

# THE EPOCH TIMES

# LIFE &

# TRADITION

RELATIONSHIPS

## How to Create More Love in Your Marriage



Use Gary Chapman's 'The 5 Love Languages' and these other tips to strengthen your connection with your partner

JUNE KELLUM

Loving relationships are truly a blessing. They are an oasis in a challenging and difficult world. But while romance may arise spontaneously and fill us with love, once the honeymoon phase has passed, we usually need to invest to maintain and deepen our love for our partner.

"The key to finding joy in loving others is to focus on giving love, not on getting it," Gary Chapman, an author, speaker, and counselor, writes in his book "Love as a Way of Life."

Chapman also outlined the five love languages, a facet of human nature in which we tend to feel love based primarily on one of these five things: words of affirmation, acts of service, gifts, quality time, and physical touch.

The other four may not make us feel deeply loved or appreciated, no matter how much heart our partner puts into them.

If you don't have a sense of what your primary love language is, there are free online quizzes you can take, or you can read Chapman's book "The 5 Love Languages: The Secret to Love That Lasts."

After you learn your language, to build more love in your marriage, you might want to figure out your partner's preferred language. As I mentioned above, everyone generally has one language through which they best receive love, and often, couples have different languages. So if your language is words of affirmation, but your partner's language is physical touch, you could tell him many times a day how much you love and appreciate him, but he might find these words empty and actually feel more loved when you give him a hug.

Our habits, both thoughts and actions, have a lot to do with creating love and harmony in marriage, so once you know your partner's love language, develop habits of communicating with him through these habits. The following are some ideas:

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Gifts don't have to break the bank; it's more about the thoughtfulness and meaning put into the gift that counts.

## Finding True Satisfaction

A change of perspective reframes what is worth pursuing in life

Practicing gratitude is simple but its benefits can be life-changing.



BARBARA DANZA

In both the East and the West, philosophies and religions have called on us to be still, let go, and rest in faith. Yet so many of us spend our time striving for a better life.

We define what we want, then hustle and push ourselves to make it happen. When it does happen, we find something else to strive for. When it doesn't happen, we lament great disappointment. True satisfaction seems elusive.

Is this the best way to live life? Is it all about striving, achieving, pursuing, and obtaining?

What would happen if we stopped striving or, perhaps, redefined what's worth striving for?

Instead of pursuing self-interest and material gain, might we strive to improve ourselves internally? Rather than wealth, accolades, possessions, and com-

fort, what if we focused on the following instead?

### Gratitude

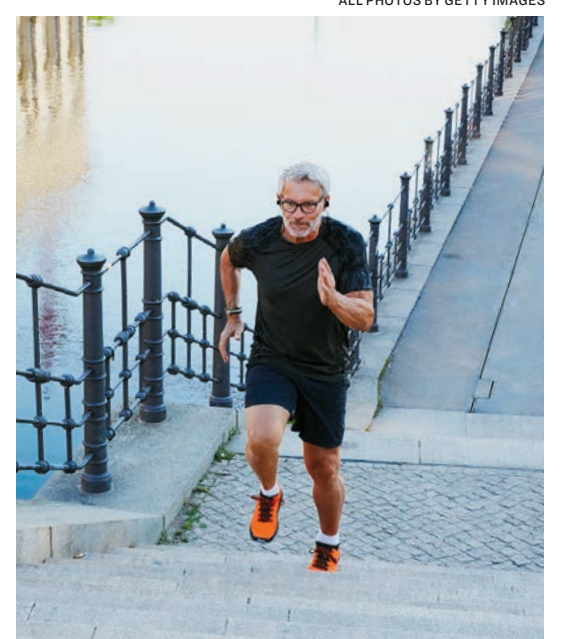
As Aesop put it, "Gratitude turns what we have into enough."

To practice feeling grateful and appreciative of all of life's abundance is simple, but its benefits can be transformative.

Choose your preferred method—a daily prayer, a discussion at the dinner table, or a note you write in your journal each day. List a number of things you're grateful for. Truly feel your sense of appreciation and wonder for the many gifts you've been blessed with. Whether it's the air in your lungs, the sunshine outside your window, the love of your family, or a moment you enjoyed—the more you think about it, the more you will find to be grateful for.

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Discipline allows us to take on the responsibilities of life and to forge a foundation for greater things in the future.

THE EPOCH TIMES INTERVIEWS  
SHEN YUN AUDIENCESShen Yun:  
Be on the Side  
of Heaven

New York-based Shen Yun Performing Arts is the world's premier classical Chinese dance and music company, established in 2006. Aiming for an artistic revival and celebration of China's rich cultural heritage, the company performs classical Chinese dance, ethnic and folk dance, and story-based dance, accompanied by orchestral and solo performers.



“The story-based dances and the soloists' songs talked about love and kindness. They are very touching. The key is the sense of humanity that Shen Yun delivers.”

**PARK JONG-HO**,  
company manager, Busan, South Korea



“[The message is] that it is important to maintain one's being and that we are something more than just soil and body, that we are immense souls, we are divine, and to remember it, not to forget it. And to behave accordingly among all of us.”

**LARA RIVERA**,  
artist, Bilbao, Spain



“There is nothing in the cosmos more wonderful than the human person, and that's what was really communicated through the performance.”

**JASON JONES**,  
filmmaker, Washington

## Shen Yun's Upcoming Performances

Reno	Nev.	Feb. 7-9
Escondido	Calif.	Feb. 8-14
El Paso	Texas	Feb. 11
New Orleans	La.	Feb. 11
Hartford	Conn.	Feb. 11
Tucson	Ariz.	Feb. 11-12
Corpus Christi	Texas	Feb. 14
Mesa	Ariz.	Feb. 14-17

For additional performance dates, please visit [ShenYun.com/tickets](https://ShenYun.com/tickets)

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. We have covered audience reactions since Shen Yun's inception in 2006.



One way to show love to someone who prefers words of affirmation is to write appreciative messages and leave them around the house for them to find.

## RELATIONSHIPS

How to Create More Love  
in Your Marriage

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## Words of Affirmation

Tell your spouse regularly that you love him.

Notice his accomplishments and what he does that helps or pleases you, and tell him how much you appreciate him and his efforts.

Write notes with loving and appreciative messages and hide them where your spouse will find them.

## Acts of Service

Do her chores occasionally, especially the ones you know she dislikes. Do your chores consistently so she knows she can count on you.

Ask her if there's anything you can do for her. You might be surprised by what she wishes.

Whenever you get yourself a drink, ask if you can get her one as well. This is an especially good habit if your partner doesn't drink enough. If you cook, make food that you know she enjoys. This might mean preparing two meals or eating something you are not as enthusiastic about.

## Gifts

Make sure you mark special occasions with gifts. These need not break the bank, because it's more about the thought behind the gift.

If your gift-loving partner has trouble letting go of gifts and has accumulated too many, consider giving gifts he can use up such as nice toiletries, candles, or perhaps gourmet food.

Photographs and photo books make great sentimental gifts.

## Quality Time

If your partner's love language is quality time, make sure you turn your phone off and give her your full attention at some point each day. Meals are a good time for this. If you have children, spend a little time together after the kids are in bed. Schedule regular date nights where you

spend the whole evening focused on her. Doing things like cleaning the kitchen together while talking can also be good quality time if you're very busy and can't find time to sit together.

## Physical Touch

Greet your spouse with physical touch, such as a hug or a kiss. One tip from a marriage counselor I heard is to make this touch last at least four seconds.

## If your partner's love language is quality time, make sure you turn your phone off and give him your full attention at some point each day.

Make massage or cuddles a daily routine. This could be a short foot or shoulder rub, a gentle rub on where he most holds tension, or just time sitting close enough together so that you are touching.

A spontaneous touch in the form of hugs, a hand on the back, or a quick kiss can also tell your spouse you love him.

## Keeping the Bond Strong

In addition to focusing on your partner's love language, there are some general habits that can keep your relationship loving and strong:

- Tell the truth. Even white lies and half-truths will strain the fabric of any relationship, because your words can't fully be trusted and you'll live with a nervous feeling that you might one day be found out. If you have made a mistake, confess and earnestly try to do better.
- Embrace sacrifice. All of our relationships require us to sacrifice in one way or another, so be prepared to let go of

some of your desires in order to make your partner happy. This shouldn't feel like you're constantly suppressing your needs—although from time to time, this might be necessary—this should instead feel like you're gladly giving up certain things because your relationship is precious and worth the sacrifice.

- Focus on your partner's strengths. After you're married, you will undoubtedly come to know your partner's faults. Be kind and gentle with these and try to minimize them in your mind while you focus on her strengths. If necessary, remind yourself of your own shortcomings. We're all in a process of growing, and love gives us strength to overcome many things, whereas criticism and fault-finding usually saps everyone's energy.

- Understand that men and women are different. They often have different priorities, innate drives, and ways of thinking. Unless properly understood, these can cause conflicts. Understanding how men and women are different and complementary can open doors for greater understanding, appreciation, and love. To learn more about this, you can check out books such as “Fascinating Womanhood,” “His Needs, Her Needs,” “The Alpha Female's Guide to Men and Marriage,” and “The Surrendered Wife.”

- Take care of yourself. Eating, resting, and exercising properly are things many people struggle with, but getting and keeping yourself in a positive cycle will give you so much more energy to love your spouse. Taking care of yourself does require discipline, but it can also help strengthen your will if you know you need to do it for both yourself and your relationship.
- Let go of stuff that doesn't serve you. Possessions take time and energy and can be a barrier to a loving relationship. The less you have, the less you feel you need to downsize, and the freer your time and space for love.

## DEAR NEXT GENERATION Advice from our readers to our young people

## The Only Quest Worth Pursuing

What is the deeper meaning behind Valentine's Day?

Dear Next Generation.

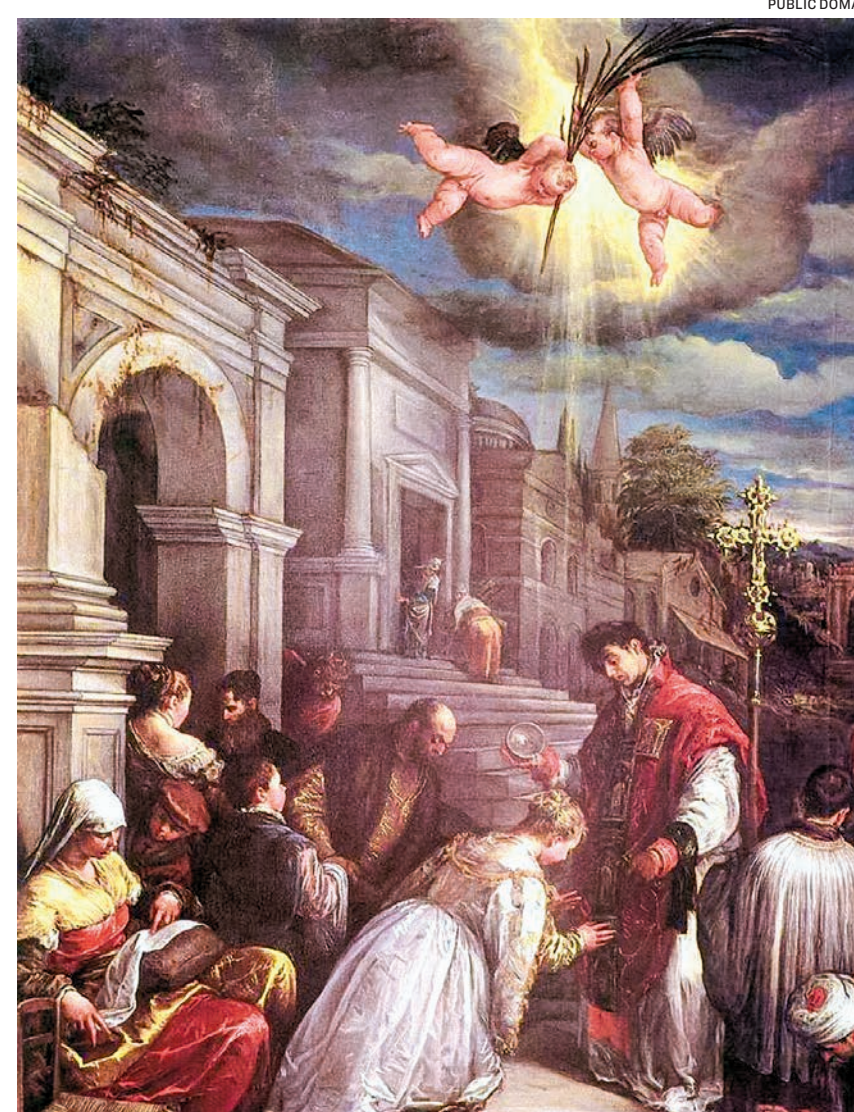
It's important to look at the deeper meaning behind Valentine's Day because there's a lot more going on besides heart-shaped boxes of chocolate, flowers, and teddy bears. The concept of love is definitely worth exploring. I believe that not only is true love possible but that it's the ideal natural state of every human being.

I make no pretensions of being an authority on this subject, but I've found that you don't have to be. You just have to believe in it. True love is real, and it's incredibly powerful. It's hidden, yes, and some people never discover it, but that doesn't change the fact of its existence. It has a lot of imposters and imitators in the world, but true love isn't something people can cook up or manufacture or even imagine. It's either there or it isn't there. Like buried treasure, it awaits someone to actively seek it or stumble on it. And when it's found, it's worth relinquishing everything else for.

True love often takes a long time to reveal itself and can survive devastating setbacks. An honest history of a truly wonderful marriage will often reveal a trail of mind-numbing daily trivia, confusing and frustrating problems, and even inexplicably tragic events. But if the bond is there, the marriage will not only survive these things but grow stronger because of them.

But there's something even more profound here. The people who have the greatest understanding of love, whether married or single, have tuned into the astonishing finding that life is meant to be a romance on a spiritual level. This involves an incredible adventure and is the material of the loftiest wisdom and the finest fairy tales. The plot is very similar to that of “Beauty and the Beast,” where Belle learns to trust and later love a man whose appearance frightens her and whose ways she finds mysterious. Once she decides to abandon her life to him, regardless of what that may mean, she's able to see him as he truly is, her future is unlocked, and the vistas of true love are opened to her.

It should also be remembered that Valentine's Day itself is named after a man who became known as St. Valentine. Historians have written that he was ordered to be executed by Emperor Claudius II



“Saint Valentine Baptizing St. Lucilla,” circa 1575, by Jacopo Bassano.

“True love demands the utmost courage and faith.”

Phyllis Woods,  
Florida

because he refused to renounce his faith. He put his life on the line rather than give up his belief in the God he loved. Love is that deep and that profound.

There's no question that the quest for true love demands the utmost courage and faith. We are, after all, in a world that's sometimes cruel, occasionally crazy, and often unfair. It's very daring to decide to love when it's humanly impossible to do so. But I'm convinced that it's the only quest worth pursuing.

—Phyllis Woods, Florida  
Former high school English teacher and author of the young reader fairy tale “The Kingdom of Fairwind”

If you can communicate effectively, it doesn't necessarily mean you can lead. But if you can't communicate effectively, you can't lead.

The fear of speaking in front of a group of any size is real and a constraint for all too many people—young and old. It's one of the main reasons that so many people fail to maximize their potential. In fact,

public speaking is often listed as the No. 1 fear of individuals. Heights, going to the dentist, snakes, and flying are the second, third, fourth, and fifth of the greatest fears, but speaking tops all others.

It can be paralyzing; it was for me in high school. Whenever I had to give a presentation, even if it was simply a book report, I would feign illness. Fortunately, in college, all students were required to take a speech class. I remember walking out of the building after giving my first three-minute speech and feeling like I had just been told that I didn't have cancer—it was such a relief to have it over.

It's difficult to convince many young people that working on their communication skills (speaking, writing, and listening) are as important or more important than their athletic skill. If I had children, I wouldn't care if they played baseball, football, basketball, or ping pong. But I would be adamant that they work on their communication skills so they didn't make the mistakes I made in my youth.

If you're giving a presentation and have the option of its length, err on the side of brevity. Very few speeches are too short. In seeking advice for a commencement speech that I was asked to deliver years ago, I contacted the only health care executive I've ever known who has exceptional speaking skills. His only advice was: “Always leave them wanting to hear just a little bit more.”

One last piece of advice to anyone of any age who's going to give an important presentation. It isn't enough to practice it a couple times. You need to practice it until you can't stand the thought of doing it one more time. Then, and only then, are you ready to give the presentation.

It's wise to follow the axiom of the Navy SEALs: “We don't train until we get it right. We train until we can't get it wrong.”  
—Terence Moore, Michigan  
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](mailto:NextGeneration@epochtimes.com) or mail it to: *Next Generation, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001.*

OLESKI PIDGOSNNYI/THE EPOCH TIMES



Constantly striving, pursuing, and wishing can erode your peace of mind, but practicing stillness helps to foster a sense of calm and centeredness.

## Finding True Satisfaction

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## Presence

It can sometimes be easier to dream and envision a different future than face the circumstances at hand and do what needs to be done.

Perhaps stoic philosopher Seneca put it best:

“Putting things off is the biggest waste of life: it snatches away each day as it comes, and denies us the present by promising the

future. The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. You are arranging what lies in Fortune's control, and abandoning what lies in yours. What are you looking at? To what goal are you straining? The whole future lies in uncertainty: live immediately.”

The best way to pave a good future is to be responsible for today.

## Discipline

Instead of deriving from the relentless chasing of a dangling carrot, fulfillment can come from living up to one's own standards through practicing discipline and handling the matters at hand.

Discipline can mean refraining from certain behaviors or consistently enacting

others. If our heads are always in the clouds and we can't even make our beds or keep our refrigerators stocked, the likelihood of achieving excellence on a grander scale will likely elude us.

On the other hand, one who can master discipline and take on the responsibilities of life tends to forge a foundation for greater things in the future.

## Wisdom

An excessive focus on material gain or other worldly pursuits may be an indication of the need for higher wisdom. History has left us a treasure trove of great wisdom. Seek out new ideas to consider, and let go of the empty pursuits that aren't serving you.

## Kindness

The relentless pursuit of personal gain is a sure sign of a self-centered focus. When we point our gaze outward, we see the needs of others and find our compassion for them. Putting our skills and talents to use in the service of others is a much more rewarding effort. Inadvertently, you may find yourself enjoying the things you were striving for just the same.

## Stillness

Constantly striving, pursuing, and wishing can rob you of the ability to find peace in your heart and mind. Practicing getting calm, being still, and observing what truly is. There's value in stillness, which a voracious hustler will surely miss.

Be still. Let go. Rest in faith.  
How might your perspective change if you do?

“Gratitude turns what we have into enough.”

Aesop

Putting our skills and talents to use in the service of others is a much more rewarding effort than only focusing on personal gain.



MARINA ANDREJCHENKO/SHUTTERSTOCK



## HISTORY

# The Hero of Liberty Who King George III Arrested for ‘Sedition’

When John Wilkes died in 1797, British liberty was more robust than it was in the year of his birth—in part because of him and his ‘radicalism’

LAWRENCE W. REED

In the long history of memorably scintillating exchanges between British parliamentarians, one ranks as my personal favorite. Though attribution is sometimes disputed, it seems most likely that the principals were John Montagu, fourth earl of Sandwich, and the member from Middlesex, John Wilkes.

**Montagu:** Sir, I do not know whether you will die on the gallows or of the pox. **Wilkes:** That depends, my lord, on whether I embrace your lordship’s principles or your mistress.

Repartee doesn’t get much better than that. And it certainly fits the style and reputation of Wilkes. Once, when a constituent told him he’d rather vote for the devil, Wilkes famously responded: “Naturally. And if your friend decides against standing, can I count on your vote?”

Wilkes deserves applause for his rapier wit but also for something much more important: challenging the arrogance of power. He was known in his day as a “radical” on the matter. Today, we might label him “libertarian” in principles and policy and perhaps even “libertine” in personal habits (He was a notorious womanizer). His pugnacious quarrels with a king and a prime minister are my focus in this essay.

Born in London in 1725, Wilkes in his adult life was cursed with bad looks. Widely known as “the ugliest man in England,” he countered his unattractive countenance with eloquence, humor, and an eagerness to assault the powers that be with truth as he saw it. Fortunately, the voters in



King George III was criticized by Wilkes for his handling of the Seven Years’ War and taxation of the American colonists. Engraving based on a painting by Joshua Reynolds.

Middlesex appreciated his boldness more than his appearance. He charmed his way into election to the House of Commons as a devotee of William Pitt the Elder and, like Pitt, became a vociferous opponent of King George III’s war against the American colonies.

Pitt’s successor as prime minister in 1762, Lord Bute of Scotland, earned the wrath of Wilkes for the whole of his brief premiership. Bute negotiated the treaty that ended the Seven Years’ War (known in America as the French and Indian War), which Wilkes thought gave too many concessions to the French. Wilkes also opposed Bute’s plan to tax the Americans to pay for the war.

In an April 1763 speech written by Bute, King George III publicly endorsed his prime minister’s policies. Wilkes responded with a merciless broadside in his publication, *The North Briton*. His opening paragraph aimed squarely at Bute:

“The North Briton has been steady in his opposition to a single, insolent, incapable, despotic minister and is equally ready, in the service of his country, to combat the triple-headed, Cerberian administration.”

“Cerberian,” incidentally, referred to Cerberus, the vicious, three-headed watchdog in Greek mythology that guards the gates of Hades.

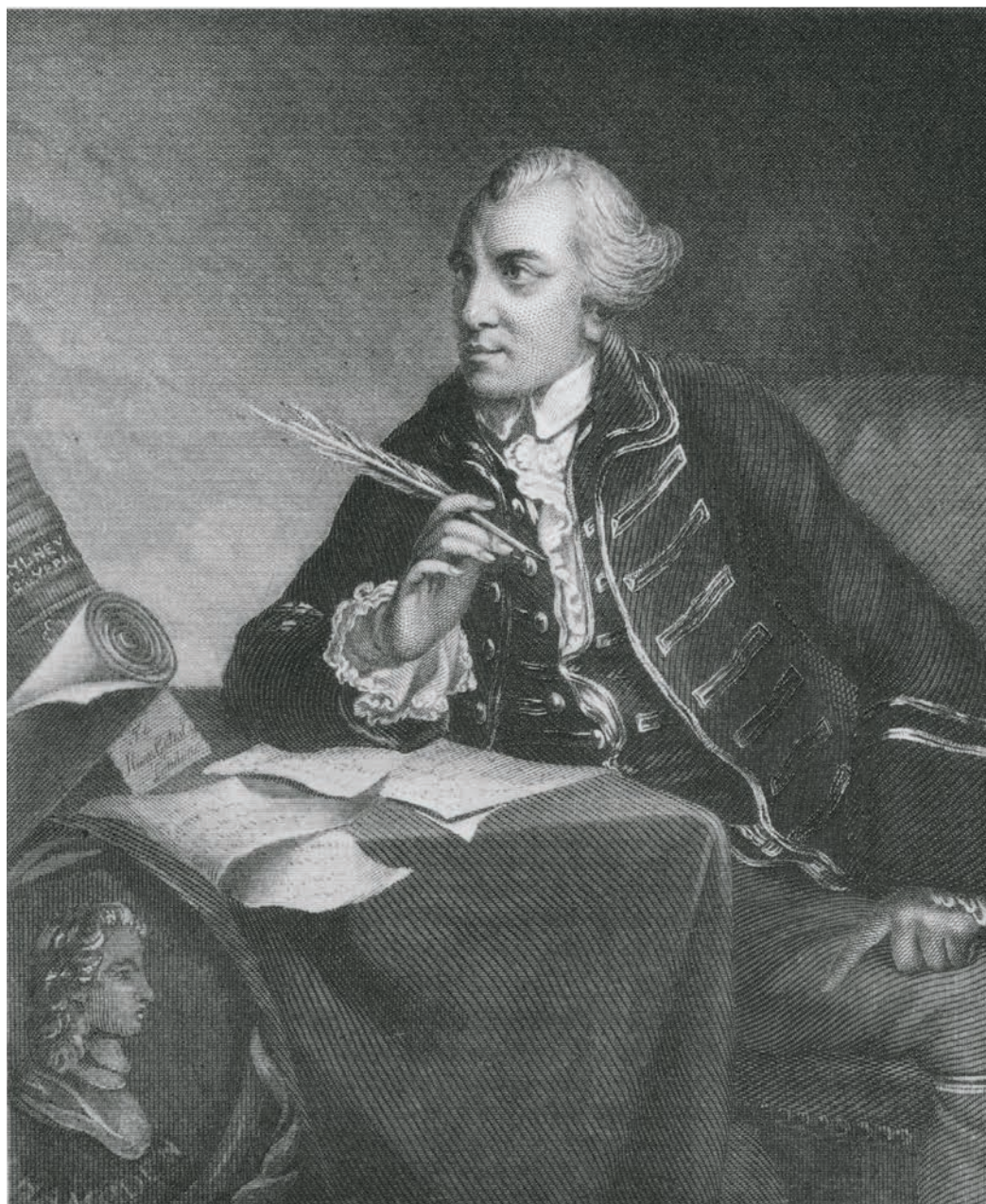
The king himself fared slightly better, but Wilkes nonetheless lamented that George III had given “the sanction of his sacred name to the most odious measures.” The terms of the peace treaty drew “the contempt of mankind on our wretched negotiators,” he declared. He strongly hinted at official corruption when he wrote, “Many unnecessary expenses have been incurred, only to increase the power of the crown, that is, to create more lucrative jobs for the creatures of the minister.” He closed with what the king took as a thinly veiled threat:

“The prerogative of the crown is to exert the constitutional powers entrusted to it in a way, not of blind favor and partiality, but of wisdom and judgment. This is the spirit of our constitution. The people, too, have their prerogative, and, I hope, the words of Dryden will be engraved on our hearts, ‘Freedom is the English subject’s prerogative.’”

George III took it personally. He ordered the arrest of Wilkes and dozens of his followers on charges of seditious libel. For most of the nearly 1,000 years of British monarchy, kings would have remanded foes like Wilkes to the gallows forthwith. But as a measure of the steady progress of British liberty (from Magna Carta in 1215 through the English Bill of Rights in 1689), the case went to the courts.

Wilkes argued that as a member of Parliament, he was exempt from libel charges against the monarch. The lord chief justice agreed. Wilkes was released and took his seat again in the House of Commons. He resumed his attacks on the government, Bute’s successor George Grenville in particular.

Over the next decade, Wilkes fought for the continued reduction of concentrated power, including the right of printers to publish the debates in Parliament uned-



Born in 1725, John Wilkes spent his career in politics pushing for the reduction of concentrated power. Engraving based on a painting by R.E. Pine.

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ited. He once wrote what was called “the dirtiest poem in the English language,” tangible evidence of his libertinism and his sometimes scandalous personal life. No matter the issue, he wasn’t averse to, shall we say, “pushing the envelope.”

Among his defenders was the great statesman Edmund Burke, who himself chipped away at the power and privileges of the British establishment.

Though Wilkes won reelection on an antigovernment platform in 1768, Parliament expelled him. He was reelected again in three successive elections a month apart—in February, March, and April 1769—only to see Parliament void each election and attempt to give his seat to someone else. In the April balloting, Wilkes garnered more than 79 percent of the vote against Parliament’s choice of Henry Luttrell. The House of Commons seated Luttrell anyway.

Out of Parliament, Wilkes got himself elected as an alderman for London (equivalent to a city council seat), and then lord mayor of London in 1774. When he ran again for the House of Commons a few months later, he won back his Middlesex seat. Parliament had moved on to more pressing matters, namely, rising tensions with the American colonies. Wilkes was allowed to take his seat, a perch he used to assail the government’s drift toward war.

It shouldn’t surprise you to learn that the man who introduced the first bill in the House of Commons for reforming Parliament itself was none other than John Wilkes, in 1776.

British liberty, when Wilkes died in 1797, was more robust than it was in the year of his

birth (1725)—in part because of him and his “radicalism.” Though he settled down in his later years into a more “moderate” perspective (and lost popular support because of it), his most significant contributions remain unquestionably those of his earlier days.

Now and everywhere, as in the 18th century in Britain, lovers of freedom must recognize and appreciate those who man the barricades. Two centuries after the events described above, Ronald Reagan expressed a truth with which the radical Wilkes would, I think, heartily agree:

“Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children’s children what it was once like in the United States where men were free.”

*This article was originally published on FEE.org.*

*Lawrence W. Reed is FEE’s president emeritus, Humphreys Family senior fellow, and Ron Manners global ambassador for Liberty, having served for nearly 11 years as FEE’s president (2008–2019). He is author of the 2020 book, “Was Jesus a Socialist?” as well as “Real Heroes: Incredible True Stories of Courage, Character, and Conviction” and “Excuse Me, Professor: Challenging the Myths of Progressivism.” Follow on LinkedIn and Like his public figure page on Facebook. His website is LawrenceWReed.com*

bases—financially, physically, spiritually, sexually, and socially. But at some point, you will feel like you’re up a creek without a paddle. Try not to be surprised. Hang on and welcome yourselves to the ‘Lifelong Marriage Club.’”

Contrary to what I initially expected, the look on the couples’ faces is one of relief.

So to any valentines floating in rocky waters, before you “jump ship,” look around. You’ll probably find a paddle. Start rowing.

*Bernadette Bonanno lives in Albany, N.Y.*



Because our culture promotes quick-fix solutions, struggling couples may be tempted to think they are different from other couples.

FIZES/SHUTTERSTOCK

## MARRIAGE

## To the Valentines Struggling to Hang On

Marriages, just like individuals, go through difficult seasons in life

BERNADETTE BONANNO

This isn’t a lovey-dovey Valentine’s Day story. This is a shout-out to all the valentines struggling to hang on.

For 30 years, my husband, Mike, and I have worked with couples preparing for marriage. Over the years, as we aged and morphed, the topics we discussed with the couples morphed as well.

These days, after brief introductions, the first thing I say to the couples is this: “If you are in this for life, I mean through thick and thin, then before you tie the knot, you owe it to yourself to ask your fiancé, ‘Are you in this for life?’”

Abruptly, the room gets serious, eyes widen, and I continue: “Ask each other: What if we can’t enjoy the lifestyle we hope for? What if I

gain 30 pounds? What if I go through seasons of illness or depression? What if I get in an accident and my personality and body changes? What if we can’t have children or lose a child? Before we tie the knot, at this point, I need to know. Are you in this for life?”

Of the many lifelong marriages we know, we don’t know one that hasn’t endured very difficult seasons. Maybe that’s because every individual life goes through periods of “rocking and rolling.” So put two lives together, and it’s no wonder.

Our culture promotes the idea that there’s a program, a fix, or a pill to solve any problem. Believing this nonsense, we assume we’re different from other couples when struggles arise. We “wear makeup” to hide our blemishes.

Meanwhile, if we were a fly on the wall in any house on the block, we’d be comforted

knowing that it’s not always, as Mr. Rogers sang, “a beautiful day in the neighborhood.”

We think: “There must be something wrong with us! Maybe I married the wrong person. I’ll get it right the next time.” But the next time, we may find we’re reading the same book—it’s just a different chapter.

While encouraging the couples to work together as a team in all areas of marriage and family life, we’re brutally honest with them and attempt to debunk this cultural narrative.

Wrapping up our time together, we say: “Marriage can be your greatest blessing and a lot of fun. Be intentional about covering your

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The elegant Winter Palace is a striking example of the baroque style in 18th-century Russia. Painted in green and white, the monumental palace exterior combines both decorative arts with traditional architecture. The three-story building is composed of four facades featuring two-tier colonnades and golden stucco moldings. Abundance is the key word here: Windows are abundant, as are the cornices (decorative moldings) and sculptured figures, conferring a majestic appearance to the palace.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

THE HERMITAGE OF

# St. Petersburg

MUSEUM OF ART AND ARCHITECTURE

ARIANE TRIEBSWETTER

One of the largest art museums in the world and the former residence of the Romanov czars, the State Hermitage Museum in St. Petersburg, Russia, is in the historical center of the city.

Composed of five buildings, the Hermitage hosts about 3 million items dating from the Stone Age to the present, including old masters’ paintings. But it’s much more than a museum; it’s also an architectural work of art.

In 1754, Empress Elizabeth of Russia commissioned architect Bartolomeo Rastrelli to design the Winter Palace, a sumptuous baroque-style residence that took more than eight years to build. Catherine the Great then expanded the build-

ing and transformed much of the baroque interiors into neoclassical designs, the architectural fashion at the time.

Catherine was also interested in art, and new buildings in neoclassical styles surfaced next to the royal residence to house her impressive art collection. Successively, the Small Hermitage, the Great Hermitage, the Hermitage Theatre, and the New Hermitage emerged. Completed in 1795, the new array of buildings along with the palace became known as “Hermitage” (from the French “retreat”).

Each building and each room of the Hermitage is an architectural marvel. The exterior of the Winter Palace is a masterpiece of Russian baroque architecture, with its abundance of molded decora-

tions, featuring golden stucco.

Most interiors are in the neoclassical style, as shown in St. George’s Hall, a large state hall with Corinthian pink marble columns and patterned floors. Other highlights of the complex include the Pavilion Hall with Gothic, Oriental, and Renaissance elements; the Raphael Loggias gallery with frescoes inspired by the Vatican Palace; and the Auditorium in the French Rococo style.

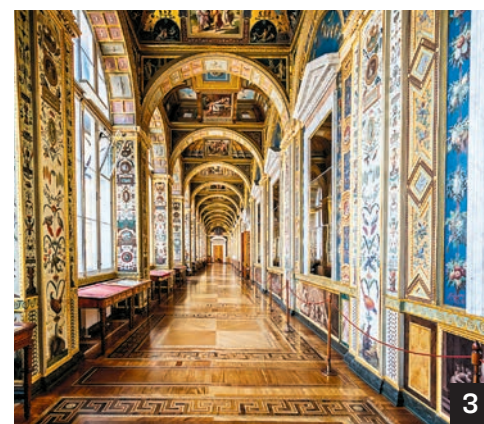
The buildings that hold archeological and artistic masterpieces are themselves great works of art.

*Ariane Triebswetter is an international freelance journalist, with a background in modern literature and classical music.*



**1.** Located in the Small Hermitage, this is one of the most opulent rooms in the complex. The Pavilion Hall, designed by Andrei Stackenschneider in 1858, combines Gothic, Oriental, and Renaissance elements. Crystal chandeliers are found throughout the room, supported by white marble columns and gilded stucco ceilings and walls. The mosaic set on the floor is a copy of an ancient Roman mosaic. **2.** A rare example of the “Second Rococo” style (the revival of the Rococo style) in the Winter Palace. Designed by

architect Harald Bosse in 1853, this boiserie features exquisite ornamentation, with gilded furniture, red brocatelle (silk fabric), and an ornolu chandelier reflected in the central mirror, giving an overall impression of luxury and comfort. **3.** One of the most famous rooms of the Great Hermitage is the Raphael Loggias. Commissioned by Empress Catherine II in the 1780s, it’s an exact reproduction of the frescoes in the Papal Palace in Vatican City. The copies of the frescoes are in the tempera technique. The vaults here



are decorated with scenes from the Holy Scriptures (known as “Raphael’s Bible”), and the painted walls are decorated with “grotesques” (ornamentation motifs). **4.** A room made out of gold: the gold-drawing room was designed by architect Alexander Brullov between 1838 and 1841. Refurbished by Andrei Stackenschneider after the 1837 fire, the architecture follows the opulent Byzantine style, with its vaulted ceiling, gilded-wall moldings, and gilded doors. The décor is completed by a magnificent parquet floor.

ALL IMAGES IN THE PUBLIC DOMAIN



"American Shipping off the Rock of Gibraltar," 1873.

FINE ARTS

# A Russian Painter's Magical Brush

Nearly two hundred years later, Ivan Aivazovsky's maritime oil paintings continue to astound

ANNA MASON

A true trailblazer in the world of oil painting, Russian artist Ivan Aivazovsky produced almost magical results in his seascapes, so masterfully did he wield his brush. Looking at his works, one can almost taste the salty ocean spray.

Over his lifetime, Aivazovsky amassed around 6,000 finished works, more than half of which were maritime subjects. Blessed with an eye and a hand for portraying the movement and translucence of waves, the artist succeeded in capturing on canvas the roiling, foaming essence of the sea.

As a budding artist, Aivazovsky was sent by the Imperial Academy of Arts to study in Europe. The emerging star spent an illustrious few years mingling with other creatives in Italy and France. He was lauded by contemporaries such as the English painter J.M.W. Turner and received gold medal awards from the pope at the time and France's Royal Academy.

Upon returning to Russia, Aivazovsky had become a celebrity. Impressed by his outstanding talent, the Russian navy named Aivazovsky their official painter, and his travel adventures really began. In 1845, he was sent on a voyage to Constantinople and the Greek archipelago. With raw energy and not yet age 30, the artist produced a treasure trove of marine, coastal, and battle scenes.

"The Ninth Wave" is widely considered Aivazovsky's most famous work and is monumental in scale—measuring almost 11 by 7 feet. It depicts the aftermath of a shipwreck set before a bonfire of a sunrise, with waves in the fore seeming to hold the intensifying morning sunlight in their aqueous grasp.

Like that of Turner, Aivazovsky's use of strong atmospheric perspective sometimes tips on the verge of fusing sea and sky. His adding a glorious sunrise in "The Ninth Wave," or a sunset in "Storm Near Eupatoria," throws an emotional dimension into the mix.

In those years, artists sought to breach the foregoing neoclassical concept of the "rational" in their work in search of a more transcendent emotion found in the "sublime." Like Turner, Aivazovsky sometimes did so through an almost abstract flatness in his handling of materials that subsumes the image.

Besides "The Ninth Wave," the artist produced such masterworks as "Wave," "Storm Near Eupatoria," and "View of Odessa on a Moonlit Night."

A public opinion poll conducted in 2017 found that, among Russians, Aivazovsky's paintings are the best-regarded of all those done by Russian artists. The saying "worthy of Aivazovsky's brush," popularized by Anton Chekhov, became common parlance in Russia for describing something of incomparable loveliness.

In 1892, not long before his death in Feodosia in the year 1900, Aivazovsky made a trip to America. After the trip, he painted Niagara Falls, once more succeeding in capturing the raw power and sublime majesty of Mother Nature.

While many legendary artists of the modern era suffered tragic lives, Aivazovsky was not one of them. The master of seascapes enjoyed a glorious career of fortune and fame, and the extraordinary beauty of his paintings continues to delight two centuries on.

Late in what was an amazingly gifted, dynamic, and admired life, Aivazovsky himself said: "Even in deep old age, I still have a strong passion within me, and I work constantly."



Self-portrait, 1874, by Ivan Aivazovsky.



"The Ninth Wave," 1850.



"Fishermen on the Beach," 1852.



"Rainbow," 1873.

## FOR KIDS ONLY

THE EPOCH TIMES

Week 6, 2023

### What Is Good

By John Boyle O'Reilly

"What is the real good?" I asked in musing mood.

Order, said the law court; Knowledge, said the school; Pleasure, said the fool; Love, said the maiden; Beauty, said the page; Freedom, said the dreamer; Home, said the sage; Fame, said the soldier; Equity, the seer;—

Spake my heart full sadly: 'The answer is not here.'

Then within my bosom Softly this I heard: 'Each heart holds the secret: Kindness is the word.'

### WHAT DID THE BLUEBERRY SAY TO HIS WIFE ON VALENTINE'S DAY?

I LOVE YOU BERRY MUCH!

### I have decided to stick with love ... hate is too great a burden to bear.

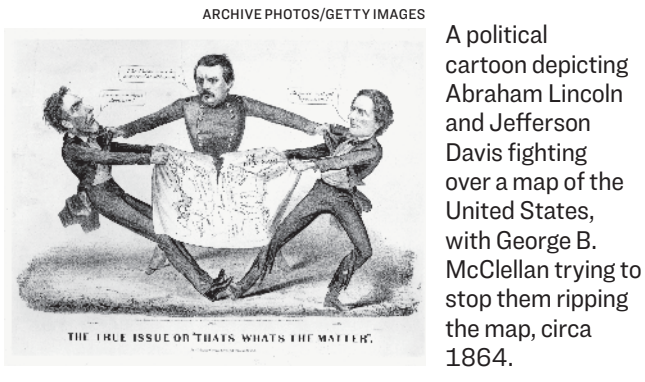
MARTIN LUTHER KING, JR. (1929-1968)

## This Week in History

### THE CONFEDERACY IS FORMED

On Feb. 8, 1861, shortly after the election of U.S. President Abraham Lincoln, seven states that had seceded days earlier (South Carolina, Mississippi, Florida, Alabama, Georgia, Louisiana, and Texas) officially formed the Confederate States of America. They elected Jefferson Davis, former secretary of war, as their president.

The Civil War began only a few months later. During the war, the Confederacy grew to 13 states and included Virginia, Arkansas, North Carolina, Tennessee, Missouri, and Kentucky. It was finally dissolved at the conclusion of the war in 1865.

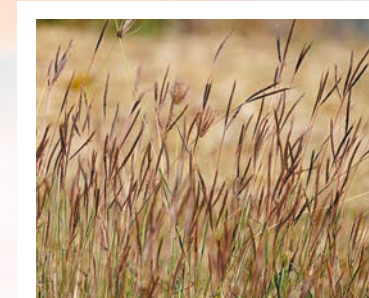


A political cartoon depicting Abraham Lincoln and Jefferson Davis fighting over a map of the United States, with George B. McClellan trying to stop them ripping the map, circa 1864.

By Aidan Danza

## THE TALLGRASS PRAIRIE

The tallgrass prairie is the name for the vast grasslands in the middle of our country where taller grasses grow, as opposed to the more westerly, arid, shortgrass prairie. There are four main species of grass that grow here, and they dominate above all other plant species in normal prairie conditions. These species are all perennials, and they are all warm-season grasses, meaning they grow most in the late summer.



### BIG BLUESTEM

Big bluestem is the tallest of the tallgrass, growing 4 to 8 feet tall. The grass can be quite aggressive, but this characteristic is counteracted by the fact that cattle and buffalo simply adore the stuff and will not hesitate to eat it all wherever it's present. The grass grows very deep roots and rhizomes (sometimes 6 to 10 feet deep) and puts out its seed in the fall, after which it proceeds to die off in the winter. However, being a perennial, the grass will be back in the spring with the same vigor as before.



### SWITCHGRASS

Switchgrass is another perennial warm-season grass. Like the big bluestem, it also grows rhizomes and is very tall, but it grows only to around five feet at most. Some types grow in a bunching habit, meaning that they grow in shrublike clusters, while others grow in a sod, like a lawn. As they die off in autumn, they show a beautiful orange color.



### INDIANGRASS

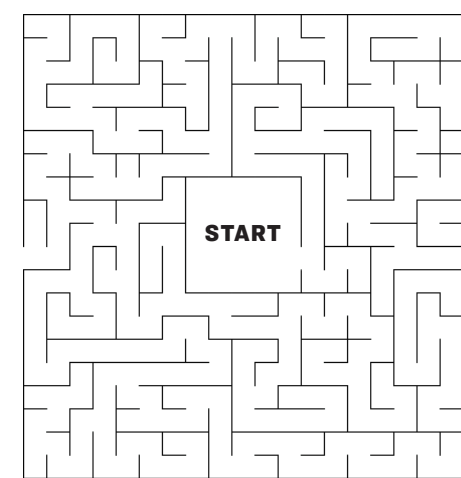
Indiangrass is yet another perennial warm-season grass. It forms a sod and has a blue-green color, eventually forming large seed heads. It's also another favorite of cattle and buffalo and is actually renewed by fire, not unlike several other species of grasses and trees. This necessitates controlled burns in areas where it's present.



### LITTLE BLUESTEM

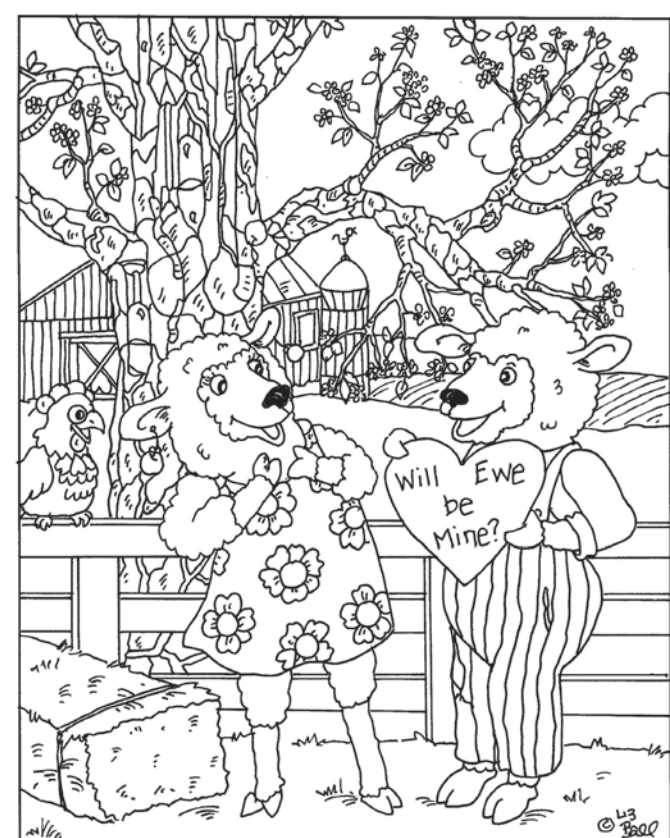
This grass' favorite habitat is bottomland areas with full sun. In perfect conditions, it can grow to three feet tall. It grows in a bunching habit and is a popular ornamental grass because of its bluish color in the springtime and rusty red stems in the fall and winter. The seeds are also a favorite of birds.

## 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

<p>Easy puzzle 1</p> <table border="1"> <tr><td>7</td><td>10</td></tr> <tr><td>45</td><td></td></tr> <tr><td>7</td><td>8</td></tr> <tr><td>+ - x ÷</td><td></td></tr> </table> <p>Solution For Easy 1 (2 - 0) + (2 + 8)</p>	7	10	45		7	8	+ - x ÷		<p>Medium puzzle 1</p> <table border="1"> <tr><td>12</td><td>17</td></tr> <tr><td>10</td><td></td></tr> <tr><td>2</td><td>12</td></tr> <tr><td>+ - x ÷</td><td></td></tr> </table> <p>Solution for Medium 1 21 - 21 - 2 + 11</p>	12	17	10		2	12	+ - x ÷		<p>Hard puzzle 1</p> <table border="1"> <tr><td>10</td><td>36</td></tr> <tr><td>72</td><td></td></tr> <tr><td>7</td><td>15</td></tr> <tr><td>+ - x ÷</td><td></td></tr> </table> <p>Solution for Hard 1 86 * (51 - 2 + 0)</p>	10	36	72		7	15	+ - x ÷	
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7	15																									
+ - x ÷																										



### HIDDEN TREASURES

www.HiddenPicturePuzzles.com

WORD SEARCH: Happy Valentine's Day!

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V	N	C	D	M	X	G	Y	X	O	T	I	C	M	
A	A	Y	O	H	E	A	R	T	P	R	E	P	H	O
L	D	F	U	B	E	L	O	V	E	D	Q	O	O	
E	M	B	R	A	C	E	I	F	L	A	M	E	C	N
N	I	H	T	I	E	A	N	K	F	D	S	M	O	S
T	R	U	I	C	E	F	N	T	E	O	K	W	L	T
I	E	T	G	F	N	F	D	R	R	B	Y	A	R	
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- |            |            |
|------------|------------|
| Admirer    | Embrace    |
| Adore      | Fiancée    |
| Angel      | Flame      |
| Beau       | Flirt      |
| Beloved    | Fondness   |
| Candy      | Friend     |
| Card       | Gift       |
| Cherub     | Heart      |
| Chocolates | Like       |
| Courting   | Lovebirds  |
| Crush      | Moonstruck |
| Cupid      | Poem       |
| Date       | Presents   |
|            | Romance    |
|            | Rose       |
|            | Smitten    |
|            | Suitor     |
|            | Valentine  |
|            | Woo        |

TRUTH and TRADITION

In Our Own Words

# Uplifting, Inspiring, and Useful



Family life has a tremendous impact on individuals and society as a whole.

**Barbara Danza**  
Contributing Editor

Dear Epoch VIP,

I'm so happy you're receiving The Epoch Times in your home. I'm Barbara Danza, a contributing editor. You may have seen my articles in the Life & Tradition section or perhaps your children have discovered the page I edit: For Kids Only.

This is pretty much a dream job for me. Between interviewing knowledgeable and inspiring experts and influencers, diving into research about subjects I'm passionate about, or joyfully putting together a special page for our younger readers to enjoy, I feel so fortunate to play a small part in what The Epoch Times is bringing to the world. That I get to do this while taking care of my own family at home and homeschooling my children is truly a blessing.

Most of my work focuses on family life. Though it seems traditional family values have been under attack for some time in our culture, **I see more families searching for ways to simplify their lives, preserve the magic of childhood, pass on family traditions, provide their children a solid education and ground their family life in the values they hold most dear.**

Families face many issues today—from inadequacies in our educational systems to an increasing array of alternatives, from the frantic overscheduling of our lives to a trend toward simplicity, from the onslaught of disturbing media messages to more focus on what's good and true.

Family life has a tremendous impact on individuals and society as a whole. There are endless topics to explore. Should you have one you'd like me to cover, or if you have feedback you'd like to offer about my work, please send it on. I'd love to hear from you.

My first article in The Epoch Times was published back in its early days in 2005. It has been astonishing to watch our media company grow and see what a deep need it fulfills for our ever expanding audience. I feel lucky to be part of an enterprise that is giving so many people, as they often put it, what they've been searching for.

I hope you enjoy this week's edition of the paper, and that in addition to being well-informed about current events, you find ideas that are uplifting, inspiring, and useful in your own life.

We have only just begun. **Please help us continue to expand our reach by sharing The Epoch Times with your family and friends.**

Thank you for reading, for coming onboard as a subscriber and for supporting the work we do. Knowing that there are people like you who value high standards of journalism and traditional American values inspires us all to keep going.

*In Truth and Tradition,*

Barbara Danza  
The Epoch Times



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