITIONAL ART OFFERS THE HEART

The Rapturous Union of Heart and Mind

ERIC BESS

Art has an incredible ability to point to what can't be seen so that we may ask "What does this mean for me and for everyone who sees it?" "How has it influenced the past and how might it influence the future?" "What does it suggest about the human experience?" These are some of the questions we explore in our series Reaching Within: What Traditional Art Offers the Heart.

What does it mean to authentically love? The term "love" is often thrown at any object that provides us the slightest pleasure. We love our spouse, our children, our favorite movie and song, and even the latest chicken sandwich. We certainly don't mean the same thing in all cases. Maybe French painter William Bouguereau can offer us insight into what it means to love, with his painting "The Rapture of Psyche."

Let's first take a look at the myth of Cupid and Psyche, thought to be initially recorded by the Hellenistic philosopher Apuleius, who lived in North Africa.

Psyche's Beauty and Venus's Jealousy
The story begins with the introduction of a king and his three daughters. The youngest daughter is named Psyche (Soul). The two older daughters marry princes, but Psyche's beauty is too intimidating for most suitors. People gather to watch the girl whenever she walks through the city and write hymns glorifying her beauty. Some even compare her to the goddess of beauty, Venus.

This comparison angers Venus, and so she calls for her son Cupid (Love) to use his arrows of love to make Psyche fall in love with a hideous beast. Then people will again praise Venus instead of Psyche.

Cupid agrees and first makes himself invisible before he visits the sleeping Psyche. When he touches her heart with his arrow, she suddenly opens her eyes, startling him and causing him to accidentally stick himself with his own arrow. Struck by Psyche's beauty, Cupid gives Psyche an antidote to the curse before returning to heaven.

Venus realizes that Psyche has escaped the curse and decides that she herself will place the curse on Psyche. Venus makes sure that no suitors will come to visit Psyche, so Psyche's family takes her to an oracle that states:

"The princess Psyche shall never wed a mortal. She shall be given to one who waits for her on yonder mountain; he overcomes gods and men."

The Love of Cupid
Psyche agrees to her fate and begs her parents to give her to the one waiting on the mountain so that she may appease Venus. The one waiting is assumed to be a monster. Psyche is indeed taken to the mountain, but there the West Wind carries her to a beautiful, secret valley, with a palace greater than her father's.

There, a voice calls out to her: "All that you see is yours, gentle high princess ... Fear nothing; only command us, for we are here to serve you."

Psyche realizes that her husband may not be a monster, but a beneficent power with the voice of a god. Psyche requests to see her suitor's face but is denied. The voice replies:

"Never doubt me, dearest Psyche ... Perhaps you would fear if you saw me, and love is all I ask. There is a necessity that keeps me hidden now. Only believe."

Cupid Departs
Psyche is content for many days until she begins to miss her family. She asks her husband to see them, and he asks the West Wind to bring some of her family members to see her. When her two sisters arrive, they become envious of the riches Psyche enjoys. Her sisters remind her that she has married a monster and that she should kill him with a dagger as he sleeps at night so that they can all enjoy the riches.

Psyche is horrified, yet she follows her sisters' plan. She takes a dagger and lantern and waits for her husband to fall asleep. When he is asleep, she puts the lantern up to his face, only to see the



"The Rapture of Psyche," 1895, by William-Adolphe Bouguereau. Oil on canvas; 82 1/4 inches by 47 inches. Private Collection.

beauty of a god. She is so overwhelmed with worshipful feelings that she leans in to look closer, dropping oil from her lamp onto Cupid. He awakens and says in grief, "O doubting Psyche," before flying away.

Psyche, filled with sorrow, tries to follow Cupid but is unable to. When she looks around, all of the beauty of her garden and palace has disappeared. She sadly leaves in search of Cupid.

The Search for Love
Psyche is encouraged by Ceres, goddess of the harvest, to go to Venus and request forgiveness. Psyche goes to the temple of Venus, offers a prayer, and Venus—still jealous of Psyche's beauty—produces a series of impossible tasks for her to complete in order to see Cupid again. These tasks include separating heaps of grain, beans, and lentils in one night, obtaining golden locks from a flock of fierce sheep, and obtaining some beauty from Proserpine, the wife of Pluto, god of the underworld.

Psyche receives help to accomplish each of these tasks. Ants help her organize the grain, beans, and lentils. Water nymphs tell her the secrets of obtaining the locks from the sheep, and a voice provides her the secrets of visiting the underworld and returning to earth again.

In her last trial, however, the voice also tells Psyche to not look at the beauty in a box provided by Proserpine lest Psyche lose her life. Unable to avoid the temptation, Psyche does look and is overcome by the spell. She falls into a deep sleep.

Cupid, having recovered from his wounds, comes to Psyche's rescue and

revives her. The god flies to heaven, tells their story, and makes a case to the gods to have Psyche immortalized. Jupiter calms Venus with kind words, and when she remembers that anger hurts her own beauty, she immediately smiles again.

Psyche is taken into the heavens, drinks the nectar of the gods, and becomes divine. She and Cupid are never parted again.

Interpreting the Allegory
For me, the myth of Cupid and Psyche isn't a romantic love story. Instead, it reveals some very interesting aspects of the relationship between the beauty of our minds and the love of our hearts. It is necessary to remember that Psyche represents the human soul, mind, or spirit, and Cupid represents love. Let's take a close look at several aspects of the story.

First, Cupid remains hidden from Psyche. Psyche must trust Cupid despite not knowing who or what he is.

Maybe this is true for our minds as well. It is not that we must know love absolutely; in fact, perhaps we can't know love absolutely. Perhaps, instead, it's just that we need to foster a curiosity about what love is and from whence it comes so that we remain open to it and only then, in time, will it reveal itself to us.

Second, Psyche's beauty causes Cupid to undo the curse Venus placed on Psyche—the curse in which Venus hopes Psyche will fall in love with a hideous beast. Is it that the beauty of our minds has the potential to undo our unhealthy desires? Philosophically, the mind is associated with our ability to reason and be rational, that is, to calculate and measure our

actions. It would seem that our ability to calculate and measure our actions possesses a beauty that can undo the potential desire for the hideous.

Also, the oracle describes Cupid as one who "overcomes gods and men." If Cupid is a representation of love, then it is love that overcomes or has power over gods and men. That is, love is a force so powerful that even the gods are overcome by it and are unable to resist it. Thus is the power of love.

Next, Psyche is rewarded when she accepts her fate and punished when she resists it. Her fate is the union with love. When she resists her fate—when she resists her inevitable union with love—she suffers as a consequence. She suffers when she listens to her sisters and tries to bring death to Cupid, and she suffers when she looks at the beauty in Proserpine's box despite being instructed not to look.

Psyche, however, is helped through her trials when she pursues love. It's not that the trials disappear; it's that she's able to overcome them because supernatural forces are helping her. Is this the power of being "overcome" by love?

Our minds can calculate and measure our actions and undo the potential desire for the hideous. Unfortunately, our minds can also rationalize to an extreme, an extreme in which we excommunicate love from our lives and forget to consider and care for those around us. In the story, the absence of Cupid results in the absence of beauty as well. Love and beauty are cohorts: They mutually share space and time. When love is absent, so is beauty, and then sorrow and sadness prevail.

Finally, Psyche ascends to the heavens and becomes immortal in her union with Cupid. Love saves her from herself and forgives her mistakes, and she is allowed to ascend into the rapture of the immortal heavens because of her pursuit and sacrifice for love. The union between the beauty of the mind and the love of the heart may result in a heavenly rapture that transcends this earth.

Perhaps this is why Plato says: "Therefore I say Love is the most ancient of the gods, the most honored, and the most powerful in helping men gain virtue and blessedness."

Bouguereau and "The Rapture of Psyche"
Bouguereau presented the moment in which Cupid awakens Psyche and takes her into the heavens. This is her ascent to the divine. The two figures are diagonally composed as moving from bottom left to top right of the picture plane, and the flow of the drapery and hair helps reinforce this movement.

The soft yellows and pastel violets provide a complementary contrast that is not jarring but pleasing to the eye. An atmospheric perspective keeps the background elements in the distance so that they play a supporting role to the ascent of the two figures. Everything is organized and composed with a soft but endearing beauty.

What's most interesting to me, however, is the body language of the two figures. Psyche, with her eyes closed and gently smiling, holds onto herself: She embraces her heart and chest as she experiences the rapture of her ascent. Cupid looks to the heavens and holds on to Psyche.

Is it that our minds are close to the divine only when we allow love to carry us to it? Should we, with our minds, embrace our hearts so that our hearts will learn to embrace others? Is it only possible to realize our full potential when we cultivate both our hearts and minds?

Here, I am reminded to caution myself against the hideous and keep love close, to stay focused and surefooted in love despite my hardships, and to trust that the power of love will make me acceptable to the heavens. I am reminded to avoid being too rational or too emotional and let my heart and mind harmonize; I am reminded to let love carry me forth in this journey called life.

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

How to Get Healthy According to 3 Traditions

Western medicine, Chinese medicine, and Qigong offer unique pathways to heal illness

JOCELYN NEO

How often do you fall sick, catch a cold, or come down with a fever? And how do you usually recover from it? Do you just wait it out, or head to a doctor or a pharmacy? Do you seek herbal remedies of Chinese medicine? Or is there an alternative unconventional approach that brings you back to peak health?

Let's have a quick look at three common healing methods available in the world today, including an alternative approach practiced by over 100 million people.

Western Medicine

This is the method we are most familiar with, so no need to explain it in great detail. For most people in our society today, when they fall ill they visit a doctor of Western medicine or a pharmacy for prescribed pills that they take until they recover. These pills generally attack the disease or disease systems directly and largely bypass the body's own disease fighting systems. If you have a fever, the pills will suppress the body's fever response, which is actually an immune response used to burn out pathogens but can become dangerous if the body overheats in the process of fighting the disease. Western medicine has a set of clinical theories and treatment methods that include pills, surgery, injections, radiation therapy, etc.

Western medicine focuses on direct methods like "fix the head when the head hurts" and "fix the foot when the foot aches." For example, radiation therapy might be given to someone undergoing cancer treatment, whilst a fever would require antipyretics. On the other hand, a tumor can be removed via an operation.

Traditional Chinese Medicine

Traditional Chinese medicine (TCM) employs a holistic approach to treating an illness instead of solely relying on medication. It tries to work with the body's existing systems, to strengthen them to fight the disease or it directs the patient in how to remove the root cause of the disease.

In TCM, the human body is viewed as an integrated system, and physicians use the different theories of yin and yang, the Five Elements theory, and the Meridian system

to make a diagnosis. In addition, there is also an emphasis on living in harmony with the environment and the relationship between mind and body. It also focuses on how emotions and environmental factors can affect human health.

Thus, when a doctor of Western medicine deduces that a cold was due to virus infection, a doctor of TCM, on the contrary, would conclude that it was a result of the imbalance of yin and yang caused by blocked energy channels. This may be caused by emotional upheaval, lack of rest, and a poor diet.

"TCM is an advanced medical/healing system that has a very close relationship with Daoism, including a strong focus on prevention and preservation," said Christina Xu of PreserveHealth.com.au, a website that specializes in TCM.

"This is very different from western medicine, which is more focused on curing illness after it develops. Chinese medicine aims to maintain and optimize health and wellbeing and is a preventative form of medicine," she further added.

Dr. Jingduan Yang, an MD who is also an expert in Chinese medicine and acupuncture, agrees. Dr. Yang once mentioned in an interview, which was published in CBS Health Watch in 2000, that if a patient were to seek him out for treatment in Western medicine, he would charge the patient US\$200, whereas he would only charge US\$100 if a patient asks for other traditional medicine.

Citing the reason for the price variation, Dr. Yang said, "The patient will be shouldering half the responsibility for their own wellness by watching their diet and making prescribed changes to their lifestyle in order to heal."

Dr. Yang is also the founder of Yang Institute of Integrative Medicine, Tao Clinic of Acupuncture, and the American Institute of Clinical Acupuncture.

Qigong

Apart from Western and Chinese medicine, there are now many popular yet unconventional ways that people choose to get relief from their ailments, especially when neither of the conventional methods works. One of them is "Qigong," a modern term that most people recognize in regards to slow-moving exercises like Tai Qi. In fact, the term actually means self-



TIM CHOW/SHUTTERSTOCK

Traditional Chinese medicine employs a holistic approach to treating illness instead of solely relying on medication.

The Chinese State Sports Bureau conducted a survey on 12,553 Falun Gong practitioners and found that the illness healing rate was 77.5 percent, while another 20.4 percent said that their overall health had improved.

Falun Gong has five sets of gentle exercises, which includes a sitting meditation, and focuses on the cultivation of truthfulness, compassion, and forbearance.

improvement cultivation practice.

Cultivation practices, especially ancient Chinese practices, were largely rooted in the religions of Buddhism and Daoism. Apart from doing the exercises to keep fit, these practices entail the refinement of mind and spirit. Dr. Yang mentioned that he would charge US\$100 if someone seeks him out for TCM treatment. However, he promised to provide free services for those who want to learn cultivation practice—to be more precise, Falun Gong. The reason?

The TCM expert said it's because in this situation "the patient has assumed complete responsibility for his or her own health and is on the road to wellness." But how exactly does a cultivation practice, like Falun Gong, help a person gain physical wellness?

Falun Gong, also known as Falun Dafa, was introduced to the public in China in 1992. Based on the principles of Truthfulness, Compassion, and Forbearance, this ancient mind-body practice consists of five gentle moving exercises.

At the root of Falun Gong's healing power is its ability to help a person change themselves, to help them change their mental state to be more calm, and exercise self-restraint to refrain from damaging thoughts, feelings, and behaviors. This can allow them to stop holding resentments or resorting to unhealthy comfort foods when they feel anxious. There are deeper aspects as well.

Within five years since its introduction in China, the number of people practicing it skyrocketed to at least 70 million people, according to a state-run survey in China. The reason was its healing power, both spiritual and physical. Today, Falun Gong is practiced by over 100 million people from all over the world.

In September 1998, the Chinese State Sports Bureau conducted a survey on 12,553 Falun Gong practitioners and found that the illness healing rate was 77.5 percent, while another 20.4 percent said that their overall health had improved. In another survey conducted in over five districts in Beijing on 14,199 practitioners, the results showed 80.3 percent of people were in better physical shape after taking up the practice, and 96.5 percent said they saw an improvement in their mental state.

"The medical healing power produced by Falun Gong [the exercises of Falun Dafa] is hard to understand because it belongs to another paradigm," Dr. Yang said, but shared that "the cultivation of mind and spirit that Falun Dafa teaches is consistent with the modern understanding of health."

Milan Freitag, a clinical psychologist, is not a practitioner of Falun Gong; however, he told CBS Health Watch that integrating mind, body, and spirit into healing is becoming a "powerful force."

"There is an emerging realization that it is not all about looking at the liver in isolation," he said. "You have to look at the whole person: exercise, meditation, social support system, and mindful living."

Having done research on the connection between the mind and body, and its relation to health, Freitag, a Ph.D. graduate, gave an example of how one's mind can affect health. "Cumulative stress decreases the activity of the immune system and eventually takes a toll on our health," Freitag said.

Zhi Ping Kolouch, a Falun Gong practitioner who is also an acupuncturist, added on to Freitag's illustration with a simplified example: "If a person is miserable inside their heart, then they will get sick."



BENJAMIN CHASTEEN/THE EPOCH TIMES

PUBLIC DOMAIN



Dante holding his “Divine Comedy,” next to the entrance to Hell, the seven terraces of Mount Purgatory and the city of Florence, with the spheres of Heaven above, 1465, in a fresco by Domenico di Michelino. Cathedral of St. Mary of the Flower, in Florence, Italy.

TRADITIONAL CULTURE

Dante and the CCP Virus: What Do We Learn?

Let’s take a step from hell to purgatory

Continued from **BI**

there was a rather large benefit accruing from their deaths: Namely, the modern world is almost inconceivable without this tragedy, for it was the Black Death that led inexorably to the demise of the feudal hierarchies that had held sway in Europe for so long.

The truth is, workers became in such short supply that they could almost name their prices to go and work anywhere. Mobility and communication increased massively. And so a new model of society—protocapitalism—began, and the grip on power by the lords and ladies started to weaken.

The Falsiers: Then and Now
But that is such a long-term perspective; what we really need is hope now, real hope. It is interesting that in Dante’s “Divine Comedy,” one of the many punishments meted out to the unsaved and unredeemable is a hideous and loathsome disease that never heals.

Dante meets these victims in Canto 29 of “The Inferno” (Dorothy Sayers’s translation):

So step by step we went, nor uttered sound,
To see and hear those sick souls in their pains,
Who could not lift their bodies from the ground

And their crime? They are all falsifiers, alchemists of one sort or another, who led their fellow human beings to hope that they



could transmute base metals into gold.

In a funny sort of way, doesn’t this echo our modern world? We certainly now have a hideous disease that eats our lungs, but isn’t a characteristic of our times also that we are attempting at every level to turn base metal into gold? Governments are printing money via quantitative easing, cryptocurrencies abound promising free money for those who invest, but real saving—what traditionally was considered common sense—is actively discouraged by absurdly low and abnormal interest rates. As Bill Bonner said as recently as January this year, “A huge crisis—caused by fake

▲ An illustration of Canto 29 from Dante’s “Inferno” by Gustave Doré.

money and fake thinking—is coming.” Fake thinking, too? Like the alchemists in Dante?

It’s Your Choice
We are, then, at a huge crisis point. But if Dante can accurately depict hell, maybe he can also provide us with hope in terms of how we think about and conceptualize this drama. For the starting point is this: The whole “Divine Comedy” has as one of its central tenets a key principle of Western thinking until, perhaps, the 20th century—namely, freedom of will.

Freedom of will means that people can change: their beliefs, their attitudes, their thoughts,

their feelings, their choices, and so their decisions too. The point about Dante’s hell is not that it is a place where God—the big Man in the sky, as it were—rains down punishment on people for major or minor infractions of some code they may or may not follow. Rather, hell is the place where people get what they want.

As Dorothy L. Sayers expressed it: “Hell is the enjoyment of your own way forever.” It is in one sense the meaning of that old Frank Sinatra song “I did it MY way.” Not God’s way, not Christ’s way, not the eightfold path Buddhist way, and not the Way of the Tao—not the ways of the ancient masters with their focus on love, compassion, fellowship, and each other. No, but MY way: the totally selfish way.

And here is the consequence of that: What we find in hell is the inability for all its inhabitants to go beyond solipsism. In other words, they cannot communicate except in what seems to be repetitive monologues within themselves. I hesitate to say “dialogue” within themselves, since the soul with which one does dialogue, they now have lost. In essence, their situation is exactly analogous to that of a drug addict (or any addict): They cannot be reasoned with because they have lost their will, their free will. They have given it away, which is what it means to lose one’s soul.

In this sense, they are trapped and isolated. Isolated? That word—now applying to the CCP virus as we all start self-isolating to avoid contamination by each other! How like hell that sounds:



God does not punish us for breaking rules; instead, hell is where you get exactly what you want. Sandro Botticelli's depiction of Canto 28, part of the Eighth Circle of Hell. Dante and Virgil are each shown six times as they descend through the chasms.

Isn't a characteristic of our times also that we, as those in Dante's hell, are attempting at every level to turn base metal into gold?



Illustration for Dante's "Purgatory" by Gustave Doré.



"The Triumph of Death," circa 1562, by Pieter Bruegel the Elder. The Prado Museum, Madrid.

each trapped with himself or herself forever.

A Way Beyond Selfishness

But, of course, the "Divine Comedy" does provide us with a way out of hell, just as in this life even addicts can regain their free will and once more enter the world of light. What is the first step, then, in moving from hell at least to purgatory where there is hope?

First, one must recognize and accept the problem, the real problem. And the real problem is always Me: I am the problem; that is, not other people or other races, not officials, and not governments. No, I am also causing

problems and now I acknowledge it; I need to turn from my habitual modes of being to a new and better way.

Second, as I turn from justifying myself, I also reach out to others; my own existence not only depends on but also is for others. We are a community, and we need to look after each other. This is something that becomes very apparent in Dante's purgatory. Whereas in hell everyone seems to blame everyone else and deny any personal responsibility, in purgatory all are taking pains to give each other credit and to encourage each other.

Purgatory does not get us

directly into paradise, but it is a great start. We are on the journey. So, although we may be self-isolating at this time, we need to consider our own responsibilities, reassert the freedom of our wills to be agents for positive change, and to use the technologies we have to reach out to others and support them. In this way, we can break through the entrapment of hell—the place where we do not want to be!—and not be victims of forces beyond our control.

The Epoch Times refers to the novel coronavirus, which causes the disease COVID-19, as the

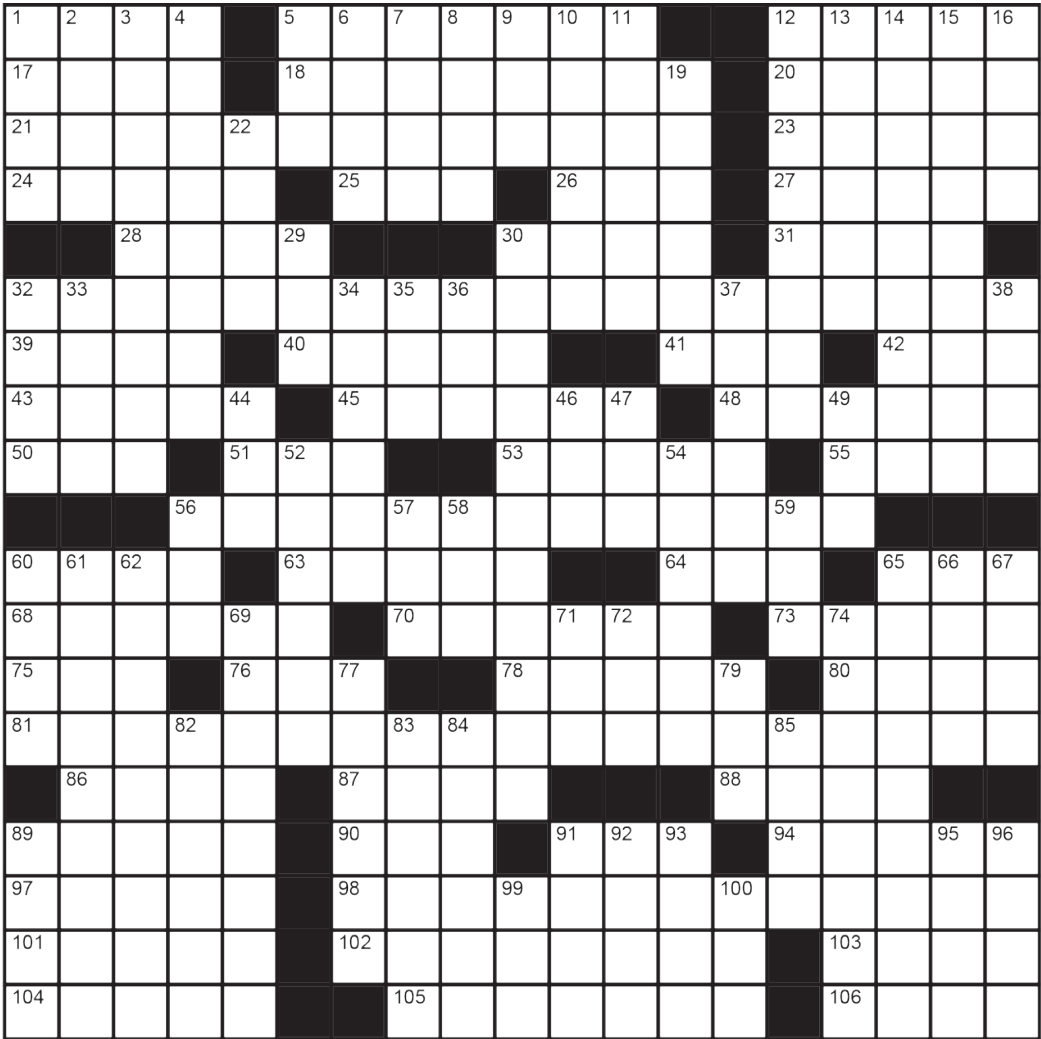
CCP virus because the Chinese Communist Party's coverup and mismanagement allowed the virus to spread throughout China and create a global pandemic.

James Sale is an English businessman whose company, Motivational Maps Ltd., operates in 14 countries. He is the author of over 40 books on management and education from major international publishers including Macmillan, Pearson, and Routledge. As a poet, he won the first prize in The Society of Classical Poets' 2017 competition and spoke in June 2019 at the group's first symposium held at New York's Princeton Club.

* 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. Stigma
- 5. Place Tesla won't go
- 12. Meat-and-potatoes
- 17. Hen's teeth?
- 18. Aphrodisiacs
- 20. Suffering
- 21. Watershed
- 23. Manages
- 24. Demented
- 25. Knucklehead
- 26. Timothy Leary stash
- 27. "The Scarlet Ibis" author
- 28. Brusque
- 30. Multicolored
- 31. Terminal info
- 32. Interpret subtlety

- 39. Fairy tale villain
- 40. Cad
- 41. "The X-Files" whatsit
- 42. End of Days?
- 43. Gray Panther's cause
- 45. Cried out like a puppy
- 48. 1930's-70's despot
- 50. Nordic rug
- 51. Have ____ at
- 53. Take the honey and run
- 55. Verse writer
- 56. Moneymaker?
- 60. Dash gauge
- 63. Violinist Stern
- 64. Accountant's word
- 65. "As is" location
- 68. Human origin, according to some

- 70. Singer Jackson
- 73. Saw
- 75. Beluga yield
- 76. Singleton
- 78. Indian yogurt dish
- 80. Smooth (out)
- 81. C# is just one
- 86. Peter, for one
- 87. Years on end
- 88. Ball material
- 89. Garlicky mayonnaise
- 90. Egyptian boy king
- 91. Stun
- 94. Reach
- 97. Was sweet (on)
- 98. Molecular rearrangement

- 101. Madison Square Garden, e.g.
- 102. Member of a monastic order
- 103. Research facil.
- 104. "Golden touch" king
- 105. Put off
- 106. Blue jack salmon

Down

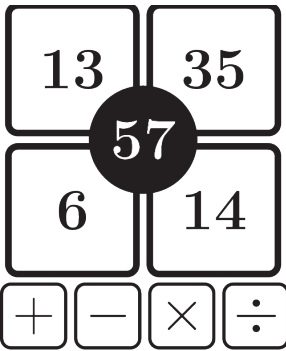
- 1. Shamu, for one
- 2. Indian bread
- 3. Hives, medically
- 4. Isolates
- 5. Cheesecake ingredient?
- 6. Specialty
- 7. Princes, e.g.
- 8. Places
- 9. "Anytown, ____"
- 10. 'A Connecticut Yankee in King Arthur's Court' villain
- 11. Usually done at the factory
- 12. Single guy
- 13. Burrowing rodent
- 14. Wind instrument with extended range
- 15. Basically
- 16. You might cut it out
- 19. Hindu holy man
- 22. Apt name for a gardener
- 29. Noir hero
- 30. The world's most traded spice
- 32. React angrily
- 33. Like some batters
- 34. Fitting room activities
- 35. Like a bairn
- 36. Sinuous swimmer
- 37. Corrupt
- 38. "No, it' ____!"

- 44. Communist dictator
- 46. Polar helper
- 47. Female hare
- 49. Financing abbr.
- 52. Devil's Island nation
- 54. Woods filled with conifers
- 56. "The Sweetheart of Sigma ____"
- 57. Typewriter key
- 58. Pencil holder
- 59. Zeta follower
- 60. Ball field covering
- 61. Argument from a yet stronger reason
- 62. Coated railroad ties in preservative
- 65. "Kill Bill, Vol. 1" director
- 66. Awestruck
- 67. Trait carrier
- 69. Bullfights
- 71. " ____ the Dog"
- 72. Naught
- 74. Dandelion extract
- 77. Ipecac, for one
- 79. In the least
- 82. Lead ore
- 83. A cat is one
- 84. Chant
- 85. Crazy
- 89. Eve's man
- 91. Asian mammal also called a "humped cattle"
- 92. A spore is at its core
- 93. Quarries
- 95. Rot
- 96. Savvy about
- 99. "A skeleton walks into a bar and says, 'I need a beer and a ____'"
- 100. Last of 26

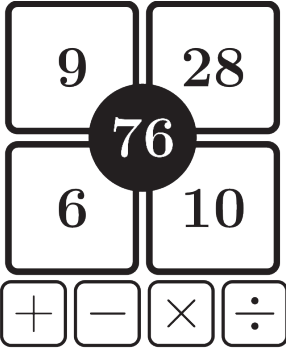
4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

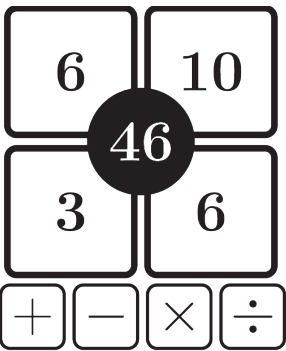
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) +1=28 and 1+ (7X3) +6 =28



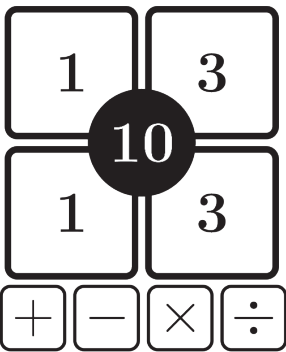
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

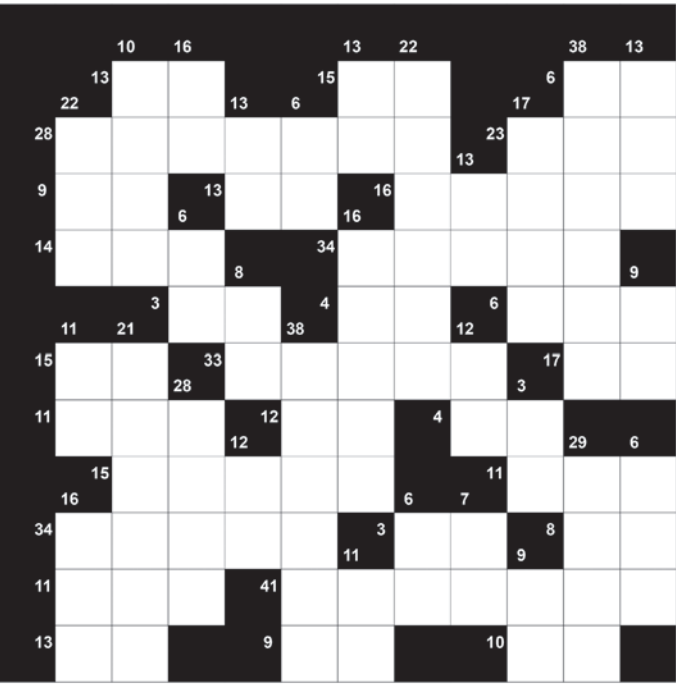
- | | | |
|----------|--------|-------------|
| AGISM | CREEP | MIDAS |
| AGONY | DOTED | MOUSER |
| AGOUTI | EFFETE | PINETA |
| AIOLI | ELOPE | PRESET |
| ANILE | EMETIC | RAITA |
| ARENA | FRANCO | SADDHU |
| BACHELOR | GET TO | TRY-ONS |
| BASIC | GUIANA | URTICARIA |
| BROWNE | HURST | ADAGE |
| CENOBITE | INTONE | AFRICA |
| COPES | ISAAC | AROUSERS |
| CORRIDAS | MERLIN | PEPPERCORNS |

KAKURO

CONSTRUCTED BY EPOCH TIMES STAFF

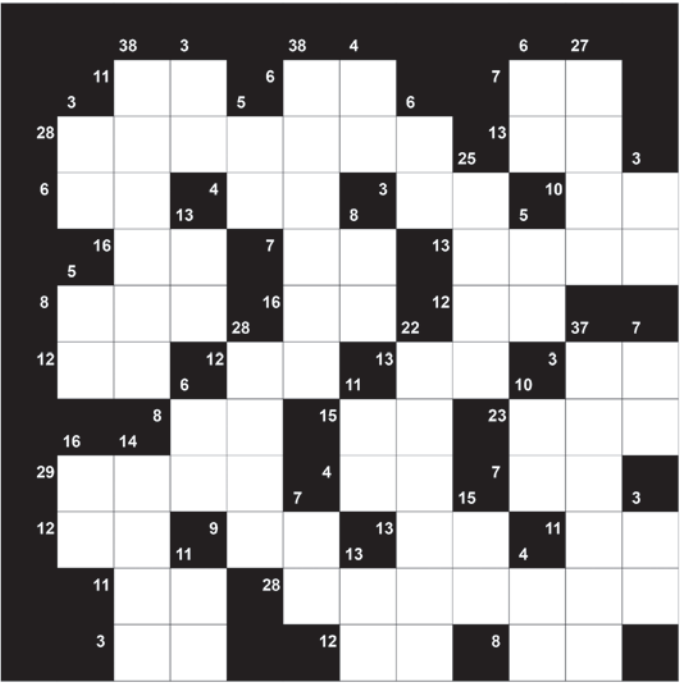
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a "run") with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle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

Large: Hard



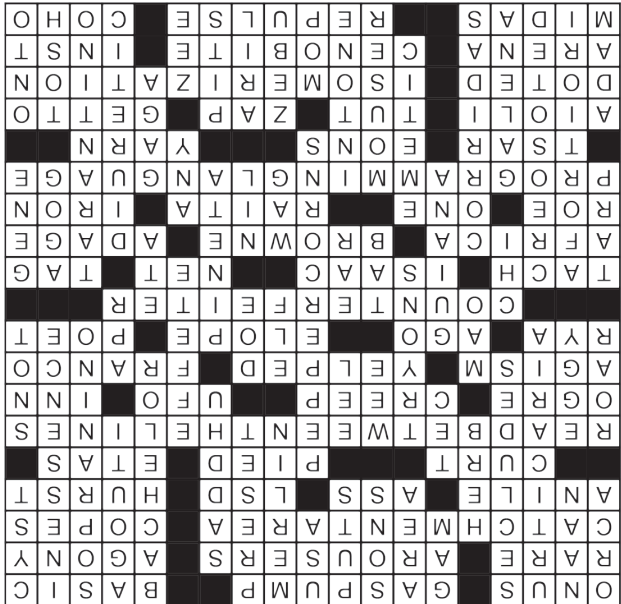
WORK SPACE

Large: Easy

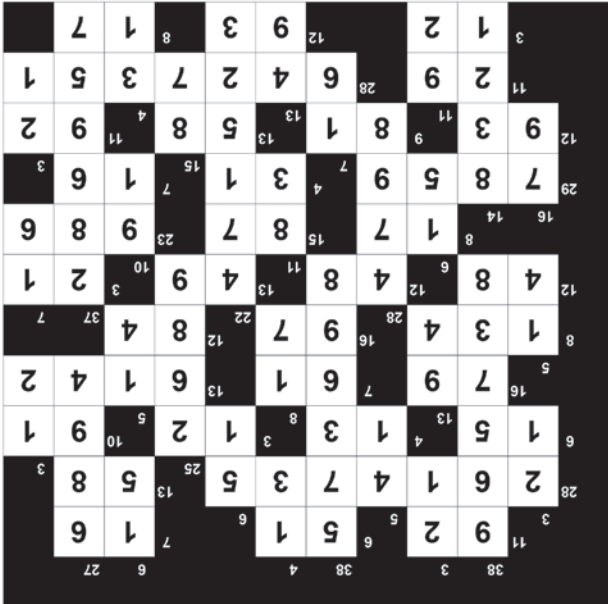


SOLUTIONS

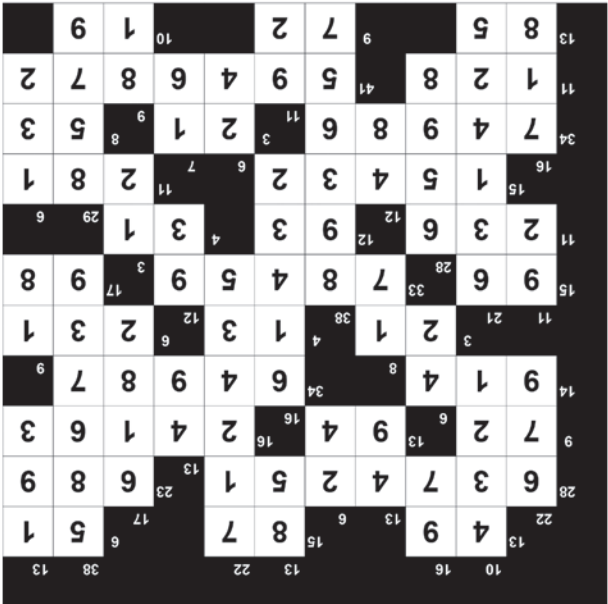
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1
13 + 6 + 9 + 35 = 57
- HARD 2
(9 - 6) x (10) + (6 - 8) = 28
- EASY 1
10 + 1 + 3 + (9 + 6) = 30
- EASY 2
1 x (3 + 3 + 3) = 9

Bread Pudding

From Scraps to Riches

Turn stale, leftover bread into this comfort food classic—for breakfast or dessert

BELINDA HULIN CRISSMAN

Bread pudding is as much art as it is culinary science. The elements, the ratios, the cooking times ... these have remained constant for centuries. The flourishes, the personal preferences, the adaptations?

That’s where the art comes in. Soak dry, coarse, whole-grain bread in a mixture of eggs, milk, and honey, lace it with dried fruit, and bake it until toasty and you have a hearty breakfast treat. Dip airy-light French bread in sweetened cream and egg yolks, kiss it with vanilla-scented meringue, and anoint it with rum sauce and you have a dessert to rival any soufflé. Between those extremes are any number of humble, rich, savory, and sweet renditions of the classic dish.

Necessity: the Mother of Recipes

Credit frugal British cooks of the Middle Ages for their resourcefulness. Eleventh-century homemakers brought forth sometimes extravagant, sometimes homey bread puddings in order to make the most of scraps. Families would throw leftover bread and stale rolls and biscuits into a pail. When enough discarded baked goods had been collected, cooks added fat, eggs, milk, and sweet or savory seasonings, then cooked the mélange over hot coals. In time, the effort yielded a firm, custardy side dish or dessert. Since the scraps and the stores of flavorings and dairy products varied from day to day, most puddings were unique: one might have been laced with wild strawberries and syrup, while another got suet, meat drippings, and spring onions. Although the English looked on early bread puddings as a poor man’s dish, the

The trick to making a smooth bread pudding is to soak the bread pieces in milk or water for a time before blending in the other ingredients.

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

concoction quickly found favor in France and Belgium, then eventually the southern United States, the Caribbean, and South America—all places that still revel in making and serving bread puddings.

Poor No More

At one time, many bakeries featured bread pudding or cake pudding in the refrigerator case as a standard item. (Cake pudding, as one might imagine, was made from leftover cake layers as well as day-old pastries.) Now that inventories are more closely controlled, resulting in less excess production, bread pudding is less likely to be a retail offering, and far more likely to be a restaurant creation or home-kitchen affair. Today’s versions are also less likely to reflect any hardscrabble origins, with cooks buying specialty breads and deliberately allowing them to go stale before adding rich and pricey ingredients. In South Louisiana, restaurateur Dickie Brennan Jr.’s white-chocolate bread pudding, served at the Palace Café in New Orleans, contains three cups of heavy cream, 10 ounces of white chocolate, and eight egg yolks for a 10-serving recipe! Puerto Rico’s coconut bread pudding with rum sauce resembles an ethereal cross between tres leches cake and flan, while Brazilian bread pudding is more like a smooth, rich crème caramel. Sherry Stoppelbein, owner of Luvin Oven Catering in St. Augustine, Florida, notes that her bread pudding is a popular request among clients. They think of it as comfort food, she said, but still want the experience of it to be something special. “My secret is: after mixing the bread pieces with the cream and eggs, I wrap the mixing bowl and put it in the refrigerator overnight,”

she said. “The bread marinates and the flavors come together. When I put it in the oven the next day, the scent of it fills the room.” Before serving, she augments the pudding with a rich white-chocolate sauce. “I add a bit of rum to give it a little kick,” she said.

A Matter of Texture

Stoppelbein uses a gentle hand when combining ingredients, resulting in a moist, chunky bread pudding with custard-saturated pieces that hold together. Chunky bread pudding requires the bread pieces to be fully infused with the custard mixture, then stirred or lightly whisked, not whipped, before baking. Other bread pudding traditions—such as Spanish torrijas—more closely resemble separate pieces of pain perdu or French toast. Still others fully incorporate the ingredients, bread and all, transforming them into a smooth, sliceable treat that can be eaten as a snack or layered with whipped cream or meringue. The trick to making a smooth bread pudding is to soak the bread pieces in milk or water for a time before blending in the other ingredients. Add sugar, eggs, and additional milk or cream, then mix the ingredients together with a hand mixer on medium speed. Eventually, the bread will dissipate, turning the mixture into a thick, creamy batter.

A Matter of Flavor

Both chunky or smooth puddings can be laced with fresh or dried fruit, dabbed with jam, or drizzled with sauces and toppings. Southern homestyle bread pudding is usually sprinkled with cinnamon and dotted with raisins. Though most bread puddings are served



SOUTHERN BREAD PUDDING WITH BUTTERED RUM SAUCE

This is the simple, frugal bread pudding that appears frequently on supper tables in the American south. To dress it up a tad, I’ve added rum sauce. It’s perfectly fine without it, however, and can be topped with a simple confectioner’s sugar glaze or warm fruit preserves.

SERVES 6

FOR THE BREAD PUDDING

- 3 cups stale bread cubes
- 2 cups milk
- 2 eggs
- 1 cup sugar
- 4 tablespoons very soft butter
- 2 teaspoons vanilla

- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup raisins or toasted pecans

FOR THE RUM SAUCE

- 2 tablespoons butter
- 1 tablespoon cornstarch
- 2 tablespoons white sugar
- 1/2 cup brown sugar
- 1 cup half-and-half
- 3 tablespoons dark rum

MAKE THE BREAD PUDDING

In a bowl, combine bread cubes with milk. Press the bread into the milk, then let stand 15 minutes or until the

cubes are soaked with milk. In a separate bowl, combine eggs, sugar, butter, vanilla, cinnamon, and nutmeg. Whisk or beat until well-blended. Add the soaked bread cubes and any remaining milk to the egg mixture. Stir well, add raisins or nuts, cover, and refrigerate for at least an hour. Preheat oven to 175 degrees C. Pour the bread pudding batter into a buttered 9-inch x 9-inch baking dish. Bake for 40 minutes or until pudding is set and the top is browned. Remove from the oven.

MAKE THE RUM SAUCE

In a saucepan over medium heat, melt the butter. Stir the cornstarch into the white sugar and add to the butter, along with the brown sugar. Whisk in the half-and-half and bring the mixture to a boil, stirring constantly. When the sauce thickens, remove from the stove and stir in the rum.



OLD-FASHIONED BREAD PUDDING WITH MERINGUE

My mother made a satiny smooth bread pudding with fluffy meringue peaks. Her preference was to cut the crusts off the bread slices so the resulting pudding was an even shade of pale yellow. If you’re wary of making meringue, just reserve the egg whites for another use and top your bread pudding with whipped cream or caramel sauce.

SERVES 8

FOR THE BREAD PUDDING

- 1 1/2 teaspoons vanilla
- 1/2 cup butter, softened
- 1 3/4 cups sugar
- 6 egg yolks (reserve whites)

- 1 1/4 cups milk
 - 24 slices stale white bread, crusts removed, broken into small pieces
 - 1/2 cup raisins
- #### FOR THE MERINGUE
- 6 egg whites
 - 3/4 cup sugar
 - 1/4 teaspoon cream of tartar

MAKE THE BREAD PUDDING

Preheat the oven to 175 degrees C. Butter a 7-inch x 11-inch oblong baking pan. In a large bowl, combine vanilla, butter, and sugar. Beat with a mixer on medium speed until smooth. Add the egg yolks one at a time, beating after each addition. Add

the milk and bread pieces and beat until the mixture takes on a creamy texture. Stir in the raisins. Pour the bread pudding into the buttered baking pan. Bake at 350 degrees F for 35–40 minutes. Remove from oven.

MAKE THE MERINGUE

Whip egg whites until frothy. Combine sugar and cream of tartar. Continue beating the egg whites while adding the sugar mixture a little at a time. Beat the egg whites until stiff peaks form. Spread the meringue over the top of the bread pudding. Return the pudding to the oven and bake for 10 minutes or until meringue browns. Allow pudding to cool before serving.

Recipe from “Roux Memories: A Cajun-Creole Love Story With Recipes” by Belinda Hulin Crissman



WHITE CHOCOLATE BREAD PUDDING

This dessert is the stuff of your most indulgent foodie dreams. According to Dickie Brennan Jr., creator of the luscious dish and a scion of New Orleans’ most celebrated restaurant dynasty, this bread pudding is the most-requested recipe from the Palace Café on Canal Street.

SERVES 8

FOR THE BREAD PUDDING

- 3 cups heavy whipping cream
- 285grams chopped white chocolate
- 1 cup whole milk

- 1/2 cup sugar
- 2 whole eggs
- 8 egg yolks
- 1 loaf day-old French bread, cut into 1/4-inch thick slices
- 2 tablespoons dark chocolate shavings for garnish

FOR THE WHITE CHOCOLATE SAUCE

- 225grams white chocolate, chopped
- 1/3 cup heavy whipping cream

MAKE THE BREAD PUDDING

Preheat the oven to 150 degrees C. Lightly butter a

7-inch x 11-inch baking pan. In a medium saucepan, heat the cream but do not let it boil. Remove from heat, add the white chocolate, and stir until melted and smooth. In a double boiler over barely simmering water, beat the milk, sugar, eggs, and egg yolks together, and heat until warm. Blend the egg mixture into the cream and chocolate mixture. Place the bread slices in the buttered baking pan. Pour half of the cream and chocolate mixture over the bread. Let sit for 10 minutes, then pour in the rest of the mixture. Make sure all the bread is moistened. Cover with aluminum foil and bake for 1 hour. Remove foil and continue baking 15 minutes or until golden brown.

MAKE THE WHITE CHOCOLATE SAUCE

In a double boiler over barely simmering water, melt the white chocolate, stirring until smooth. Remove from the heat and mix in the heavy cream. Keep warm. To store, let cool slightly and store in an airtight jar in the refrigerator. To use, melt over barely simmering water and stir until smooth.

TO SERVE

Spoon the pudding hot out of the pan, top with warm sauce, and garnish with dark chocolate shavings. Or, let cool to room temperature for about 45 minutes, loosen the sides, and invert the pan to unmold. Cut into squares. Top each serving with sauce and chocolate shavings.

Recipe courtesy of the Palace Café, New Orleans

ALL PHOTOS BY SHUTTERSTOCK



as a dessert or tea time offering, there are also savory bread pudding recipes that deserve a nod. Milk-soaked toast layered with chopped herbs, browned sausage or crumbled bacon, cooked and chopped spinach, whipped eggs, and shredded cheese is an extraordinary make-ahead brunch dish ready to be served with a side of salad or fruit. Simpler savory options can be served beside roasted meats in lieu of other starches.

Regardless of whether your tastes run to super-rich sweet bread pudding or savory stratas, it may take a bit of experimenting to get the exact custard-to-bread ratio to suit your tastes. And don't forget to sample your favorite recipe with different types of bread—sourdough in place of Italian, brioche in place of baguettes—and flavorings.

Getting the texture just to your liking is part of the science of bread puddings. The flavor profile is strictly art.

Getting the texture just to your liking is part of the science of bread puddings. The flavor profile is strictly art.



SAVORY SAUSAGE AND CHEESE BREAD PUDDING

This recipe takes the concept of using leftovers to a higher level.

Almost any combination of ground or finely chopped meat can be substituted for the sausage. For the vegetables, any leftover bits or produce bin favorites will do the job. Just make sure your meats and veggies are cooked and well-drained before stirring them in with the bread cubes.

SERVES 6

- 6 large eggs
- 1 cup milk
- 1/2 teaspoon salt
- Black or cayenne pepper to taste
- 1/4 teaspoon garlic powder
- 1/4 cup minced parsley
- 1/4 cup sliced green onions
- 3 cups cubed bread or rolls

1 1/2 cups cooked, crumbled Italian sausage

1–2 cups cooked, chopped vegetables (broccoli, spinach, green peppers, mushrooms, yellow squash, or zucchini)

2 cups shredded sharp cheddar cheese

Preheat oven to 175 degrees C. Generously butter a 7-inch x 11-inch oblong or oval baking dish.

Place eggs, milk, salt, pepper, and garlic powder in a blender and pulse until well mixed. Add parsley and green onions and pulse once to combine.

Distribute cubed bread evenly in the buttered baking dish. Sprinkle sausage, vegetables, and one cup of cheese over the bread cubes and toss gently to mix.

Pour the seasoned egg and milk mixture over the bread cubes and let stand 10 minutes. Sprinkle remaining cheese over the top of the bread pudding.

Bake for 40 minutes or until set and nicely browned. Let stand a few minutes before serving.

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Families are spending more time together at home and in the kitchen.

In the Age of Social Distancing, Food Still Connects Us

RACHAEL DYMSKI

Recent days and weeks have brought disruption to the normal rhythm of our daily lives.

The infrastructure of our society, which thrives on social outings and gatherings, especially around food, has been turned on its head by the CCP virus, commonly known as novel coronavirus.

Most of us are finding ourselves housebound and uncertain about what the future holds. We are anxious about our health, our jobs, and our economy.

Certain family members of mine remember another time when life was uncertain and the future felt bleak. Much of my family was situated on the Channel Island of Jersey during World War II. The German occupation of the British Channel Islands during the war brought the islands six trying years, when food shortages and strict rations became the norm.

I recently spent a summer on the island, interviewing survivors as I researched the occupation for a novel. I was surprised, as I listened, to learn that so many of the memories that stuck from the war centered around food. Islanders talked about the ways that food shortages forced them to become creative in the kitchen, and about how they hid their pigs from the Germans to enjoy a secret hog roast with their friends.

Food, even in a time of hardship and war, served as a memory capsule, an avenue of connection, and a reminder that all was not lost.

We are not currently under a wartime occupation. But over these past few weeks, the way we eat and enjoy food has become limited. We are social distancing from the friends we'd normally share cocktails with. Grocery store shelves have been bare as buyers try to stock up for a quarantine. Dining in at a restaurant is currently not an option.

And yet, we are still finding ways to connect through food.

I reached out to some friends and family to find out how they've been interacting during this time of social distancing. For many of them, food has been an anchor, to their loved ones and the world around them.

Spending Time in the Kitchen With Family

"We have been making more food with our daughter and doing more from scratch, since we have the time," said Katie Winjhamer, a mom of a toddler in Ohio.

Jori Slick, mom of two, has also been using cooking to pass the time: "I've been trying to include my toddler in baking and cooking, mostly as an activity to keep him engaged while we're stuck at home."

When they sit down to eat, she said, her toddler loves asking who made dinner, since the answer involves him. This time is a great opportunity to teach children about where food comes from and how it is made.

Many of my friends are engaging with food as a creative outlet, trying things in the kitchen they normally wouldn't. My brother-in-law has started making homemade pasta and growing a vegetable gar-

Beyond our own home kitchens, sharing food with others has been a tangible way to spread cheer and support in a difficult time.



den from seeds, something he normally wouldn't have the time or energy for.

My mom, a school nurse in New York, told me, "I actually feel like baking now as I have time for it, when I normally wouldn't."

Cooking for Others

Beyond our own home kitchens, sharing food with others has been a tangible way to spread cheer and support in a difficult time.

As Gretchen Malik, a mom in Virginia, said, "I've felt paralyzed because I've wanted to help others, but I know that staying home is key. I made two batches of cookies last night for our neighbor, a night shift nurse, to take to the hospital. She said they were gone in 15 minutes! It was something small, but it brought a lot of joy to me and made me feel like I was doing something helpful."

Rachel Morehouse, a mom of two in Pennsylvania, has been making applesauce for friends who don't feel well but say they don't need anything.

"We drop it off on their porch with kid-drawn cards," she said.

Several folks in my neighborhood have volunteered to shop for or deliver food to our elderly neighbors. I've seen friends offer on social media to grocery shop for anyone who needs help.

Offering food, even when we can't offer our physical presence, is a way of showing people that we care.

Connecting Virtually

Some friends of mine are taking advantage of technology to connect virtually over food-based activities, such as sharing pictures of baked goods on a social media page or hopping onto a virtual happy hour.

Jenn Kern, a nurse in Pennsylvania, shared that she and her mom and cousins in three different states made the same cake recipe, and then posted pictures of the final product.

"It was fun for them, and cool for everyone else to watch," she said. "Despite being far apart, you could feel the connection of the same cake being made and enjoyed."

Jayna Grassel, an extrovert's extrovert, is currently self-quarantined in Toronto. Still, she's finding ways to connect with her friends over food and drink.

"Technology has allowed us to keep weekly traditions like girls' wine night," she said. She and her friends connect over a meeting on Zoom, a popular video conferencing platform, glasses in hand. "It's not the same as being in person, but we're able to see each other, show up in our sweat-

pants, and share laughs over drinks. Being intentional and socializing over drinks is a reminder that we're not alone during these changing times."

Slowing Down, Practicing Gratitude

Many of us are beginning to realize how much we took the act of sharing a meal for granted.

"I appreciate food now for the gift that it is," my mom wrote to me. "I also think I took for granted the pleasure of conversation that happens when we eat together. [I'm] really looking forward to making meals for all my family and sitting around the dinner table together again. I will be so thankful for that day."

How has this pandemic influenced food in my own home? Before I had children, I read a poem somewhere about teaching our children to talk about the way clementines taste, to help them slow down and notice life and food for the pleasures that they are. That was something I always meant to do, but never seemed to have time for.

Mothers know that there is always somewhere to go, a deadline to meet, a shoe to tie, or a house to get ready. I gave my children clementines on the go, in the car, on the way to the next thing.

Having to stay at home has freed me up from some of my other daily obligations, giving me more unhurried time with my children. The other day I found myself actually sitting at the table with my toddler, talking with her about clementines: their citrus sting, their sweetness, the way the juice sticks to our chins and fingers. Life and food are for noticing.

Now, more than ever, it's important that we continue to connect around food and cooking, even—maybe especially—in this age of social distancing. I hope that years from now, when this is all over and we remember these trying times, we also remember the food. I hope we remember the way we used it to connect, to encourage each other, and to notice life for the gift that it is.

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

Rachael Dymski is an author, florist, and mom to two little girls. She is currently writing a novel about the German occupation of the Channel Islands and blogs on her website, RachaelDymski.com



Offering food, even when we can't offer our physical presence, is a way of showing people that we care.

TRADITIONAL CHINESE MEDICINE

Simple Things You Can Do Right Now for Better Health

If you wake up with no energy and feel awful, then it’s time for some easy changes

LYNN JAFFEE

Sometimes life gets in the way of taking care of your health. You get lazy or busy or distracted. One day, you wake up and realize you have no energy, carry too many extra pounds, and feel awful. You know you have to get it together and think about revamping your diet or starting that new, incredible exercise regimen. But it all feels so overwhelming.

That can all seem doubly true amid a pandemic that raises new difficulties in fixing your lifestyle or reaching out to people you need for moral or other support. And yet, it is especially during this kind of threat to our health that it becomes even more essential to tend to our bodies and minds.

Isn’t there something easy that you can do? The good news is that there is, and research has documented that small changes make a difference in the state of your health. So here are some simple tweaks that you can do that can have an immediate impact.

1) GET MORE SLEEP. Your body repairs and rejuvenates itself while you’re sleeping. If you’re not getting a good 7–8 hours a night, you are likely operating at a sleep deficit. Go to bed a little earlier and turn off all your screens and devices at least an hour before turning in. And try to sleep in a cool, dark room.

2) GO OUTDOORS. Spending time outside in wooded or natural settings affects your health in positive ways. Research has documented that spending time in the woods can lower blood pressure, decrease stress and the stress hormone cortisol, and boost immunity. In a nutshell, walking in the woods is calming and good for your health.

3) ACKNOWLEDGE YOUR STRESS. Unrelenting stress can be a silent killer because it hurts almost every system in your body—from sleep to digestion to immunity. I see many patients who are experiencing incredible levels of stress, mostly because they believe they have no control over difficult situations.

The reality is that, in most cases, they do have some control or choice—whether it is to make a change or to choose to look at the circumstances from another perspective. Whatever it takes, dealing with your stress is one of the most important things you can do for yourself.

4) TAKE A WALK. If there ever existed such a thing as the fountain of youth, physical activity might just be it. According to Chinese medicine, you need enough energy to power your body’s systems, and that energy has to flow. Moving your body moves your energy, clears your mind, strengthens your heart and lungs, lubricates your joints, boosts your immunity, and helps to maintain your memory. If you live in a dense urban area, be mindful of social distancing.

5) TAKE SOME TIME FOR YOURSELF. So many of the people I see are overwhelmed by their jobs, or doing things for others without a break. Months can go by without them having done anything that they really enjoy. Carve out some time to do the things that feed your soul. Whether it’s reading a good book, working on a creative project, or spending time with someone you really enjoy, taking time for yourself isn’t selfish. Think of it as recharging your batteries.

6) PAY ATTENTION TO YOUR DIGESTION. In Chinese medicine, you get your energy from the air you breathe and the food you eat. If your digestion is funky, your energy will suffer. If you have symptoms such as heartburn, stomachaches, gas, bloating, constipation, or loose stool, your digestion needs help. My advice is to visit a Chinese medicine practitioner, who can use acupuncture, herbal treatments, and dietary therapy to set things to rights.

7) EAT MORE PLANT-BASED FOODS. Choosing the right foods can feel like a formidable task, in light of all the



JARED RICE/UNSPLASH

Once the quarantine lifts, make sure you get out and enjoy physical activity with friends.

Spending time in the woods can lower blood pressure, decrease stress and the stress hormone cortisol, and boost immunity.

Your body repairs and rejuvenates itself while you’re sleeping.



MICOLAS/SHUTTERSTOCK

theories that swarm the media about what you should eat. Here’s a simple guideline: eat more plant-based foods, and according to Chinese medicine, eat them cooked. It takes a lot of energy to digest raw vegetables and fruits, so when you can, cook them in soups, stews, stir-fried dishes, and compotes. They’re much easier to digest and will give you more energy.

8) CHOOSE SIMPLE, WHOLESOME FOODS. Here’s one more on choosing what to eat: Would your grandma have recognized it as food? If not, leave it at the grocery store or drive-thru window. If Granny would have cooked with it, you’re probably good to go. (Thank you, Michael Pollen, author of “Food Rules,” for this one.) Simply put, we’re not meant to eat foods that have been altered to last years on the shelf or filled with ingredients that aren’t really food.

9) SIT UP STRAIGHT. Our collective posture has changed over the past few decades as we began to hunch over computers and cell phones. As a result, I have seen a dramatic increase in the number of patients suffering from neck and shoulder pain. In many cases, the

culprit is shortened pectoral muscles in front of the shoulder and overwhelmed rotator cuff muscles, resulting from too much time spent in a hunched position. If your day is spent in front of a screen, a simple stretch you can do to open up your chest and relax your shoulders is to lie down on the floor and move your arms as if you were making a snow angel.

10) LEARN TO LET GO. Being overwhelmed with too many things to do and not enough time to get them done is very stressful, demanding, and demoralizing. Acknowledge that you will never get everything done, figure out what tasks are low priority, and just let them go.

11) SPEND MORE TIME WITH PEOPLE YOU LOVE. This one is simple and easy and feels good. Nurturing social connections is good for your health and can actually improve your longevity. You may have exactly this time now to reconnect with immediate family, or perhaps reach out through a phone call or—even better—through a video chat. Don’t let this slide when the call for self-isolation lifts. In fact, make it happen in the real world with face-to-face meetups.

12) PLAY MORE. In Chinese medicine, overworking is considered to be a major cause of illness. Long hours with your nose to the grindstone may make you a stellar and productive member of your company or community, but it can destroy your health. Make some time for the fun stuff and file it under the heading of “Improving My Health.”

Lynn Jaffee is a licensed acupuncturist and the author of “Simple Steps: The Chinese Way to Better Health.” This article was originally published on AcupunctureTwinCities.com

MINDSET MATTERS

Tips for Looking After Your Mental Health

Advice on how best to cope with your fears and worries during these difficult times

SETH RESNICK

As a psychiatrist, my patients teach me new things as often as I teach them. While our nation continues to grapple with the growing concerns over COVID-19, I want to share helpful advice on how best to cope with your fears and worries during these difficult times.

In general, you should do your best to find as much balance as you can especially when everything seems so out of sorts. Health and government officials continue to provide updates with the latest information, but you may still feel uncertain about the impact of this contagious illness. It's okay to be worried. But there are ways to make sure you are prioritizing your mental and physical wellbeing while still adhering to recommended guidelines

Take Action on What You Can and Accept What You Can't

It's natural to feel anxious right now. Restaurants, schools, and many businesses are closed, and officials are advising the public to stay indoors. Your everyday routine has been turned upside down, and everyone is having to adjust.

This is understandably difficult.

But it's important to focus on the things you can control: follow the recommended guidelines from the Centers for Disease Control and Prevention (CDC) regarding personal hygiene, practice social distancing, and stay in touch with your family, friends, and neighbors.

Adhering to guidelines is the part you do have control over, and will likely reduce your risk substantially. Knowing that you are keeping yourself and your close contacts safe and healthy, plus doing your part

to limit the spread in your community, can go a long way in helping to manage and reduce your anxiety.

Reduce Screen Time and Avoid Information Overload

Getting the latest information on COVID-19 from trusted health officials is helpful, but watching television and following social media all day long isn't always productive or healthy. Notice how your body responds when exposed to your phone, tablet or TV screen for an extended period of time. Does your heart rate increase? Does your breathing pattern change? Adding aggravating factors to already stressful circumstances can be harmful to your overall health.

If you notice additional screen time is increasing your anxiety levels, it's important to take measured steps to address it. Turning off your television for a few hours each day or reducing the number of social media notifications you receive can help. It is useful to identify just one or a few trusted resources that will help you to keep abreast of the situation without becoming overloaded with information.

If you are still feeling overwhelmed, I recommend finding a free exercise class online or dedicating time each day to meditate and clear your mind. This will help improve your mental health and can have a positive effect on your physical well-being. Twenty minutes a day of exercise and attention to your physical health, in turn, will have positive effects on your mental well-being and how you feel overall.

Keep in Touch Without Touching

The CDC has recommended practicing social distancing to reduce the risk of exposure and spreading COVID-19. For many, this means spending a significant



Twenty minutes of daily exercise and attention to your physical health will nurture your mental well-being and how you feel overall.

amount of time indoors, which can feel isolating and confining. As a psychiatrist, I understand how important social interaction is for our mental health, and while social distancing can sound like confinement, it doesn't have to be that way.

Do you have lunch regularly with your co-workers, but are now working remotely? Use video chat to keep your lunch date and stay engaged. Did you have to cancel a dinner with a close friend? Set a time to call your friend to catch up while you both eat dinner.

It is critical to adhere to social distancing, but you can still keep in touch with family, friends, and co-workers.

As You Plan Your Daily Life Feel Free to Look Ahead

While it's uncertain when things will return to normal, we do know the cautionary guidelines will not be in place forever. Looking ahead to some time in the weeks and months ahead past this crisis can boost your overall mood.

Remember, it's normal to worry or feel anxious in times like these—but remember to focus on the things you can control and ensure you are coping in a positive, healthy way. We are all in this together and there are many resources and support structures in place to help you throughout this challenging period.

Dr. Seth Resnick is the founding chair of the new psychiatry and behavioral health department at AdvantageCare Physicians. Dr. Resnick is board certified and maintains a clinical practice and expertise in general psychiatry, as well as pain medicine, palliative medicine, and addiction medicine. He attended Mount Sinai School of Medicine and is a clinical assistant professor in the department of psychiatry at New York University School of Medicine. He is a distinguished fellow of the American Psychiatric Association.

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