

THE EPOCH TIMES

LIFE &

TRADITION

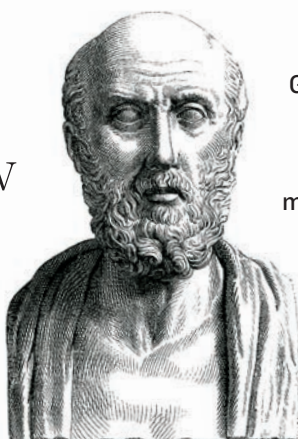
BIBA KAYEWICH



The Hippocratic oath has undergone many revisions throughout the centuries. In earlier versions, physicians solemnly took their vows before the divine. The injunction to not do harm was followed by the statement: "I will keep pure and holy both my life and my art."

The Disappearing Hippocratic Oath

A look back at the original physician's covenant provides a startling glimpse at just how much values have changed over the past century



PUBLIC DOMAIN

The oath is attributed to Greek physician Hippocrates (460–370 B.C.). At some medical schools, graduating students are now writing their own oaths.

MATTHEW JOHN

If you sought out a physician in 4th century B.C. Greece seeking an abortion, chances are, you would be out of luck.

Ditto for 2nd century Rome. Or 10th century France. Or just about anywhere thereafter, prior to the advent of the 20th century.

It just wasn't done. Or at least, it wasn't in good conscience and certainly not openly. (The same goes for seeking euthanasia, as it turns out.)

For the classically trained physician—be it in polytheistic, "pagan" times of yore or the Christian centuries that followed the fall of Rome—to provide an abortion was tantamount to a betrayal of the divine.

For such was the nature of the physician's oath, dating back to its earliest inception in roughly 400 B.C.—what has become known as

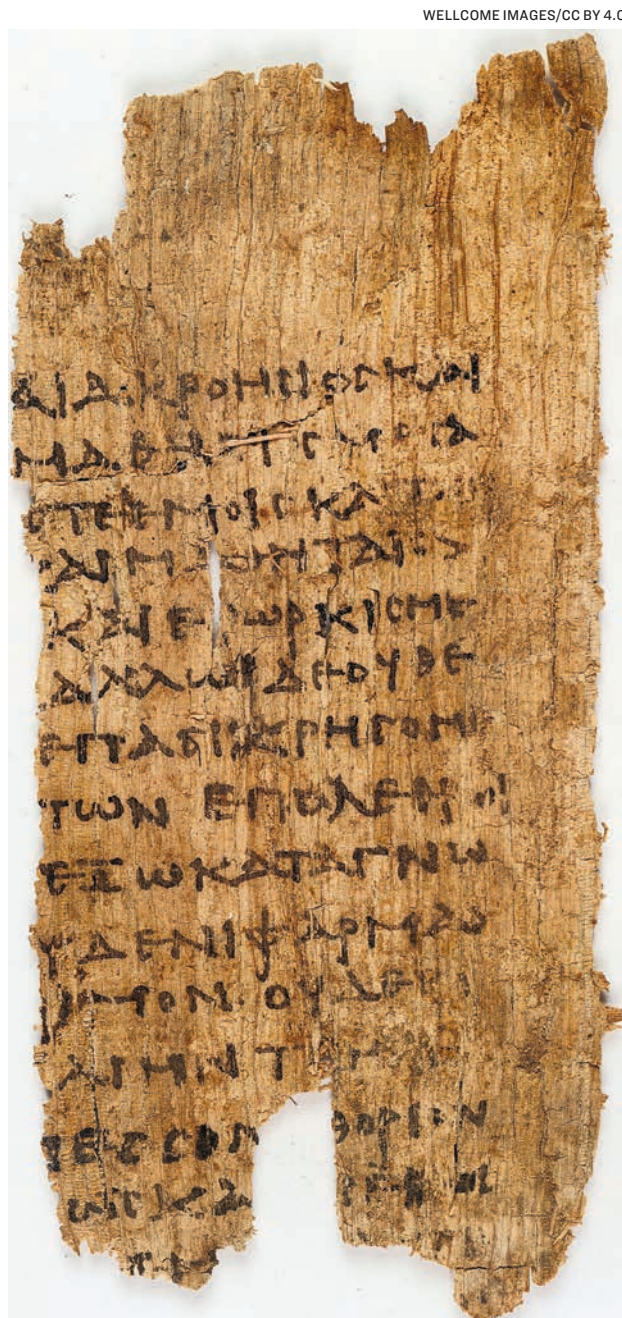
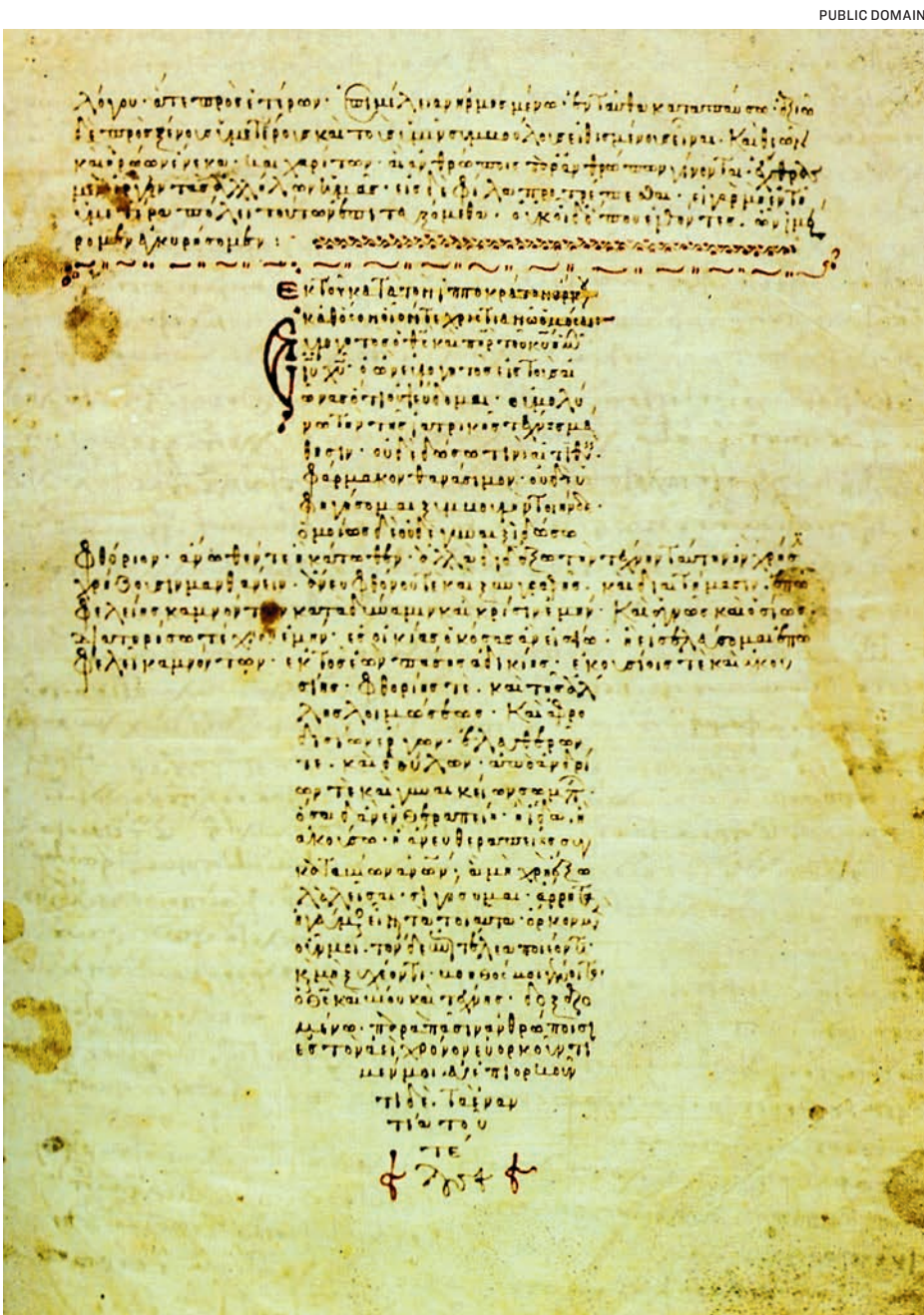
the Hippocratic Oath.

The influential treatise begins, "I swear by Apollo the Healer, by Asclepius, by Hygieia, by Panacea, and by all the gods and goddesses, making them my witnesses, that I will carry out, according to my ability and judgment, this oath and this indenture."

And just what exactly were those duties—or, we might ask, what were their limits?

While the oath begins with an injunction against sharing medical knowledge too widely or freely—as would be common for many centuries to follow, given the guild-like nature of professional training—and the well-known injunction to never do harm, what follows, precisely midway through, is known to few these days.

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(Right) A fragment of the Hippocratic Oath on the third-century papyrus.

(Left) A 12th-century Byzantine manuscript of the oath was written out in the form of a cross.

The Disappearing Hippocratic Oath

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"I will not give to a woman a pessary to cause abortion," the oath reveals in no uncertain terms.

Its proximity to what's become known as the "do no harm" command, gives one hint as to why this may be. But just as important is what followed the command.

"I will keep pure and holy both my life and my art."

Remember the opening lines: These were vows taken before supreme deities, with the utmost solemnity and stakes wrapped up in them. To break any of the vows would be to defile oneself, as it were, before the gods. And not the least of such acts would be taking the life of the unborn, it seems. It wouldn't only be using one's powers for harm, but also debase one's own person as well as the medical art more broadly.

Such were the stakes of abortion for the classical physician of antiquity. (The origi-

nal oath can be read in its entirety online at aapsonline.org/ethics/oaths.htm, alongside several later versions, which we'll turn to in a moment.)

It wasn't something up for debate. There was no room for interpretation. No wiggle room, no finessing things. One was beholden to higher powers and entrusted with a sacred duty, it would seem, with the doctor's initiation into the medical profession.

The fact that we refer to the pledge crafted by Hippocrates and his understudies as the "original" one hints, as you might have guessed, that things have since veered course.

But it wasn't overnight or even over centuries. It would take nearly two millennia for the original oath—which was part of the hallowed collection of ancient medical texts known, in time, as the Hippocratic Corpus—to break from the original in spirit, if not verbiage.

According to Nathan Gamble et al., writ-

ing in the journal Medical Science Education, the prohibition against abortion seen in the original oath stayed firmly in place through political and religious upheavals near and far.

In the 10th century, the oath was Christianized, and in at least one version (the Latin), the Trinity was introduced into it. The declaration against abortion was made even more explicit, according to medical scholarship.

While we don't know much about how the early oaths were used (were they part of a secretive initiation ceremony or more like the public, communal ones taken by a graduating class of med students today?), we do know that by the Renaissance, at least, the formal vowing of the oath had become part of medical school.

In the United States, the oath had a short stint of popularity in the mid-18th century before falling out of fashion because of a post-Enlightenment sensibility that appar-

ently considered it antiquated.

Whatever the case, those misgivings wouldn't last long, as in the 19th century, the oath gained renewed popularity in the United States and would continue to be increasingly embraced into the 20th century that followed. By 1993, about 98 percent of all medical schools were administering some version of the oath.

But there's a catch: Hippocrates would barely recognize it. The late 20th-century oath became an altogether different creature.

Along the way, the oath was transformed to reflect changing social values and emerging ideologies.

Perhaps the biggest break with the original oath came in 1964, with a new, more humanistic version of the oath authored by Dr. Louis Lasagna—a former dean at Tufts University Graduate School of Biomedical Sciences.

Gone were several key components of the original oath, including any invocation of a deity—of any sort, even monotheistic. And noticeably, the prohibition against abortion was missing as well. In their place were exhortations to exercise "warmth, sympathy, and understanding" and to be willing to say "I know not" when stumped.

All personality traits we would hope for in a physician today, for sure.

But the very fabric of the oath had been radically—and, as it turns out, irrevocably—altered. It was now a secular thing, beholden only to the physician's own conscience and powers of moral self-restraint. No god was to be overlooking the doctor's clinical doings thereafter, from above—weighing in his or her mind the physician's worthiness of the divine covenant joining them. You were, as a doctor, now on your own as it were—subject, yes, to human laws and lawsuits and other such mundane things, but not to any greater powers or entrustments.

Tellingly, within three decades of Lasagna's 1964 rewrite, only one medical school in the United States was still using the original Hippocratic oath. Almost all had jumped ship.

With the advent of the 20th century, permutations of the oath have only continued, departing still further from that of ancient Athens.

At Harvard Medical School, each graduating class of doctors-to-be now authors its own oath—invoking terms the oath's original progenitor would little recognize, such as calling upon graduates to "bear witness to historical injustices."

Where this shall all go, we can only guess. Perhaps with the recent overturning of *Roe v. Wade*, there will be some form of reckoning or revisiting of this rather misshapen heritage. Perhaps there will emerge a greater space for those physicians who, compelled by conscience, don't subscribe to the ending of life in the womb to vocalize their values.

If so, one thing's for sure: Hippocrates would be pleased.

Matthew John is a veteran teacher and writer who is passionate about history, culture, and good literature. He lives in New York.

Proverbs to Cherish: 'Pride Before the Fall'

The ancient warning is worth heeding

ANGELICA REIS

While, of course, "everyone knows" that pride can get you into trouble, the concept bears further reflection. For example, are there times in life where one might not have a problem as glaring as pride, but where shades of it can cause an issue? Most certainly.

First, some background on the meaty proverb "Pride always comes before the fall." The saying comes from the Bible (Proverbs 16:18), with the King James Version stating, "Pride goeth before destruction, and a haughty spirit before a fall."

Most of the Book of Proverbs is said to date to the reign of King Solomon (971–931 B.C.), which makes this saying perhaps 3,000 years old. The fact that it's still with us today underscores its value for humankind. Pride, of course, is the first—and certainly not the least—of the seven deadly sins.

Turning now to our time, you may have read that psychologist Jordan Peterson re-

cently tweeted, in part, "Remember when pride was a sin?" and was removed from Twitter shortly after. While that's a much longer story, his remark is a truly sobering commentary on our day.

In my recent piece "How to Get Kids to Appreciate Classical Music and Why," I talk about how some of the great composers would write "To God be the glory" or a similar statement on the front of their musical works. There is so much contained in that—the idea that the glory shouldn't go to any human, and the idea that the talent and skill used to create the work weren't the product of human effort alone.

When my husband watches sports and when someone on the football field, for example, does a self-satisfied joy dance after scoring a touchdown, he mentions what a contrast that is to the sort of composer I just described: a humble artist who owes all his thanks to the giver of his gifts.

Sometimes, I think about public figures who make enemies by being a bit over-the-top. Could it be that, at times, it's pride that causes a desire to "stick it to" people through one's remarks?

It's helpful to consider times when there might have been a shade of pride at work when I've said or done certain things—which really does reflect a lack of true faith in where things come from and even in how they come about. When I notice that, sometimes I sing a little song to myself, which goes "mi mi mi mi mi," like an opera singer warming up. The little song serves as a reminder for me that it's not about "me me me," but rather about things that have been given.

But no matter what, we have to be confident in life, and especially in this troubled



"Allegory of Pride," 1590–1630, by Lambert Cornelisz.

If we each think about our lives and the blessings in our lives, do we always remember where, or whom, these things come from?

world. We have to stick to our values and have pride in who we are, in that sense. So the question becomes, when does self-confidence and all the other good traits that go into being your best self go too far and become "pride," in a negative sense?

It may go back to a very old story and concept that relates to putting oneself above God, similar to the contrast mentioned above.

If we each think about our lives and the blessings in our lives, do we always remember where, or whom, these things come from? Yes, perhaps virtuous living has in part gotten us to where we are, but who was it, then, who created the principle whereby virtuous living brings blessings?

Next time you think that your children are beautiful, or how "proud" you are of your spouse, or what a lovely home you have, or how talented you are, remember not to fall for the trick of pride. Remember that it isn't you who brought you these things. Remember the divine hand behind it all, and that will help wash away your pride.

I think you'll find that when you do that, a lot of stress will fall away, too, because you'll remember that life isn't about what you do or what you accomplish. And by embracing your indebtedness and thus connection to the divine, you'll be in a stronger, if not humbler, place.

Angelica Reis loves nature, volunteer work, her family, and her faith. She is an English teacher with a background in classical music, and enjoys uncovering hidden gems, shining them up, and sharing them with readers. She makes her home in New York state.



The Ball family.

Homeschooling and Deployments

For Marcie Ball, managing her large household, especially while her husband is on deployment, is hard work but worth it

LOUISE CHAMBERS

A military wife has opened up about the faith-driven, humungous task of homeschooling seven children during her husband's long U.S. Air Force deployments, and the love that makes every second worthwhile.

Stay-at-home mom Marcie Ball, 37, was a teacher until 2010 when she had her first child. She and her husband Brad Ball, 38, who has served in the Air Force since 2003, both grew up in the northern Michigan town of Cadillac. After traveling the world with the military, they settled in Las Vegas, Nevada. A self-professed "night owl," Marcie usually finishes up the things she can't get done in the day only when her seven kids have gone to bed. She says it's her faith that helps her "persevere day in and day out."

"It truly takes a ton of work to make a large family household run smoothly, but I absolutely feel called to be in this role," Marcie said. "The kids are 100 percent worth my time investment and all the hard work and long hours I put in."

"Our faith plays a tremendous role in raising our kids. Our end goal is to do our absolute best in raising children who love the Lord with all their hearts, and all our decisions are based around that."

'I Truly Enjoy It'

Teen sweethearts Marcie and Brad got mar-

ried in August 2003 at the age of 19, and today they are proud parents of a daughter and six sons. Brad was deployed to the Middle East three times before the couple had their first child. He was present for the first six births but missed the birth of their youngest son in March 2019 owing to his deployment to an undisclosed location in the Levant.

“Our faith plays a tremendous role in raising our kids.”

Marcie Ball

In November 2021, Brad again left for deployment to the Middle East and is due to return home in late summer 2022—his longest deployment to date. In his absence, Marcie runs the show at home, and the schedule is packed.

"I'm totally used to being with my children a lot, and I truly enjoy it. But with so many young ones, my days can be pretty intense and quite a bit of work," she said.

Marcie said that when Brad is home, he shares the parenting responsibilities by taking the children to the playground behind their home while she prepares dinner. "So

when he is deployed, I think the hardest part is not ever getting that time of reprieve in the evening as kids get hungry and tired and things get a bit more chaotic," she added.

Every Monday, the Balls attend a homeschool family co-op. From Tuesday to Friday, sixth-grader Addison, fourth-grader William, and third-grader Abram work mostly independently using a Heart of Dakota curriculum guide, while second-grader Oliver and kindergarten Logan work with their mom on phonics, handwriting, and math.

Having enough time for recreation is another priority for the family. While sports provide a great outlet for the children, getting to practice is an added challenge for their mother. "It can feel like juggling during soccer or football season. Normally we tag-team taking them to various practices and games; doing it all by myself is tiring, and sometimes impossible," Marcie explained.

Age-Appropriate Daily Chores

Kids learn the best by doing things, and Marcie knows this well.

Marcie, who firmly believes that her kids should help at home, keeps a "chore chart" for all but the youngest, Carson, consisting of age-appropriate daily tasks and chores. Each child marks off completed tasks using a punch card, and after 10 punches, he or she can choose between an age-appropriate allowance and a mystery prize.

"Most of them choose the prize!" said Marcie.

While she prepares most of the family's meals herself, she never forgets to employ her kids as "kitchen helpers."

"I rotate who helps prepare meals so that all the kids learn their way around the kitchen," she said. "The oldest can make many meals on her own, and I have her help out once in a while making a simple meal fully on her own of eggs and toast or spaghetti."

"We go through a lot of food. When Brad is deployed, I tend to make simpler meals because the kids don't appreciate a fancy meal like he does. We do lots of meals with eggs, that's probably the one thing we go through the most. The kids are all pretty good eaters—I'm thankful for that."

Faith as the Foundation

The family of nine has nurtured close-knit relations by focusing on what truly matters: cultivating a love for God and everyone. Family dinners, board games, and lots of talking keep everyone up to date and living harmoniously.

"We all love to spend time together as a family, and we do a lot of that," the mom said. "We are almost always doing things as a family, and the kids seem to have formed relationships with one another such that they, for the most part, truly enjoy each other's company."

"We also eat our meals altogether around our big kitchen table and talk and play lots of board games together. Family time and maintaining good relationships is very important to us."

Talking about Brad's deployments, Marcie said that though the children are mostly used to their father's weeks- and months-long absences, it's never easy. "They love

their dad so much and miss him a lot," said Marcie. "Most days are just fine, and they enjoy sending and receiving voice messages and video chatting with him; other days, one or two of them will have moments of sadness when they talk to me about how much they miss him. Saying goodbye that first day is always heartbreaking."

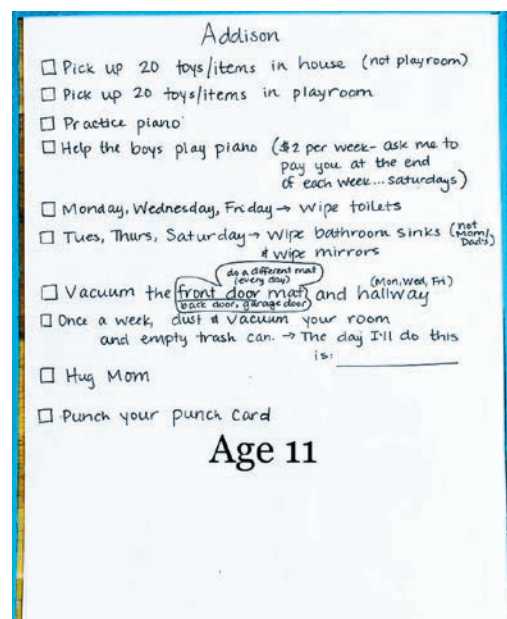
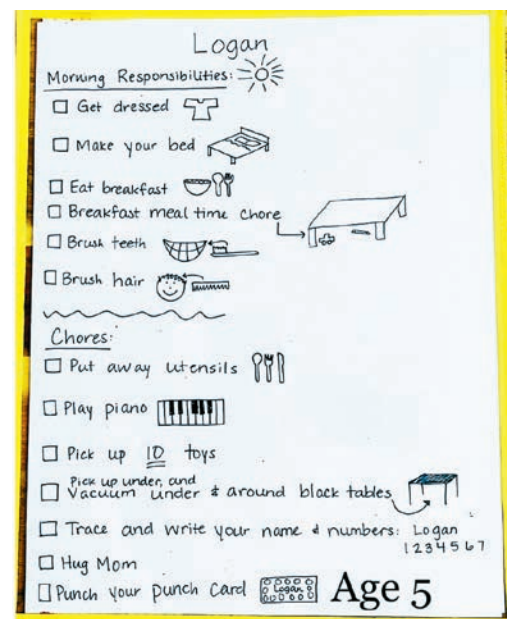
Though the work is hard, Marcie loves many things about being a mom of seven. "Yes, I work hard and long hours, but there is so much love in our home and so many laughs, it makes up for the hard work it takes. There is never a dull moment in our house."

"My favorite part about having so many children is watching how much fun they all have with each other. They have automatic built-in friends everywhere they go."

Once Brad retires from the Air Force in the next few years, their shared dream is to buy a small homestead with a big garden and keep chickens. "We have loved our time moving from place to place in the military, but we look so forward to settling down in a house that we can stay in for some time," Marcie said.

Arshdeep Sarao contributed to this report.

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Daily tasks and chores are assigned to each child.

Rest and Action: Finding Balance in Summertime



Doing something small and enjoyable, such as putting on the tea kettle, is one way to overcome inertia.

BARBARA DANZA

Isaac Newton's Laws of Motion state in part that an object at rest remains at rest, and an object in motion remains in motion. While not exactly what Newton had in mind, these are good reminders when it comes to our own productivity as well—especially in the summer season.

Summertime calls us to sleep in, choose more play and less work, give in to the occasional afternoon nap, and relish a less busy season. It's pretty great.

However, summertime bliss can quickly morph into uninspiring sloth if taken too far. While rest and play are vital to a good life, so are purpose and action. If you've ever spent more than a couple of days setting aside your responsibilities and lounging on the couch, you know that the initial relief and joy of resting soon devolves into guilt and disappointment in oneself.

Recalling Newton's laws as summer marches on can help maintain a balance between beneficial rest and productive action.

Part of the issue we face in summertime is a significant change in our daily routine. Work and school schedules may look quite different in the summer months. New habits will surely be formed during this time. Whether they are good or bad habits is up to us.

When you loaf around for too long, you tend to find the motivation to get up and do something lacking. You feel like you've overdone this relaxation thing a bit, but the

idea of doing the tasks your mind is nagging you to do feels overwhelming.

If you can remember that an object at rest tends to stay at rest, perhaps you can be a bit more forgiving of yourself in that situation. Further, if you can recall that an object in motion tends to stay in motion, instead of trying to get up to accomplish the long-ignored items on your to-do list, aim to simply get into motion.

Do something very small and enjoyable. Perhaps you walk into your kitchen and turn on your kettle for some tea, or you stand up and fluff the pillows you were laying on, or perhaps you simply putter around your home for a few minutes. The goal is simply to leave the state of rest and get your body moving.

As you get going, you'll likely sense a gradual momentum building. You'll fold that dish towel you pass by in the kitchen, you'll check the mail, you'll straighten the shoes at the front door, maybe you'll even start a load of laundry.

Remind yourself to stay in motion for a bit. At some point, you might jot down the things you need to get done, return some phone calls, make the bed, and even begin to look forward to working on a long-term project you've had in mind.

When it's time to rest again, by all means rest. You'll enjoy it more with the satisfaction of having taken care of some of your responsibilities, and the sense of empowerment from knowing that all you need to get more done is to put yourself in motion.

The Oma Way

Based in Virginia, grandmother Yvonne Christ shares the culture and traditions she grew up with in Germany



Yvonne Christ, better known as 'Grandma' from the blog *The Oma Way*, with fresh, homemade bread in her kitchen in Winchester, Va.

ANI ASVAZADURIAN

She is affectionately called “Grandma” by everyone—not only by her grandchildren, but also by complete strangers. Born in Hesse, Germany, Yvonne Christ emigrated to the United States 33 years ago. Far from her homeland, she gradually realized her deep connection to German culture. This grandma has a big heart for people; community is important to her. That and a longing for a “Germany of yesteryear” have led her to share her memories and experiences with a wider audience.

On her blog *The Oma Way* (“oma” means “grandma” in German), she provides authentic insights into her life, recipes, and tips on practical housework and gardening. She spoke with *The Epoch Times* about her experiences in Germany and the United States, and what values she wants to pass on to her grandchildren.

The Epoch Times: Ms. Christ, what was it like for you as a young mother at the time, with three small children, to leave your home country of Germany?
Yvonne Christ: It was not easy. The original plan was to go to America for only three years because of my then-husband’s work. Then, when he decided to stay in the U.S., I had no other choice. So emigrating was not entirely voluntary. I was incredibly homesick for decades. I stayed at home with the children, took care of them, the household, and the garden. Whether I perform these tasks in America or in Germany doesn’t matter, but I missed

my family and friends very much. The different pace of life in the U.S. was also a hurdle for me. It starts with shopping and goes all the way to organizing the children’s schooling. Here, you have to drive all the distances, while in Germany you could walk everywhere. The lifestyle has changed a lot for me.

What you actually miss is what you left behind. If we went back to Germany now, it wouldn’t be the same either. Life there has changed. I miss the Germany we left behind, not the Germany it is today.

The Epoch Times: On various social media channels and your website, you are known as the grandma of “The Oma Way.” What is the story behind that?
Ms. Christ: When my children had all



Yvonne Christ and her three children left Germany 33 years ago. In this picture, they have just landed in the United States.

moved out and settled in different states, I suddenly found myself alone in the huge house in Maryland with six bathrooms. I wanted to sell the house, but the prices had come down so much that I would have lost half of the original purchase price. So I wondered what I was going to do all alone in such a gigantic house. In addition, neighborhood life in the Washington, D.C., area was so anonymous.

So I started writing down family recipes and recipes that we had learned at school or from neighbors at the time. I shared them on Facebook. Then I added culture, and later childhood experiences and descriptions of places. That’s how my website grew. My posts also changed due to the needs and requests of my followers on Facebook. So I made more posts about

traditions. Many Americans who had left Germany just as long ago can identify with my story and my posts. People find in me a platform where they can share similarities and memories. In the process, the older generation also passes things on to the younger.

With the increasingly difficult situation in world and local politics, people’s needs have changed. They are now confronted only with negative news. That’s why I want to encourage, be life-affirming, and pass on positive things to people. So I share my experiences in my garden, and show photos of nature around me. A rising moon or sunset can be enjoyed. I want to bring people back to the simple and beautiful things. Also because people’s goals have changed. The goals used to be focused on community. That’s how I grew up: in a small place where everyone was there for everyone else. That has changed a lot, due to politics, price increases, and the like. As a result, people only have to think about themselves. I don’t want to say it’s something malicious, but there is a compulsion. Women are forced to go to work like their husbands in order to even be able to support a life as a family with two children.

Due to the pressure on society, people can no longer perceive the little things in life. I think with my Facebook page I have succeeded in bringing people closer to these things again. I notice from the reactions of my followers how much they appreciate this. Many have set their Facebook notifications to see a post from “Grandma” first thing in the morning.

The Epoch Times: On your website, you share German recipes, German culture, and traditions, among other things. Why is it important to you to uphold traditions and share them with those around you?
Ms. Christ: Traditions shape you, they also give you a nice framework for life. For example, I couldn’t live in a country where there aren’t four seasons. That’s incredibly essential to me, also because the seasons are points of orientation for me. It’s similar with traditions and culture. When holidays come, people prepare for them. You get together because of a certain event that is just as important as a birthday. One adjusts one’s way of life according to the holidays or the culture.

After all, these holidays involve more than just celebrating. They involve getting together and talking to each other without the use of the Internet or the telephone. That’s how you get completely different thoughts and new ideas.

I moved from Maryland to Virginia last year, to an orchard with a cottage. It was supposed to be a temporary solution until I found a house. I felt so comfortable there, I said to my children, “Finally, after 33 years in America, I have arrived.” It’s also often scents that trigger memories of times gone by, I suddenly realized. “This is exactly how I grew up.” All my knowledge about gardening I didn’t acquire through books but learned from my grandmother. That was also the first time I realized who I actually was.

At Christmas, all six of my grandchild-

ren were with me. They spent the time just as we used to when we were children, because I must have taught them that. All six of them sat together on the floor in the kitchen, the big ones helped the little ones, they didn’t need any guidance at all. They then went for a walk together, looking for apples and sharing them with each other. It was a reflection of what I was trying to teach my children in terms of values and traditions. That’s when I realized that my children were successful in raising my grandchildren. And that’s exactly what I want to pass on.

The Epoch Times: What values are particularly important to you that you want to pass on to your children and grandchildren?
Ms. Christ: To think of others. Away from the “I” and toward the “we.” I want to teach them a sense of community and that it’s not always necessarily important to be first. This is important to me because my oldest grandson is quite good at sports. He used to get upset when he didn’t perform the way he wanted to. I then had a serious talk with him and told him, “Sports are not about being first.” I conveyed to him the value that there are others who struggle. And that even if he makes first place, he should also think

first and foremost about those who are also struggling in sports and putting in just as much effort. Since our conversation, he has changed so much.

Not thinking about the other person is a big problem we have in society today. It’s only the “I” that counts. The bad thing is, people miss out on so much that you can experience together. They miss out on so much joy.

The Epoch Times: What do you particularly appreciate about German culture?
Ms. Christ: The reliability. I don’t know if that’s different today, I mean the Germany I left. If you said something, you used to do it. You took responsibility for your promise. You don’t find that very often anymore.

The Epoch Times: How are German traditions received by Americans?
Ms. Christ: They love it. They really have a high regard for Germans. Many of my followers are Americans who were stationed in Germany. They say Germany is their second home. Once you’ve been stationed in Germany, you always go back. Their vacation destination in the summer is always Germany. In Germany, when you take a trip out and go hiking ... through the vineyards, with the scents, with the wine that is offered—it is a very special atmosphere.

The Epoch Times: You say you had to carry responsibilities at a very young age?
Ms. Christ: Yes, that’s how it used to be. The oldest girl takes over the household duties. But I never saw that as a burden,

or even as work. That’s how I grew up; you just take on responsibility. When my mother noticed that I didn’t feel like it, she said to me, “Watch out, either you do it right or you don’t do it at all.” She only had to say it once to me and I understood. I also had to do a lot of things that I didn’t necessarily want to do. Maybe I was about to play with the neighbor kid, then my mom told me to dry the dishes. At that moment, of course, I didn’t like drying dishes. My mother helped me develop self-discipline. I thought to myself, “Well, I don’t like doing this, but I still have to give 100 percent. If I’m going to do it, I have to do it well. If I’m not willing to do it, I’ll let it go, or leave it to others who are willing to do it.”

The Epoch Times: Was there anything that greatly influenced your life or shaped you into the person you are today?
Ms. Christ: I think there were several things that shaped me: One was the way I was raised. I grew up on a farm. My grandmother and I were inseparable; she took me to the fields and vegetable gardens at an early age. She always had me in tow. I also loved listening to her tell stories about the older generation. That helped me acquire knowledge of the past and get that attitude myself. For a very young child, it is magical to hear such stories.

Of course, it was also my mother who influenced me. [She] was born near Pilsen, which was then Czechoslovakia and is now Germany. That’s where the Eastern influence came into the upbringing. So did my godmother, a friend of my mother. She had two sons but always wanted a daughter, so she treated me like her daughter. I was accepted, protected, and loved as a child by neighbors, godmother, mother, and grandmother. It was all so spontaneous, so real, something I wasn’t so aware of at the time, and something you only realize with age when you look back on your life. Otherwise, I couldn’t do my website with such a positive attitude.

Sports have also had a great influence on me. I started doing gymnastics at the age of three and also track and field until I was 27, the three disciplines of shotput, the 100-meter, and long jump. Of course, this balancing act requires a lot of self-discipline, especially in gymnastics. Without self-discipline, you can forget it.

The Epoch Times: What do you appreciate most about the traditional life as a housewife?
Ms. Christ: I guess that would be the order. That recurring framework. You get up in the morning, you have a life plan, an orderly rhythm. Knowing that everyone in the whole town is doing the same thing: baking cookies for the First of Advent, then preparing the Christmas cake called “Weihnachtsstollen.”

“On Saturdays, the streets were swept. ... Everyone stood outside with a broom in his hand and swept his street. It always took ages, because the neighbors all got together and had a chat.”

Yvonne Christ, blogger, *The Oma Way*

In the town where I was born, everyone made their stollen on the last weekend in November because it had to be stored until Christmas. Then the cookies came one after the other, one kind after the other. Everyone knew that this weekend we would make these cookies, and next weekend we would make the others. You knew that the same thing was made in every house. Or the traditional Sunday dinner: Usually, it was savory cabbage and marrow dumpling soup, horseradish sauce, potatoes, and boiled meat in soup. We knew that this was available almost everywhere on Sunday, everyone had it.

On Saturdays, the streets were swept. People didn’t just sweep the streets, they met for a chat. Everyone stood outside with a broom in his hand and swept his street. It always took ages, because the neighbors all got together and had a chat.

That’s what I like so much. The exchange with people, also the feeling that we were always welcome and at home with every neighbor. As kids, we could walk into any house unannounced. When we played hide and seek, all the children, regardless of age, from the whole street were always involved. We could hide in the houses of the neighbors. Life took place on the street. There were no dates either, like today. We just went out on the street, there was always someone there to meet or play with casually.

ALL PHOTOS COURTESY OF YVONNE CHRIST UNLESS OTHERWISE NOTED



Gnomes in Yvonne Christ’s garden.



Last Christmas, Yvonne Christ baked 18 different kinds of cookies, including a gingerbread house decorated with the help of one of her granddaughters.

Mencius: The Ancient Chinese Philosopher Who Made a Powerful Case for Limited Government

There’s a reason Mao Zedong tried to flush his teachings down the memory hole after coming to power in 1949

LAWRENCE W. REED

A very long time ago, a Chinese scholar wrote, “The people are the most important element in a nation; the land and grain come next; the sovereign counts for the least.”

That sovereign, moreover, should rule by the consent of those he governs, and if he’s a tyrant, the governed have every right to get rid of him, one way or another.

These are the sentiments of a wise man named Mencius (372 to 289 B.C.), arguably the first or second most influential philosopher in all Chinese history. Most sinologists rank Confucius (551 to 479 B.C.) at the top, but since most of what we know about his teachings we know through the interpretations of Mencius, who was his follower, a case can be made that the latter was ultimately more consequential. These two men, incidentally, are the only ancient Chinese philosophers so well known that their names have been Latinized for use in the West.

Consider this essay a follow-on to my earlier one, “China’s Great Philosophers Would Be Horrified by What Mao and the CCP Created.” Therein, I wrote that “Mencius inter-

preted Confucius and took the elder’s teachings to their logical conclusions—to what lovers of liberty today identify as an ancient version of 19th Century classical liberalism.”

Michael Hart, in “The 100: A Ranking of the Most Influential Persons in History,” notes that among the principles advanced by this ancient scholar were free trade, light taxes, and the right of the people to revolution:

“Mencius believed that a king’s authority derives from Heaven; but a king who ignores the welfare of the people will, rightly, be overthrown. Since the last part of that sentence effectively overrules the first part, Mencius was in fact asserting (long before John Locke) that the people have a right to revolt against unjust rulers. It was an idea that became generally accepted in China. ... For roughly twenty-two centuries, his ideas were studied throughout a region that included over 20 percent of the world’s population. Only a few philosophers anywhere have had so great an influence.”

James Legge, the 19th-century Scottish linguist and authority on early Chinese texts,

noted that Mencius wasn’t “a favorite with the rulers of China” because, like any good Confucian, he didn’t believe in the “divine right” of any politician. Hundreds of years after Mencius, Europeans would finally come to the same conclusion.

Mencius held that leaders must be of the highest ethical character and treat their “subjects” accordingly. Their rule should be a “gentle touch” that spurs people to live lives of honest enterprise. For obvious reasons, this ancient Chinese thinker was always far more popular with the ruled than he was with the rulers.

Mencius, wrote Paul Meany at libertarianism.org, “did not agree with heavy-handed, top-down approaches.” He made that point clear in a story about a farmer:

“One day a farmer was inspecting his crops. Seeing that his crops were not ready for harvesting, the nervous farmer begins to pull on the sprouts to help them grow faster. When he returned home and told his family what he had done, his son checked on the rice plants and saw that they had all shriveled up. The moral of the story is that you cannot



Mencius, from “Half Portraits of the Great Sage and Virtuous Men of Old,” Yuan dynasty (1279–1368), by an anonymous artist.

force something to grow. Instead, you must provide the correct environment. Likewise, people flourish morally not due to commands or threats of punishment.”

Some people seek to rule others, and almost by definition, such people are the least qual-

ified to do so. Indeed, government may be the only occupation for which the best hires are those who don’t want the job.

Thomas Jefferson wrote that he had never “been able to conceive how any rational being could propose happiness to himself from the exercise of power over others.” British author J. R. R. Tolkien said that “the most improper job of any man, even saints (who at any rate were at least unwilling to take it on), is bossing other men. Not one in a million is fit for it, and least of all those who seek the opportunity.”

Centuries earlier, Mencius wrote:

“The superior man has three things in which he delights, and to be ruler over the kingdom is not one of them. That his father and mother are both alive, and that the condition of his brothers affords no cause for anxiety,—this is one delight. That, when looking up, he has no occasion for shame before Heaven, and, below, he has no occasion to blush before men,—this is a second delight. That he can get from the whole kingdom the most talented individuals, and teach and nourish them,—this is the third delight.”

When Mao Zedong foisted communism on China in 1949, he attempted to flush Mencius down the Orwellian memory hole for being a relic of the country’s “decadent” and “feudal” past. Of course, the real reason for Mao’s hostility should be more obvious: He couldn’t tolerate a teacher who questioned authority, defended free trade and private property, ranked the individual and his family ahead of the State, or challenged the State in any meaningful way.

To Mencius, the purpose of the State wasn’t to serve itself or treat people as serfs or puppets, but to create an environment in which individuals could flourish. The State should practice virtue so as to be a good example. Its taxation shouldn’t exceed one-ninth of what the people produced. And it shouldn’t fix prices in the marketplace.

“If a fine shoe and a shoddy shoe are the same price, will anyone make the former?” he asked with a flair for rhetorical skepticism.

Paul Meany noted that Mencius condemned rulers who heavily taxed their people and then flaunted their rich lifestyles:

“In one of his [Mencius’s] dialogues, a king asks if it is acceptable to reduce the heavy tax burden he has slowly raised over time. Mencius replies, ‘Suppose there is a person who every day appropriates one of his neighbor’s chickens. Someone tells him, ‘This is not the Way of a gentleman.’ He then asks ‘May I reduce it to appropriating one chicken every month and wait until next year to stop?’ Mencius concludes with a striking maxim: ‘If one knows that it is not righteous, then one should quickly stop.’”

Confucians such as Mencius recognized that the state wasn’t all-powerful. And even if somehow the government were competent to micromanage every aspect of life, it would be immoral to do so. Confucians valued freedom and lived by the maxim, “Do not impose upon others what you yourself do not desire.”

In the West, we often assume that freedom and limited government are ideals exclusive to the West. But Eastern schol-

Leaders, Mencius held, must be of the highest ethical character and treat their ‘subjects’ accordingly. Their rule should be a ‘gentle touch’ that spurs people to live lives of honest enterprise.

ars such as Confucius and Mencius are examples that show us this isn’t the case. More than two millennia ago, they identified freedom and limited government as elements of virtue. They knew that huge, overbearing government was an enemy of virtue itself.

Wisdom has been around for a very long time.

This article was originally published on FEE.org.

Lawrence W. Reed is president emeritus and Humphreys Family Senior Fellow at the Foundation for Economic Education (FEE), having served for nearly 11 years as FEE’s president (2008 to 2019). He is the author of the 2020 book “Was Jesus a Socialist?” His website is LawrenceWReed.com

For Additional Information, See:

• **‘Mencius: The Predecessor to Classical Liberalism’** by Paul Meany

• **‘Mencius, Translated and with an Introduction and Notes’** by D. C. Lau

• **‘The Economic Principles of Confucius and His School’** by Chen Huan-Chang

DEAR NEXT GENERATION:

‘Set an Example’

→ Advice from our readers to our young people

My name is Joyce Lipham-Taylor, age 88, the mother of seven successful adult children. I live in Texas and came from a family of seven brothers and sisters. I would like to give my advice to young parents that worked for my husband and me.

First, set an example by working hard yourselves. I rose early, cooked breakfast for my kids, and started teaching piano classes at 7 a.m. six days a week. My late husband, who ran a trucking company, also worked diligently to make a living. We never took a penny of welfare from the government. Our main goal had always been to serve the Lord Jesus Christ. We had family prayers and devotionals every night, after a hard day's work.

Our kids found out that money comes from working hard and getting an education. The boys mowed lawns around our small town in West Texas, which led to being asked to do chores for the ladies. Our girls were also working, babysitting, and driving the older ladies around town and other places that they needed. Each of our kids was known to be on time and do excellent work.

In summary, my advice for young parents is to teach your kids how to work at a young age, manage their money, be on time at their jobs, get up early, eat good food (especially a nutritious breakfast), go to church, and give the first 10 percent of their earnings to the church.

Our children all have done well to this day. They're faithful to God. They've provided for their growing families. They have thankful hearts.

The kids were honed, groomed, and prepared for adulthood. They all were in sports at school and learned discipline from the coaches. I'm so proud of them.

Our oldest son, a Vietnam veteran, is retired from trucking but still drives a school bus. Our eldest daughter is a mortgage banker. Another daughter is a regional banker in North Texas. Another daughter helped her husband with his Conoco dealership. A son owns and manages a trucking company; he and his younger brother played on the Daingerfield, Texas, football team, which won the state title, undefeated, and unscored-on in the 1980s. Our youngest boy is a chemical engineer. Finally, recently we lost our youngest daughter because of an autoimmune disease-induced heart attack. We're so proud of them all.



Reader Joyce Lipham-Taylor advises parents to teach their kids how to work at a young age.

“Each of our kids was known to be on time and do excellent work.”

Joyce Lipham-Taylor

On Saturday nights, when we still had all of our kids living with us, we often had kids visiting overnight who loved to practice gospel songs for Sunday church services.

I know these ideas on raising kids worked for me. I believe they'll work for other parents, too.

—Joyce Lipham-Taylor, Texas

Whatever job you have to do, do your very best. It may not be the work or the job you wanted at the time, but always do what you can be proud of.

—Genevieve Hillman, Oregon

What advice would you like to give to the younger generations? We call on all of our readers to share the timeless values that define right and wrong, and pass the torch, if you will, through your wisdom and hard-earned experience. We feel that the passing down of this wisdom has diminished over time, and that only with a strong moral foundation can future generations thrive.

Send your advice, along with your full name, state, and contact information to NextGeneration@epochtimes.com or mail it to: **Next Generation, The Epoch Times**, 229 W. 28th St., Floor 7, New York, NY 10001

6th Grader Gets First Birthday Cake of His Life After Being Adopted

LOUISE CHAMBERS

A sixth grader, adopted alongside his brother from an orphanage in Sierra Leone, has had a series of “firsts” since starting his new life in the United States. But seeing his first-ever birthday cake was almost more than he could handle.

Abraham broke into a flood of grateful tears as his adoptive mom, Jamie Walker, brought his cake into the room and the family sang “Happy Birthday!”

“This was the moment I knew he'd been waiting for,” Jamie wrote on Facebook. “His very first birthday cake. One for just him. One with his name on it. ... What a gift this moment was. Incredibly simple yet wholly significant.”

An emotional Abraham leaped from his chair and passed his brother into his adoptive father, Joe Walker's, arms, then Jamie's. His family implored, “Make a wish, make a wish!” but Abraham had never done this before.

“As it unfolded, it dawned on me that Abraham would have no idea what ‘make a wish’ meant, so we let him have a redo,” Jamie said.

Upon rewatching the footage, Jamie's daughter, Riley, asked whether Abraham's tears were happy tears. The mom told her yes.

“Those tears are what joy looks like,” Jamie said.

Jamie and Joe, who have four biological children, finalized their adoption of Abraham and his ninth-grade brother, James, in November 2021.

Joe had bonded with James during a visit to his friend's orphanage, The Raining Season Orphanage in Sierra Leone, for its 10-year anniversary.

According to a report by WCNC, during his visit to the orphanage, Joe read a lot of books and played soccer with the local kids. This is where he had his first interaction with James.

After Joe returned to the United States, he stayed in touch with James via a cellphone he had gifted him so they could Skype every month. The family had even begun sponsoring James.

Six months later, the Walkers learned that James had been forced out of his orphanage. When James went back to his village, Joe was introduced to James's little brother, Abraham. The concerned family would stay in touch with the siblings by FaceTi-

ming them every day.

After meeting Abraham and having both brothers sent back to the safe environs of the orphanage, Joe approached his own family about adoption. It was a unanimous yes from Jamie and their kids.

They then asked the brothers, who were really excited at the prospect of being with a family. The Walkers then began to get the paperwork ready.

His family implored, ‘Make a wish, make a wish!’ but Abraham had never done this before.

Despite some challenges because of travel restrictions owing to the COVID-19 pandemic, the brothers made it to the United States in November 2021. Since arriving in Charlotte, North Carolina, the siblings have had the opportunity

to experience a lot of firsts, such as their first real haircuts, their first car wash, and their first day of school.

Jamie told Queen City News that her adopted sons' paperwork from Sierra Leone is unreliable, so their birth certificates state that they're older than Jamie and Joe suspect them to be. While Abraham celebrated his birthday on May 19, nobody knows exactly how old he is.

The boys never even knew what a birthday was before they were adopted.

“It just feels like God is showing all the blessings in you,” Abraham told Queen City News. “Everybody in the whole world is giving you their best love that they have ever given. That is what it feels like to have that cake.”

For his cake—and so much more—the birthday boy is forever grateful to his new family.

“They're the ones that showed me to the world and showed me what happiness is and showed me what love is and showed me what it means to have a family around you,” Abraham said.



The Walkers welcome James and Abraham, who lived in an orphanage in Sierra Leone.



Abraham cries tears of joy at seeing his first birthday cake.

ALL PHOTOS COURTESY OF JAMIE WALKER



(L-R) Hermia (Olivia de Havilland) must, according to her father (Grant Mitchell), marry Demetrius (Ross Alexander), but she loves Lysander (Dick Powell), in the 1935 film of Shakespeare's “A Midsummer Night's Dream.”



Victor Jory and Anita Louise play the King and Queen of the fairies in “A Midsummer Night's Dream.”



Puck (Mickey Rooney) is about to put a spell on one of the the sleeping Athenian lovers.

GOLDEN ERA FILM

The Magic of Summer

One of Hollywood's Finest Adaptations of Classic Literature

TIFFANY BRANNAN

In the early 1930s, to draw Depression-era audiences, Hollywood studios tried to distinguish themselves from each other. They used shock value, outdoing each other with risqué content, violence, and other previously taboo subject matter. This “race to the bottom” created a daring genre of films made during the so-called pre-code era.

The downslide came to an end in July 1934 with the formation of the Production Code Administration headed by a tough Irishman, Joseph I. Breen. During the pre-code era, the studio that frustrated him the most was Warner Bros., whose claim to fame was making gritty, violent gangster films.

Once the Breen era began, Warner Bros. wanted to prove that they had turned over a new leaf, so they mounted the most classical project possible: a Shakespearean play. The result was “A Midsummer Night's Dream” in 1935. One of the finest “Golden Age” adaptations of classic literature, this movie perfectly captures the magic of summer.

A True Classic

“A Midsummer Night's Dream” couldn't be more different from Warner Bros.'s pre-code content. It's ethereal, beautiful, and, above all, classical. It's also longer than many films made in 1935, clocking in at 2 hours and 12 minutes. Much of the extra time is spent on the details, which make this film special.

Four young Athenian lovers go into the woods, entangled in forbidden romance, unrequited love, and forced engagements. Their predicament is further confused when a well-meaning fairy accidentally makes the wrong sweethearts fall in love with each other.

Meanwhile, a group of pathetically bad actors (actually tradesmen) go to the woods to rehearse “Pyramus and Thisbe” to perform at Duke Theseus's wedding. A mischievous sprite interrupts their rehearsals when he turns one of the actors into a donkey and makes the fairy queen fall in love with him. Can friends and lovers alike escape the delights and terrors of the enchanted summer night?

The film's cast reads like a directory of 1930s Warner Bros. stock players: Ian Hunter as Theseus, the duke of Athens, whose forthcoming marriage initiates the plot; Verree Teasdale plays Hippolyta, queen of the Amazons and Theseus's betrothed.

Those “players” in the play's royal performance include Frank McHugh as Quince, the carpenter, who arranges an amateur performance for the Duke's wedding; James Cagney plays Bottom, the weaver, an amateur actor who is bewitched to become a donkey; and Joe E. Brown is Flute, the bellows-mender, the actor reluctantly cast as the play's leading lady.

The Athenian lovers amidst a lot of confusion are Olivia de Havilland as Hermia, a lovely Athenian maid whose father espoused her to Demetrius but who loves Lysander; Dick Powell as Lysander, the bold Athenian youth who loves Hermia; Ross Alexander as Demetrius, Hermia's betrothed who is loved by Helena; and Jean Muir as Helena, Hermia's friend who harbors an unrequited love for Demetrius. Grant Mitchell is Egeus, Hermia's stubborn father.

Cinematographer Hal Mohr wasn't nominated for an Academy Award, but a write-in campaign resulted in his receiving the Oscar for Best Cinematography. He was the only person ever to win by write-ins.



“The Players” are played by (L-R) Joe E. Brown, Arthur Treacher, Otis Harlan, Hugh Herbert, Frank McHugh, Dewey Robinson, and James Cagney.



Athenian lovers finally matched with their correct loveds: (L-R) Demetrius (Ross Alexander) and Helena (Jean Muir), and Hermia (Olivia de Havilland) and Lysander (Dick Powell).

The actors playing the fairies include Anita Louise as Titania, queen of the fairies; Victor Jory as Oberon, the stern king of the fairies; and Mickey Rooney as Puck, or Robin Goodfellow, the mischievous fairy who bewitches the mortals.

If you're familiar with these celebrities, it's hard to imagine many of them performing Shakespeare. In fact, considering Cagney's tough-guy gangster reputation, complete with a strong New York accent, it's downright comical to think about his reciting the immortal bard's poetic rhyming verses.

After seeing Max Reinhardt's live “Shakespeare Under the Stars” production of this play at the Hollywood Bowl in 1934, producer Hal Wallis convinced Jack Warner to make it into a movie. The production was adapted for the screen by Charles Kenyon and Mary C. McCall Jr.

Prestigious Austrian-born stage director Reinhardt directed this movie, which was his only Hollywood film. Since he didn't speak English, usual Warner Bros. director William Dieterle acted as his interpreter and co-director.

Reinhardt wanted film stars Charles Laughton, Bette Davis, Laurence Olivier, and Leslie Howard for the film, but Warner Bros. insisted on using the actors under contract. Out of the play's original star-studded cast, only de Havilland and Rooney were used in the film.

A Magical Experience

The film's musical score starts with Felix Mendelssohn's “A Midsummer Night's Dream,” which was used as incidental music in Reinhardt's stage production. The only imagery we see while this six-minute piece plays is a lovely painting of a night sky with the word “Overture” written in ornate letters. This plays even before the film's credits, which rarely were preceded by anything in those days.

Classical composer Erich Korngold was



Titania was played by Anita Louise.

Prestigious Austrian-born stage director Max Reinhardt directed this movie.

hired to arrange the music, but the incidental music Mendelssohn wrote for “A Midsummer Night's Dream” wasn't long enough for the film.

Instead of repeating melodies or writing new music, the German composer adapted additional Mendelssohn works for full orchestra, adding a few musical bridges of his own to create a complete symphonic score. He refused to take any screen credit for his work on the film, giving all the glory to Mendelssohn. The score includes some singing by beautifully trained soprano voices, wedding the melodies to Shakespearean lyrics.

There even is dancing from the fairies, which was choreographed by Bronislava Nijinska, the sister of famous Russian ballet dancer Vaslav Nijinsky. The costumes and sets are a mixture of Elizabethan attire and Greek garb, combining the era of the work's writing and setting, as it would have originally been performed.

Most of this film's magic can be attributed to its unique, beautiful cinematography. Hal Mohr helped Reinhardt bring his vision of the magical woods to life onscreen through some clever innovation. When the forest Reinhardt designed couldn't be lit properly, Mohr brightened the scene by thinning the trees slightly and spraying them with orange aluminum paint, giving them an eerie hue in black and white. He further enhanced the trees' mystique by covering them with tiny metal particles and bejeweled cobwebs to reflect the light.

Mohr wasn't nominated for an Academy Award, but a write-in campaign resulted in his receiving the Oscar for Best Cinematography. He was the only person ever to win by write-ins, since the Academy banned such votes the next year. This film won a second Oscar for Best Film Editing for Ralph Dawson, besides being nominated for Best Assistant Director and Best Picture.

It's no surprise that the Academy appreciated this movie's cinematography, since it includes some of the most magical, impressive special effects of the decade. Double exposure, fantastical filters, and gorgeous matte paintings create a magical background for Shakespeare's finest words and some of Hollywood's finest performers to embody.

Combined with the use of strings, wind machines, wigs, masks, prosthetics, and elaborate costumes, this creates an enchanting yet refreshingly real fairyland, a welcome break from the modern world of computer-generated imagery.

Bringing Shakespeare to Life

“A Midsummer Night's Dream” makes you reconsider how you view these actors. Rather than casting exclusively British performers with very classical stage training, the film used many American actors, which made the dialogue sound more familiar, but most of the dialogue is taken directly from the original Shakespearean text, which contributes to its extended length.

Thus we have Shakespeare, without losing its meaning or flavor, and we have a film with the standards of decency required by the production code, including maintaining the sanctity of marriage and the modesty of the nymphs.

This is an artistic, decent, and entertaining film, suitable for any viewer. It's available on DVD and on Amazon Prime Video. Why not add it to your summer watchlist?

Tiffany Brannan is a 20-year-old opera singer, Hollywood history/vintage beauty copywriter, film reviewer, fashion historian, travel writer, and ballet writer. In 2016, she and her sister founded the Pure Entertainment Preservation Society, an organization dedicated to reforming the arts by reinstating the Motion Picture Production Code.

7 Fun Summer Businesses for Kids

KAREN DOLL

It's never too early to nourish the entrepreneurial spirit in your kids. You can easily build excitement and motivation in your child by sharing your own journey as well as stories of successful young entrepreneurs.

What are your children's passions? Sit down together and make a list of their strengths and interests, then brainstorm some ways they could transform one of those ideas into a viable business. For example, Mikaila Ulmer from Austin, Texas, was afraid of bees, but after being stung twice in a single week, she conquered her fear by learning how honeybees help the planet. Her newfound appreciation for those helpful pollinators inspired her to create Me & the Bees Lemonade—a blend of her great-grandmother's flaxseed lemonade recipe with a touch of honey.

Here are seven fun ways to introduce your kids to the wonderful world of business.

Musician

This idea was inspired by my friend and homeschooler Chloe Suarez a young violin virtuoso, who plays at the local parks and farmers market near her home in Johnson City, Tennessee. Chloe's bright smile and enchanting melodies transform an ordinary summer day at the park or the market into a lively celebration. Children dance and twirl and market visitors stroll from vendor to vendor with a little spring in their steps.

Friends' and neighbors' picnics, birthday parties, and graduations are the perfect stage for your young musician to shine.

Egg Farmer

Keeping a small flock of three to five laying hens is such a fun and economical way to launch your child into the small-business world.

I had a flock of hens for years and quickly became my neighborhood's go-to egg lady. And so will your child, because nothing compares to the flavor, color, and richness of fresh eggs. Simply eggs-traordinary!

Now while you can purchase hens that are almost fully mature and that will begin laying eggs soon, it's best to start with day-old chicks so your child can enjoy raising them



The classic option: the lemonade stand.

CHILDREN'S BOOKS

Page-Turners Transport Young Readers to Distant Lands

ARIANNA RUDORF

Whether or not your summer plans include vacations and traveling, escaping into a book is another way to enjoy the adventures of a journey. These exciting stories transport readers to distant lands, making them perfect to bring along on a road trip or to read instead of embarking on one yourself! "The Horse and His Boy," "Goose Girl," and "Lights on the Sea" are page-turners engrossing enough to rival screen time.

'The Horse and His Boy' by CS Lewis
A frequently overlooked book in C. S. Lewis's "Chronicles of Narnia" series, "The Horse and His Boy" can be read independently of the rest of the classic series. Set not in Narnia, but in the land of Calormen, this book follows the adventures of a young boy, Shasta, who joins forces with a talking horse to flee his unloving father. Shasta is soon brought together with another child running from a life she doesn't want, with

and bonding with them. I suggest choosing from chicken breeds that are friendly as well as excellent egg layers, such as the Black Australorp, the Rhode Island Red, the Speckled Sussex, the Delaware, and the Barred Plymouth Rock. These hens will lay about 180 to 300 eggs per year. That's a lot of egg money!

For help and expert advice, read "The Beginner's Guide to Raising Backyard Chickens" on the Fresh Eggs Daily blog.

Mother's Helper

Our daughter fell in love with caring for young children when we began volunteering in our church's nursery on Sundays. When she was old enough, she became one of the most sought-after mother's helpers in our area.

A typical day in the life of a mother's helper begins early in the morning. Having an extra pair of helping hands to get kids up, washed, and dressed and/or prepare, serve, and clean up after breakfast takes a big burden off Mom's shoulders and helps her to greet the new day with a refreshing shower and a positive attitude. Depending upon each individual mother's needs, a helper might supervise and join in playtime, ready kids for naps, help with lunch, or accompany Mom on errands and a jaunt to the local park until it's time to go home around dinnertime.

Being a mother's helper is a wonderful teaching experience for tweens and young teens and can help prepare them for solo babysitting jobs in a few years.

Dog Walker

Summer is a busy time for most families so dog walkers can be in high demand. Dog walkers should be dog-savvy kids who are comfortable around dogs, capable of handling unforeseen circumstances, such as a rabbit darting across the path, as well as know basic pet first aid and who to call in an emergency. A great resource is "Pet First Aid for Kids" written by Denise Fleck and Sandrina Lee.

Mostly though, it's just a simple matter of walking a dog once or twice a day, replenishing food and water, and some playtime. However, if your child is old enough, he or she could be a house/dog/pet sitter for nearby friends and neighbors who are away for the weekend or on vacation.

Teacher

I loved playing teacher with my friends when I was young. Many kids do because teachers are such a big part of their lives.

Do you have a child who is a natural teacher? Perhaps your son is an accomplished pianist or your daughter is an impressive artist. Your son could offer piano lessons, and your daughter could either create a beginner art class for neighborhood kids or work one-on-one.

Farmers Market Vendor

Since many towns regularly host a farm-



A possible business idea is to keep a small flock of hens and sell eggs.

Being a mother's helper is a wonderful teaching experience for tweens and young teens and can help prepare them for solo babysitting jobs in a few years.

ers market on weekends, this is a great opportunity for the young gardening guru or talented craftsman in your family.

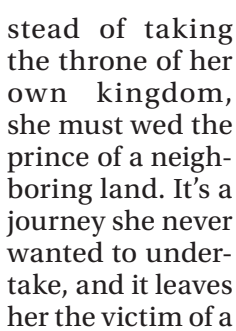
Your child will not only have the chance to sell products but also have the opportunity to learn about the importance of networking and make connections with other farmers and craftsmen who just might share some of their tricks of the trade.

Lemonade Stand Owner

And last but certainly not least, how about the classic lemonade stand? Maybe you have a special lemonade recipe that's been passed down from generation to generation like Mikaila or maybe your kids' signature lemonade is made with fresh lemons from your backyard trees.

For that special touch, kids might want to serve lemonade in bright yellow plastic cups with a hand-drawn smiley face to add a bit of cheer to their customers' day.

Karen Doll is a freelance writer and homeschooling consultant based in the small village of Wassergass, Pa. She enjoys writing about homeschooling, gardening, food and culture, family life, and the joys of chicken keeping. Visit her at AtHomeWithKarenDoll.wordpress.com



a horse who can speak. The four head toward Narnia and freedom. As the escapees take on the challenges of a difficult journey, they learn of a scheme to attack Narnia. As the group realizes they alone are in a position to reach Narnia in time to warn and save the peaceful country, new dangers and challenges arise.

In addition to being an excellent storyteller, Lewis is skilled in depicting noble characters. Shasta and his companions struggle to overcome cowardice, faithlessness, and prejudice along their journey and end as true heroes.

This chapter book is generally recommended for readers aged 8 through 12, but the story will likely appeal to younger children as well. (HarperCollins, 2002, 256 pages)

'The Goose Girl' by Shannon Hale
An embellished version of a Grimm Brothers' fairy tale, Shannon Hale's "The Goose Girl" is a coming-of-age adventure that is hard to put down. Ani is a princess and her parents' first-born daughter, yet she is hardly favored. Living in a land where the ability to speak to animals is rare but not impossible, she is forbidden to practice her gift. As she grows older, Ani discovers that in-

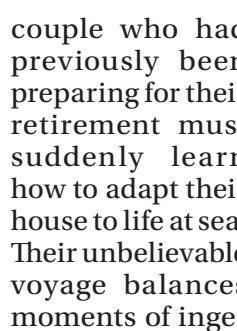


stead of taking the throne of her own kingdom, she must wed the prince of a neighboring land. It's a journey she never wanted to undertake, and it leaves her the victim of a cruel betrayal. She finds herself poor and friendless in an unfamiliar country and must work harder than she ever has before to sustain and protect herself.

This action-packed novel features jealous rivals, loyal friends (both human and animal), and a touch of magic. Ani exhibits impressive determination and bravery, and her adjustment from a waited-upon princess to a humble goose girl comes with many lessons.

"The Goose Girl" is a great title to share with tween girls ages 11 and up. (Bloomsbury, 2005, 432 pages).

'Lights on the Sea' by Miquel Reina
Something like a cross between "The Life of Pi" and the Pixar movie "Up," "Lights on the Sea" by Miquel Reina tells a touching story amidst nearly impossible events. Originally written in Spanish and translated, this book is part of the genre of magical realism and the novel begins with Mary Rose and Harold Grapes's house falling off a cliff and into the sea—with them in it. Unexpectedly plunged into life-or-death stakes, the



couple who had previously been preparing for their retirement must suddenly learn how to adapt their house to life at sea. Their unbelievable voyage balances moments of ingenuity and triumph with moments of despair, creating a unique story that will grip readers.

Though their circumstances are sensational, the work never becomes a simple adventure book. At the heart of the work is Mary Rose and Harold's love for each other and also their long-felt grief from the loss of their only son. Their emotional healing is intertwined beautifully with their perilous and life-changing journey.

Although not labeled as a young adult book, and despite following an older couple, this novel's beautiful messages and powerful storytelling makes it a work that teenagers can enjoy and perhaps read again in later years to discover new truths. (Amazon Crossing, 2018, 274 pages)

Arianna Rudorf recently graduated from the University of Dallas with a degree in English. Although originally from Illinois, she now lives in the Dallas area, where she is pursuing certification to teach English at the high school level.



FOR KIDS ONLY

THE EPOCH TIMES

At the Sea-Side
By Robert Louis Stevenson
When I was down beside the sea,
A wooden spade they gave to me
To dig the sandy shore.
My holes were empty like a cup,
In every hole the sea came up,
Till it could come no more.



ALL PHOTOS BY SHUTTERSTOCK

“The world is a book, and those who do not travel read only one page.”
SAINT AUGUSTINE (A.D. 354–430), PHILOSOPHER

WHERE DO HAMSTERS GO ON VACATION?
HAMSTERDAM

BLUESKYIMAGE/SHUTTERSTOCK

By Aidan Danza

AN EVEN MATCH OF PREDATOR AND PREY

THE CHEETAH

Life in the African Savannah is tough for large mammals. A large ungulate herbivore like the springbok must always be on the lookout for a marauding predator, and a predator like the cheetah must always be in search of its next meal. These two animals in particular have been given a great ability to run, whether to evade predators or to catch prey, but their running expertise lies in different areas of the chase.

The cheetah is one of Africa's most famous cats, by virtue of its speed. Cheetahs weigh 75 to 119 pounds and measure about four feet in length. The cheetah was quite literally made for running, with long legs, paw-pads built for superior traction, and non-retractable claws. Its tail is longer, for balance during sharp turns, and its spine is elongated to allow for a long stride during a sprint. Even the cheetah's organs are enlarged to allow for extreme physical activity. Because of all of this, the cheetah can attain a top speed of 71 miles per hour, a speed that humanity was only able to muster during the late 1800s. Recent studies have

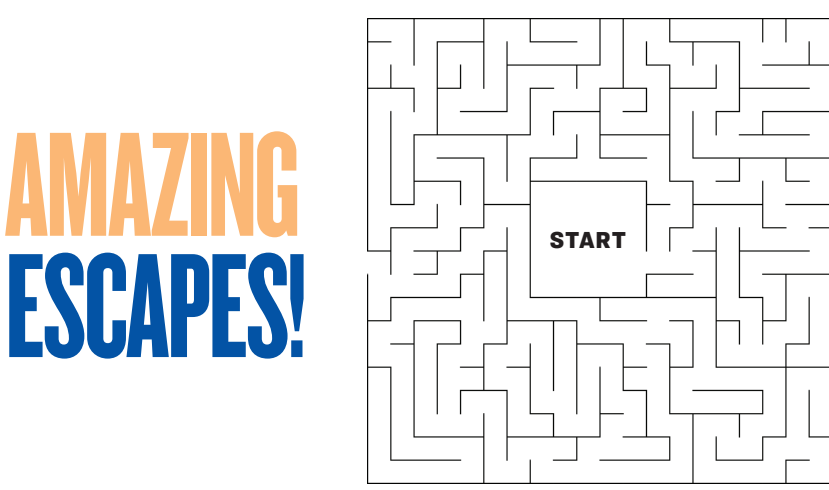
shown that cheetahs also modify their hunting tactics to catch different species and are also extremely agile. The cheetah benefits greatly from these specializations, with a hunting success rate of 58 percent.

71 mph

THE SPRINGBOK

The springbok is the third-fastest mammal in the world, after the cheetah and the pronghorn from America, with a maximum speed of 55 miles per hour. Like the cheetah, the springbok is long, lanky, and extremely agile, but slightly slower. This would appear to give cheetahs the advantage in a hunt, but the springbok has a head start. This is because the springbok inevitably sees the cheetah from some distance away, at which point it will begin running, with the cheetah running after it to close the gap. This head start makes these two extremely fast animals about evenly matched. In the end, the circumstances of a chase, such as the terrain, weather, age, and the health of each individual animal, all play a part in the outcome of a chase.

55 mph



AMAZING ESCAPES!

USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, - AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1+ (7 X 3) + 6 = 28

Easy puzzle 1

7	8
1	7

Solution For Easy 1
L + 8 = (1 + L)

Medium puzzle 1

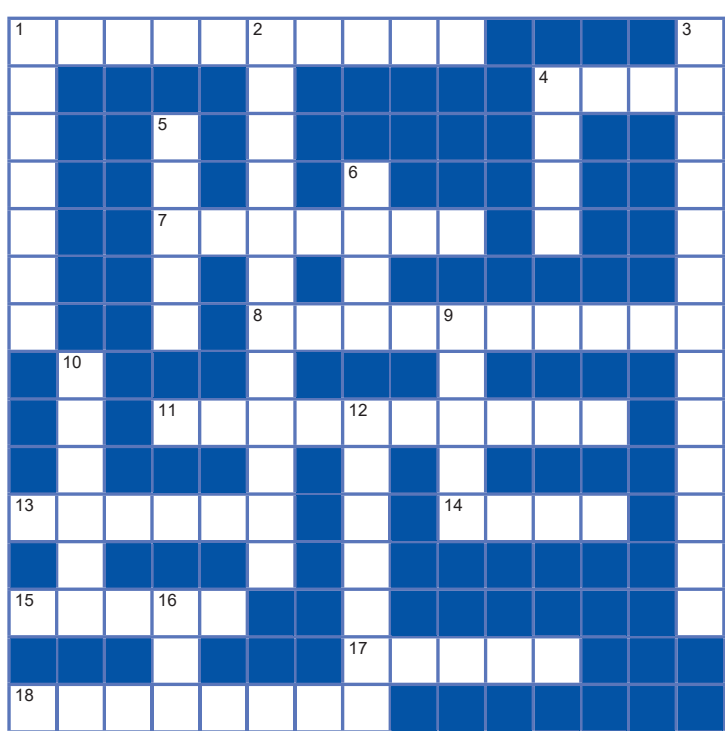
11	19
6	12

Solution for Medium 1
61 - 11 + 9 = 21

Hard puzzle 1

15	34
12	26

Solution For Hard 1
21 x (16 - 51 + 92)



Across

- Where to pitch a tent on vacation (10)
- Fun lake activity (4)
- Where to catch a plane (7)
- We often take a vacation in one (10)
- Sightseeing option (6,4)

Down

- Activity in which stakes may be laid (7)
- Many camping sites require these (12)
- Six Flags, e.g. (9,4)
- What you may find on a boat (4)
- Seashore (5)
- You may go fishing on one (4)
- Vacationer's stop (5)
- Place to store vacation memories (6)
- Best reason for a hike! (7)
- B & B (3)

- How we end a vacation (6)
- Water-skiing locale (4)
- Some National Parks may rent you one (5)
- We take vacations to ____ (5)
- Vacation days (8)



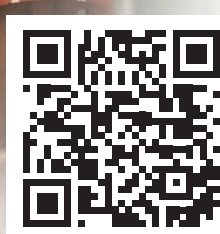
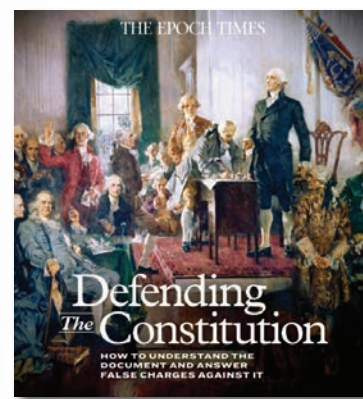
On July 21, 1983, the world's lowest temperature ever recorded was measured at Vostok Station, Antarctica. The thermometer read minus-89.2 degrees C or minus-128.6 degrees F, marking the lowest temperature ever recorded at ground level on Earth. The previous record was -127°F in 1960.

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