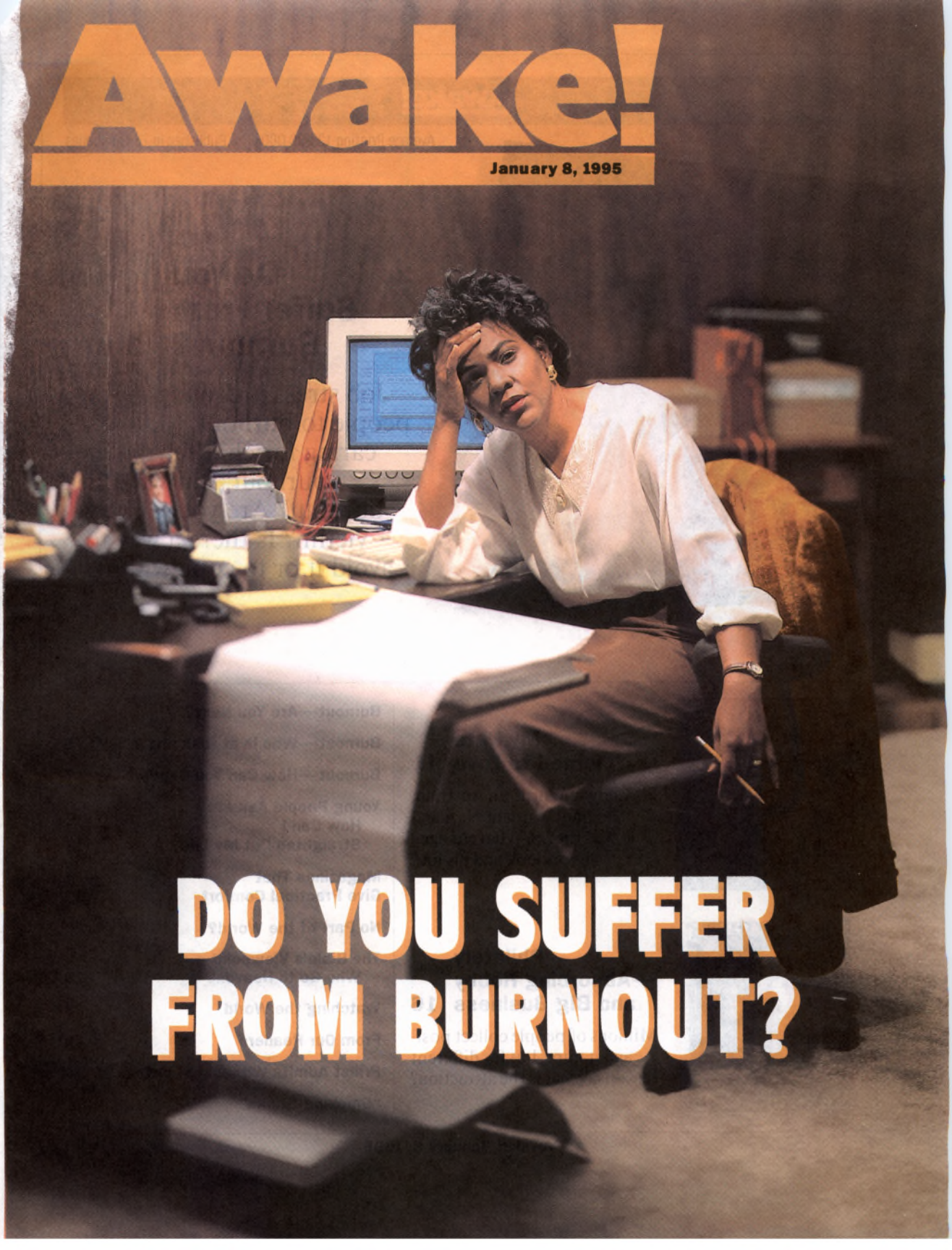
Awake!

January 8, 1995



DO YOU SUFFER FROM BURNOUT?

Awake!

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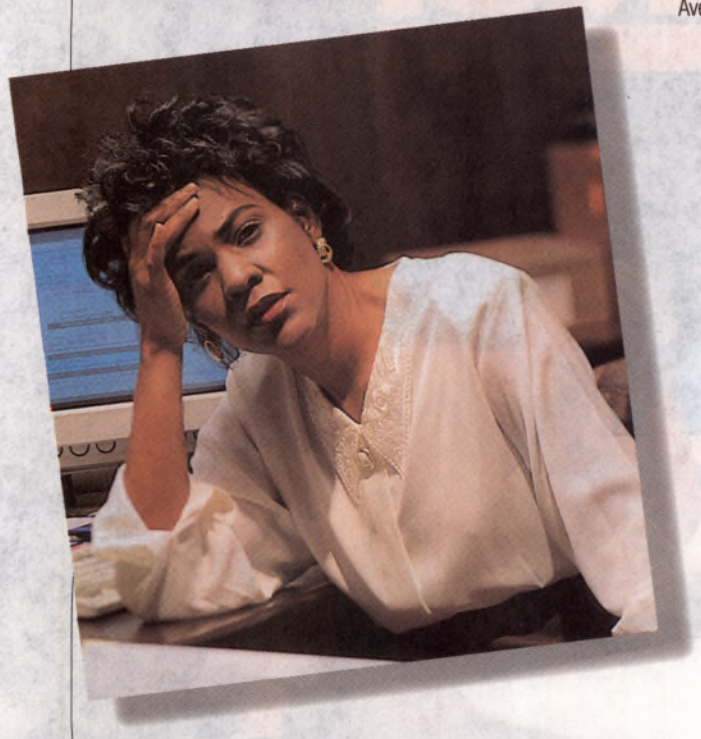

Do You Suffer From Burnout? 3-10

Job stress is driving many people to burnout. Mothers caring for children suffer burnout. But what is burnout? Are you a likely victim? Is there a way to avoid it or to cope with it?



My Hate Turned to Love 11

Ludwig Wurm, an Austrian, became an ardent Nazi and joined the SS. What changed his outlook and his life?



Philately —Absorbing Hobby and Big Business 16

Millions of people collect postage stamps, but for different reasons. What is the attraction?

Burnout—Are You Next? 3

Burnout—Who Is at Risk and Why? 5

Burnout—How Can You Cope? 7

Young People Ask . . .
How Can I Straighten Out My Life? 19

Magazines That Give Practical Comfort 22

No Part of the World? 25

The Bible's Viewpoint
Who Go to Heaven? 26

Watching the World 28

From Our Readers 30

Priest Admits Witnesses' Virtues 31

"Smoking Stinks" 32

Burnout



Are You Next?

BY *AWAKE!* CORRESPONDENT IN JAPAN

"Waitresses in Sweden, teachers in Japan, postal workers in America, bus drivers in Europe and assembly line workers everywhere are all showing increasing signs of job stress."

—*MAINICHI DAILY NEWS.*

NOBUAKI was exhausted. Working day and night, he had recruited 130 employees within four months. He was the sales manager for a new branch of a major supermarket chain in Japan, and in his efforts under pressure, he had employed people who failed to meet the standards he expected. They fought each other and complained about their lot. On top of that, a male employee ran away with a female employee. Nobuaki was having headaches every day. Soon he could not go to work, and on the days he forced himself to go, he would come home immediately. He was burned-out, like a match that has finally gone out.

Full-time housewives also experience burnout. After two years of being at home with her three children, Sarah became very impatient with them. "I felt as if I was doing and doing and doing, but it was just a bottomless pit," she declared. When a mother works secularly *and* rears children, the possibility of burnout increases. Betty, in her 40's, found herself in the situation of balancing motherhood and a career, trying to fulfill both roles to perfection. She tried to please everybody—her husband, her children, her employer, and her colleagues. Her blood pressure was up, and minor incidents irritated her. She suffered burnout.

Burnout hits unlikely victims as well. Shinzo, a capable Christian minister, was

full of vigor and ideals. He went to help in an area where there was a great need for Christian teachers. Within a few months, however, he felt exhausted, and he shut himself in his bedroom all day long. He felt as though he were in a tunnel with no way out. He had difficulty making decisions, even about what to eat for lunch. He did not feel like doing anything. He was completely burned-out.

What Is Burnout?

What then is burnout? Herbert Freudenberger and other researchers took up this term in the mid-1970's, and it came to describe "a state of exhaustion resulting from involvement with people in emotionally demanding situations." Also, "physical or emotional exhaustion, especially as a result of long-term stress or dissipation." (*American Heritage Dictionary*) There are, however, depending on the researcher, shades of difference in the definition of this term.

Although burnout has no precise medical definition, victims are identified by symptoms such as fatigue, lack of enthusiasm, helplessness, hopelessness, and malaise. The victim feels extremely tired and gets irritated over minor incidents. Nothing will ignite him to action. Everything seems overwhelming, and he may desperately seek help from whoever comes his way. All efforts in the workplace and at home may seem pointless. A sense of hopelessness prevails. If you have these symptoms coupled with malaise, a lack of enjoyment in anything, then you could well be experiencing burnout.

Burnout can affect work and family life. You want to avoid it. But how? To find out, let us first see who are prone to burn out and why.

Symptoms of Burnout

"Job burnout refers to *a debilitating psychological condition brought about by unrelieved work stress, which results in:*

1.
Depleted energy reserves

2.
Lowered resistance to illness

3.
Increased dissatisfaction and pessimism

4.
Increased absenteeism and inefficiency at work.

"This condition is debilitating because it has the power to weaken, even devastate, otherwise healthy, energetic, and competent individuals. Its primary cause is unrelieved stress, the kind that goes on day after day, month after month, year after year."—*The Work/Stress Connection: How to Cope With Job Burnout*, by Robert L. Veninga and James P. Spradley.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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Burnout



Who Is at Risk and Why?

IMAGINE yourself as an office worker with a family—or maybe you are one. Work is piled up on your desk. The phone rings incessantly with customers' demands that are next to impossible to meet. Your supervisor is displeased that you are not meeting the quota. Your son is in trouble at school. The teacher wants to see you immediately. Your pleas for help to your spouse are met with indifference. When the situation seems out of hand, stress becomes distress, paving the way for burnout.

Is burnout caused by overwork? Ann McGee-Cooper, a brain researcher, said that burnout is "the result of living out of balance, typically in an all-work/no-play spiral." Overwork, however, is not the only factor; under the same pressure and circumstances, some burn out while others do not.

Likely Victims of Burnout

Just as there are people who are more likely to be infected with a certain disease, there are types of people who are more likely to burn out. "In order to suffer from burnout," says Elliot Aronson, professor of social psychology at the University of California, "you must first be on fire." So those prone to burn out are afire with high goals and ideals. It is said that those who suffer burnout are often a company's best people.

Summing up the personality traits of likely victims of burnout, Professor Fumiaki Inaoka of the Japanese Red Cross College of Nursing, wrote in the book, *Moetsukishokogun* (Burnout Syndrome): "Those who are inclined to burn out have strong tendencies to be sympathetic, human, delicate, dedicated, and idealistic. They are not

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machine oriented but 'human oriented,' so to speak."

Asked to develop a test to screen out those who are likely to burn out, a specialist said that the test should instead be used as a hiring standard. "What companies need to do," he said, "is find the people who care enough to burn out . . . and then develop programs to combat burnout."

Especially vulnerable are those involved in human-oriented services, such as social workers, doctors, nurses, and teachers.



Burnout is a result of an all-work/no-play spiral

They eagerly try to help people, giving of themselves to improve the lives of others, and may burn out when they realize they are not achieving the sometimes unattainable goals they have set for themselves. Caring mothers can also burn out for the same reason.

Why People Burn Out

A survey taken among nurses revealed three factors leading to burnout. First noted was the amount of daily hassles causing frustration. For example, the majority of the nurses had to carry weighty responsibilities, handle difficulties in dealing with patients, adjust to new equipment, face mounting expenses, and put up with an irregular life-style. "These daily hassles constitute the greatest influence toward their burnout," says the book *Moetsukishokogun*. When problems remain unsolved, frustration simply builds up and leads to burnout.

The second factor noted was lack of support, not having someone to confide in. Thus, a mother who isolates herself from other mothers is more likely to burn out. The above-mentioned survey found that single nurses are more prone to burn out than those who are married. Nonetheless, being married can increase daily hassles if there is no open communication between husband and wife. Even when everyone is home, a person may find himself alone because his family is absorbed in watching television.

The third factor was feelings of helplessness. For instance, nurses are more likely to experience feelings of helplessness than doctors because nurses may lack the authority to change things. Those in middle management may burn out when they feel their greatest efforts are not taking them anywhere. As a human-resources manager said, burnout comes from being "frustrated by trying to make an impact and not being listened to."

Feelings of helplessness in humans germinate in a soil of unappreciative attitudes and bear the fruit of burnout. Wives burn out when their husbands fail to acknowledge the amount of work involved in homemaking and taking care of the children. The middle managers burn out when a boss ignores a job well done and picks on them for minor mistakes. "The bottom line is that we all need to have our efforts appreciated and acknowledged," says *Parents* magazine, "and if we work in a place that does not reward our efforts—be it our home or our office—then we're more likely to suffer from burnout."

Interestingly, while nurses experience high percentages of burnout, obstetricians suffer considerably less. Generally speaking, an obstetrician's work involves helping new lives come into the world. Mothers and fathers thank them for their work. When appreciated, people feel that they are useful and are motivated.

As soon as one knows who tends to burn out and why, it becomes easier to deal with the problem. The following article can help burnout victims to have a balanced approach to life.

Burnout



How Can You Cope?

BURDENED with stress from anxieties and daily hassles, many try to drink away their frustrations. Alcohol, the most widely abused drug today, is used by many in an attempt to escape hard realities. Others have relied on popular prescription drugs to deal with anxieties. Yet others resort to mind-altering drugs, such as marijuana, methamphetamines, and cocaine. Even young children have been known to use drugs to escape the realities of life. It is said that 95 percent of American youths will have used one or more illegal substances before they graduate from high school.

Then there are those who try to escape daily stress by going on sprees with their friends or putting on a masquerade of cheerfulness while feeling depressed inside. Or for the wrong reasons, they seek the affection and tenderness of the opposite sex. But using escapist measures to deal with stress only increases frustration. When people try to dilute stress with alcohol or other mind-altering substances rather than rekindling themselves, they speed up the process of burnout. What, then, can you do when you feel the fire inside you slowly burning out?

Way to Recovery

Awake! does not recommend specific therapies or medications. Nevertheless, it presents a few helpful suggestions based on Bible principles that may aid you in rekindling the dying embers within you. Dr. Yutaka Ono, a director at Keio University School of Medicine, recommends "three *C's*" for coping with burnout. He explains: "The 'three *C's*' stand for control, communication, and cognition."

In order to overcome feelings of helplessness, you must be able to feel you are in control of your feelings and behavior. When frustration daily dominates your emotions and crushes your capacity to solve problems, it is easy to believe things are out of your hands. However, do not just sit back and dwell on troublesome thoughts. Try to solve your problem step-by-step. (See box, page 8.) Do not procrastinate. Just by initiating positive actions, you will begin to feel better and in control.

Try to reduce irritations that result in defeatist feelings. For instance, some tend to get annoyed by every trifle in life. They insist on a certain way of doing things and

Twelve Ways to Prevent Burnout

THE following are based on just a few of the suggestions offered by a clinical specialist in mental-health nursing.

1. Be in control of your thoughts, feelings, and behavior—prayer is a great help.
2. When you start to worry, deliberately change over to useful, decisive thinking.
3. When agitated, take a deep breath and consciously relax.
4. Try to see situations from the other person's viewpoint to understand how the stress has developed.
5. Focus on what you appreciate in others and compliment them. Express not flattery but earned praise.
6. Identify and stifle negative, destructive thinking.
7. Know how to say no when your energy and schedule call for it.
8. Engage in some physical exercise every day—brisk walking is good.
9. Treat others with respect, seeking to bring out their best.
10. Keep a sense of humor and a twinkle in your eye.
11. Leave your work problems at the workplace.
12. Do today what must be done —don't procrastinate.

(Adapted from "Dealing With Feelings, Beating Burnout," by Ruth Dailey Grainger, *American Journal of Nursing*, January 1992.)

get irritated when others do not comply, or they may become frustrated by their own failures. "Do not become righteous overmuch," an ancient wise man said, "nor show yourself excessively wise. Why should you cause desolation to yourself?" (Ecclesiastes 7:16) Clinging to standards that are too high and constantly feeling you are not measuring up to them is a sure way to burn out.



Further helpful counsel from the Bible is "to be modest in walking with your God." (Micah 6:8) To be modest means to be aware of one's limitations or to place "a moderate estimate on one's abilities." This may mean saying no to unreasonable demands at the workplace.

Those who know their limitations welcome help. One female manager who had experienced burnout said that the key to avoiding it is to ask for help. Still, as she says, "a lot of people are afraid to ask for help because they may be looked upon as failing in their job." Be it housework, schoolwork,



Burnout often strikes the unrelenting, driven person

or secular work—whatever is threatening you with burnout—delegate work where you can. You will be surprised to see how things get accomplished without your directly managing everything.—Compare Exodus 18:13-27.

You may need some rest. A leave of absence can work miracles for a potential victim of burnout. However, if your circumstances do not allow for that, "if you know how to have fun, it makes a difference," says researcher Ann McGee-Cooper. Taking a break for a change of pace may even increase productivity, stimulating your mind toward creative thinking. What King Solomon advised years ago still holds true: "Better is a handful of rest than a double handful of hard work and striving after the wind."—Ecclesiastes 4:6.

A Supportive Circle for Communication

The second *"C"* that Dr. Ono mentioned involves communication. It is interesting that fire fighters rarely experience burnout. This may be because, in addition to being considered heroes, they are tied together by a strong bond of camaraderie. Having a supportive group to lean on, one can draw help from them. Where can you find comforting support today? Describing ways for physicians to cope with burnout, the book *Moetsukishokogun* (Burnout Syndrome) states: "For doctors, their family, especially their spouse, is the most effective and realistic emotional supporter." Everyone needs someone in whom to confide personal feelings. In this matter of communication, the Bible offers practical advice. It encourages married couples to maintain romantic attachments to each other and tells all to have friends who can make solid workable suggestions.—Proverbs 5:18, 19; 11:14.

"We must build our own support system of close friends and family," says *USA Today*. It then adds: "We also must feel free to utilize the resources of our religious centers and mental health services." Concerning how to tap religious resources for help, Jesus' half brother James wrote: "Is there anyone sick among you? Let him call the older men of the congregation to him, and

let them pray over him, greasing him with oil in the name of Jehovah." (James 5:14) Christians who have problems can find refreshment by talking with the elders of the congregations of Jehovah's Witnesses. Although the elders are not specialists in dealing with burnout, the spiritual support they offer is invaluable.

While a human support system may recharge us for another day, it may not always be enough. In the introduction to his book, *Helplessness,* Martin E. P. Seligman pointed to the unbridled individualism seen in the West as a cause for the increase in depression today, and he expressed the need for finding a meaning in life. He then showed that "one necessary condition for meaning is the attachment to something larger than you are." Although many people today do not take their relationship with God seriously, communication with the Creator—who is certainly "larger than you are"—can help you to cope with feelings of helplessness.

King David, who faced many crises, encouraged his subjects: "Trust in [God] at all times, O people. Before him pour out your heart. God is a refuge for us." (Psalm 62:8) God is ready to give his ear, even to our "groanings unuttered." (Romans 8:26) Earnestly petitioning him results in the peace that can "guard your hearts and your mental powers" against burnout.—Philippians 4:6, 7.

Changing Your Viewpoint

Finally, a change may be needed in how you view your situation. Cognition, or perception, is the last *"C"* that Dr. Ono suggests as a way to cope with burnout. When under excessive stress, we tend to make negative estimates of everything and entrap ourselves in pessimistic viewpoints. However, we have to be realistic. Analyze whether or not there really is a basis for such negative thinking. Will the result be as bad as you fear? Try to look at things from another point of view.

"You can begin by assuming that if you're burned out, it's probably because you're 'good,' not because you're 'bad,'" says *Parents* magazine. Remember: Types who are prone to burnout have high standards and care about others. What is most helpful for a burnout victim is a word of appreciation. It will make a big difference to a mother if her husband and children express and show appreciation for all the work involved in running a household. If a middle manager suffers burnout at work, an appreciative comment and a pat on the back can change his outlook for the good.

The Bible shows how a capable wife merits commendation: "Her sons have risen up and proceeded to pronounce her happy; her owner rises up, and he praises her. There are many daughters that have shown capableness, but you—you have ascended above them all." (Proverbs 31:10, 28, 29) Indeed, "pleasant sayings are a honeycomb, sweet to the soul and a healing to the bones."—Proverbs 16:24.

Shinzo, the Christian elder mentioned in the first article, recovered considerably from his burnout. Although he received professional assistance, what helped Shinzo most was his prayers to Jehovah. Following his earnest prayers for help, he happened to meet the elder who had first studied the Word of God with him. That elder, as well as other fellow elders, supported him by listening to his anxieties. From an earlier issue of the journal you are now reading, articles on overcoming negative emotions were read to him by his wife. (October 8, 1992) Gradually he realized he was trying to do everything by himself. His way of looking at what was happening around him started to change. Although he felt at first that he was in an endless tunnel of despair, he saw a light at the other end that slowly became bigger until he finally came out of his tunnel.

Just like Shinzo, you too can cope with burnout and face life again.

My Hate Turned to Love

As told by Ludwig Wurm

It was the coldest night I had ever experienced—minus 62 degrees Fahrenheit. The date: February 1942—midwinter and wartime. The place: the Russian front near Leningrad. I was a soldier in the German Waffen-SS (Waffen *Schutzstaffel*), an elite armed force. A sergeant and I had been given the grisly task of burying more than 300 comrades, most of whom had died in their foxholes—frozen to death. The ground was so frozen, however, that it was impossible to bury them. Instead, we stacked the rigid corpses behind empty houses, just like logs. They would have to wait until springtime to be buried.



UPI/Bettmann

TO SAY that this gruesome assignment made me sick would be an understatement. In my wretchedness I blurted out, amid tears: "*Unterscharführer* (sergeant), can you tell me what all this senseless killing is for? Why is there so much hatred in the world? Why must we have wars?" He answered me in a low voice: "Ludwig, I really don't know. Believe me, I also can't understand why there is so much suffering and hatred in the world."

Two days later I was hit in the neck by an exploding bullet that left me paralyzed, unconscious, and near death.

But my persistent questions enabled me eventually to experience firsthand how hate and despair can turn to love and hope. Let me explain.

My Meeting With Hitler

I was born in Austria in 1920. My father was Lutheran, and my mother was Catholic. I attended a private Lutheran school, where I received regular religious instruction from a clergyman. But I was not taught about Jesus Christ as Savior. Emphasis was constantly directed to a "God-sent führer," Adolf Hitler, and a proposed Pan-German Empire. My textbook seemed to be Hitler's book *Mein Kampf* (My Struggle) rather than the Bible. I also studied Rosenberg's book *Der Mythus des 20. Jahrhunderts* (The Myth of the 20th Century), in which he tried to prove

that Jesus Christ was not a Jew but a blond Aryan!

I became convinced that Adolf Hitler was actually God-sent, and in 1933, I was proud to join the Hitler Youth movement. You might imagine the thrill it was when I was given the opportunity to meet him personally. To this day, I clearly remember the way he looked at me with his unusually piercing eyes. It had such a profound effect on me that when I got home, I said to Mother: "From now on my life does not belong to you. My life belongs to my führer, Adolf Hitler. If I see anyone try to kill him, I will throw myself in front of him to save his life." It wasn't until years later that I understood why Mother just cried and held me very close to her.

Early Influence of the Nazi Party

In 1934 the National Socialists revolted against the Austrian government. During this conflict Chancellor Engelbert Dollfuss, who opposed the unification of Austria and Germany, was assassinated by Nazis. The ringleaders of the revolt were arrested, tried, and sentenced to death. The Austrian government then introduced martial law, and I became active in the underground movement of the National Socialist German Workers' Party—the Nazi party.

Then came the Anschluss, annexation, of Austria to Germany in 1938, and the Nazi party became legal. Shortly I was among the loyal party members invited by Hitler that same year to attend the Reich party annual rally in Nuremberg on the Zeppelin Meadow. There I saw Hitler display his growing power. His bombastic speeches, which held audiences spellbound, were full of hatred against all opposers of the Nazi Party, including international Jewry and the International Bible Students, now known as Jehovah's Witnesses. I clearly remember his boast: "This enemy of Great Germany, this brood of International Bible Students, will be exterminated in Germany." I had never met any of Jehovah's Witnesses, so I wondered who these dangerous people were that he was talking about with such venom.

My Service at Buchenwald Concentration Camp

With the outbreak of World War II in 1939, I immediately volunteered to join the elite armed forces of Germany, the Waffen-SS. I was convinced that any sacrifices I was called upon to make in this war would be justified, for our führer was sent by God, was he not? But I was troubled in 1940, as our troops moved through Luxembourg and Belgium into France, when I saw for the first time at close range a dead soldier—a handsome young Frenchman. I could not understand why young Frenchmen would want to sacrifice their lives in a war that Germany, with God on our side, obviously would win.

I was wounded in France and brought back to be hospitalized in Germany. After my recovery I was transferred to duty in the outer perimeter of the Buchenwald concentration camp, near Weimar. We received strict instructions from our officers not to mix with the *Totenkopfverbände* (Death's Head) SS camp guards or the prisoners. We were especially forbidden to enter the prisoners' accommodations section, which was surrounded by a high wall with a large gate. Above the gate was a sign: *"Arbeit Macht Frei"* (Work Makes Free). Only the SS guards had special passes to enter this area.

Each day in the camp, we saw the prisoners as they were marched to their work assignments led by an SS guard and another prisoner in charge called a *Kapo*. There were Jews with the star of David insignia on their prison jackets, political prisoners with their red triangle, criminals with their black spot, and Jehovah's Witnesses with their purple triangle.

I could not help noticing the unusually beaming faces of the Witnesses. I knew they were living in depraved conditions; yet they presented themselves with a dignity that belied their skin-and-bone appearance. Since I knew virtually nothing about them, I inquired of our superior officers as to why the Witnesses had been sent to concentration camps. The answer was that they were a Jewish-American sect closely linked to the Communists. But I was intrigued with their faultless conduct, their uncompromising principles, and their moral cleanliness.

My "Messiah's" End

In 1945 the world that I had believed in collapsed. My "god," Adolf Hitler, hailed by the clergy as the God-sent führer, proved to be a false messiah. His proposed *Tausendjährige Reich* (Thousand Year Rule) was completely in ruins after just 12 years. He was also a coward who escaped his responsibility for the slaughter of millions of men, women, and children by committing suicide. The subsequent news of the explosion of the first atom bombs on Japan almost caused me to have a mental breakdown.



In my SS uniform

Dramatic Changes in My Life

Shortly after the hostilities of World War II ended, I was denounced to the U.S. Army CIC (Counterintelligence Corps), a part of the United States' occupying forces. I was arrested as a Nazi and a member of the Waffen-SS. My loving fiancée, Trudy, eventually located a doctor who, because of the aftereffects I was experiencing from a spinal injury, convinced the CIC to release me from prison because of my health. I was then put under house arrest until I was cleared of all charges of being a war criminal.

As a war invalid, I was sent to the repatriation hospital in the Austrian Alps for a medical examination. Then one particularly beautiful spring morning as I was enjoying the breathtaking scenery and warm sunshine and listening to the melodious songs of the birds, I uttered a short prayer from deep within my heart: "God, if you really exist, you must be able to answer my many disturbing questions."

A few weeks later, after I had returned home, one of Jehovah's Witnesses called at my door. I accepted Bible literature from her. Although she called back regularly every Sunday morning, I did not give any serious thought to or read the literature she left at that time. One day, however, I came home from work more depressed than usual. My wife suggested that I read something to try to relax my mind—a booklet left by the Witnesses entitled *Peace —Can It Last?*

I began to read the booklet and found that I could not put it down until I had read it all. I said to my wife: "This booklet was printed in 1942. If someone on the street had then said that Hitler and Mussolini would lose the war and that the League of Nations would reappear in the form of the United Nations, people would have thought he was mentally disturbed. But what is now history is precisely what this booklet said would happen. Do we have a Bible somewhere so that I can check these Scripture references?"

My wife went to the attic and found an old Luther translation of the Bible. I checked the Bible verses listed in the booklet. Soon I began to learn things that I had never heard of before. I learned of the Bible's promise of a new world right here on earth under

God's Messianic Kingdom. This real hope for a happy and secure future is reflected in the words of Jesus' model prayer that I often repeated as a boy: "Let your kingdom come. Let your will take place, as in heaven, also upon earth." And to my great surprise, I learned that Almighty God, the Creator of heaven and earth, has a personal name, Jehovah.—Matthew 6:9, 10; Psalm 83:18.

It was not long before I began attending the meetings of Jehovah's Witnesses. At my first meeting, I met an elderly woman whose daughter and son-in-law had been executed in a German concentration camp because of their faith. I felt terribly ashamed. I explained to her that because of my past connections, I knew firsthand what she and her family had experienced, and in view of my association with those responsible, she had the right to spit in my face in disgust.

To my surprise, instead of hate, tears of joy welled up in her eyes. She embraced me warmly and said: "Oh, how wonderful it is that Almighty God, Jehovah, permits individuals from such opposing groups to come into his holy organization!"

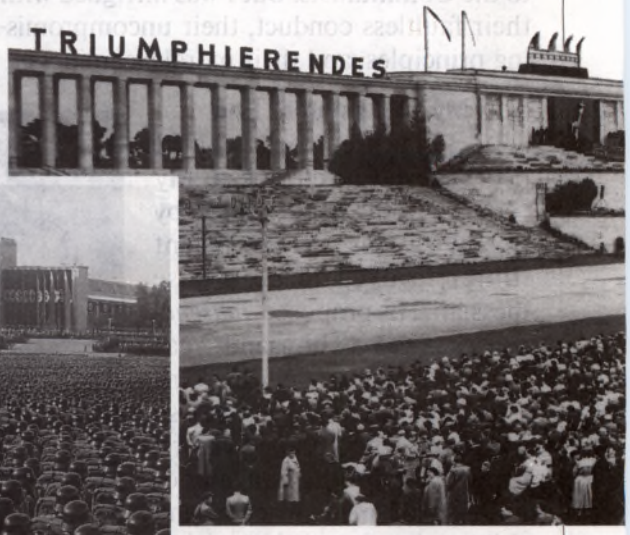
Instead of the hatred that I had seen all around me, these people were truly reflecting God's unselfish love—true Christian love. I remembered reading what Jesus said: "By this all will know that you are my disciples, if you have love among yourselves." (John 13:35) This was exactly what I had been looking for. Now it was my turn for tears. I too began to cry like a child, in appreciation for such a wonderful God, Jehovah.

I Still Had Much to Learn

In time I dedicated my life to Jehovah God and was baptized in 1948. But I soon discovered that I still had much to learn. For example, since I had been so thoroughly brainwashed by Nazism, I could not understand why Jehovah's organization at times printed articles against the infamous SS. I argued



U.S. National Archives photo

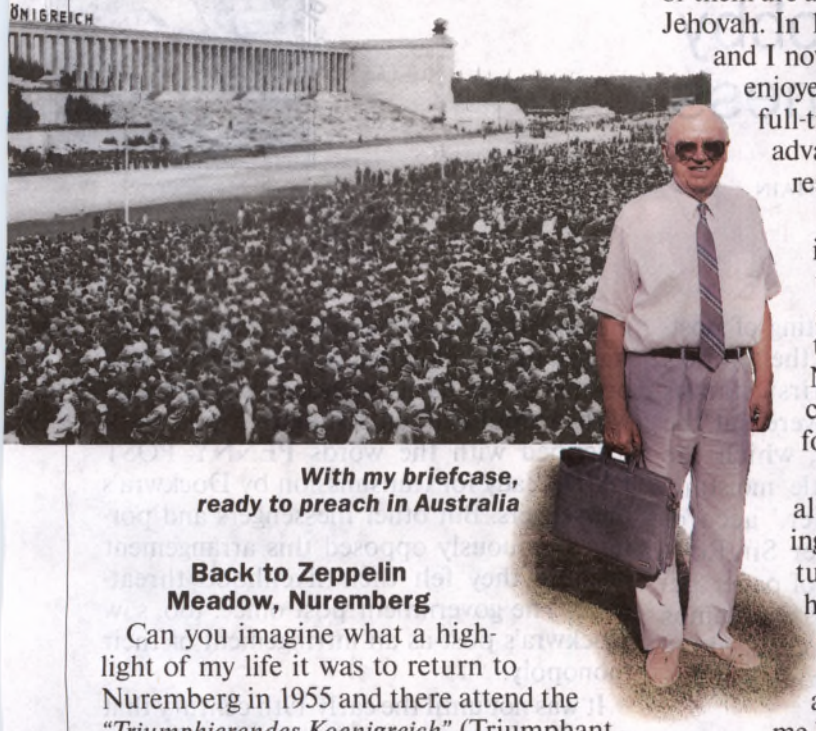


The 1955 "Triumphant Kingdom" Assembly of Jehovah's Witnesses held in Nuremberg at the place where Hitler formerly held his annual Nazi rallies

that we as individuals had not been to blame. We were just soldiers, and most of us were completely ignorant of what was happening in the concentration camps.

Then one day a dear brother who understood my problem and who had himself suffered for many years in a concentration camp put his arm around my shoulder and said: "Brother Ludwig, listen to me carefully. If you have difficulty appreciating this point

and you find that it bothers you, just put it aside in your mind. Then leave your problem with Jehovah in prayer. You can take my word that if you do this, the day will come when Jehovah will open up an understanding of this and any other matter that perplexes you." I took his wise advice, and as the years went by, I found that this is exactly what happened. Eventually I came to understand that the whole system of National Socialism, with its SS, was just another diabolic part of Satan the Devil's entire world system.—2 Corinthians 4:4.



With my briefcase, ready to preach in Australia

Back to Zeppelin Meadow, Nuremberg

Can you imagine what a highlight of my life it was to return to Nuremberg in 1955 and there attend the *"Triumphierendes Koenigreich"* (Triumphant Kingdom) Assembly of Jehovah's Witnesses! Yes, this assembly was held in the very same place where I had heard Hitler boast that he would exterminate Jehovah's Witnesses in Germany. Here, for an entire week, more than 107,000 of Jehovah's Witnesses and friends from all over the world came together for worship. There was no pushing; there were no voices raised in anger. A truly united, international family living peaceably together.

It is hard to describe the emotions I felt when at that assembly I met some of my former comrades from the Waffen-SS who were now dedicated servants of Jehovah God. A joyful reunion indeed!

Looking to the Future With Hope

Since my dedication and baptism, I have had the privilege of conducting several home Bible studies with ex-Nazis in Austria. Some of them are also now dedicated Witnesses of Jehovah. In 1956, I emigrated from Austria, and I now live in Australia. Here I have enjoyed the privilege of serving in the full-time ministry. Lately, however, advancing years and failing health restrict my activity.

One of my most ardent hopes is that of welcoming back from the dead some of the faithful men and women who refused to compromise with the wicked Nazi system and who were executed in concentration camps for their integrity.

Meanwhile, in a most literal way, I have experienced seeing the destructive quality of hate turn to love and hope. My strong hope now is that of living forever on a paradise earth in human perfection, free from sickness and death—a hope not only for me but also for all those who humbly subject themselves to Jehovah's now-reigning King, Christ Jesus. In my case I can truly repeat with conviction the words of the apostle Paul: "The hope does not lead to disappointment; because the love of God has been poured out into our hearts through the holy spirit, which was given us."—Romans 5:5.



PHILATELY
Absorbing Hobby and Big Business

BY *AWAKE!* CORRESPONDENT IN BRITAIN

PHILATELY, or the collecting of postage stamps, is said to be the "world's greatest hobby." The first stamps were simply 'bits of paper covered at the back with a glutinous wash, which the user might, by applying a little moisture, attach to the back of a letter,' according to British postal reformer Sir Rowland Hill (1795-1879). His 'bits of paper' became so popular that today postage stamps are hailed as an invention that changed the course of communications throughout the world.

For collectors and dealers, stamp values vary from virtually nil to astronomical sums of a million or more dollars. How can this be when postage stamps are so commonplace? And what gives them their appeal and their value?

The Unique Penny Black

The first handstruck stamps denoting prepayment of postage were the invention of merchant William Dockwra, who in 1680 started the London Penny Post. The mail deposited at the receiving house was stamped with a double-lined triangular postmark inscribed with the words PENNY POST PAID, ready for transmission by Dockwra's messengers. But other messengers and porters strenuously opposed this arrangement because they felt their livelihood threatened. The government post office, too, saw Dockwra's post as an infringement of their monopoly.

It was not until the early 19th century that postal reforms succeeded in making penny postage available throughout the country. In May 1840, the first adhesive postage stamp went on sale in Britain and soon became famous as the Penny Black. (See photo.) It was unperforated, and each stamp had to be cut from a sheet.

In 1843, Brazil became second only to Britain in issuing adhesive stamps valid for use throughout an entire country. Gradual-











Penny Black

ly other countries adopted their use for inland mail. Later, to facilitate overseas delivery, a worldwide postal union developed. Today the Universal Postal Union, with headquarters in Bern, Switzerland, is a specialized agency of the United Nations.

Collections Tell a Story

As international communications increased, each country designed and printed distinctive stamps. Some, called commemoratives, illustrate outstanding events and people; others, called definitives, are well-defined for regular use in a series of values to meet varying postal needs. Over the years some 600 postal administrations have issued an estimated 10,000 new stamps annually. Both the serious student of stamps (the philatelist) and the person who simply enjoys collecting stamps as a pastime can find something to suit their tastes in the quarter-of-a-million different stamps issued so far!

Obviously, with such a quantity and variety of stamps, no single collector can expect to own a copy of each type of stamp ever issued. Instead, many choose to collect stamps by themes. Agriculture, animals, Antarctica, bees, Bible, birds, bridges, caves, cinema, coal, country, energy, Esperanto, Europe, fire, flight, flowers, fungi, geology, industry, medicine, music, Olympic Games, photography, postal services, Red Cross, religion, space, sports, transport, UN, and even the weather are all collectible subjects. You name it, stamps have it.

Other collectors focus on stamp variations. What does this involve? Take a look again at the Penny Black. Do you notice the letters printed in the lower corners of the stamp? Originally, these stamps were printed in a sheet made up of 240 individual stamps arranged in 20 horizontal rows of 12. The first stamp in the top row had letters *AA;* the last in the row, *AL,* and so on alphabetically down the sheet to *TA* and *TL* at the beginning and end of row 20. The letters were

hand punched in the corner squares of the design in the final stages of platemaking. A post office employee would suspect forgery if stamps on many letters he handled featured the same two characters.

Even though an estimated 68 million individual Penny Black stamps were issued, a collector who today owns an unused one has something rare and of value—in the range of $4,200 to $6,800.

Apart from subtle variations in design, stamps that are printed from different plates, on paper with different watermarks (a faint design in the paper, visible when held against the light), and even those with a different number of perforations (the holes along the edges) all command the interest of



Stamps from Austria, Spain, and Britain

specialized collectors. To succeed, such specialists need more than tweezers (Never use your fingers!) and magnifying glass. Gages detect differences in perforations; ultraviolet lamps show up damage, hidden phosphorescence, and other minute details.

Certain collectors show special interest in mistakes in stamp design and printing. For them, owning something that other collectors have missed is the big thing. Consider the difference in value. By 1990 estimates, an 1841 Penny Red with the letter *A* missing, a mistake on the first stamp of the second row of the sheet, was worth some 1,300 times as much as one without this error!

Stamps Are a Big Business

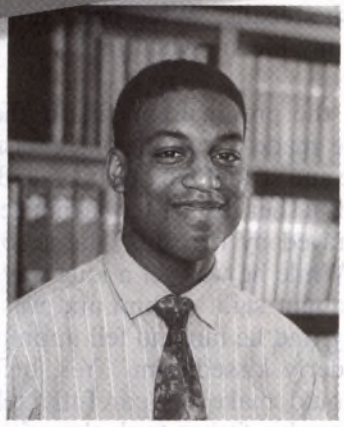
Nowadays the stamp hobby attracts a variety of investors. The genuine investor purchases portfolios of rare classic stamps that dealers believe are most likely to appreciate in value over a fixed term. When the investment matures, the dealer undertakes to sell his client's holdings at the highest prices obtainable. "Light, legible postmarks are a requisite for postally used stamps —often the most common stamps are comparatively scarce with ideal or unusual postmarks and are worth a corresponding premium. Condition is crucial to the value of a stamp," writes stamp authority James Watson.

In 1979 the London *Daily Mail* reported that "in the past five years, classic stamps (those dating from 1840 to 1870) have been appreciating far more than shares and other forms of investment, and in many cases, even more than house prices." A portfolio of seven rare stamps that cost $84,700 in 1974 increased its value to $306,000.

In 1990 a *Time International* advertisement reported: "As an investment, stamps have had a varied time of it. In the 1970s prices were pushed up very rapidly as speculators looking to profit from scarce stamps built up investment portfolios. But as London staged its 1980 Stamp World Exhibition, the bubble burst and the speculators found that the only people prepared to underpin the market were the collectors, and they had sensibly withdrawn. 'When the investors tried to cash in their portfolios, they found that many stamps were not as scarce as they had supposed,'" and they lost out. What a warning this is for those who invest in stamps!

As a collector, then, or even as a philatelist, aim for balance. Enjoy your stamps. Learn from them—about the world, its geography, peoples, and cultures. Do not let collecting become an obsession. Carefully weigh your interest in stamps, and measure this against the more important things in life.

Young People Ask...



How Can I Straighten Out My Life?

"I JUST couldn't go inside," said John. He found himself standing outside a Kingdom Hall of Jehovah's Witnesses. As a teenager he had left Christianity and pursued a life of crime, drugs, and sexual immorality. After years of living that way, he still could not put the Bible out of his mind, so he went to a Kingdom Hall—but was too frightened to enter. "You don't understand," he said to someone who encouraged him to go inside. "I've just done too much. I don't feel that there is any way that Jehovah is ever going to forgive me for what I've done."

Countless youths rebel against their parents' rules, religion, and morals. It is particularly shocking and tragic when youths raised by God-fearing parents do this. Although more than a few have gone that route, in time, some begin to feel a nagging sense of emptiness that even a riotous life-style cannot mask. (Proverbs 14:13) Some youths, having been burned by this wicked world, want to straighten out their lives and return to the Bible truths they learned as children. But is it really possible for them to do so?

A Rebellious Son Leaves Home

Jesus' parable of the prodigal, or wasteful, son found at Luke 15:11-32 yields much insight into this matter. The account reads: "A certain man had two sons. And the younger of them said to his father, 'Father, give me the part of the property that falls to my share.' Then he divided his means of living to them. Later, after not many days, the younger son gathered all things together and traveled abroad into a distant country."

Surely this youth did not rebel because his father was harsh, abusive, or overly strict! According to the Mosaic Law, a son was entitled to a substantial share of his father's property, though normally not until his father's death. (Deuteronomy 21:15-17) How callous it was for him to demand his share in advance! Yet, the father lovingly acquiesced. (Compare Genesis 25:5, 6.) Clearly, then, the young man's attitude—not his father's—was faulty. As scholar Alfred Edersheim put it, possibly he disliked "the order and discipline of his home" and had a selfish "desire for liberty and enjoyment."

As a previous article in this series acknowledged, not all parents are kind and thoughtful.* When a parent is harsh or unreasonable, however, rebellion is hardly the answer; ultimately it is self-destructive.

* See "Young People Ask . . . Why Should I Obey My Parents?" in our December 22, 1994, issue.

Consider, again, Jesus' parable. After traveling far away from home, the young man "squandered his property by living a debauched life. When he had spent everything, a severe famine occurred throughout that country, and he started to be in need." Even this did not bring him to his senses. Still self-confident, he "went and attached himself to one of the citizens of that country, and he sent him into his fields to herd swine. And he used to desire to be filled with the carob pods which the swine were eating, and no one would give him anything."

Says Bible scholar Herbert Lockyer: "The Jews listening to Jesus must have shuddered at these words, 'to feed swine,' for to a Jew, there could not be a greater depth of debasement." Likewise today, those abandoning Bible truths often find themselves in difficult, or even humiliating, circumstances. One Christian girl who ran away from home confesses: "All my money went for drugs, and I had no money for anything else. So I began shoplifting any and everything to support my habits."

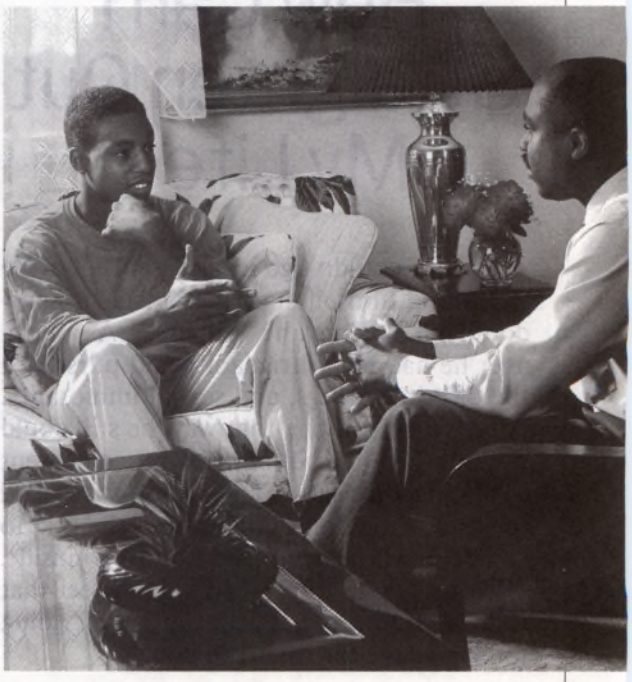
"He Came to His Senses"

How, though, did the prodigal son react to his own dire circumstances? Jesus said that he finally "came to his senses." The original Greek words mean "having come into himself." In other words, he had been "beside himself" in an insane fantasy world, blinded as to how desperate his situation really was. —Compare 2 Timothy 2:24-26.

Some rebellious youths today have likewise been shocked into reality. Reaping the grim aftermath of fast living—jail, serious injury, sexually transmitted disease—can be a sobering experience indeed. The words of Proverbs 1:32 finally hit home: "The renegading of the inexperienced ones is what will kill them."

Consider young Elizabeth, who left her parents and got involved with drugs. "I forgot about Jehovah," she says. However, while visiting New York, she passed the world headquarters of Jehovah's Witnesses. The effect? "Pain ran through my mind and heart," she recalls. "What had I done? How did I let my life snowball into such a disaster?"

When the prodigal son finally faced the truth, he made a courageous decision—to go home and straighten out his life! But how would his father react after having been hurt and betrayed by his son? The account answers: "While he was yet a long way off, his father caught sight of him and was moved with pity, and he ran and fell upon his neck and tenderly kissed him." Yes, before the youth could make his carefully rehearsed confession, his father took the initiative to express love and forgiveness!



Mature Christians can help you straighten out your life

Setting Matters Straight With God

Even so, the prodigal son said to his father: "I have sinned *against heaven* and against you." The lesson? Youths who have strayed from God's ways cannot straighten out their lives until they "set matters straight" with *God himself!* (Isaiah 1:18) We can be thankful that Jehovah makes such reconciliation possible. Indeed, the father in Jesus' parable is a symbol of Jehovah God. And God demonstrates the same forgiving attitude by saying to repentant sinners: "Return to me, and I will return to you." (Malachi 3:7; compare Psalm 103:13, 14.) But like the erring Jews in Bible times, such ones must resolve: "Do let us search out our ways and explore them, and do let us return clear to Jehovah." —Lamentations 3:40.

This means taking a hard look at one's sinful course of conduct. When an erring youth does this, he should be moved to confess his sins before Jehovah God. Said the psalmist: "When I kept silent my bones wore out through my groaning all day long. . . . My sin I finally confessed to you, and my error I did not cover. . . . And you yourself pardoned the error of my sins."—Psalm 32:3-5.

What if a youth has got involved in very serious wrongs—perhaps abortion, promiscuity, drug abuse, or criminal activity? Understandably, such a one may feel unworthy of forgiveness. John, mentioned at the outset, felt that way. That is why he stood immobilized outside the Kingdom Hall until a kindly congregation elder reminded him that King Manasseh of ancient Israel had also been guilty of serious sins—including murder! Yet, Jehovah forgave him. (2 Chronicles 33:1-13) "That elder saved my life," says John. Knowing that forgiveness was possible, John found the courage to enter the Kingdom Hall and ask for help.*

* If you were not raised as a Christian but still see the need to change your way of life, a visit to a Kingdom Hall of Jehovah's Witnesses is a good start. Ask for a free home Bible study. In this way you can have personal assistance in straightening out your life.

Most youths in such a predicament likewise need help in setting things right with God, and the local congregation elders can do much good in this regard. They can listen with empathy and understanding as a youth 'openly confesses his sins.' They can also render discipline and practical help. For example, they may arrange for the youth to have someone 'teach him from the beginning the elementary things' of God's Word by means of a home Bible study. And if the erring one has difficulty praying, an elder can do so in his or her behalf. "The prayer of faith will make the indisposed one well," the Bible assures us.—James 5:14-16; Hebrews 5:12.

Make Straight Paths for Your Feet

Of course, setting things straight with God is only a beginning. Just as the prodigal son apologized to his father, erring youths should try to make amends with their parents. A sincere apology can go a long way in easing some of the pain they have suffered and in securing their support. One young runaway who returned home with an illegitimate baby recalls: "Mom and Dad showed a tremendous amount of love to me."

A youth who wants to please God needs to 'keep making straight paths for his feet.' (Hebrews 12:13) This may mean his changing his life-style, habits, and associates. (Psalm 25:9; Proverbs 9:6) Establishing a routine of personal study is also important. One formerly rebellious girl says: "I read the Bible every day and read all the Bible-based material published by Jehovah's Witnesses. I thank God for giving me a second chance."

John sums matters up well, saying: "I look back at the time I wasted. I think about the way things could have been, but there's no way I can undo what's happened." Happily, we worship a merciful God who warmly invites those who have left him to return. Why not accept his invitation?

MAGAZINES THAT GIVE PRACTICAL COMFORT

"I WOULD like to thank you so much for the wonderful, practical articles you have given us to work with, particularly in the last couple of years. Upon receiving some of them, I have literally cried and thanked Jehovah because so many of our friends in the truth have desperately needed such information. I refer to issues such as those dealing with child abuse, being raised in alcoholic families, rape, and domestic violence."—Linda W. S., Indiana, U.S.A.

Those words were the introduction to one of many encouraging letters we have received in recent years regarding the contents of the *Watchtower* and *Awake!* magazines, published by the Watchtower Society and distributed by Jehovah's Witnesses worldwide.

When we consider that the former has a circulation of over 16,000,000 copies of each issue and goes out in 120 languages and that the circulation of the latter is almost 13,000,000 in 75 languages, then we can appreciate the earth-wide impact of these journals. Jehovah's Witnesses offer them to the public in the course of their house-to-house ministry and in their informal witnessing, which refers to witnessing on informal occasions, such as when out shopping, buying gas at the gas station, traveling on buses, trains, and planes, or at any other appropriate moment in the course of daily life. However, some Witnesses have found other original and successful outlets for the magazines that you might also want to try.

Visiting Professional Organizations

A traveling minister wrote in about the productive activities of another Witness as follows: "She has been making it a point to collect older copies of certain *Awake!* magazines that other Witnesses have accumulated at home. Then she visits agencies that she feels might show special interest in some of the topics." What kind of agencies has she visited?

"She has concentrated on social service agencies, pro-life centers, Planned Parenthood, psychiatrists, psychologists,

police departments, probation offices, drug and alcohol abuse centers, child abuse treatment and prevention centers, welfare departments (asking for caseworkers), county health departments, day-care centers, schools, hospital stress centers, and in one case a city mayor." What success has she had?

"Since she began concentrating on this unique field six months ago, she has placed 1,784 older issues on specific subjects!"

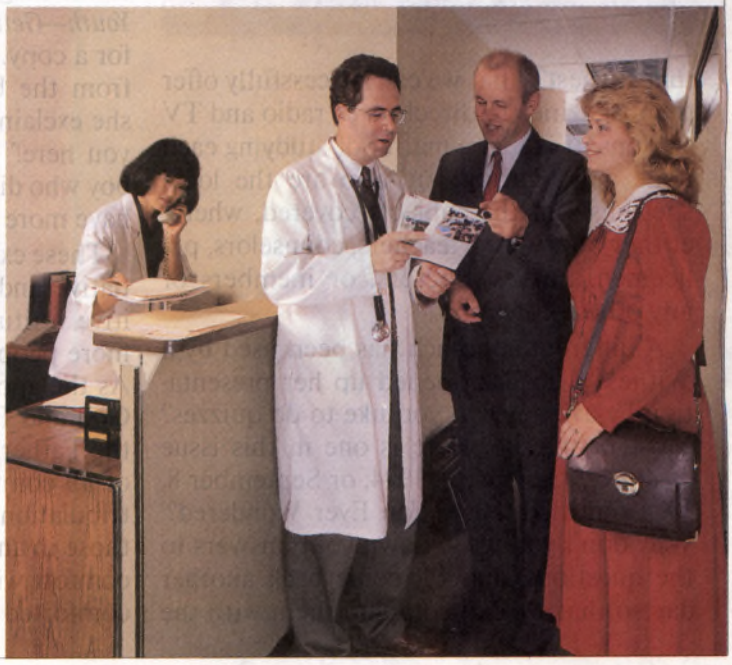
How does this Witness go about these visits to professional people? She says: "I think one reason these calls were so successful, aside from the fact that the magazines addressed issues these people deal with on a daily basis, is that we dressed and presented ourselves in a professional manner." Certainly professional people will respect us if we have a confident, businesslike approach and are suitably dressed and groomed.

She continues her account: "We were offering an *Awake!* on abortion (May 22, 1993), so I decided to call at a pro-life center. I started the conversation with a news item about a botched abortion and then led into the magazine, along with *The Watchtower.* We had such a nice discussion that I also offered the brochure *Does God Really Care About Us?,* which they eagerly accepted." Her next visit was to a Planned Parenthood center where she had similar success.*

This kind of initiative can lead to an ever-widening circle of positive contacts. From letters received we know that professional people are often impressed by the research and the excellent writing style that go into our magazines. So true is this that in some countries, such as Suriname, in South America, the *Awake!* is used as a principal educational magazine by students and teachers. The Witnesses there have a high level of magazine placements, and the interested ones eagerly await each issue.

One report received from Nigeria told of a radio station that was quoting verbatim from the *Awake!* issue on "Women—Deserving of Respect." (July 8, 1992) What does

The magazines have practical information for social service agencies



* In her presentations Linda carefully remained neutral on the political aspects of the abortion issue. Jehovah's Witnesses do not get sidetracked from their main work of announcing God's Kingdom.



that suggest? That we can successfully offer the magazines to directors of radio and TV stations. It is just a matter of studying each issue and figuring out who are the local specialists in the subjects covered, whether they be lawyers, teachers, counselors, policemen, nurses, doctors, or members of any other profession.

A different approach has been used by a Witness who has opened up her presentation by asking, "Do you like to do quizzes? Most people do. Here is one in this issue of *Awake!* (January 8, 1994, or September 8, 1994) entitled 'Have You Ever Wondered?' Why don't you write down your answers to the questions, and I'll come back another day so that we can compare them with the Bible's answers." She has had many interesting conversations based on this method and has started several studies of the Bible.

Another practical suggestion is to show recent issues with subjects that might appeal to the particular professional to whom you are speaking. Linda, quoted previously, had the following experience with an administrator/counselor in a school with an alternative-learning program. "As I went over the magazines with her, she saw 'Children Under Stress' and said, 'God has sent you today!' That very day she was having a session on how kids can avoid stress. When she saw the experience on the back page of the magazine announcing the book *Your Youth—Getting the Best Out Of It,* she asked for a copy. I happened to show her a quote from the book about suicide, whereupon she exclaimed, 'Now I know that God sent you here!' She had just been counseling a boy who didn't want to live. Now she would have more to offer him."

The Watchtower and _Awake!_ can be offered in many situations

These experiences illustrate that with initiative and preparation along with a positive attitude, we can reach out to many more people with God's Word of comfort. As the apostle Paul wrote: "Blessed be the God and Father of our Lord Jesus Christ, the Father of tender mercies and the God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those in any sort of tribulation through the comfort with which we ourselves are being comforted by God."—2 Corinthians 1:3, 4.

No Part of the World?

BY *AWAKE!* CORRESPONDENT IN GERMANY

"THEY are no part of the world, just as I am no part of the world." (John 17: 16) With these words Jesus described the absolute neutrality of his followers toward political affairs. Do professed Christians today measure up to this standard?

Consider the following press comments regarding Christendom's involvement in the former German Democratic Republic (GDR), which until its dissolution in 1990 had been governed by a Communist regime.

• "Now that the Lutheran Church in the GDR has basked in glory for a short time as mother of the peaceful revolution, its public rating seems to be sinking rapidly. To many it appears to have been more a pillar of support for the regime and a playground for the *Stasi* (State Security Service)."—*Die Zeit,* November 1991.

• "Various provincial Lutheran Churches . . . have expressed bewilderment at involvement of church workers and parishioners with the *Stasi.*"—*Evangelische Kommentare,* January 1991.

• "[Lutheran] Church leaders hear complaints that priests were no longer caring for their people as they used to, as they are active in politics."—*Süddeutsche Zeitung,* February 1990.

• "Weizsäcker [former president of the Federal Republic of Germany] said that the [Lutheran] Church had always played a helpful role in the political relationship of the two German States."—*Wetterauer Zeitung,* February 1992.

Political meddling was by no means limited to the Lutheran Church. "Virtually every [Protestant] church grouping was infiltrated by Stasi agents," reported *The European.* Manfred Stolpe, whom *The European* describes as "the protestant church's chief negotiator with the communist authorities," said in his defense: "I would have shaken hands with the Devil if it had furthered our cause."

The *Guardian* of London reported on the close relationship between the clergy and the Mafia in Italy. It stated: "Church and Cosa Nostra have cohabited peacefully for so long that the church is frequently accused of complicity."

The *Toronto Star* carried an article on the collaboration of some Russian Orthodox priests with the former KGB. The report states: "The disclosures about church collaboration with the communist regime represent the most shattering blow. . . . Material from KGB archives . . . suggests that senior church officials not only betrayed their own principles but were willing to compromise religious leaders abroad."

While the churches of Christendom continue to meddle in politics, genuine Christianity adheres to Jesus' injunction to be no part of the world.

IN OUR NEXT ISSUE

Is Your Life Boring? You Can Change It!

Who Will Evangelize Britain?

Joshua's Faith —A Victory for Children's Rights

Who Go to Heaven?

A TERRORIST bomb rips apart an airliner in flight, killing all on board. Relatives and friends of the victims are told that their loved ones are now in heaven, as if to compensate for their untimely and violent death.

A popular musician dies and is said to be 'trumpeting with the angels in heaven.'

Disease, famine, or accidents rob infants of a full life, and the clergy say they now enjoy heavenly bliss, perhaps even as angels!

Is God correcting injustice to young and old by taking all such ones to himself in heavenly peace? Is admission into heaven simply God's way of preserving all that is good and praiseworthy in mankind? What is the Bible's viewpoint?

Those Not in Heaven

The Bible's statement is clear: "What! Do you not know that unrighteous persons will not inherit God's kingdom?" (1 Corinthians 6:9) However, the Bible also speaks of many righteous ones and victims of injustice who would not inherit the heavens.

Jesus himself said of the soon-to-be martyred John the Baptizer: "Truly I say to you people, Among those born of women there has not been raised up a greater than John the Baptist; but a person that is a lesser one in the kingdom of the heavens is greater than he is." (Matthew 11:11) All the boys two years of age and under in Bethlehem and its districts were mercilessly slaughtered by wicked King Herod in his attempt to destroy the child Jesus. (Matthew 2:16) Yet, Jesus said: "Moreover, no man [or woman or child] has ascended into heaven but he that descended from heaven, the Son of man [Jesus]." (John 3:13) Why did Jesus not speak of these victims of injustice as being in heaven?

Jesus Opened the Way

Jesus called himself "the way and the truth and the life" and was referred to by the apostle Paul as "the firstfruits of those who have fallen asleep in death." (John 14:6; 1 Corinthians 15:20) Consequently, no one could have preceded him into heaven. But when Jesus did ascend to heaven some 40 days after his resurrection, was he then followed by worthy men of faith already deceased? Some ten days later, the apostle Peter said concerning King David that "he both deceased and was buried and his tomb is among us to this day. . . . Actually David did not ascend to the heavens."—Acts 2:29, 34.



Thus, admission to

heaven involves more than compensation for injustices suffered or even a rewarding of personal faithfulness. Instead, it provides for the formation of a heaven-based body of rulers composed of a representative number of humans under Christ's direction, anointed by holy spirit.—Romans 8:15-17; Revelation 14:1-3.

A Heavenly Kingdom

Jesus referred to this rulership, or government, as "the kingdom of the heavens" or "the kingdom of God." (Matthew 5:3, 20; Luke 7:28) It was not intended that great masses of mankind be included in this administrative body. Thus, Jesus referred to it as a "little flock." (Luke 12:32) In the original language used in this part of the Bible, the word "little" (*mi·kros'*) is the opposite of great (*me'gas*), and its use at Luke 12:32 refers to quantity or fewness in number. Hence, membership in "the kingdom of the heavens" does not allow for an unlimited number. To illustrate: If you were asked to pour a little water into a glass, you would make sure that it did not overflow. So, too, the "little flock" cannot be made up of overflowing numbers of people. God's Kingdom has a set ("little") number of corulers with Christ.

The exact number of these rulers, 144,000, was revealed to the apostle John. (Revelation 14:1, 4) Earlier in Revelation these same ones are said to be 'out of every tribe and tongue and people and nation to be a kingdom and priests to God,' and they are to rule as kings from heaven over the earth. (Revelation 5:9, 10) This administrative body in association with Jesus Christ is the Kingdom for which he taught his followers to pray. It is also the agency by which misrule of this earth will be terminated, thus restoring justice and peace to man's home, the earth, as well as everlasting vitality to its inhabitants.—Psalm 37:29; Matthew 6:9, 10.

A Select Body of Rulers

Since the human rulerships that the Kingdom replaces are so riddled with corruption, can we not see why those included in that heavenly government must be carefully selected and tested by God? Mankind's current situation might be likened to that of hundreds of passengers aboard a damaged jetliner in bad weather. In such a critical situation, would you want a flight crew made up of young, inexperienced people? Hardly! The situation would call for a crew carefully selected according to stringent qualifications.

With regard to those who will serve in heaven with Christ Jesus, we are relieved to know that "God has set the members in the body, each one of them, just as he pleased." (1 Corinthians 12:18) Personal desire or ambition for a position in the Kingdom is not the determining factor. (Matthew 20:20-23) Specific standards of faith and conduct have been established by God so as to bar the admittance of unworthy ones. (John 6:44; Ephesians 5:5) The opening words of Jesus' Sermon on the Mount show that corulers with Christ must prove to be spiritually-minded, mild-tempered, lovers of righteousness, merciful, pure in heart, and peaceable. —Matthew 5:3-9; see also Revelation 2:10.

Happily, the great majority of mankind, although not chosen by God to be among this representative heavenly body of rulers, are not left without hope. They will inhabit this beautiful earth and enjoy the benefits of his divine rulership. Long dead victims of past injustices will be restored to life to live alongside those who survive to see God's Kingdom "come" in the fullest sense. The promise will be kept: "The upright are the ones that will reside in the earth, and the blameless are the ones that will be left over in it."—Matthew 6:9, 10; Proverbs 2:21; Acts 24:15.

WATCHING THE WORLD

"Safe Sex"—Not So Safe for Women

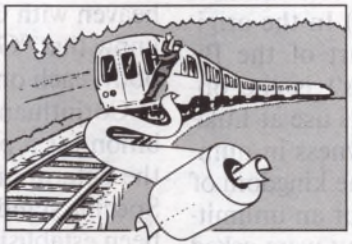
Despite much publicity in favor of "safe sex" and the use of condoms to avoid contracting AIDS, doctors are beginning to question the wisdom of such advice. A medical report appearing in the Paris newspaper *Le Figaro* says that although condoms offer men a measure of protection against AIDS, they offer women much less protection because an infected partner can easily contaminate a condom's outer surface. Women are also especially at risk of being infected during menstruation and when they have any form of vaginal infection or lesion. Statistically, condoms now appear to be less than 69 percent effective in protecting women against AIDS. Commenting on this reduced "safety" factor, one doctor observed: "What would we say about an airplane that had only a 69-percent chance of not crashing in a year?"

Brain Jogging

"A bad memory is usually a question not of fate but of poor training," reports *DAK Magazin,* a German health-insurance publication. Just as muscles atrophy through inactivity, the brain becomes rusty and stores less data if it gets little exercise. Is this a problem mainly of the elderly? Far from it! "Since thinking is often made easy for us or even superfluous," comments the magazine, even youths run the risk of developing a rusty memory by not keeping their minds properly occupied. What can help? The magazine recommends brain jogging, using mental games, such as puzzles involving numbers and letters of the alphabet, to stimulate mind and memory. Also, "crossword puzzles can be helpful."

Trains' Toilet-Roll Message

Until more modern equipment is introduced, the only way a train conductor can notify the authorities of an emergency on nearly any Italian train will continue to be as follows: Write a note, place it inside a roll of toilet paper, and hurl it from the speeding train at the next station down the line, in hopes that it will be found and the authorities notified. This system, "as old as the railways themselves," is prescribed by official



railroad regulations. It is "still an efficient, tried and tested method," says an official of Italian State Railways, who nonetheless recognizes that "communication on trains is a very serious problem." Faced with the illness of a passenger, a suspect piece of luggage, an act of aggression, or a theft, "the personnel of State Railways are in effect powerless," says Italian newspaper *Corriere della Sera,* since they are not authorized to intervene. To solve the problem of communication, Italian State Railways intends to adopt closed-circuit portable telephones in the near future.

The U.S. Gun Paradox

The increasing number of handgun murders in the United States, coupled with a spate of mass shootings, has produced both those who think it is time to take the guns away from the criminals and those who feel it is time to buy a gun themselves. "A lot of people, in fact, may be thinking both at once," says *Time* magazine. And while there is increased pressure to control guns, more people are going out and buying guns than ever before. When the Brady law (a gun-control law) was passed, gun dealers reported skyrocketing sales before it went into effect. There are now about 211 million guns in the United States. In an effort to decrease that quantity, programs were started in which people could turn in a firearm and receive a $100 gift certificate—no questions asked. The campaigns took hundreds of guns off the streets but also prompted some to buy cheap guns so that they could turn them in and make a profit. Said one gun-shop owner: "I can guarantee you, many of the people who turn in guns in the morning will still have guns in the afternoon."

Bugging Japan

Calling eavesdropping Japan's "national pastime," *Mainichi Daily News* reported that "Japan is one of the most widely bugged nations in the world, with 60,000 tiny radio microphones sold" each year. Some bugs are so small they can fit into writing pens. There are devices that can catch a conversation 50 feet away and transmit it a distance of two miles. Who are Japan's eavesdroppers? According to the newspaper, many eavesdroppers are simply searching "the frequencies to find the juiciest tidbits" of gossip. But many "are jealous lovers who want to be reassured of their partner's affections, or fathers who wish to keep an eye on their daughter's movements."

AIDS Decimating Africa

According to estimates by the World Health Organization, of the more than 15 million known cases of AIDS in the world, some 10 million are in Africa, making it the world's worst-affected continent. "Little dikes of sand against ever swelling rivers," is how Professor Nathan Clumek described the measures now in place to fight the AIDS epidemic. In an interview published in the Paris daily *Le Monde,* Professor Clumek said that the African chiefs of state have not yet fully realized the destruction that the virus is going to cause in Africa. In 1987, when Professor Clumek estimated that 10 percent of the continent would be infected with AIDS, many thought it an exaggeration. Today it is estimated that anywhere from 20 to 40 percent of Africa's population will be infected with the deadly virus.

Overfishing Exhausting the Seas

"'Plenty more fish in the sea,' runs the saying. But it is wrong," notes *The Economist.* "The sea's abundance has been stretched beyond its limit." Since its peak in 1989, the world's marine fish catch has been declining. The reason is simple: "Too few fish have been left in the sea to maintain spawning stocks. Fishermen are living off capital, consuming the resource that should yield their catch." According to the United Nations Food and Agriculture Organization, 13 of the world's 17 major ocean fisheries are in trouble—4 of which are classified as commercially depleted. Sophisticated technology—such as sonar and satellite communications—has made it possible for fishermen to locate the fish even in remote areas and to return to precise prime fishing spots. Huge factory trawlers the size of football fields, with even larger nets, haul in excessive quantities of fish. Governments are to blame for the wastefulness, says *The Economist,* since 90 percent of the world's catch is found within 200 nautical miles of some countries' shores, water over which they claim sovereignty. The governments keep other nations' fishing fleets out but allow domestic fleets to expand, and they even subsidize them.

Better Sleeping Habits

"Insomnia may seem productive to many people, but the consequences of denying the body hours of sleep will end up being rather unproductive," says the Brazilian magazine *Exame.* Explains neurologist Rubens Reimão: "The organism will not forget the hours of sleep that a



person owes it. On the contrary, it will always remember and will suddenly present a bill that can be translated into lapses of memory, concentration problems, and slow thinking ability." To avoid undue anxiety, Dr. Reimão recommends: "Leave the solving of work problems or the thinking about them for when you are at work." For you to relax and sleep better, *Exame* suggests regular exercise, soft music, subdued lighting, and good thoughts.

Catholic Mass Served by Altar Girls

The use of girls to assist priests during the celebration of the Mass has, up till now, been tolerated by some church authorities. In a letter approved by Pope John Paul II and sent to the presidents of the Catholic bishops' conferences around the world, the Congregation for Divine Worship and the Discipline of the Sacraments has given individual bishops the choice to authorize altar girls to help serve Mass. According to *Corriere della Sera,* as he gave the announcement and in order to "eliminate even the slightest glimmer of hope for feminist aspirations," Vatican spokesman Joaquin Navarro Valls was quick to point out that the opening does not in any way modify the church's attitude toward female priests. Why the altar girls, then? "It doesn't surprise me," commented sociologist Franco Ferrarotti. "The Church can't find priests, and it seems that it can't find altar boys either."

A Cult of Eunuchs

The *Indian Express* of Bombay reports that in India there are more than one million eunuchs. Of these, only 2 percent were born in this condition. The rest were castrated. According to the *Express,* good-looking boys are seduced or kidnapped and taken to one of many eunuch creation centers in India. There the boys are submitted to a ceremony that includes "princely treatment" and culminates in the removal of their testicles. Afterward, the newly made eunuch is adopted by an older eunuch, establishing a "mother-daughter" relationship. These eunuchs are given female names and thereafter behave and dress as women. Most eunuchs are organized into a cult with a presiding deity. There are many temples throughout India in which eunuchs are honored and revered as divine beings during a yearly festival.

FROM OUR READERS

Reincarnation Thank you for the excellent series of articles "Have You Lived Before? Will You Live Again?" (June 8, 1994) These articles convey in a simple and rational way the truth about the condition of the dead. I believe that anyone who is searching for truth in connection with this subject cannot do other than accept what you have written.

F. P., Italy

Former Boxer Thank you very much for the article "I Learned to Hate What I Had Loved." (June 8, 1994) Obdulio Nuñez' story has helped us to understand some of my husband's medical problems. As a former boxer, he too suffers from depression. Truly, it is Jehovah God who has helped my husband turn his life around!

S. S., United States

Pain I am a professional masseur and want to thank you for the series "Is Life Without Pain Possible?" (June 22, 1994) I was greatly impressed by the insight, balance, and wisdom evident in the research and presentation of this information. The article will be a precious aid to specialists, patients, and others. Using massage techniques, I continue to fight pain, awaiting the day under God's Kingdom when chronic pain will no longer exist.

D. T., Denmark

These articles brought much comfort to me. I shared them with a number of others who, like me, cope with pain daily.

M. G., United States

I am lying here writing you from my bed, where I have periodically been confined for the past two and a half years because of two slipped disks. Thank you for the fantastic article "Do You Suffer With Back Pain?" (June 8, 1994) I cried when reading it, for it was as if you were talking to me. I could hardly believe that anyone could understand this problem so clearly.

B. H., England

Just ten days ago, I had to undergo back surgery, and I thank you for the accurate information. The article helped me to understand the cause of my pain. The suggestions given are very useful, and I hope many will apply them and avoid surgery.

K. G., Hungary

Musical Anachronism? I liked the article "From Hitchhiking Hippie to South American Missionary" very much. (March 22, 1994) But one point puzzled me. Richard Fleet mentions that he went to Liverpool to see the Beatles in September 1973. As far as I know, the Beatles performed in public for the last time in 1969 and split up in 1970.

C. S., Germany

Sorry for the misunderstanding. Richard Fleet meant to say that he went to Liverpool in order to see a club where the Beatles had once performed.—ED.

Suicide I thank you with all my heart for the article "Young People Ask . . . Is Suicide the Answer?" (April 8, 1994) How many times I have longed to take that road. When I was a toddler, I was sexually abused by someone I trusted. . . . In the past, I have written so many notes saying, 'I want to die' that I have lost count. I have since become one of Jehovah's Witnesses, and I now serve as a full-time evangelizer, but this urge still comes over me from time to time. I had this feeling just the day before I received the article. It made me cry. But Jehovah has allowed me to stay alive, and he seems to be telling me gently, 'Keep on living.' Truly, I thank you very much.

Y. K., Japan

Priest Admits Witnesses' Virtues

By *Awake!* correspondent in Australia



Kingdom Hall in Condobolin, New South Wales

IN 1991 the Condobolin Kingdom Hall of Jehovah's Witnesses in New South Wales, Australia, was destroyed by fire. A few weeks later, a local Anglican priest expressed sympathy in his parish letter "for the loss of the place of worship." His letter continued:

"While there are obvious differences between our practices and theirs, I have for many years been full of praise for those aspects of the practice of their faith which I believe are good in themselves." What were some of these positive aspects?

First: "They are very concerned about the teaching of the faith. They will meet together for two or three occasions each week for this purpose." This is true—Jehovah's Witnesses are a reading, teaching, and preaching religion. They have three meetings weekly.

The priest's second point was: "They . . . regularly make evangelistic visits to the homes of people. . . . They like us to know that the third largest denomination in Australia is the body of people who state No Religion (3,841,000 people). The JW people are not content to keep the faith to themselves but want to share it with other people." Jehovah's Witnesses know that they must respond to Matthew 24:14 and Mark 13:10 by preaching the good news.

The third point: "They do not appear to raise funds through the community with Street Stalls and other fund-raising efforts. Their finance comes from within [their] community." The Bible says, 'freely have you received, freely give' and, 'there is more happiness in giving than in receiving.' Thus, they take no collections. Contribution boxes are discreetly available at their halls. —Matthew 10:8; Acts 20:35.

What was the final praiseworthy aspect he mentioned? "They construct their places of worship with a minimum amount of time and finance. . . . You may care to wander down to Gum Bend Lake Road . . . and see the local JW people . . . working on the construction of a new Kingdom Hall. They estimate the work will take them three days." Then what advice did he give his parishioners?

"I suggest that you read over the four points I have suggested above and ask how they can help you think about the visible practice of your faith. . . . I would suggest that in relation to the four points mentioned the JW people would leave the average Anglican and other Christian parishes for dead."

"Smoking Stinks"





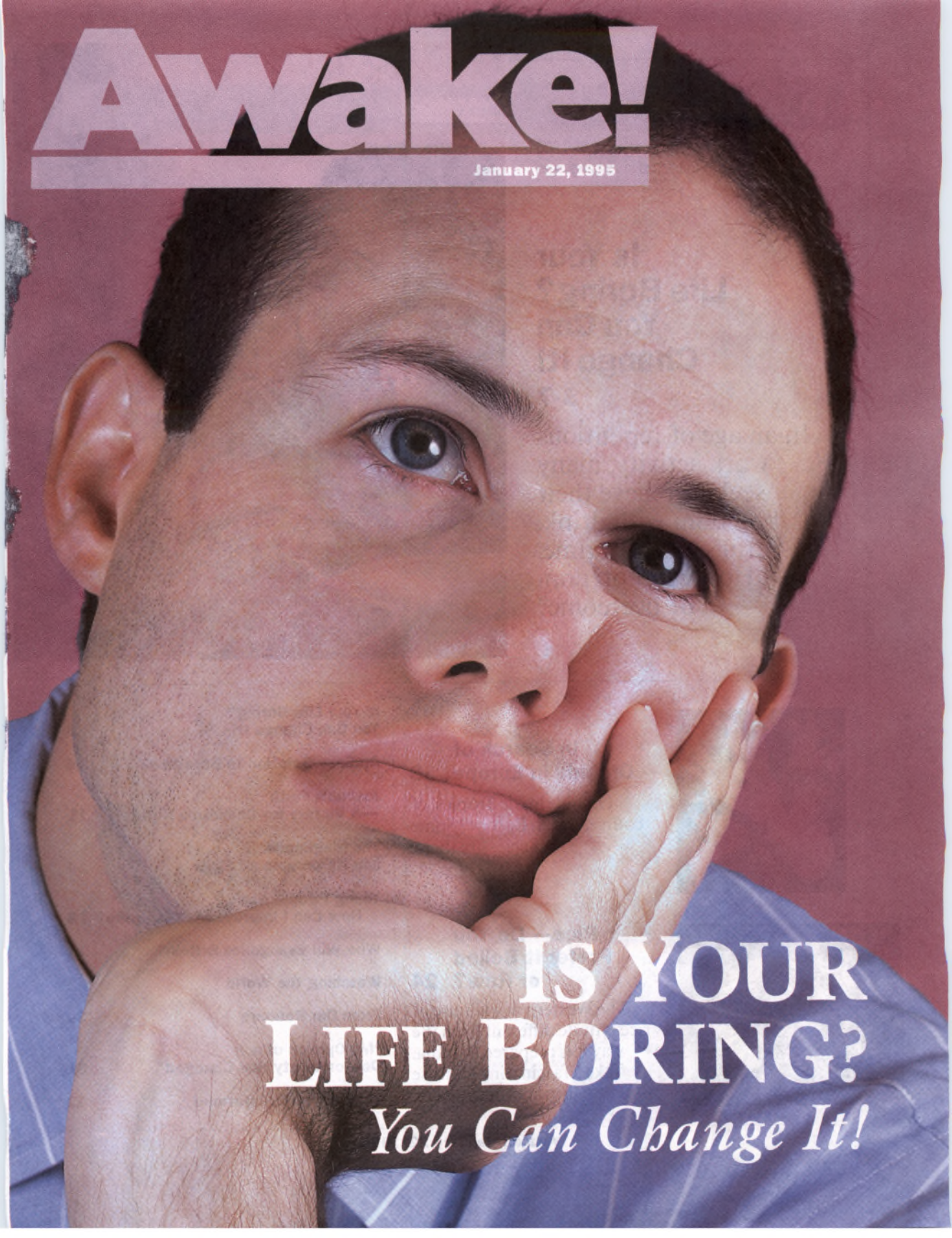
In recent years the California Department of Health Services has waged an energetic educational campaign against smoking. The message is short and blunt and has appeared on billboards across the state. What are some of the messages? "Smokers are addicts. Tobacco companies are pushers. Smoking stinks." "Second hand smoke will kill 50,000 non-smokers this year. Smoking stinks." Another one says, under the symbol of a cigarette pack, "Buy now. Pay later." With your life, of course. A sign in Spanish states: *"Me muero por fumar."* It is a play on words that can be read, "I am dying to smoke" or, "I am dying because of smoking." The half-skull-half-face photo makes the idea clear.

A different ploy used in some countries to dissuade people from turning to tobacco and nicotine is a brand of cigarette called "Death." The black package carries a skull-and-crossbones symbol and a message that states: "Cigarettes are addictive and debilitating. If you don't smoke, don't start. If you smoke, quit."

Whether the billboard shock treatment's other gimmicks have any effect on those who already smoke is hard to tell. Over the last six years, though, "tobacco use in California has plummeted by 27 percent, about three times the national average." (*The Washington Post National Weekly Edition*) The poster campaign might turn even potential smokers away from this dangerous habit. Certainly those who profess to be Christians should avoid this unclean, selfish vice. The apostle Paul wrote: "Since we have these promises, beloved ones, let us cleanse ourselves of every defilement of flesh and spirit, perfecting holiness in God's fear." —2 Corinthians 7:1.

Awake!

January 22, 1995



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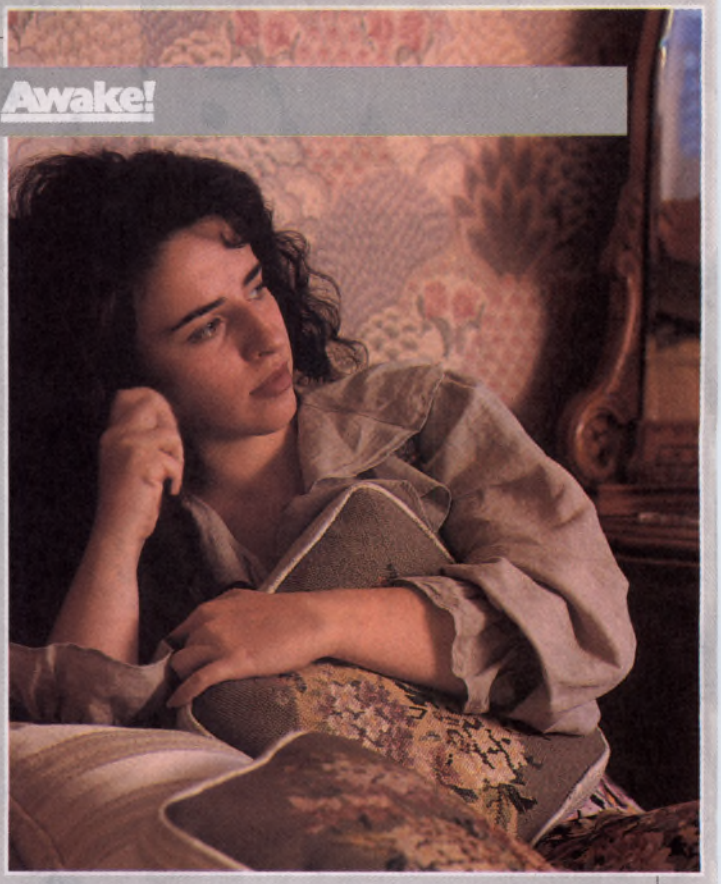


Is Your Life Boring? You Can Change It!

3-7

In an age of repetitious work activity, many seek to relieve their boredom with drink, drugs, sex, or crime. How can boredom be overcome?



In Search of Orchids in Europe 8

Orchids in the Tropics, of course. But in Europe? Some 350 species are there!



Rice—Do You Prefer It Boiled or Raw? 24

The Western world's use of rice is quite different from the way it is prepared in India. Take a fascinating glimpse into another culture.

Is Your Life Boring? You Can Change It! 3

An Easy Solution to Boredom? 5

Joshua's Faith —A Victory for Children's Rights 11

The Megapode and Its Scrambled Eggs 16

Young People Ask . . . How Can I Improve My Wardrobe? 18

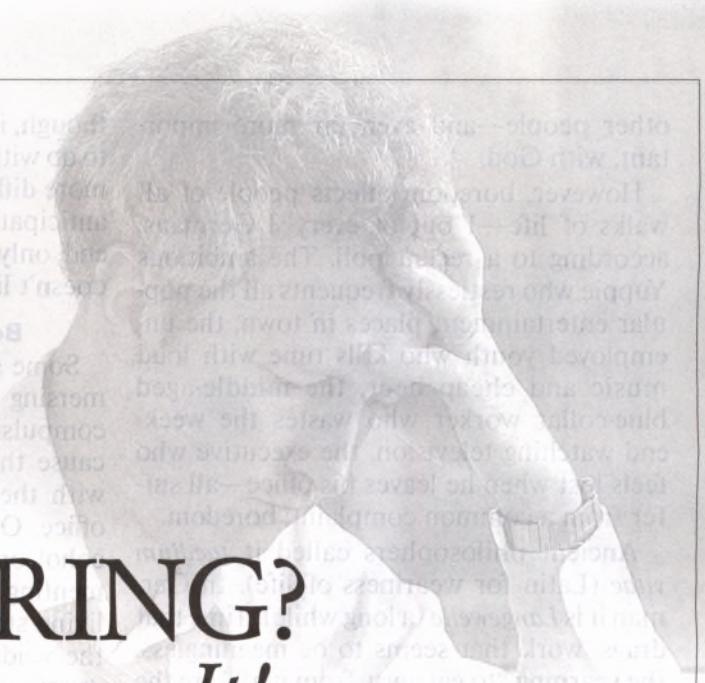
Who Will Evangelize Britain? 21

Watching the World 28

From Our Readers 30

"My Opinion of a Doctor's Duty Has Changed" 31

They Keep Her Informed 32



IS YOUR LIFE BORING? *You Can Change It!*

BY *AWAKE!* CORRESPONDENT IN SPAIN

MARGARET and Brian were in their mid-50's when a golden opportunity arose: early retirement with a good pension. It was then that they decided to head south for the sun and beaches of the Mediterranean. No more cares, no more worries—a life of ease awaited them in their seaside chalet.

After two years the dream turned sour. Brian explained: "It all seemed so pointless—day after day with nothing to do. Of course I would swim, play a bit of golf or a little tennis, and talk endlessly to anyone who would listen. About what? Trivialities."

Gisela, a mother in her early 20's, has a beautiful little girl. In the afternoon mother and daughter, as usual, go down to the park, where the daughter plays in the sandpile, fully absorbed, happily making sand pies and sand castles. Meanwhile, mom sits on a nearby park bench and watches over her toddler. Or does she? There she sits, her ears glued to her portable radio. Through the smoke of her cigarette, she hardly sees her little child anymore. She is bored to tears.

Peter, a 17-year-old high school student, sits in his room, surrounded by the latest electronic wizardry. He turns on one of his video games, only to discover that it just doesn't interest him anymore. He has played it hundreds of times already, and he now knows how to beat the machine anyway. Listen to some music? Yet, there is no recording he owns that he hasn't already listened to dozens of times. Bored to death, he laments: "I don't know what to do."

Are You Killing Time?

To be sure, not everyone's day is dull and gray. Many still live happy and meaningful lives, finding fulfillment by learning new things, by satisfying their creative instincts, and by cultivating good relationships with

other people—and even far more important, with God.

However, boredom affects people of all walks of life—1 out of every 3 Germans, according to a recent poll. The ambitious Yuppie who restlessly frequents all the popular entertainment places in town, the unemployed youth who kills time with loud music and cheap beer, the middle-aged blue-collar worker who wastes the weekend watching television, the executive who feels lost when he leaves his office—all suffer from a common complaint: boredom.

Ancient philosophers called it *taedium vitae* (Latin for weariness of life). In German it is *Langeweile* (a long while). Time that drags, work that seems to be meaningless, the yearning "to get away from it all" are the all-too-common earmarks of boredom.

Not even the wealthy are immune. After describing the lavish life-style of the big spenders, *Time* magazine's Roger Rosenblatt observed: "After the big house and the big garden and the big animals, parties and people, what do most of the world's big spenders announce? That they are bored. *Bored.*"

It was thought at one time that increased leisure would be the panacea for boredom. The assumption was that humane working conditions, ending the monotonous drudgery of the past, and a generous amount of leisure time would make life rewarding for the man in the street. Unfortunately, though, it is not that simple. Deciding what to do with all this free time has proved to be more difficult than expected. Many eagerly anticipate all week long an enjoyable weekend, only to find that when it arrives it just doesn't live up to their expectations.

Boredom's Negative Results

Some seek escape from boredom by immersing themselves in hyperactivity. Some compulsive workaholics got that way because they just did not know what to do with their time when they weren't at the office. Others drown their boredom in alcohol or search for excitement by experimenting with drugs. Not a few of the fast-living stars of the entertainment world fill the void, when the applause is over, with drugs such as cocaine. Boredom has been identified as one of the reasons for the ever-growing number of unwed teenage mothers, many of whom may have thought that a baby would fill their empty lives.

Boredom is even being linked to the rising crime rate. *Time* magazine observed that a number of youngsters leave school at 16 and have nothing to do and that the unemployed of Western Europe, compared with their working peers, are "more likely to commit suicide, more susceptible to drug abuse, more prone to out-of-wedlock pregnancies and more inclined to break the law." This seems to confirm again the old adage that "Satan finds some mischief still for idle hands to do."—Compare Ephesians 4:28.

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Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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AN EASY SOLUTION *to Boredom?*



PROVIDING endless amusements for millions of bored customers is now a big business. Exotic holidays, sophisticated electronic gadgetry, elaborate hobbies are all contrived to help kill the customers' time. Yet, boredom still looms large. Even on vacation, bored vacationers need animators to keep them in high spirits. And many a dedicated jogger feels lost without his portable radio to accompany him.

There is no doubt that entertainment, such as television, creates excitement and dissipates boredom, but for how long? For some it is like a habit-forming drug. The next time, greater stimulus and more excitement are needed—otherwise the dreary seen-it-all-before sensation takes over again. Rather than being the solution, such entertainment can end up being one of the contributing factors to boredom.

TV, in itself, doesn't cause boredom, but excessive television will not banish boredom either. Worse still, the more you are 'plugged in' to the TV set, the more you can get disconnected from reality. In the case of children, this happens all too often. In one study in which children ages four and five were asked whether they would prefer to give up TV or their father, 1 out of 3 decided that life would be more bearable without daddy!

Pandering to every desire is not the solution either. Many young people are now "raised in a period of material well-being, with every toy, every vacation, every new fashion," observed a Social Democratic deputy in the German parliament. Is there anything they can still get excited about? It may well be that good-natured parents who shower their children with all the latest

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gimmicks are really paving the way to an adulthood plagued with chronic boredom.

The Root Causes of Boredom

Escaping boredom completely is an unrealistic goal. Life in this world can never be one of continuous excitement and happiness. Such an unrealistic expectation could well cause needless dissatisfaction. At the same time, there are definite factors that aggravate matters.

For instance, today more and more families are falling apart. Could it be that mom and dad are so absorbed with their own entertainment that they don't spend enough time with the children anymore? Not surprisingly, teenagers search for their own ways to amuse themselves in discos, video parlors, shopping centers, and the like. Consequently, in many homes family outings and other joint activities have become things of the past.

Still others are so dissatisfied with their humdrum lives that they unconsciously retreat into their shell, doing their own thing, oblivious of anyone else. And while they isolate themselves more and more, they entertain the vain hope of achieving what can be called self-realization. But it just doesn't turn out that way. After all, no man is an island. We need company and communication. It is inevitable, therefore, that individualists who isolate themselves spread boredom, unwittingly making life dreary for themselves and for those around them.

However, the problem is somewhat deeper, as Blaise Pascal, a 17th-century French philosopher, pointedly observed: "Weariness [arises] from the depths of the heart wherein it has its natural roots and [fills] the mind with its poison." How true!

As long as the heart is full of nagging doubts as to the whys and wherefores of life, boredom is bound to stay. Heartfelt conviction that one's personal life has meaning is needed. Yet, how can anyone face life with a positive outlook without knowing why he is here, without having goals, without having well-founded hopes for the future?

Here is where the ultimate questions arise: What's the meaning of life? What am I here for? Where am I going? "The striving to find a meaning in one's life is the primary motivational force in man," observed Dr. Viktor Frankl. However, where can such a meaning be found? Where can these questions be satisfactorily answered?

Less Boredom—How?

The oldest of all books provides enlightenment on such ultimate questions. Said Heinrich Heine, a 19th-century German poet: "I owe my enlightenment quite simply to the reading of a book." Which book? The Bible. Charles Dickens likewise said: "It is the best book that ever was or will be in the world, because it teaches you the best lessons by which any human creature . . . can possibly be guided."

There is no doubt about it. The Bible is a sure guide toward a meaningful life. From beginning to end, it makes a point of showing that God gave man work to do. Man was to care for the earth, to beautify it, to exercise loving oversight of animal life, and, above all, to praise the Creator, Jehovah. Quite some task, one which would not leave room for boredom! Millions of active Christians have discovered that supporting God's cause, being dedicated and fully devoted to him, does indeed add meaning to life and crowds out boredom.

Widespread boredom may be a modern phenomenon—most ancient languages don't appear to have a word for it. Still, the Bible, along with showing us the meaning of life, contains practical suggestions for combating boredom. For example, it

states that 'one isolating himself will break forth against all practical wisdom.' (Proverbs 18:1) In other words, don't retreat into a shell!

Man is gregarious by nature. He needs to relate to other people, and he has an inborn need for company. Stifling this normal desire to mix with other people—being a loner, a mere onlooker—is unwise. Likewise, limiting ourselves to just superficial personal relationships is tantamount to ignoring all practical wisdom.

It is, of course, so much easier passively to watch movies or to limit our communication to punching data into a computer. Adapting to other people is quite a challenge. Yet, having something worthwhile to say and sharing thoughts and feelings with others is rewarding and leaves little room for boredom.—Acts 20:35.

Solomon, who was a keen observer of human nature, made this forceful recommendation: "It is better to be satisfied with what is before your eyes than give rein to desire." (Ecclesiastes 6:9, *The New English Bible*) In other words, make the most of your present circumstances. Concentrate on what you see now. That is so much better than wishfully longing to get away from it all or 'giving rein to desire,' as Solomon put it.

Well-planned days, definite goals, and an earnest desire to keep on learning will also help you to prevail over boredom. Why, even after retirement, a person can still achieve many things. One of Jehovah's Witnesses in the Balearic Islands, a retired man in his early 70's, is eagerly learning German. His goal? He wants to talk about God's Word to many a bored holiday visitor from Germany. Boredom is certainly not a problem for him!

Finally, what about doing something with your hands? Why not acquire skills in some handicraft, in painting, or in playing a musical instrument? Self-esteem grows when there is a sense of achievement. Why not think about rolling up your sleeves and offering your help around the house? There are so many little things that usually need to be fixed in any home. Instead of brooding about your boring life, make yourself available, do meaningful work at home, become skillful in some craft. You will not be left unrewarded.—Proverbs 22:29.

Furthermore, the Bible advises us to work whole-souled in whatever project we may undertake. (Colossians 3:23) That of course means to get involved, to be genuinely interested in what we are doing. It may be worth remembering that the English word "interest" comes from the Latin *interesse,* which literally means "to be between, or among," in other words to be absorbed in the task at hand. That will make it interesting.

All this good advice penned many years ago, if applied, would make all the difference for victims of free-time blues. Therefore, be absorbed in what you do. Get involved with other people. Do things for others. Keep on learning. Communicate freely with others. Discover the real purpose of life. By doing all of this, you will not be prone to sigh: 'Why is life such a bore?'

How to Beat Boredom

1. Don't allow personal initiative to be crippled by ready-made entertainment. Be selective as to distractions and entertainment.
2. Relate to people.
3. Keep learning. Have personal goals.
4. Be creative. Do something with your hands.
5. Have a purpose in life. Take God into consideration.

BY *AWAKE!* CORRESPONDENT IN THE NETHERLANDS

IN SEARCH OF ORCHIDS *IN EUROPE*







On these two pages are orchids from (1) Italy, (2) the Netherlands, (3) alpine meadows, (4) lime grasslands, and (5) heather areas. (6) The butterfly orchid

ORCHIDS fascinate people everywhere. These plants are synonymous with exotic beauty and colorful splendor. Their occurrence in impenetrable tropical forests adds to the mysterious aura surrounding them. Few people realize that orchids are not restricted to tropical areas but they are also found in the more temperate areas of our planet, such as Europe.

Orchid species can be found in a variety of regions, from arctic Iceland to sub-tropical Greece. About 350 species in all are known in Europe. In contrast with many tropical species, European species are terrestrial, obtaining their roothold in soil. In the Tropics orchids chiefly are epiphytes, obtaining a roothold in trees. Many tropical species produce huge, gorgeous flowers, whereas the flowers of European orchids are much more modest in size.

Venturing out in search of orchids in Europe is a pleasant pastime because many species grow in magnificent environments. Orchids are often indicators pointing to the existence of distinctive environmental conditions. Many species are very particular about the ecological environment in which they exist and only occur in places that meet all their requirements. Swamp orchids such as *Dactylorhiza incarnata,* for example, grow only in places where subsoil water contains sufficient lime. This explains why some species are rarer than others. An orchid species that makes very specific demands will occur in fewer areas than one that can grow in less restricted conditions.

If we make an imaginary trip across Europe, from the Netherlands down to southern Italy, most regions we travel through contain orchids. Let's begin with the Netherlands. In this low-lying country in Western Europe, we still find extensive swamps, moist dune dips, and grasslands. In May and June, some of the terrain is tinted rose and violet by orchids of the genus *Dactylorhiza.* A lovely, stately species is the *Dactylorhiza praetermissa.* This plant can reach the height of three feet and can contain as many as 60 blossoms. Remnants of peat moors and heather fields also are homes for orchids. In chiefly wet heather fields, large numbers of *Dactylorhiza maculata* can sometimes be found. In peat moors we would have to make a careful search before finding the tiny green blossoms of the *Hammarbya paludosa.* This small orchid grows in extremely inaccessible areas.

We travel farther, into the central mountain ranges of Germany. Here, in the midst of a wide variety of deciduous trees, several representatives of the genus *Epipactis* are found. While some of these grow in the deep shadows, others, such as the *Epipactis muelleri,* prefer the fringe of a forest. The blossoming of the

Epipactis species in late summer and autumn concludes the orchid season in Europe. Located on the slopes of hills rich in lime is a particular kind of arid grassland, lime grassland, which abounds with orchids. During May and June, we might find here dozens of species, among which are the magnificent *Orchis militaris* and *Orchis ustulata*.

In the southern part of Germany, we reach the Alps. The alpine meadows are famous for their profusion of blossoms. Orchids often contribute to this environment. Some alpine meadows, such as those of the Dolomites in Italy, are dressed in purple by orchids in the month of July. A profusion of *Nigritella nigra* occurs here in a broad variety of colors. *Nigritella* gives off a strong vanilla odor, which reminds us that vanilla is procured from the fruit of a tropical orchid.

Orchids can be found at altitudes of more than ten thousand feet. It is possible at that altitude to find what is probably the world's smallest orchid, the *Chamorchis alpina*. The blossoms of this species measure less than one quarter of an inch across. Because they are green in color, these blossoms do not attract much attention. Yet, this species has its own specific place in the ecosystem of the alpine region.

Having traveled beyond the Alps, we reach the Mediterranean region of Europe. We find more species of orchids here than elsewhere in Europe, and their variety is astounding. The warmth-loving species that grow here blossom only in early spring. During the dry summer, all vegetation, including the orchid, parches, and practically no blossoming plant is to be found. It is only after the initial autumn rains that fresh green plants reappear.

Orchids react to this rainfall. At that time many species form leaves and survive the winter as a rosette. It is not until early spring that they display their gorgeous flowers. The species of the genus *Ophrys* are typical of Mediterranean vegetation. For pollination many of these species are dependent on male insects that mistake the flower, which resembles an insect, for a partner willing to mate. Several of the species are named after insects they resemble, such as spider orchid, fly orchid, and bumblebee orchid (*Ophrys sphegodes, insectifera,* and *bombyliflora*). Following the pseudocopulation the insect carries the pollen mass and transports it inadvertently to another flower of the same species. Pollination takes place, and the formation of seed can begin. This method of pollination is astonishingly accurate.

Among some of the *Ophrys* species, distinct races are known. Each is pollinated by a specific insect species. When pollinating insects of one kind are exposed to flowers of a different but similar-looking race, they refuse to pollinate them. Sometimes "mishaps" occur, and another species becomes erroneously pollinated, resulting in hybrids. Once in a while, these hybrids are able to produce fertile seed and reproduce large numbers of offspring.

Another characteristic Mediterranean genus is the tongue orchid (*Serapias*). These species are pollinated by insects that spend the night in a tubular cavity within the blossom. By the time the insect awakes, the pollen mass will have attached itself to the insect's body, so that another flower will be pollinated the following night.

As we traveled across Europe, we saw many magnificent natural areas filled with orchids. Yet, many have vanished. In industrialized, densely populated, and agriculturally advanced Europe, practically every natural reserve stands exposed to a legion of threatening circumstances. Acid rain, drought, maximum cultivation of agricultural lands, tourism, and urbanization, all take their toll on orchids. Many species have become rare. In several countries some species are legally protected.

However, merely declaring that something is legally out-of-bounds does not help much. Man ought to treat the creation with respect. In this present, imperfect system of things, where respect for the Creator and his creation is lacking, we do not expect that nature will flourish. Not until God's new system will it be possible for righteous people to enjoy the harmony of nature. (Isaiah 35:1) It is then that the many kinds of orchids will be properly appreciated for what they are.

Joshua's Faith

A VICTORY FOR CHILDREN'S RIGHTS

BY *AWAKE!* CORRESPONDENT IN CANADA

"IT WAS the first time the mature minor doctrine had been considered at the appeal court level. And some say the judgment sets out clear guidelines not only for doctors and hospitals in New Brunswick but also, perhaps, elsewhere in Canada."—*Canadian Medical Association Journal.*



The above journal is referring to a case involving New Brunswick's Medical Consent of Minors Act, which says that if two doctors declare a minor under 16 to be mature and that he understands his disease and its proposed treatment, he has the legal right to accept or reject medical treatment, like any adult. Concerning 15-year-old Joshua Walker, who had acute myeloid leukemia, Chief Justice W. L. Hoyt of the New Brunswick Court of Appeal wrote the following: "The evidence here is overwhelming that Joshua is sufficiently mature and that, in the circumstances, the proposed treatment is in his best interests and his continuing health and well-being. . . . It is my view that the application [to be declared a mature minor] was not necessary." Chief Justice Hoyt in his decision also noted that Canadian common law "recognizes the doctrine of a mature minor."

One of Joshua's lawyers, Daniel Pole, said that the written decision of the Court of Appeal is "going to be a leading case across Canada." Because it was an unusual case, the court sat with five judges instead of the usual three. "In landmark situations," Pole said, "the court will sit with a full bench. It may be that they considered the decision an important one for Canada." He suggested that the precedent-setting ruling opens the way for mature minors to act on their own behalf and that "there's no reason for it to come up again in court. It has accomplished a great deal for other young persons." Further stressing the extensive value of this court victory, Pole declared: "It's a tremendous vindication of the rights of children, of young men and young women who have the capacity to decide what they want to have done with their bodies."

Under the heading "A 'Minor' Victory,"

"The judgment sets out clear guidelines . . . for doctors and hospitals."
—Canadian Medical Association Journal

an editorial in the *Telegraph Journal* said: "The New Brunswick Court of Appeal's decision that 15-year-old Joshua Walker has the right to consent to or refuse medical treatment is a victory not just for Jehovah's Witnesses, but for us all. . . . Sometimes the decisions an individual makes may seem too hard for society to bear, especially hard if the life or death of a young person is at stake. But even harder to bear would be a society that routinely violates the bodies and souls of its citizens. Joshua Walker has done his part to keep us safe from that."

A Valiant Doctor

From the start of his illness, Joshua was diagnosed and treated by Dr. Mary Frances Scully, a specialist in hematology and pediatric oncology. Her work includes the diagnosis and treatment of cancer in children.

The usual treatment for Joshua's type of leukemia is chemotherapy and blood transfusions. Joshua's family are Jehovah's Witnesses and, for Scriptural reasons, reject blood transfusions. The divine decree to Christians is: "Abstain from things polluted by idols and from fornication and from what is strangled and from blood." (Acts 15: 20, 29) Joshua, from the beginning, took a determined position to adhere to Jehovah's law to 'abstain from blood.'

Dr. Scully noted on the hospital chart that Joshua was "very adamant" about this. Dr. Dolan, head of the hospital's adult oncology wing, talked personally to Joshua. Both he and Dr. Scully concluded that Joshua was a mature minor. The Walkers' family doctor, Dr. Lordon, also viewed Joshua as a mature minor. With, not just the required two, but three doctors declaring Joshua a mature minor, he was more than qualified under the Medical Consent of Minors Act to choose his treatment. No litigation should have been needed.

Unfortunately, the situation did not stay that way. The hospital, already viewing Joshua as a mature minor, wanted this established by a judicial decision in order to protect itself. The outcome of a lengthy and trying court investigation was that the judge ruled that Joshua did not have the right to refuse treatment. This decision was immediately appealed to a higher court with the results mentioned in our opening paragraph.

Throughout Joshua's ordeal Dr. Scully stuck to her refusal to administer blood to Joshua under any circumstances unless he changed his mind and consented. Reporting on her position, the *Canadian Medical Association Journal* quoted her as saying: "My biggest concern was that Joshua or his family would be so upset that they would just leave without any options." The article continues: "Other physicians later told her that they would have refused to treat [Joshua] altogether. However, that thought never crossed her mind." Her reasonable and noble stand was very encouraging to Joshua and his family.

Joshua Loved Life and Touched Hearts

Joshua Walker loved life; he didn't want to die. His family didn't want him to die. In many lands Jehovah's Witnesses, his spiritual brothers, hoped that he might recover and live. Joshua was willing to accept his situation; his faith in God convinced him he would come back in the resurrection. He found support in Jesus' words: "The hour is coming in which all those in the memorial tombs will hear [the] voice [of the Son of God] and come out."—John 5:25, 28, 29.

Support came to him from many places. The *Evening Times Globe* said: "Both parents emphasized yesterday that they're not abandoning Joshua. They brought him to the Regional Hospital to get the best medical treatment possible, without blood. 'We would have left him at home if we wanted him to die,' the father argued. 'We don't want Josh to die. We're doing everything medically to keep him alive. And that's what anyone would do for any of their loved ones. We're not here to watch him die. We're here to get that boy better, so he can walk out and go back to his trains, go back to the Kingdom Hall, to his meetings and his service, and maybe go back to some basketball.'"

His family were certainly there for him, literally. One newspaper noted this: "While one of them took a turn at keeping Joshua company, other family members huddled nearby in a small quiet-room, some of them still in gowns and with loosened masks hanging from their necks. It's the same scene that has been unfolding there since March 31, when Joshua first came to [the] hospital. In three weeks, Joshua has not spent a moment when there wasn't a gowned and masked family member in his hospital room. . . . Often, both parents stay overnight with Joshua, sleeping in a bed next to their youngest son. [The mother said,] 'We're needed here, and I'd do anything for Josh, for any of my children.' 'I'd sit out in the parking lot if I had to,' said the father."

Confidences and Conversations

In the evenings when his mother or father was with him, there were intimate conversations. One night he said: "Mom, please write this down. All you young ones, please draw close to Jehovah so that if anything should ever happen to you, you will keep your integrity to him. When I am better I promise to do more in declaring Jehovah's name. You young ones in good health, do more if you can."

One night when Josh was in the hospital, he said: "Mom, a lot of times when you go to the bathroom or go to get Dad, the doctors come in and say: 'Josh, you need a blood transfusion. Without it you will die. We want to help you.' 'Then please respect my wishes about blood,' I would reply. I told one doctor who tried to get me to take blood: 'You may think I'm crazy, but I have all my thinking abilities. I just want to live by Jehovah's law on blood. He knows what is best for us. The best thing for me is to respect the sanctity of life, and if I die I will live again.'"

One doctor, the chief of pediatrics, Dr. Garry, said to Josh's parents: "Be proud of Josh. He has faith that I have never seen demonstrated before in my life." He hugged them both and said: "You are a courageous family."

One evening in the hospital, after some bad news had been given the family concerning Josh's condition, his brother Jeff and his sister, Janice, were with him. Jeff was crying, and Josh said: "Jeffrey, you stop crying. I'm a winner either way. Don't worry about me." His point was that if he recovered from his illness, he was a winner; if he didn't and he died and was resurrected into the Paradise earth, then he was undoubtedly a winner!

When there was talk of a bone-marrow transplant, his brother Jerry was the first to offer his bone marrow. At one time, his brothers John and Joe used to kiss Josh good night. When he turned 13, he got his

"A victory not just for Jehovah's Witnesses, but for us all."
—Telegraph Journal

mother to tell them he was too old for that. But during his illness, although he was 15, when they started it again and hugged and prayed with him, Josh told his mother it was OK now—it showed they still loved him.

Community Support

Jerry and Sandra, Joshua's parents, say the support from the community has been overwhelming and widespread. In May 1994, one newspaper said: "Joshua receives, on average, 20 cards a day. They have even come from as far away as Romania and Mexico. He has also received phone calls and faxes at the hospital from as far away as Alberta and Washington. In addition to all that, he was sent about half-a-dozen fruit baskets [and] dozens of flowers. . . . When his vital statistics . . . improved, the nurses organized a celebratory Hawaiian luau in his honor. They made grass skirts out of garbage bags and danced the hula around his room. 'He was laughing so hard, I thought he was going to cry,' said Sandra.'"

Josh's father, Jerry, added some tidbits: "We could not let all the children visitors from school come into the hospital room. So the principal came and got reports on Josh. The students sent Josh a 1,000-piece puzzle of a railroad scene—Josh is crazy about trains. The police wanted to put on a benefit dance for him to help on certain costs, but we didn't give them a go-ahead on that. The social-studies class at school was talking about people's rights, and each individual in that class wrote Josh about giving them a talk on that, giving them his feelings."

During all this time, the newspaper coverage was phenomenal—stories with pictures on the front pages of several dailies.

"I just want to live by Jehovah's law on blood."
—Joshua Walker

School principals relayed bulletins on Joshua's health. He received invitations to speak when he recovered, and schools held sessions on the details of the case.

"Did you notice much of a change in Joshua when this disease hit him and threatened his life?" *Awake!* asked. Josh's father, Jerry, commented: "There was a tremendous change in him, and almost overnight. Josh had previously been an easygoing, carefree young boy, sometimes needing the counsel that 15-year-olds typically need. I have sat and looked at him in awe. It's almost as though he grew up overnight. One evening his lawyer wanted to talk to him, and Joshua asked me to leave. One day he was the class clown; the next he was mature, talking to lawyers and judges. A crisis can bring up from the depths of the heart things never suspected of being there."

Dr. Scully gave a beautiful tribute to Joshua. She said to his mother: "He of all the patients I have ever treated is the friendliest, most considerate, most polite, and most compassionate person I have ever met. He is very courageous and a young man we will never forget. He is a very lovable person. You can be very proud of him, Mrs. Walker."

In a few weeks, the leukemia changed. The brief periods of remission were gone; the cancer was back. Dr. Scully told the family that Josh might not live much longer —weeks maybe, a few months possibly. The next evening, with Joshua's parents present, Dr. Scully told Joshua that the cancer was back and that it might also be in the stomach by then. Joshua said: "Oh, no, it's not back—are you sure?" Dr. Scully said: "Josh, your blood work is not too good." Soon thereafter Jerry left the room, then Dr. Scully.

Two Aching Hearts Finding Peace

Josh's mother describes the scene: "There was silence. I pulled a chair up to his bed-

side and took his hand. I asked him if he was worried or depressed because of what the doctor had said. He replied: 'I hadn't thought about dying and leaving so soon. But, Mom, don't worry. I am not afraid to die, nor am I afraid of death. Will you be with me when I die? I don't want to die alone.' I started to cry and hugged him. He cried, too, and said: 'Mom, I'm in Jehovah's hands.' Then, 'I want all of you to stay in the truth so you can welcome me back in the resurrection. I can tell you this, Mom, with all certainty: I know Jehovah is definitely going to bring me back in the resurrection. He has read my heart, and I truly love him.'

"I started to cry again. I told him how much we loved him and, for the 16 years that we have had him here, how proud we have been of him—and most of all, how Jehovah was smiling down on him with approval. He said, 'Mom, I know.' I said to him: 'Josh, as much as I hate to let go, it would only be selfish on our part to want you to stay.' He said: 'Mom, I know, and really I am kind of tired of fighting.'"

The Legal Ramifications

Daniel Pole, one of Joshua's lawyers, along with other attorneys, dealt with the questions raised by the case of Joshua Walker. What is a mature minor under the Medical Consent of Minors Act? Does consent to treatment include the right to refuse it? Is the argument of *parens patriae*, in which the government acts for someone who cannot competently act for himself, applicable here? Does the individual have the legal right to determine what can be done to his own body? Is his bodily integrity inviolate? And what about Canadian common law? Is it applicable in this case? Finally, did Joshua Walker's case need to come into court in the first place?

Were these questions settled by the written decision of the Court of Appeal? Yes, they were. Upon the conclusion of the hearing, the five-judge court recessed and thereafter returned to the courtroom and gave orally the unanimous decision of the justices, as follows:

"He has faith that I have never seen demonstrated before in my life." —Dr. Garry

"The appeal is allowed. The decision of Turnbull, J. [the lower court judge] is set aside. Joshua Walker is declared to be a mature minor under the provisions of the *Medical Consent of Minors Act* and the consent of his parents with respect to his treatment is not required. The question of costs will be dealt with in our written reasons."

Is Canadian common law applicable to this case? Yes. The printed account of the hearing states: "In Canada, the common law recognizes the doctrine of a mature minor, namely, one who is capable of understanding the nature and consequences of the proposed treatment. . . . New Brunswick has codified the common law to the extent that it is expressed in the *Medical Consent of Minors Act.*"

Finally, did Joshua's case have to come into court to make him legally able to refuse blood transfusions? No. "As long as the provisions of the *Act* are complied with, there is no need to make such an application."

Chief Justice W. L. Hoyt concluded: "The application was made in good faith and with an abundance of caution. Nevertheless, the result of the application was to involve Joshua and his family in unwanted litigation. For that reason, in my view, they are entitled to costs from the Hospital."

Joshua died October 4, 1994.







THE MEGAPODE
AND ITS SCRAMBLED EGGS

BY *AWAKE!* CORRESPONDENT IN THE SOLOMON ISLANDS

ABOUT two hours by canoe out of Honiara, the capital of the Solomon Islands on Guadalcanal, is the island of Savo, famous for its active volcano and the megapode bird, also known as the Australian scrub fowl. The natives at times utilize hot rocks and jets of steam hissing from cracks in the ground to cook their food and to heat their water supply. The megapode bird also makes clever use of this natural resource.

Though considerably smaller than the common chicken, the megapode bird looks similar, with heavy body, short rounded wings and large, strong, four-toed feet. The bill is short and slightly curved downward. The megapode's flight is fast but short-lived.

The megapode (meaning "large feet") bird belongs to the same order of birds as the common chicken—Galliformes. It is an incubator bird that buries its eggs in piles of rotting vegetation to hatch them in constant 90-degree-Fahrenheit heat. On this island the megapodes have a different incubator. What could be better than the volcanically heated sand on the beaches of Savo?

Acres of flat, level beach have been carefully fenced off by the natives with a wall of strong palm leaves. These are the megapode "fields."







Inside, the area resembles a carefully planted orchard. Small trees are set in orderly rows, apparently to provide a more reassuring environment for the visiting birds. Over this whole area, the sand is pitted with small craters about two feet in diameter, evidence of the visits at dawn and dusk by these strange wild birds that come to dig a narrow hole as much as three feet deep in which to lay and bury their eggs.

And what eggs! They average from three to three and a half inches long and about two and a half inches in diameter, an amazing size for such a small bird. Upon hatching, the fully feathered chick digs its way to the surface and runs away on its own. Within 24 hours it can fly.

Each day the villagers come down to the "fields" to dig up the eggs, which seem to be a major part of the islanders' staple diet. It is amazing how they prepare their light, fluffy scrambled eggs. The megapode eggs are skillfully cracked open on the pointed shaft of a section of green bamboo stem and then poured into the stem's hollow interior. The bamboo stem, now full of eggs, is carefully laid at a 45-degree angle in the hot embers of the cooking fire. Soon the eggs are bubbling away and mixing with the juices from the hot green bamboo. When ready, the bamboo is split open, and one has sausage-shaped scrambled eggs with a unique delightful taste. Come to the Solomon Islands, and try it sometime!

Young People Ask...



How Can I Improve My Wardrobe?

ROBERT is desperate! He has to attend his sister's wedding and has absolutely nothing to wear. Not that Robert is in what the Bible calls "a naked state." (James 2:15) But Robert's everyday outfits simply will not suffice for this formal occasion.

Young Angela, though, has three social engagements to attend, each requiring a different style of dress. Unlike Robert, however, she has little trouble finding something appropriate to wear. Not that Angela is wealthy. She has simply built up a basic wardrobe that allows her to be well dressed in a variety of situations.

An article in *Woman's Day* magazine said: "Clothes are important. They can go a long way toward making you feel really good about yourself." What you wear also has a large impact on how others view and treat you. With good reason, then, the Bible urges us to be adorned with "well-arranged dress, with modesty and soundness of mind." (1 Timothy 2:9) If you are a Christian, having a suitable wardrobe should be important to you.

Could it be, though, that in spite of having a closet chock-full of clothing, you sometimes feel that you have nothing to wear? What is the problem, and how can you correct matters?

The High Cost of Fashion

Often the problem isn't money but the result of being enslaved to the world's ever-changing styles and fashions. The book *Youthtrends* says that "the business world realizes how much money young people will spend for clothing labels." Driven by a greed for cash, the clothing industry uses catchy magazine and TV ads to entice youths to spend—and spend, and spend! Reinforced by peer pressure, the strategy works. Laments a teacher: "Everybody is spending huge amounts on clothes and the kids who can't afford it . . . are taking jobs after school just to buy designer jeans."

Being a slave to fashion costs money and may leave you with little to invest in more practical garments that you really need. Romans 12:2 thus gives good advice when it says: "Quit being fashioned after this system of things, but be transformed by making your mind over." True, standing out as different is not always easy. Sixteen-year-old Charlene admits: "The kids in school look at you funny when you don't dress like

them." When you let others dictate what you do, however, you become their slave. (Compare Romans 6:16.) A young woman named Johanna admits: "I get irritated because I feel as if I'm always dressing for someone else."

Is this always wise? Take, for example, the street-gang, hip-hop, and "grunge" clothing styles. Many wear these styles simply because they are popular. Yet, they virtually scream anger and rebellion. Could wearing them give others the wrong impression about you? (John 15:19; compare 2 Corinthians 6:4.) Not to mention that looking like a gang member could get you killed. Some U.S. schools have therefore banned the wearing of gang styles. The lesson? It makes little sense to let your peers choose your wardrobe, much less rule your life. Instead of being anxious about what will please them, "keep on making sure of what is acceptable to the *Lord*"!—Ephesians 5:10.

Considering Your Needs

Once you have freed yourself from the tyranny of fad and fashion, you can begin building a wardrobe that meets your actual needs. For example, much of your time is spent in school. If your school requires a uniform or follows a strict dress code, your choices will be limited. But in many schools choice is permitted, and the casual look is the norm.

In such a situation, it may not be wise to make yourself conspicuous by sporting a jacket and tie or a dressy skirt. You would want to look casual without looking faddish or sloppy. A teenage girl named Millie did so. While in school she avoided fashion extremes. If your situation is similar, you may likewise need a few casual slacks, shirts, or blouses in your wardrobe. If money is tight, having just a few of these items may suffice. —Compare Luke 10:42.

Keeping your school wardrobe a modest size may leave you with enough cash to care for other needs. Do you, for example, have an outside job or household chores to perform? Then you have a need for some durable, sturdy garments. Appropriate clothing may also be needed for sports and other play activities. Although it may be in vogue to wear designer shorts, tops, and sneakers, you will find that some less expensive garments are equally serviceable.

If you are one of Jehovah's Witnesses, you will also want to consider your need for suitable clothes to wear to Christian meetings, inasmuch as casual clothing is inappropriate for worship. In lands where Western-style garb is worn, young men usually wear dress slacks, a dress shirt, a tie, and a jacket. Young women usually wear a dress or a skirt and blouse. Similar apparel is also worn in the door-to-door preaching work. How many of such outfits you can buy will depend on your budget. Fortunately, your clothes need not be plentiful or the latest in fashion. They should be neat and clean.

First take inventory of what you already own



Jesus Christ attended a wedding, and you may also be called upon to attend certain social events. (John 2:1, 2) If dressing up for such events is customary, then it makes sense to have *some* suitable garments on hand. "I've been in situations where I was not dressed for the occasion, and it was not fun," admits Johanna. Owning at least one dressy garment can also spare you the pressure and expense of last-minute shopping.

Taking Inventory

You might take what writer Jean Patton calls a closet audit. (*Color to Color*) Sort through your clothes, including items in storage. You may discover garments that you had forgotten about. At the same time, you can discard items that you have outgrown or that you no longer like.

Next, make an inventory list, perhaps organizing it into major pieces (coats, suits, dresses, blazers, sport jackets), support pieces (blouses, sweaters, dress shirts), and accessories (scarves, belts, gloves, hats, shoes, handbags, neckties). Such a list helps highlight what items you may need to round out your wardrobe.

Smart Shopping

In some lands new clothing is a luxury. Youths take pains to care for what clothes they do own and to keep them reasonably neat and clean. What, though, if you are in a position to buy some new clothes? In her book *Working Wardrobe,* Janet Wallach states that "a woman can save time and money if she's bought her clothes by plan and design." That's true for young men too. Likely, you have a limited budget, so you need to count the cost of anything you purchase. (Compare Luke 14:28.) That may mean pruning your shopping list, sticking to high-priority items. A good rule of thumb is to spend the most money on the clothes you will wear the most.

The Better Business Bureau A to Z Buying Guide gives this advice: "Build your wardrobe around one basic color group, such as navy and gray or maroon and black. Select major clothing items in those colors, and save bright complementary hues for shirts, blouses, and accessories." Neutral-colored clothing will stay in style longer. By sticking to basic colors, you can more easily experiment and create new outfits.

Proverbs 14:15 says: "The shrewd one considers his steps," and having a definite plan for your purchases can help you avoid costly impulse buying. "I always take my shopping list with me when I shop," says one young woman. Remember, too, that in the long run, it pays to go for quality, not quantity. A quality garment can last for years. "I still have sweaters that I wore as a teenager," says one young woman. However, a brand name is not necessarily a guarantee of quality, which is best determined by carefully examining the garment itself.*

Be on the conservative side when it comes to style. A classic dress or man's suit will almost always be in style. Trendy styles quickly fade in popularity. In her book *Conservative Chic,* Amelia Fatt notes: "Conservative clothing is easier to accessorize, easier to add to next year, a better investment."

Don't forget that your parents have years of experience in buying clothing. Some of your tastes may be a generation apart, but you may agree on the basics more than you realize. "My mother helped me and my sister to develop good taste in clothing," recalls Angela. With time and patience, you too may be able to develop a suitable, workable wardrobe. Perhaps you will never again have to say, 'I have nothing to wear!'

* See "Young People Ask . . . What's the Secret of Choosing the Right Clothes?" in our October 8, 1989, issue.

WHO *Will Evangelize Britain?*

BY *AWAKE!* CORRESPONDENT IN BRITAIN

THE lifeblood of Britain's churches is ebbing away at the rate of nearly 1,500 members a week, reports *The UK Christian Handbook*. The young are abandoning the church, proclaims *The Times*, "because they find it boring and lonely."

While Anglican churches close at the rate of one a week, there are "thousands of people in search of meaning and purpose to their lives," admits the Church of England's *Church Times*.

Faced with this crisis, Britain's churches united in 1990 behind a "Decade of Evangelism." *The Scotsman* said the '90's "may well be the decade in which evangelism is claimed back by the traditional, established Churches in an attempt to swell sadly-depleted memberships and to turn the tide on secularism."

A fond hope—but can it be realized? What has happened in the past few years?

An Unsure Foundation

Church of England clergymen generated little enthusiasm for the "Decade of Evangelism" at their 1989 General Synod. The chairman of the Church Union's Mission and Renewal Committee, for example, stressed: "Preparation is all-important," but he cautiously added: "It may, in some cases, take all the decade."

Bishop Gavin Reid predicted: "It will be a campaign of embarrassment after five years."

Undeterred, Anglicans soon formed a united front with the Roman Catholics, who had established their own "Decade of Evangelisation" in 1988. Most other denominations had some misgivings. "I must confess to feeling uneasy about the Decade of Evangelism. It is a high-sounding title, but what does it mean?" asked Paul Hulme, minister of the prestigious Wesley's Chapel on City Road, London. "What are we supposed to be doing that we are not doing already?"

Defining Objectives

To evangelize is to preach the gospel, or good news, to convert hearers to Christianity—a far cry from what many church leaders wish to see. "It is not our business to convert people to Christianity," proclaimed Dr. Newbigin of the United Reformed Church. "That is God's business." What lies behind such an extraordinary statement? The growing tension of Britain's multiracial society with its non-Christian, ethnic religions. Consider the following:

"The Decade of Evangelism may fizzle out like other decades," said Anglican rector Neil Richardson, "but while it lumbers on it is a distraction from a pressing issue facing the churches and everyone else: the potentially explosive interface of religions in all our cities." Pinpointing the problem, he continued: "Relationships between sections of the religious community need to be based on the firm confidence that nobody is seeking to convert or proselytise."

Well aware of this "potentially explosive" situation, George Carey, Archbishop of Canterbury, declared "Decade of Evangelism" to be a "clumsy title" because Muslim and Jewish leaders felt they were being targeted by

"hard-line evangelicals." "It is a mistake," he said later, "to say as some do that the first task of the church is to evangelise."

Bishop Michael Marshall, on the other hand, maintains that the basic need is for the Church of England to be "converted into the Church of God in England," with Muslims and others being brought into the Christian fold. "The call to win Islam for Christ is on the agenda," he proclaimed, warning that such an approach "will necessarily involve a decade of confrontation."

What of the Jews? "True Evangelism Must Include the Jews," headlined the *Church Times*. But David Sheppard, bishop of Liverpool, strongly disagreed. "The prime target of the Decade of Evangelism must be those who have lapsed from faith or never known what it is to believe in God," he said. Is this possible? Neil Richardson, writing under *The Guardian's* headline "Evangelism's Diminishing Returns," maintains: "Every person [in Britain] has had a fair chance to assess the claims of Christianity. It is clear that the majority have decided it is not for them."

Are Britain's churches equipped to evangelize such a secular community with its multiplicity of faiths and ethnic cultures?

The Challenge

Former archbishop Dr. Runcie declared: "Our officers in evangelism are the bishops and clergy, our missionaries are the laity." Veteran evangelist Gilbert W. Kirby said: "Every christian should be in a position to explain to another the fundamentals of the faith. Every christian should be taught how to lead another to Christ. . . . An instructed church-membership should be our aim. . . . It is useless to tell people to evangelise without showing them how." In other words, the bishops and clergy must set the lead in showing their flocks how to evangelize.

Speaking frankly in the inaugural BBC "Priestland Memorial Lecture," radio broadcaster Brian Redhead said: "Heads snug beneath mitres should face up to the fact that they have lost the power to entertain the non-committed . . . They must place greater emphasis on the art of preaching." And where should this be done?

At the turn of this century, William Wand, later to become Bishop of London, received his early training in Lancaster, England, when pastoral visiting was the norm. "I think that forty was the record number of doors at which I knocked in the course of any one afternoon," he wrote later. "The Vicar was also very alive to the needs of the minority of people who never seemed to come to church. He was anxious to make what is now called a 'break-through' against this apathy and indifference."

For any clergyman to make such personal contact in Britain today would indeed be a rare exception! Too late Britain's churches are realizing there is no substitute for evangelizing people in their homes, in the way Jesus and his disciples did.

"Only a truly dedicated man can win others to God," observes *Evangelism and the Laity*. "'Do the work of an evangelist' [2 Timothy 4:5] . . . is a command which must be obeyed in some way by every Christian if the Church is to fulfil its purpose in our generation."

"Good News"—Its Source

John Taylor, general secretary of the Division of Ministries of the Methodist Church, wrote to *The Times* of London about "our duty to share the good news." He said: "The church must therefore find new and more effective ways of nurturing and teaching its own members. Even in the church there is an appalling ignorance of the Christian scriptures." To what has this ignorance led its members?

"A number of leading younger Evangelicals . . . insist that Christian discipleship

demands specific kinds of social and political action," explains Rachel Tingle in *Another Gospel?—An Account of the Growing Involvement of the Anglican Church in Secular Politics.* This "Kingdom Theology," as it is termed, asserts that the Kingdom of God is extended to earth when peace, justice, and "social righteousness" are established by political means. This is, of course, "Liberation Theology," or the old "Christian Socialism" in a modern guise.

How does such thinking square with Jesus' own statement: "My kingdom is no part of this world. . . . My kingdom is not from this source"? (John 18:36) Or with the words of an earlier prophet: "In the days of those kings the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end to all these kingdoms, and it itself will stand to times indefinite"?—Daniel 2:44.

Note that this Kingdom is established by God's hands—not man's. Liberation from war, from injustice, and even from death itself will come from Jehovah through his appointed King, Jesus Christ—not from man. That really is good news that needs to be proclaimed!—Revelation 21:3, 4.

Today, Jehovah's Witnesses, numbering nearly 130,000 in Britain alone, share that same conviction. Drawn out of all national groups and religious faiths, they stand united as Christians. They are well-trained evangelizers eager to share the good news with all who will hear. To this end they use every means available, and many are benefiting from their effective ministry.

Britain's Evangelists

The following extract is taken from a British Roman Catholic weekly newspaper, the *Catholic Herald,* October 22, 1993, page 8.

"Whatever happened to the decade of evangelisation? What indeed! Two years ago it was the flavour of the month and hardly a week without mention in the press. Today? A deafening silence. . . .

"Where is the urgency conveyed by Jesus as He despatched His disciples to evangelise the surrounding villages? Or by St Paul: 'Woe to me if I do not preach the Gospel! (1 Co 9:16).'

"There is also the problem that many Catholics do not appreciate that evangelisation is not an option but a mandate ordained by Christ Himself: 'Go, make disciples of all nations' [Matthew 28:19]. . . .

"How many Catholics are sufficiently conversant with their faith to confront the sceptical? . . . How extraordinary it is that, God's Son having come to earth, so few of us bother to study what He said. . . .

"Now I hold no brief for [Jehovah's] Witnesses. . . . But spare a thought for the other side of the coin. Their moral stance, based on a belief in God's absolute standards, is unimpeachable. More to the present point, each Witness devoted the equivalent of something like three evenings a week to doctrine, systematic Bible study, and practical day to day Christian living, often in one another's homes.

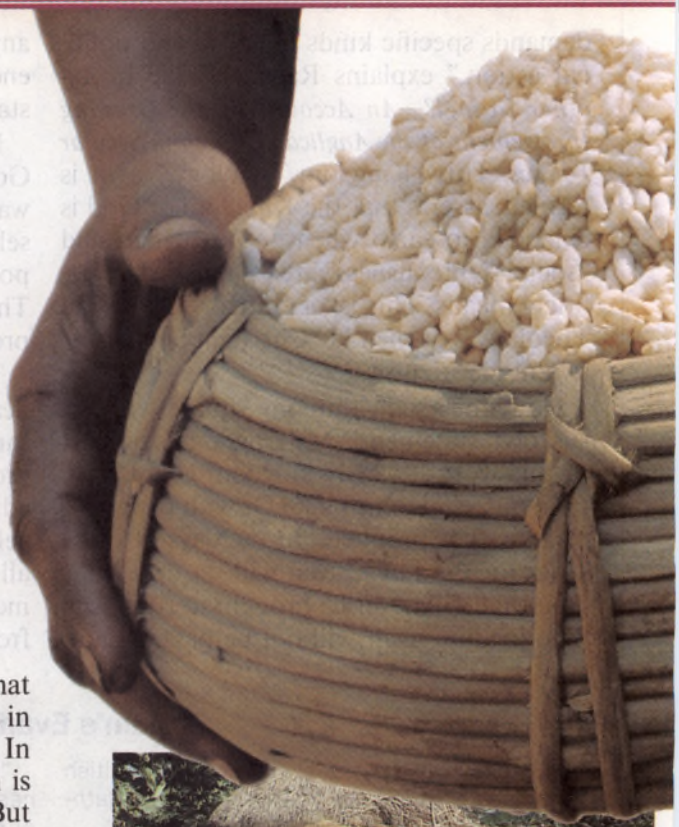
"Not only that, but each Witness is also taught that, by his very calling, he is necessarily a missionary. He is taught the marketing tools needed to project his message. Door knocking, going out in twos, is a central feature of his life. Witnesses are also zealous in caring for the poor and needy.

"In short, . . . it is hard not to be reminded of the early Church as depicted in the acts of the Apostles. And the proof of the pudding lies in the eating. Their growth has been explosive. Explicit proclamation can deliver!"

Rice

Do You Prefer It Boiled or Raw?

BY *AWAKE!* CORRESPONDENT IN INDIA





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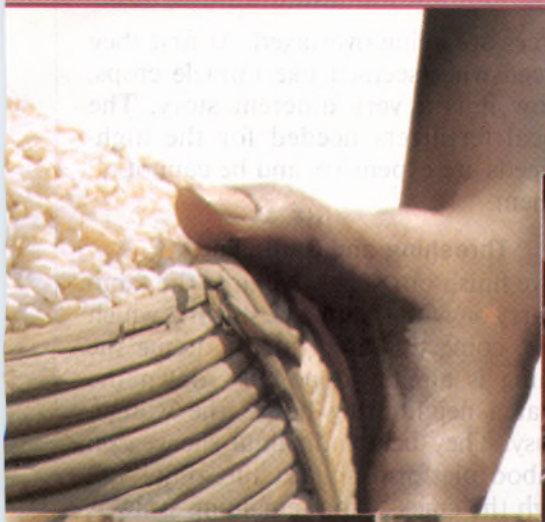
'DO YOU eat rice boiled or raw?' That is a question that you as a guest in an Indian home may be asked. In India about 60 percent of the rice eaten is parboiled (cooked partially by boiling). But it may surprise you to know that in Western nations, almost everyone eats what Indians call raw rice!

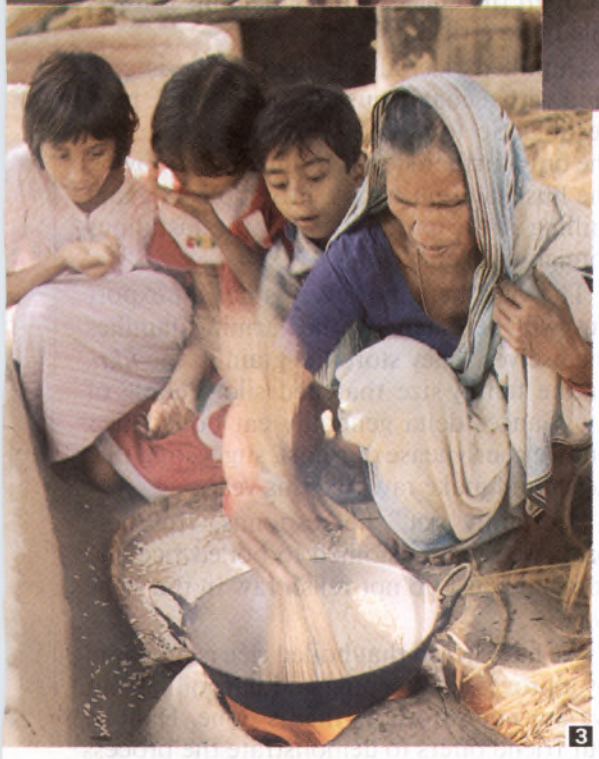
All of this may not sound so strange when you realize that we are talking, not about the way of preparing rice for the table, but about the method that the Indians use in processing the rice grain as it is being harvested. So, what is done in such processing, and why? A closer look at rice and its preparation as a food grain will provide enlightening answers.

Staple of Millions

Archaeological finds and ancient records indicate that rice was cultivated in India and China as far back as the third millennium B.C.E. The ancient inhabitants of India called it *dhanya,* or "sustainer of the human race." It is still an appropriate name







(1) Threshing the rice stalks (2) Winnowing (3) Dida preparing "moori" (4) "Moori" basket with various ingredients

because more people live on rice than on any other single food crop. Most of these people live in Asia, where, according to one source, over 600 million people obtain half their daily food calories from rice alone and where over 90 percent of the world's rice is produced and consumed.

The wet, tropical Ganges delta is one of the world's leading rice-producing areas. Abundant rainfall and warm temperatures, as well as a plentiful supply of labor, make this an ideal place for rice cultivation. Let us accept the invitation of our village-dwelling friends in this region and view firsthand the harvesting and processing of rice.

Harvesting the Paddies

Our bus takes us to Jaidercote in West Bengal, and we continue our journey to the interior by tricycle ricksha. Soon we see vigorous activity in the fields. No sight of combine harvesters here! Rather, fathers, sons, uncles, and brothers are busy in the rice paddies, deftly cutting a handful of stalks at a time with small sickles. One of the reapers, sensing our camera, quickly finishes tying

Jhal Moori

In many parts of India, a puffed-rice snack is sold on the streets by colorful vendors. The tasty and nutritious *Jhal moori* can easily be prepared and makes a good change from the usual prepackaged snack foods.

Starting with a cupful of crisp, unsweetened puffed rice, add a sprinkle of the following, to taste: finely chopped tomatoes, onions, cucumber, green chili peppers (optional), a few peanuts, chick-peas (optional), *chaat masala* (a mixture of powdered spices, available in Indian stores) or a pinch of salt and pepper, a half teaspoon of mustard oil or other salad oil. Shake ingredients together vigorously, and eat immediately.

Since tastes vary, the *moori* vendor allows the eater to choose from his vast array of cut vegetables and spices what and how much should be added. You can also serve the snack fondue-style, allowing your guests to mix their own *moori*.

his sheaf with a strand of straw and holds it aloft in an action pose. We laugh at how camera conscious the village people have become.

The sheaves are left to dry in the sun for a day or two. Then the younger members of the family can lend a hand, ferrying home small bales of the rustling dry sheaves neatly balanced on their heads.

Finally, we arrive at the village. "How are you, Dada?" we greet our host, using a term of respect. His smile assures us that all is well, and we notice his wife scurrying away to prepare tea.

Over our morning tea, we ask how the year's harvest has been. "Not so bad," he replies with a farmer's typical restraint, but then he laments that with the use of high-yield seeds in more recent years, the land's resources are being overtaxed. At first they produced what seemed like miracle crops, but now it is a very different story. The chemical fertilizers needed for the high-yield seeds are expensive, and he cannot afford them.

Threshing and Parboiling

As we finish our snack, we urge the family to carry on with their harvest work, which we have come to watch. In this home the threshing is already done. Just down the path, at a neighboring home, the women are busy. They beat individual sheaves on a bamboo platform and let the grains fall through the cracks. The remaining straw is piled into a rick.

Unmilled rice, also called paddy, is covered with a coarse husk, which is quite indigestible. So for those who prefer raw rice, the only further step is hulling, or removing the husk, and perhaps a little polishing and milling if the product is for the fastidious foreign market.

The yield here, however, is not for export but will be eaten by the farming families themselves. They store the grain in the *tikri,* or the family-size thatched silo. People of the Ganges delta generally eat boiled rice, but we gently tease our host, suggesting that he should make raw rice this year.

"Certainly not," he responds. "In these parts we are accustomed to boiled rice and somehow just do not relish raw in the same way."

We have heard that boiled rice is prepared by a process of steeping and parboiling, but we are not sure how this is done. Happily our friend offers to demonstrate the process his family uses. There is no need for special equipment because only a small amount is done at a time to meet the family's needs for a week or two. They fill a large *hanri,* or cooking pot, with the husk-covered grains stored in the *tikri* and then add about a

quart of water. That is then heated on the gentle flames of a straw-fired cooking range, called an *oonoon,* until the water has evaporated. The contents are then soaked overnight in a tub of fresh water, and after being strained, they are placed back in the *hanri* to steam until dry once again. Finally, the grains are spread on the ground to harden in the sun, being turned occasionally by foot.

This seemed like a lot of extra work to us, but there are some advantages to this process besides suiting the family preference. Parboiling allows certain vitamins and nutrients in the rice grain to be absorbed deeply into the endosperm, or the food part, of the paddy. These are then not so easily leached out during subsequent washing and cooking. The result is a more nourishing meal. The extra food value can literally mean the difference between life and death for those who subsist mainly on a diet of rice.

Another benefit more readily appreciated by the farmers themselves is that parboiled grains are more easily preserved and the husk is easier to remove. That, along with enhanced toughness, leads to less breakage.

A Taste of the Grain

"Time now for some more tea and snacks," says our host. We walk back to his home where Dida (Granny) is preparing *moori.* This freshly made puffed rice is a great favorite with all, especially the children. Dida is squatting by the *oonoon,* roasting a few cupfuls of hull-less parboiled rice that she has previously moistened and mixed with a little salt. The grains are now dry and loose so that she sprinkles them a few at a time into an iron pan containing hot sand. As she continues to heat the sand, the rice puffs to several times its normal size. The finished *moori* is then quickly skimmed from the top of the sand with a bunch of twigs before it has a chance to burn. The twigs also serve to administer punishment to little hands eager to dip into the basket of hot *moori.*

We enjoy our *moori* along with chunks of freshly cut coconut, but we are careful not to eat too much, as we remember that lunch is not far away.

The final process to see is the hulling. Until quite recently this was done by a foot-operated pestle and mortar called a *dhenki,* but now, even in remote places, machine-operated hullers do a much faster job. This change is lamented by some of the old-timers, since the *dhenki*-separated rice leaves much of the grain's red inner skin (epidermis) intact, giving a characteristic taste and added nutrients to the food. The machine, however, rips off everything—husk, bran, and much of the germ—leaving only the white, starchy endosperm so much in demand today.

The ladies are now eager that we eat the feast that they have been preparing. They have cooked the parboiled rice by boiling it, and it is now being heaped in steaming piles on banana-leaf plates. Next come preparations of lentils, local vegetables, and pond fish to eat along with the rice. All of us agree that this is one of the most enjoyable parts of our visit.

Yes, whether eaten boiled or raw, rice is a delicious provision, one of the green grasses that God made to sprout as "vegetation for the service of mankind."—Psalm 104:14.

IN OUR NEXT ISSUE

Missing Children —When Will the Tragedy End?

Bee Versus Computer

A New Name for an Old Orgy

Crime Costs

According to *The Washington Post,* the United States spends or loses $163 billion each year as a result of crime. The paper reports that even after adjusting for inflation, this total is some four times the amount spent in 1965. The paper adds that the price of crime includes "better than $31.8 billion at the state and federal level for police, $24.9 billion for corrections, $36.9 billion in retail losses, $20 billion in insurance fraud, and $17.6 billion for individual property losses and medical expenses. Still $15 billion more is spent on private security, $9.3 billion on court costs and $7.2 billion on prosecution and public defense." In a typical shooting in the Washington, D.C., area, for instance, the *Post* notes that treating the victim costs an average of $7,000 in the first few hours after the shooting. If the victim survives, the cost is about $22,000. If the government goes to the expense of tracking down and convicting the perpetrator, it then costs about $22,000 a year to incarcerate him.

Unsafe Blood in the Philippines

In the Philippines, blood transfusion services are "unsafe, inefficient and wasteful," concludes a new study by a team of Filipino doctors. In findings that the country's health minister, Juan Flavier, termed "very alarming," the study showed that fewer than half the country's blood banks were staffed with personnel capable of performing the screening tests for AIDS, syphilis, hepatitis B, and malaria. Further, the study examined 136 blood samples from blood banks and found that even of the blood that had been screened, some 4 percent was contaminated.

Litter on the Information Superhighway

The information superhighway, a system of computer networks that provides an exchange of information among computer users, has been widely touted as a wonder of technology. But it also has its drawbacks. In Canada's *Globe and Mail,* journalist Sean Silcoff wrote of the two



months he spent using the "highway" for research purposes. He concluded that it is "sleazy" and "littered throughout with the refuse of Western culture." He noted that there were over 3,500 "discussion groups" on the system he used, many of them devoted to such topics as gossip about sports and entertainment stars, repulsively tasteless jokes, and trivial details about popular TV shows. One even featured methods for committing suicide. Silcoff remarked: "A potentially powerful tool is being squandered by a society that seems to be chock-full of sociopaths."

Honey for Ulcers?

Writing in Canada's *Medical Post,* Dr. Basil J. S. Grogono claims that the lowly honeybee may be able to do more for those who suffer from peptic ulcers than even doctors could during past decades when they would frequently resort to drastic surgery. He notes that more experts have come to recognize the role a tiny microorganism, *Helicobacter pylori,* plays in peptic ulcers. While some have recommended using drugs to combat this microbe, Grogono notes that these drugs have unpleasant side effects and that the microbes may develop resistance to them. He cites, on the other hand, a recent study published in the *Journal of the Royal Society of Medicine* in which the antibacterial properties of honey were tested. One variety, which came from New Zealand bees fed on a plant called the manuka, was effective in fighting the ulcer-causing microbe.

Lead and Wine

Scientists in Belgium and France have identified a potential threat in some French wines —lead. Lead from leaded crystal decanters and from lead foil wrappers can make its way into wine. But the new study, reported in *Science News,* found that leaded gasoline was the source of high levels of organic lead compounds in some vintages of French wines. Where the vineyards grew alongside bustling highways, the lead in exhaust fumes made its way into the grapes. The levels of organic lead compounds in the wines were from 10 to 100 times higher than those found in drinking water. Richard Lobinski, of the University of Antwerp in Belgium, recommends avoiding only the vintages between 1975 and 1980, since the use of leaded gas in France fell off in the late 1970's. However, he also notes that leaded gasoline is still in use, es-

pecially in Central Europe and the former Soviet Union. Organic lead compounds, he claims, are more dangerous than normal lead because they "can be easily absorbed, especially by the brain."

Children on a TV-Free Island

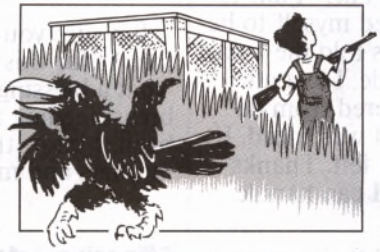
St. Helena, a small island about a third of the way from West Africa to South America, boasts children who are "among the most well-balanced in the world," says *The Times* of London, citing a report in *Support for Learning,* a leading educational journal. The report's author, Dr. Tony Charlton, found that only 3.4 percent of the island's 9- to 12-year-olds had serious behavioral problems. *The Times* notes that this rate is "the lowest ever recorded for any age range anywhere in the world." The reason for the well-balanced children? One possibility is the high quality and ready availability of education for the children. But Charlton plans to investigate another possible factor. Until recently, when a satellite hookup was established, the island had never had broadcast TV. It is expected that within three years, 1,300 of the island's 1,500 households will have a TV. Charlton will soon undertake a study of any subsequent changes in the island's children.

No Child Support, No License

The state of Maine, U.S.A., has taken a tough stance regarding parents who refuse to pay court-ordered child support. It has revoked the driver's licenses of eight such delinquent fathers. According to *The New York Times,* Jane Sheehan, the Maine Human Services commissioner, says that the eight fathers owed a total of $150,000 and had each received ample warning that they were in danger of losing their licenses. "This should not come as a surprise to anyone," the *Times* quotes her as saying. "We've been warning people since last August this day would come." Her office has sent similar warnings to 17,400 parents who are over 90 days late in child-support payments. So far, some $11.5 million in payments have come in as a result.

Clever Farmers, Smart Crows

In Japan, there is an ongoing battle over who gets to harvest farm crops. Crows and farmers are at constant odds, with the wily crows soon seeing through tactics farmers dream up. Now, though, shrewd farmers in Nagano Prefecture are utilizing the birds' worst instincts to trap them, says *Asahi Evening*



News. They erected a cage 30 feet square and 10 feet high near their crops and put crows from another area in it. Greedy local crows, enraged at these invaders of their territory, fly into the cage to attack the "foreign" crows, only to get caught themselves. Success at last? One of the farmers says: "Actually, most crows fooled by the cage are wandering ones. The local chaps are so clever they now make fools of us and fly away." And so the battle goes on.

Over One Billion Cigarette Smokers

According to recent figures from WHO (World Health Organization), the number of people worldwide who smoke cigarettes is 1.1 billion. If the current trend continues, warns WHO, "about half a billion people currently alive will be killed by tobacco, and about half of those, 250 million people, will die in middle age." Since the 1980's, cigarette smoking has declined somewhat in the industrialized nations, but there has been an increase in the developing countries. Thus, world consumption remains at 1,650 cigarettes per adult per year. Says Hans Emblad, director of the WHO Program on Substance Abuse: "So far, the net effect of successful tobacco marketing in the developing countries has been to shift areas of increased tobacco use from developed to developing countries. The tobacco epidemic has not yet been put under global control."

Harmless Speech Impediments

At a conference in Darmstadt, Germany, members of the Interdisciplinary Association for Stutter Therapy warned parents against becoming overanxious about harmless speech impediments of their young children. "Four out of every five children between the ages of four and six have minor speech impediments that sound the same as stuttering but that usually disappear of their own accord," reports the newspaper *Süddeutsche Zeitung.* How should parents react when a young child stumbles over words? "So as not to rob the child of his natural uninhibitedness in speech," comments the newspaper, "parents should avoid putting pressure on the child to do well, should allow him plenty of time, and should build up his self-confidence."

FROM OUR READERS

Driving Hazard Reading the item "Tired at the Wheel?" ("Watching the World," February 22, 1994) brought back memories of when I was a lorry (truck) driver some 20-odd years ago. I was driving home after a very long day at the wheel when I fell asleep. Suddenly, a big bump woke me up, and to my horror I was driving on the wrong side of the road. I had hit the curb, but no cars or pedestrians were in sight. I got off scot-free, but it was a lesson I will never forget. I could have killed someone simply because I didn't take a break when I needed it. My advice? Read that item in *Awake!,* and take heed!

M. Y., England

Overweight I want to say a special thanks for the "Young People Ask . . ." article of April 22, 1994, "Why Am I So Fat?" I am 13 years old and always considered myself to be fat, although the weight charts told me I was average. Because of my attitude, I lost all confidence in myself and suffered from depression. Once I even wished I were dead. It sounds crazy, but that's how I felt. Thanks to Jehovah and to the article, I can handle my depression better.

C. S., Germany

Young Cancer Patient Having just read the article "When Life Is Not Easy," as told by Kathy Roberson, I must say that I am truly touched. (August 22, 1994) I had to write and express my deep appreciation for such a beautiful article. I'm 14 years old and have experienced persecution in school because of being one of Jehovah's Witnesses. My situation is not as trying as Kathy Roberson's, but seeing how Jehovah sustained her throughout her trial was an inspiration.

C. G., United States

What a great article! I also became very sick at age nine and eventually spent many months in the hospital. However, I was able to return to good health by the time I entered high school. How difficult it must have been for Kathy Roberson to face recurrences of her illness over and over again. Her attitude and strength have helped me to have a more positive frame of mind.

D. V., United States

Breast-Feeding I am due to give birth in three months to our second child. So when I received my August 22, 1994, issue of *Awake!* and opened up to the article "Breast-Feeding Basics," I was overjoyed. It was truly refreshing to read an article that gave due credit and praise to the Originator of life. I don't understand how anyone could deny that there is a wise and loving Creator when one considers how a mother is so conveniently equipped to nourish her baby.

L. K., United States

I'm sure you will receive many letters of thanks for this article. Looking back, I see what a blessing and what a practical choice breast-feeding all three of our children has been. I know this article will encourage mothers and mothers-to-be.

C. S., United States

Effective Artwork My heart jumped when I saw the picture of the resurrection in the June 8, 1994, issue. My appreciation for the wonderful resurrection hope was deepened even more. Surely no words will express my joy when I am able to see my younger sister in the future Paradise.

M. U., Japan

Love of Money Thanks for the article "Love of Money—A Root of Much Evil." (March 22, 1994) In my country there is much ransacking, burglary, and public harassment—all for money. This magazine was thus timely and appropriate, and I found great pleasure in placing this issue with others. In fact, some sellers of bread fought over them when I didn't have enough copies!

A. F. S., West Africa

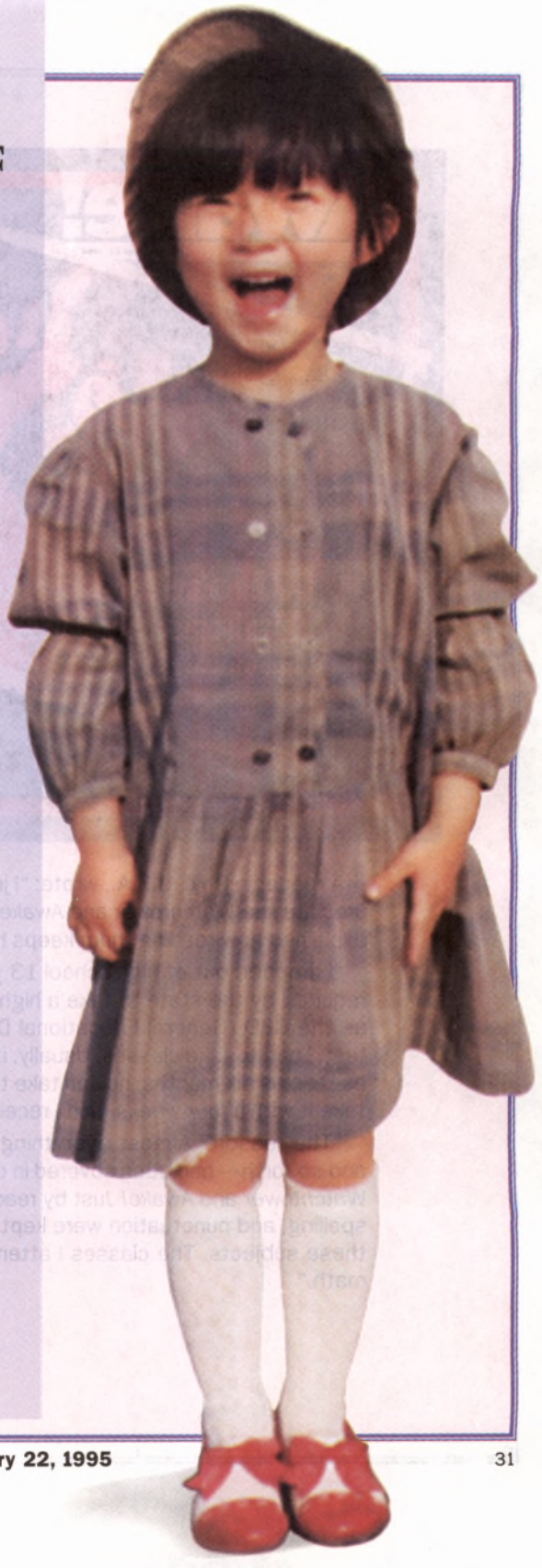
"My Opinion of a Doctor's Duty Has Changed"

AKANE, a four-year-old girl in Osaka, Japan, had complicated cardiac abnormalities—tricuspid atresia and atrial septal defect—for which she had to undergo major heart surgery. Her parents implored the doctors to perform the operation without blood.*

Nonblood open-heart surgery is difficult to perform on children because of their low blood volume. In Akane's case, the doctors agreed to operate without blood. Reflecting their excellent medical skills, Akane's operation was successful. She recovered quickly and now enjoys vibrant health.

Akane's mother wrote to the doctors who took part in the operation, enclosing a recent photograph of Akane. An anesthesiologist wrote back to Akane's mother. In part, the letter reads:

"Akane's amazing recovery thrills us. I had a hard time holding back my tears when I saw the lovely picture you enclosed in your letter. It was not the difficulty of the operation but the difference between your beliefs and mine that troubled me considerably. Now, thanks to this experience, my opinion of a doctor's duty has changed. Doctors should use their firm grasp of medical knowledge to save life, but they should also respect the dignity and the wishes of the patient."



* In harmony with Acts 15:29, Jehovah's Witnesses abstain from blood, including blood transfusions. They do, however, accept nonblood medical management.



They Keep Her Informed

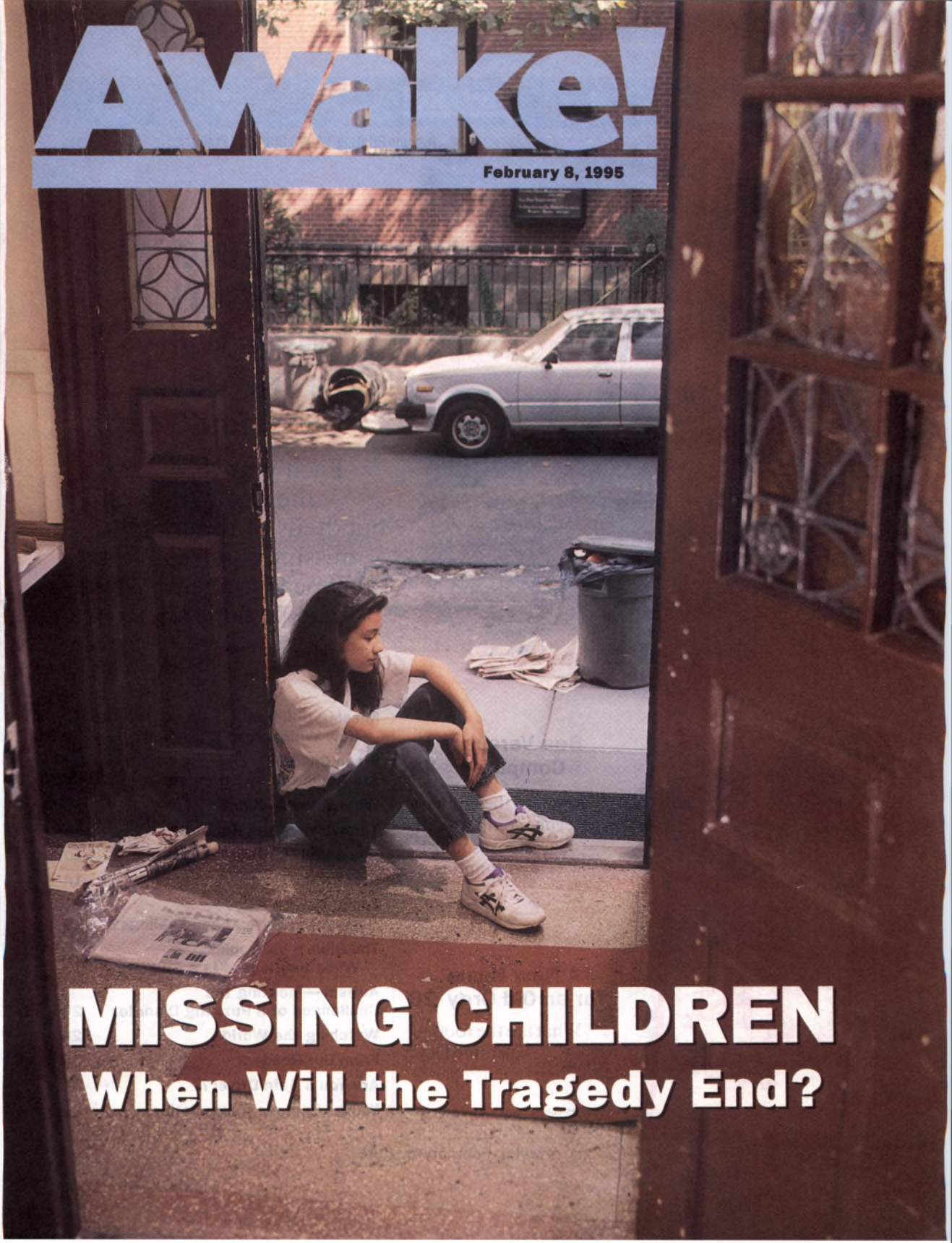
A reader in Ohio, U.S.A., wrote: "I just want to let you know how much I appreciate the *Watchtower* and *Awake!* magazines. They are truly gems." She explained how reading them keeps her informed.

"I dropped out of high school 13 years ago," she wrote. "Recently, I was required by the state to take a high school equivalency test, better known as the GED (General Educational Development) test. To prepare for this test, I had to take classes. Usually, if a person does well in these classes, in as little as six months, he can take the GED test. I, though, was prepared to take it within *four weeks,* and I received a very high score.

"The reason? Almost everything on the test—science, social studies, and so forth—had been covered in one way or another in past issues of *The Watchtower* and *Awake!* Just by reading the magazines, my skills in reading, spelling, and punctuation were kept alive. In fact, I didn't even study any of these subjects. The classes I attended only helped me to brush up on my math."

Awake!

February 8, 1995



MISSING CHILDREN

When Will the Tragedy End?

Awake!

Average Printing 12,990,000 Published in 75 Languages



MISSING CHILDREN

When Will the Tragedy End? 3-13

Each year throughout the world, there are hundreds of thousands of missing children. What happens to them? What can be done about it?



Bee Versus Computer 24

How does the ordinary honeybee compare with today's most sophisticated computers?

A New Name for an Old Orgy 26

What are the roots of Valentine Day?

Old-Fashioned Romantic Cuts/Dover

Missing Children —How Widespread a Tragedy?	3
When Children Are Abducted by Strangers	4
When Parents Kidnap	6
Throwaways and Runaways	8
When Will the Tragedy End?	10
Crossword Puzzle	14
Young People Ask . . . Why Do I Have These Feelings?	15
The Bible's Viewpoint When Singleness Is a Gift	18
Autism—Meeting the Challenges of a Puzzling Disorder	20
Watching the World	28
From Our Readers	30
Are You a Safe Driver?	31
Youths Express Appreciation	32

Missing Children
How Widespread a Tragedy?

'MY CHILD IS MISSING!'

There could be few greater causes of anxiety for most parents than having to utter those words. While no exact global figure can be established for the number of children missing from their homes, we can learn how widespread a tragedy it is through published reports in many countries.

IN THE United States, from 500,000 to over 1,000,000 children, depending on how they are classified, are listed as missing from their homes each year. They may be missing a short period of time or be missing permanently. England reports that almost 100,000 children disappear annually, although some say the number is much greater. The former Soviet Union spoke of tens of thousands of children as missing. In South Africa the number is said to be more than 10,000. And in Latin America, millions of children face this tragedy.

A spokesman for the Italian Ministry of the Interior indicated the dimension of the problem there when he said, as noted in *L'Indipendente:* "They leave home on a day like many others. They go to school or to play, but they do not come back. They disappear, vanish into nothing. Family members desperately search for them, but there are only faint traces, insufficient clues, few —and uncertain—eyewitnesses."

A recent study in the United States on the magnitude of this problem revealed that the heading "missing children" includes, in actuality, several categories. One category is children abducted by strangers. Another is children abducted by a parent, as in custody cases. Then there are the throwaways, children unwanted by parents or guardians. There are also runaways, another large category. And there are those lost or otherwise separated from their family for just a few hours or for a day or two—mostly children staying out beyond the time agreed upon or children whose parents have misunderstood their intentions. Very, very few of these stay missing.

However, what happens to the missing children in the more serious categories? Why does this tragedy happen? This issue of *Awake!* examines various aspects of the tragedy and answers the question, When will it end?

When Children Are Abducted by Strangers

"PLEASE HELP US FIND HER. PLEASE, PLEASE HELP SARA!"

This impassioned cry from two anguished parents was televised across the United States in an effort to recover their 12-year-old daughter, Sara Ann Wood. She had been kidnapped three weeks earlier as she bicycled home along the country road where she lived.

A MASSIVE search party combed woods, fields, and nearby lakes looking for traces of the missing girl. About the same time, Tina Piirainen, another anguished parent in a neighboring state, also went on camera pleading for her missing daughter. Lured down a wooded path, ten-year-old Holly vanished in less than an hour. Later her remains were found in a field.

Life for the parents of missing children is an agonizing ordeal. Daily they struggle with the uncertainty of whether their child is alive, perhaps being physically harmed or sexually abused, or dead, as was the case with little Ashley. Ashley went with her family to watch her brother compete in a soccer game. Tired of watching, she walked to the playground—and vanished. Later, Ashley's body was found in a nearby field. She had been strangled.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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Horrifying Nightmare

In the United States, each year, from 200 to 300 families will experience the horrifying nightmare of having a child kidnapped and then perhaps never seeing the child alive again. While the numbers appear small in comparison with other violent crimes committed, the fright and terror that ripple through entire communities affect thousands of people. In shock they wonder, 'How can such a tragedy happen here? Will my child be next?'

In the United States, the annual number of reported cases of children abducted is between 3,200 and 4,600. Two thirds or more of these are sexually assaulted. Ernest E. Allen, president of the National Center for Missing and Exploited Children, noted: "The primary reason is sexual, followed by intent to murder." Also, according to the Department of Justice, over 110,000 other abductions are attempted each year, mostly by motorists, usually men, trying to lure a child into their car. Other lands are also experiencing a wave of violence against children.



It is a horrifying nightmare when a child is abducted

Does Society Share the Blame?

Concerning child killing, an Australian researcher shows that it is "not a random event." In his book *Murder of the Innocents —Child-Killers and Their Victims,* Paul Wilson states that "both the killers and the killed are caught up in a vicious cycle that society itself has created."

It might seem strange to think that society may be responsible for, or at least may contribute to, this tragedy, since most people find the exploitation of and the murder of children to be horrendous acts. Yet, industrialized societies, and even many less-developed ones, are saturated with films, TV productions, and reading material that glorify sex and violence.

There are now more and more hard-core pornographic films featuring children and even adults dressed up to resemble children. These depict explicit sex and violence involving children. Wilson further notes in

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Millions of Child Prostitutes

According to the United Nations, about ten million children, mostly in developing countries, have been forced into prostitution, many of whom had been kidnapped. This evil trade has increased in Africa, Asia, and Latin America along with the increase in foreign tourism. In some areas, of the millions of tourists, especially from wealthier lands, about two thirds are "sex tourists." But there is a day of reckoning, since man's crimes are "openly exposed to the eyes of him with whom we have an accounting," Jehovah God.—Hebrews 4:13.

his book that there are movie titles such as *Death of a Young One, Lingering Torture,* and *Dismembering for Beginners.* How large an audience do sadistic violence and pornography have? It is a *multibillion-dollar* industry!

Graphic violence and pornography have a tremendous impact on the lives of those who exploit children. A convicted sex offender who had murdered five young boys confessed: "I am a homosexual pedophile convicted of murder, and pornography was a determining factor in my downfall." Professor Berit Ås, of Oslo University, explains the effect child porn has: "We made a big mistake at the end of the 1960s. We believed that pornography could replace sex crimes by providing an outlet for sex offenders, and we took the lid off. Now we know we were wrong: such pornography *validates* sex crimes. It leads the offender to think, 'If I can watch this, it must be okay to do it.'"

An adult's desire for titillation escalates as he becomes addicted to pornography. As a result, some are willing to use either coercion or violence to obtain children for their perverted use, including rape and murder.

There are other causes for child abductions. In some lands this has increased because of bad economic conditions. Lured by large sums of ransom money paid by wealthy families, kidnappers target children. Each year many infants are stolen and sold to adoption rings that transport them out of the country.

Who make up the major portion of missing children? What happens to them? The next two articles will examine this matter.

When Parents Kidnap

AFTER suffering years of violent beatings and severe emotional abuse at the hands of her husband and then finally being betrayed for another woman, Cheryl sued for divorce.* With full custody of her children granted to her by the courts, calmness slowly settled in as she began putting the pieces of her life back together—until one day when the phone rang. It was her ex-husband. He said: "If you want to see your children again, you must agree to remarry me"! Forbidden to return to their mother after their monthlong visit with their father in his native country, Cheryl's children were kidnapped.

Devastated, Cheryl petitioned the U.S. State Department but found no legal way to recover her children in the other country. The feelings of utter helplessness that she

* The name has been changed.

had experienced through years of battering returned. "It's almost the same thing," she explains. "You don't know how to stop it."

"Psychological Violence"

Parental kidnapping has been termed "a supreme act of psychological violence" perpetrated against a parent and a child. Carolyn Zogg, executive director of Child Find of America, Inc., said regarding such kidnappers: "Many parents who do this are getting even, and they are getting even in the worst possible way and in the most vulnerable area. That's the area that is the closest to [the parents that have legal custody]—their jewel, their children. . . . They're not thinking of the child, only of themselves and the revenge—getting even, getting back."

A child's being kidnapped not only subjects the parent to feelings of rage, loss, helplessness, and anxiety but almost always damages the child's emotional well-being to some degree. In some cases a child may be forced to live on the run, avoiding close ties and hearing distortions and lies about the other parent. The experience may produce an array of disorders, such as bed-wetting, insomnia, clinging behavior, fear of windows and doors, and extreme fright. Even in older children, it can produce grief and rage.



In the United States, there are over 350,000 cases each year in which a parent takes a child in violation of a custody order or fails to return the child in the time allowed. In over 100,000 of these cases, the child is concealed by a family member with the intent to keep him or her permanently from the other parent. Some are taken out of the state or even out of the country.

Other Reasons

Is it always a desire for reconciliation or a vengeful spirit that motivates parents to abduct their children? Michael Knipfing of Child Find explains that some parents fear losing a custody battle with their ex-spouse and that "out of fear they act preemptively." Or when custody has been determined and one parent keeps denying the other visitation rights, frustration sets in. Explains Knipfing: "If you love your child and you're denied seeing your child, you tend to think that you have no other alternative but to grab the child and run."

He also states that 'most people do not realize the ramifications of kidnapping a child. They don't realize they are going to have trouble getting a job. Warrants are out for their arrest. They think the problem is just between them and the other parent. They don't realize that the police get involved. They need two lawyers instead of one because now they've got a criminal charge to deal with as well as the civil problem, which is who gets custody of the child.'

Some parents may suspect that their child is being harmed by the other parent. If the legal system is slow to act, then a desperate parent might act despite the consequences. This was seen in the case of five-year-old Hilary Morgan. A child psychiatrist advised that visits between

Hilary and her father should stop, calling the evidence of abuse "clear and convincing." The courts, however, ruled the abuse tentative and prescribed unsupervised visits. Dr. Elizabeth Morgan, Hilary's mother, in violation of the court, hid her daughter. Much public sympathy is aroused for such a parent who kidnaps and flees for protection.

In the case of Elizabeth Morgan, she lost her surgical practice, spent over two years in prison, and ran up medical and legal debts of more than 1.5 million dollars. She explained to *U.S.News & World Report:* "The experts tell me that my child would now be permanently insane had I not stopped the abuse. . . . I had to do the job that the court refused to do: Save my child."

True indeed is the observation made by researchers Greif and Hegar regarding abductions by parents: "These are exceedingly complex events that, like a deep pool of water, look slightly different depending upon the angle; each time one stares into the water something new is seen."—*When Parents Kidnap—The Families Behind the Headlines.*

In addition to children who are kidnapped by a parent or by a stranger, there are millions of other missing children all over the world—the throwaways and the runaways. Who are they, and what happens to them?

Throwaways and Runaways

"I CUT my hair, dressed like a man, put chains and padlocks around my neck, and stuck a safety pin through my cheek, and in this way I began my life as a punk." —Tamara.

If you had seen Tamara on the streets, would you have guessed that she was a lonely, abused teenager whose homelife left her void of the attention and affection she was crying out for? Would you have thought she was a rebel heading for trouble with the law and perhaps for a life of crime? Tamara reveals to *Awake!* the frightening events that led to the kind of life she lived from the age of 14, a life-style she never wished for.

Throwaways

Tamara relates: "I grew up in a small mountain town in Italy, in a family in which affection was unknown. Sadly, I witnessed the intense arguments that exploded between my parents and the unrepeatable insults that flew on those occasions. I often ended up in the quarrel and being beaten mercilessly by my heartless father. I used to bear the welts for weeks.

"When I was 14, my father gave me a few dollars and a one-way train ticket to the nearest city, where there were many perils. I made friends with other youngsters who, like me, did not have anyone interested in them. Many of us became alcoholics. I became arrogant, vulgar, and aggressive. I was often without food. One winter evening my friends and I burned the furniture to keep warm. How I would have liked a family to care for me, to be interested in my sentiments, my anxieties, my fears. But I was alone, terribly alone."

There are hundreds of thousands of "Tamaras" in today's world. On every continent, there are children who have been abandoned by parents who have neglected their responsibilities.

Runaways

Other youngsters decide to leave home because "it is simply too terrifying a place for them to remain; it is too painful, it is too dangerous, and they run out into the streets."—*New York State Journal of Medicine.*

At nine years old, Domingos was abandoned to an orphanage when his mother remarried. Because of the beatings he experienced by the priests, he planned to escape. His mother took him back, but he was subjected to constant beatings by his stepfather. Running away was the only way he found relief from the cruelty at home.

Sadly, "millions of children cannot trust the adults in their own households for a minimum standard of safe care," writes Anuradha Vittachi in her book *Stolen Childhood—In Search of the Rights of the Child.* She also writes: "Three children a day are estimated to die of abuse at the hands of their parents in the United States." In too many cases, a child's sexuality is violated rather than protected by a family member.

Exploited and Traumatized

Domingos was forced to live with other street children who were involved with robbing and stealing, as well as taking and selling drugs. Tragically, many who run away from bad conditions at home are exploited by pimps, pedophiles, and pornography rings. Hungry and lonely, these young ones are offered a place to stay and promises of belonging to a "caring" adult, only to find that they pay with their bodies in a life of prostitution. Without work skills, many learn to survive on the streets in any way they can, including being seduced and seducing. Some do not survive. Drugs, alcohol, murder, and suicide claim many young victims.

Commenting on the life of street children, one former child prostitute said: "You're scared out here. You know, what gets me upset is that a lot of [people] think that when they see a kid sleeping on a train, or they see a kid hanging out all the time, they think it's 'cause they wanna be. Now that I'm older, that's not how I see it. These kids are each crying in their own special way. They don't wanna be like that, but their parents don't want them."

Seeking "Freedom"

There are other hundreds of thousands of youngsters reported missing from home who have been lured into the streets by the freedoms they imagine are out there. Some want freedom from poverty. Others desire freedom from parental authority and rules that they may feel are too restrictive.

One youth who tasted the so-called freedom from parental control and from the principles of a Christian home was named Emma. Having left for a life with her friends, she became enslaved to drugs. But after experiencing the brutality of the streets, Emma expressed the desire to return and to end her drug habit. Sadly, though, she did not cut her ties with bad company, and on a summer evening with her friends, they injected heroin. For Emma it was the last time. She went into a coma and died the next day, alone and abandoned by her "friends."

Can the future of children victimized by their parents or by others be better? Will there ever be a world that will not exploit youths? What hope is there that family life can be improved and appreciated so that youngsters will not want to run away? The answers can be found in the following article.

When Will the Tragedy End?

WHEN will children cease becoming victims of abduction, abuse, exploitation, and often the bad influence of their peers? Would more law enforcement and stiffer penalties for crimes committed against children protect them? Would more social programs to provide food, housing, and education stop the abuse and the running? Would teaching better communication skills to parents who care about their children help parents to counter the illusions of excitement that lure their children into destructive environments?

Although such measures might be of help, until the root cause of such tragedies is eliminated, children will remain subject to much suffering. According to one youth, any initiative to deal with the problem of runaway children that does not prevent the abuse or the neglect in the home is not likely to be very effective, since the damage is already done.

The Root Cause

What is at the root of all these problems? How will they be eliminated? The Bible explains that the family unit is under attack by unseen wicked spirit creatures, Satan and his demons, who take pleasure in brutality, sexual exploitation, and perversion. (Genesis 6:1-6; Ephesians 6:12) When Jesus was on earth, children were attacked by these demons. One young boy suffered the torment of being thrown into convulsions and being thrown into a fire.—Mark 9:20-22.

Even centuries before Jesus was on earth, demons reveled in the torture and the burning to death of young children offered to hideous pagan gods, such as Baal, Chemosh, and Molech. (1 Kings 11:7; 2 Kings 3:26, 27; Psalm 106:37, 38; Jeremiah 19:5; 32:35) Therefore, today, in this world that is becoming more and more depraved, it should not be surprising that demons target children for suffering at the hands of will-



ing human agents who inflict humiliation, pain, and death upon youngsters. Perpetrators of such monstrous crimes often feed their minds on pornography, which fuels their perversions.

The pressure that the demons exert upon the human race has increased in our time, for the Bible calls this period of history "the last days" of the present wicked system of things. It foretold that these would be "critical times hard to deal with." Now more than ever, the influence of the demons results in humans reflecting the depravity of these wicked spirit creatures. The Bible foretold that people in our day would be fierce, without self-control, having no natural affection, without love of goodness. —2 Timothy 3:1-5, 13.

That well describes greedy people who produce films, records, magazines, and books that glorify adultery, drugs, suicide, murder, rape, incest, bondage, and torture. Through these and other means, the demons have promoted a culture that, like vile air, has polluted the minds and hearts of young and old alike, eroding family values and godly morality.

The increase of child abduction, molestation, and killing is part of the sign of the last days. In addition, the Bible said that 'men would be lovers of themselves, not open to any agreement, disloyal, betrayers.' Hence nowadays the bonds of marriage are often broken soon after they are made. As divorces increase, so do parental kidnappings. And the battering and killing of present or former mates escalates, the vast majority of victims being women. Thus, we see a generation of children whose parents encourage them to run by neglecting and abusing them. Further, our time is marked by children who are "disobedient to parents," who are "headstrong," and who prefer to run with their peers rather than respect godly values.—2 Timothy 3:2-4.

The Tragedy Soon to End

However, the influence of Satan and his demons is soon to end. (Revelation 12:12) The prophecy of Revelation 20:1-3 states that God will have Satan and his demons put out of the way. After that, God's heavenly Kingdom, in the hands of Jesus Christ, will rule this earth in righteousness, administering justice and guaranteeing security for all. (Psalm 72:7, 8; Daniel 2:44; Matthew 6:9, 10) Gone will be the greedy commercial systems that oppress the poor and exploit human weakness for a profit, for "the world is passing away and so is its desire." (1 John 2:17) All those who practice wickedness will be eliminated, as Proverbs 2:22 foretells: "The wicked . . . will be cut off from the very earth."

Micah 4:4 explains that in God's new world there will be security and peace for all: "There will be no one making them tremble." How is that possible? Through the kingly law of love. That supreme law will govern all thoughts and actions. Those living at that time will have learned to reflect the personality of Jesus and his Father, Jehovah God, since if they do not, they will not be allowed to continue living. By their clothing themselves with the 'tender affections of compassion, kindness, lowliness of mind, and mildness,' selfishness will be rooted out of the human makeup. (Colossians 3:12) Life will be radiant with happiness; homes glowing with warmth and affection will be the norm earth wide.

Isaiah 65:21-23 promises abundant food and good homes for everyone: "They will certainly build houses and have occupancy; and they will certainly plant vineyards and eat their fruitage. . . . They will not toil for nothing, nor will they bring to birth for disturbance." No more abuse. No more suffering for children or for parents.

Benefiting Now

Even now, in the last hours of this evil system, knowledge of Jehovah and of his purpose to restore this earth to a paradise brings benefits. It has given many youngsters and parents hope and a reason for happiness, even if they have been victims of our times. For example, Tamara, mentioned in our previous article, explains what took place in her life.

"When I was 18, I got married and more or less left my circle of 'friends,' some of whom ended up in jail, in the grip of drugs, or in prostitution. But I still had the same personality, so the arguments began with my husband. However, soon after the birth of our son, something happened that completely changed my life. I found a Bible and began to read it. One evening I read the chapter in Proverbs that says 'finding wisdom is like finding hidden treasures.'(Proverbs 2:1-6) Before I went to sleep that evening, I prayed for that wisdom. The next morning, Jehovah's Witnesses rang my doorbell. I began studying the Bible with them, but it took me some time to put into practice what I was learning from the Bible. Finally, I became determined to follow the Christian way of life and was baptized. Now, together with my husband, I help others to receive the relief that God provides."

"Jehovah does not want children to be abused"

Yes, Tamara found the Source of all relief, Jehovah God. He is a heavenly Father who will never abandon those clinging to him. Psalm 27:10 tells us: "In case my own father and my own mother did leave me, even Jehovah himself would take me up."

Domingos, mentioned earlier, also found a real family that has provided comfort, encouragement, and support. He relates: "One day I received a copy of the book *Listening to the Great Teacher* and was surprised to learn that God had a name, Jehovah.* I attended one of the meetings of Jehovah's Witnesses and was amazed to see that there were no class distinctions. The Witnesses began studying the Bible with me in spite of my poor clothing, rough manner, and distrust of everyone. Gradually they helped me to reject my former way of life. They even helped me to get work. Eventually I was helped to make progress toward baptism."

The congregations of Jehovah's Witnesses are like a safety net for young people. The Witnesses are happy to assist any who want to learn of the marvelous hope ahead. The comfort brought to those who seek a relationship with their heavenly Father is great, since the Witnesses are trained to provide counsel and direction from God's Word the Bible. One Witness explains that young people need to be shown that the disgusting situation they may find themselves in is disgusting to Jehovah too. The Witness states: "Jehovah does not want children to be abused. He does not want them to be unhappy. But he doesn't want them to exchange one form of abuse for another form of abuse—abuse that they get out in the streets. They can reach out to mature individuals in Jehovah's organization to talk about their problems and to be shown the way out."

For children whose hearts are receptive, God's Word provides a powerful incentive to avoid the snare of peer pressure. Frances, a 17-year-old girl, was incited by a schoolmate to play hooky from school a number of times without telling her parents. Finally, she ran away from home. After causing

* Published by the Watchtower Bible and Tract Society of New York, Inc.

hours of anguish for her parents, she returned. Afterward, two Witnesses from her congregation visited. They learned that the family climate was not the cause of the problem, and they lovingly provided counsel. They explained the Christian obligation of youths to respect their parents (Ephesians 6:1, 2); the need to avoid dishonesty, since she had played hooky without telling her parents (Ephesians 4:25); and the importance of avoiding bad associations. (1 Corinthians 15:33) She responded positively.

Help From on High

Cheryl also found help from Jehovah in dealing with the kidnapping of her children by her ex-spouse.* When asked what helped her to cope with this nightmare, she said: "The first thing I did was to read the Psalms, especially Psalm 35. It was comforting to know that Jehovah saw the injustice of what I was going through." Psalm 35:22, 23 says: "You have seen, O Jehovah. Do not keep silent. O Jehovah, do not keep yourself far from me. Do arouse yourself and awake to my judgment, . . . to my case at law."

After two years, with Jehovah's backing and help from the Witnesses, Cheryl faced her ex-husband, and she visited her children. She was able to provide comforting answers as to why this had happened to them and to assure them that she had not abandoned them. Because Cheryl trained her children to honor Jehovah, she was able to tell them of the confidence she had in them. She explained: "I know my children love Jehovah, and he will not let lasting harm come to them."

That was the way it worked out. With Cheryl's persistent effort in dealing with foreign immigration officials and with her reliance on Jehovah through earnest prayer, her children were returned to her. Cheryl stated: "I would really have to say that it was only by Jehovah's hand that I got them back."

How important it is to teach our children now to know who Jehovah is and to worship him! The Bible states at 1 Peter 3:12 that Jehovah's eyes "are upon the righteous ones, and his ears are toward their supplication." Jehovah is indeed a refuge for our children. His name is "a strong tower. Into it the righteous runs and is given protection."—Proverbs 18:10.

Although we live in very dangerous times and do not always know what will befall our children, parents who worship Jehovah know that no lasting harm will come to their young ones who are faithful. He has even promised to bring back from the dead those who have suffered as victims of our times and to erase the pain and suffering inflicted upon them.—Isaiah 65:17, 18; John 5:28, 29.

The hope of God's new world is a marvelous one. So is the realization that soon God will rid the earth of Satan and his wicked system. Gone will be any threat to our children. One of the songs that Jehovah's Witnesses sing at their congregation meetings describes that new system this way: "When songs of children fill the air,/when joy and peace are everywhere,/then, too, you'll see the dead arise,/if you keep your eyes on the prize"!

The next time you meet some of Jehovah's Witnesses, ask them to show you how you too can learn more about the joys just ahead in God's incoming new world of righteousness. They will be happy to assist you to see how God's Word can bring much comfort now and eternal life later.—Psalm 37:29; Revelation 21:4, 5.

* See article on page 6.

CROSSWORD PUZZLE

Clues Across

1. Congregation elders are not to shepherd "the flock of God" with this in mind [2 words] (1 Peter 5:2)

9. Compared to the knowledge of Christ, Paul considered all other things as this (Philippians 3:8)

10. Retaliate (Romans 12:17)

11. Mournful composition (Amos 8:10)

12. The site, noted for its great cistern, at which Saul inquired as to the whereabouts of David and Samuel (1 Samuel 19:22)

13. All families in heaven and on earth are said to owe theirs to Jehovah (Ephesians 3:14, 15)

14. Pledging (2 Peter 2:19)

18. It denotes Jehovah's supreme authority [2 words] (Revelation 6:10)

22. It was a place of instruction, not sacrifice (Matthew 12:9)

24. A historical period (Jude 18)

25. It is generally ranked as the longest river on earth (Joshua 13:3)

26. Severe (Acts 15:39)

28. Tract of wooded land (Psalm 83:14)

29. Both he and Paul were tentmakers (Acts 18:2, 3)

30. They twice felt the wrath of Jesus [2 words] (John 2:15)

Clues Down

2. Jesus told the Pharisees that they "——the kingdom of the heavens before men" [2 words] (Matthew 23:13

3. King David's grandfather (Luke 3:31, 32)

4. Those doing this gain everlasting life [2 words] (John 3:16)

5. To become weary (Galatians 6:9)

6. Performing services temporarily (Luke 1:8)

7. The place where John the Baptizer was beheaded (Matthew 14:10)

8. It can be used as food (Mark 1:6)

15. Where the neighborly Samaritan took the wounded man (Luke 10:34)

16. An adult female swine (2 Peter 2:22)

17. This land appeared on the third creative day (Genesis 1:9)

19. Those hoping in Jehovah will do this and not grow weary (Isaiah 40:31)

20. Brought to their end [2 words] (2 Peter 2:9)

21. This king controlled Damascus when Paul escaped harm by being lowered from a wall in a wicker basket (2 Corinthians 11:32)

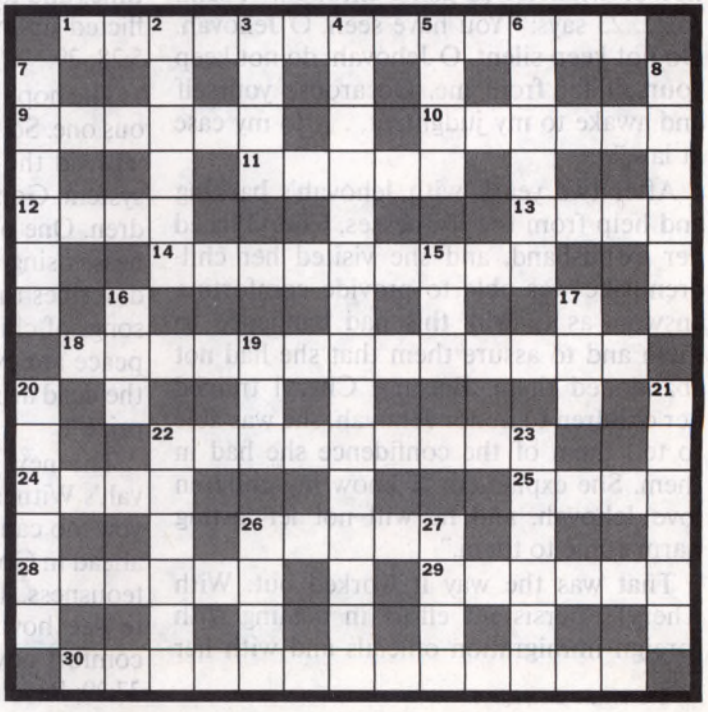
22. A descendant of David in Jesus' genealogy (Luke 3:26)

23. To remain firm without yielding (Romans 12:12)

26. To stand firm (1 Timothy 4:16)

27. One of the things God promises to remove (Revelation 21:4)

Crossword Solutions Page 22



Young People Ask...



Why Do I Have These Feelings?

"I feel like a war is going on inside me. I don't know where to turn."—*Bob.*

MANY youths suffer similar mental torment. Unlike their peers who seem consumed with an interest in the opposite sex, they find themselves increasingly attracted to members of their own sex. For many, this is a devastating realization.

One woman said of her daughter: "She began to fail in health, was unable to eat or sleep, and became depressed and moody. She even attempted suicide." The major cause of this distress? "She had Lesbian feelings." For some it may not be easy to overcome such inclinations. "When I was a preteen," confesses a young man we'll call Mark, "I began having homosexual encounters with some of my friends. I continued this on into adolescence until I started studying the Bible with Jehovah's Witnesses. But sometimes I still had wrong feelings lingering inside me."

What causes a youth to be attracted to his or her own sex? And what should a youth do if he or she is afflicted with such feelings?

Nature or Nurture?

Nowadays it is popular to say that homosexuals are born that way and that sexual orientation is unchangeable. *Time* magazine, for example, dramatically announced: "A new study suggests that there is a structural difference between the brains of homosexual and heterosexual men." However, this study was made on the brains of men who had died of AIDS. Surely this does not prove the point!

Another theory involves hormones. Scientists observed that laboratory rats deprived of male hormones displayed "female" mating behaviors. They concluded that homosexuals may similarly be the victims of a biological mishap—an exposure to too many or too few male hormones before birth. Many scientists believe, though, that the odd behavior among rats is little more than a reflex—not really 'homosexuality.' Besides, humans are not rats. *The Harvard Medical School Mental Health Letter* argues: "It is extremely unlikely that prenatal hormones influence . . . human sexuality in the same direct way they organize reflexes involved in the mating behavior of rats."

Much attention has also been given to genetic studies. Among homosexual males and females who have identical twins, about half of their twins are likewise homosexual. Since monozygotic [identical] twins are genetic duplicates, it seemed logical to conclude that some mysterious gene caused the deviation. However, note that half the twin siblings were *not* homosexual. If this trait were really genetically programmed, would not *all* the twins have it? True, genes and hormones may play some role. Even so, *Scientific American* reported the findings of some that the evidence "strongly suggests that environment contributes significantly to sexual orientation."

Environmental Factors

Consider the environment of ancient Greece. Spurred on by the erotic stories about some of their mythological gods, the writings of philosophers such as Plato, and the culture of the gymnasium where youths performed unclad, homosexuality became the rage among the elite in the Greek-speaking world. According to the book *Love in Ancient Greece,* "it was considered shameful in Crete for a well-born boy not to have a [male] lover." No mysterious gene or hormone caused such decadence. It flourished because Greek culture permitted, yes, *encouraged* it! This well illustrates how powerful a role environment can play.

No doubt the flood of pro-homosexual propaganda has done much to spread that viewpoint today. Allusions to homosexuality abound in TV, movies, music, and magazines. Cable television has given some youths easy access to hard-core pornography. Androgynous (unisex) styles of dress and grooming have become chic. Some experts also feel the antimale propaganda promoted by some feminists has contributed to the rise of lesbianism. Youths may also receive exposure to bad influences by association with classmates who openly advocate the homosexual life-style.—1 Corinthians 15:33.

Father and Son

Sometimes, *faulty family environment* also seems to play a major role, especially among males.* A father makes an important contribution to a child's emotional development. (Ephesians 6:4) The book *Making Your Family Life Happy* says: "The influence of the father's masculine qualities can make a vital contribution to the development of a rounded-out, balanced personality."# A boy also needs acknowledgment, love, and approval from his father. (Compare Luke 3:22.) What can result when a father fails to give his child this needed attention? Emotional distress. Mental-health writer Joseph Nicolosi claims that male homosexuality is "almost always the result of problems in family relations, particularly between father and son."

It may be that a mother unwittingly aggravates the situation by disparaging her husband or by being overly possessive of her son. One study of effeminate boys made this observation: "Some of the parents had wished for a girl instead of a boy and had subtly encouraged their young son to dress as a girl or dressed him that way."

This is not to say that distorted sexual feelings can automatically be blamed on one's parents. Many men who have grown

* Relatively little research has been done on the development of female homosexuality. No doubt, though, family influences also play a role therein.

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up with possessive mothers and negligent, absent, or abusive fathers have still developed masculine personalities. Furthermore, not all with homosexual inclinations necessarily come from dysfunctional families. It does appear, though, that some boys are wounded in a very specific way. "As a consequence of his early sense of rejection by father . . . ," claims Dr. Nicolosi, "the homosexual carries a sense of weakness and incompetence with regard to those attributes associated with masculinity, that is, power, assertion, and strength. He is attracted to masculine strength out of an unconscious striving toward his own masculinity."

A young Christian man named Peter writes: "My father was an alcoholic and regularly beat my mother and, at times, us children. When I was 12 years old, he walked out. I keenly felt the lack of a father. I always longed for someone to fill the void I felt every day. When I finally developed a friendship with a fine Christian man who I thought could fill that need, I began to experience sexual feelings for him."

Interestingly, significant numbers of homosexuals are victims of childhood molestation.* Such molestation can produce lasting physical and emotional damage. For some it may create what one writer called a "distorted sexual identity." This evidently occurred in ancient Sodom, where young boys manifested a voracious appetite for perverted relations. (Genesis 19:4, 5) Clearly, they were a product of adult exploitation.

* Child exploitation was evidently a factor in the growth of homosexuality in ancient Greece. The older seducers of young boys were commonly referred to as "wolves"—the "symbol of greediness and audacious fierceness." Their young victims were called "lambs."

The Moral Issue

Scientists may never resolve exactly how much of a role nature and nurture play in same-sex attraction. But one thing is clear: All humans are born with the tendency to succumb to wrong thinking and inclinations.—Romans 3:23.

A youth who desires to please God must therefore conform to His moral standards and shun immoral behavior, though doing so may be agonizingly difficult. True, some individuals may very well be prone to homosexuality, just as some individuals are, according to the Bible, "prone to wrath." (Titus 1:7) But the Bible still condemns displays of unrighteous anger. (Ephesians 4:31) Similarly, a Christian cannot excuse immoral behavior by saying he was 'born that way.' Child molesters invoke the same pathetic excuse when they say their craving for children is "innate." But can anyone deny that their sexual appetite is perverted? So is the desire for someone of the same sex.

Youths who find themselves attracted to the same sex must therefore avoid giving in to their feelings. Why, though, does the Bible so pointedly condemn homosexuality? Is that life-style really sick and perverted? If so, what can a youth do to steer clear of it? These questions will be discussed in a future issue of *Awake!*

IN OUR NEXT ISSUE

A Better Understanding of Menopause

"Now It Is Only Mia and Jehovah"

A Return Visit to Russia

When Singleness Is a Gift

"I AM lonely,' laments a Christian woman who has been a widow for several years. 'I have been hoping for a mate. Keeping busy helps. Having friends helps. But I want to be married.'

When you sincerely desire to be married but your search for a mate has not been successful, singleness hardly seems to be a gift —it may feel more like you have been sentenced to a prison of negative emotions that leave you weary and depressed. Or if you already have a family of your own but are single, you may have the sole responsibility of providing for all the needs of your children.

Therefore, you may not view your single state as a gift. Some others, though, regard singleness as something very precious, and they choose to live alone. So is singleness a gift, and if so, when and why? What does the Bible say?

Roadblock to Happiness?

Marriage can be a source of great delight. (Proverbs 5: 18, 19) Some "are convinced that a walk down the aisle is the only route to happiness and fulfillment," comments the *Los Angeles Times.* Is a marriage license the only "ticket" to happiness?

One mental-health professional, Ruth Luban, says, according to the *Los Angeles Times:* "Women [and men] will be surprised at how much fulfillment they can find when they stop putting their lives on hold in the hope that a man [or woman] will rescue them from the single life." Yes, singleness is not something that stands in the way of a happy, fulfilling life. Many a divorced person would confide that marriage is not automatically a road to happiness. True happiness is the result of a good relationship with God. Thus, a Christian can be happy either single or married. —Psalm 84:12; 119:1, 2.

Besides mentioning self-induced hurdles, Marie Edwards and Eleanor Hoover, in their book *The Challenge of Being Single,* hold out another potential roadblock to happiness—social pressure. They say the "assumption is that if you aren't married you suffer from some deep, dark, emotional malaise. . . . Something's wrong with you, for sure."



Even well-meaning friends can unwittingly put enormous pressure on single people by naggingly asking, 'When are you going to get married?' or, 'How come a handsome man like you hasn't found a wife yet?' Although com-

ments like these may be spoken in jest, they may 'stab like a sword,' resulting in hurt feelings or embarrassment.—Proverbs 12:18.

Each One's Gift

The apostle Paul was unmarried at the time he traveled as a missionary. Was this because he opposed marriage? Hardly. The apostle Paul was single because he chose to remain unmarried for "the sake of the good news."—1 Corinthians 7:7; 9:23.

Paul had the power to refrain from marriage, yet he recognized that not everyone can be like him. He said: "Each one has his own gift from God, one in this way, another in that way."—1 Corinthians 7:7.

Singleness can become a road to happiness, even though it may not be the one you had intended to travel. Certainly, marriage is included among the many gifts received from Jehovah. But the Bible indicates that singleness can also be a "gift"—if you can "make room for it." (Matthew 19:11, 12; 1 Corinthians 7:36-39) What, then, are some benefits of singleness?

Paul said that married couples are anxious for "the approval" of their mates, whereas the unmarried are "anxious for the things of the Lord." This highlights one of the greatest benefits of singleness—the opportunity to serve Jehovah "without distraction."—1 Corinthians 7:32-35.

The Bible does not say that a single person lives without distractions completely. A person living alone, however, generally has fewer distractions than one who is caring for a family, since he is the only person to be taken into consideration when he makes a decision. For example, when God directed Abraham to leave Haran and move to the land of Canaan, the Bible says: "Abram took Sarai his wife and Lot the son of his brother and all the goods that they had accumulated and the souls whom they had acquired in Haran, and they got on their way." (Genesis 12:5) Although Abraham's family situation did not hold him back, no doubt he spent considerable time organizing his household for such a mission.

Compare Abraham's move with that of the apostle Paul. While Paul and Silas preached the good news in the city of Thessalonica, an angry mob formed against them. That same night, the brothers sent both Paul and Silas out immediately to Beroea. On another occasion, in Troas, Paul received a vision to "step over into Macedonia and help [them]." Now as soon as he had seen the vision, he left for Macedonia. Clearly, Paul's having no wife allowed for great freedom of movement in a short period of time, something that would have been more difficult with a family.—Acts 16:8-10; 17:1-15.

Another benefit that singleness offers is greater freedom of personal choice. When you live alone, deciding where to live, what and when to eat, or even what time to go to bed is usually easier. This freedom also extends to spiritual activities. More time is available to engage in personal study of God's Word, share in the public ministry, and take advantage of opportunities to be of help to other people.

Therefore, whether you are single because of choice or because of circumstances, be determined to use your time wisely. You will have a happier life when your singleness is spent helping others. (Acts 20:35) If you desire marriage, do not imprison yourself with negative emotions or live your life as though you were only half a person because that 'special one' has not yet come along. Keep yourself busy in God's service, and as Paul said, you may find that singleness can be a gift.

AUTISM
MEETING THE CHALLENGES OF A PUZZLING DISORDER

CHRISTOPHER was a handsome, well-behaved little boy who stopped responding to his name at 18 months of age. At first, it seemed as if he were deaf, yet he always noticed the rustle of a candy wrapper.

In time, other puzzling behaviors also manifested themselves. Rather than playing with his toys in the usual ways, he would just spin their wheels over and over again. He developed an unusual interest in liquids, pouring them out at every opportunity. This, along with his love for climbing, led to many precarious situations and to a great deal of anxiety for his mother.

Most troubling of all, he was oblivious to people, often appearing to look right through them as though they weren't there. By the time he was two years old, he had stopped speaking altogether. He spent much of his time rocking himself back and forth, and he began having violent temper tantrums, often for reasons that were incomprehensible to his parents. Bewildered, they began searching for answers.

What was the matter with Christopher? Was he spoiled, neglected, mentally retarded, or schizophrenic? No, Christopher is one of at least 360,000 people in the United States who have autism. This puzzling disorder occurs in 4 or 5 out of every 10,000 children worldwide, posing a lifetime of challenges.

What Is Autism?

Autism is a disorder of the brain in which social behavior, communication skills, and thinking ability fail to develop normally. It affects the way sensory input is processed, causing people with autism to overreact to some sensations (sights, sounds, smells, and so forth) and underreact to others. The impairments of autism produce an assortment of unusual behavioral traits. Symptoms, which usually appear before the age of three, can vary greatly from child to child. Consider the following examples.

Imagine reaching out with love to your own beautiful child and getting no response. This often happens when a child has autism. Instead of interacting with people, most children with autism prefer to be alone. They may dislike being cuddled, avoid eye contact, and use people as they would tools —showing little awareness of others' feelings. In severe cases some do not seem to make any distinction between family members and strangers. They appear to live in a world of their own, oblivious to the people and events around them. The term "autism," from the Greek word *au·tos'* meaning "self," refers to this self-absorbing quality.

In contrast with their indifference to people, children with autism may become preoccupied with a particular object or activity, pursuing it for several hours at a time in a bizarre, repetitive manner. For exam-

ple, instead of pretending that toy cars are real ones, they may line the cars up in neat, straight rows or may endlessly spin their wheels. They display repetitiveness in other ways also. Many are intolerant of change in their daily routines, insisting on doing things exactly the same way every time.

Children with autism may also respond in strange ways to the events and situations that they encounter. Their responses can be baffling, since most of them are unable to describe what they are experiencing. Nearly half are mute; often those who can speak use words in unusual ways. Rather than answer a question by saying yes, they may simply repeat the question (a phenomenon called echolalia). Some use expressions that seem strangely out of place and that can only be understood by those familiar with their "code." For instance, one child used the phrase "it's all dark outside" as his term for "window." Many also have difficulty using gestures and may scream or throw a tantrum to signal a need.

Obtaining Appropriate Treatment

During the '40's, '50's, and '60's, autism was considered by many professionals to be an emotional withdrawal in an otherwise normal child. Parents, especially mothers, were saddled with most of the blame for their child's problems. In the '60's, evidence began to accumulate that strongly suggested that autism results from subtle forms of brain damage (although it is still unknown precisely what these are). This led to a shift of emphasis in the treatment of autism from psychotherapy to education. Special teaching techniques were developed, which have proved effective in reducing problem behaviors and in teaching needed skills. As a result of these and other advances, many with autism have made fine progress, and with adequate assistance and support, some are able to hold jobs and lead semi-independent lives.

However, obtaining appropriate treatment for a child with autism can be a struggle. For a variety of reasons, autism may go unrecognized or improperly diagnosed for months or, in some cases, even years. Educational programs designed for other disabilities may not adequately address the special needs of children with autism. Thus, when trying to obtain needed services for their child, many parents find themselves repeatedly venturing into the unfamiliar world of physicians, educators, and social agencies.

Daily Life

Unlike most youngsters, children with autism do not readily absorb information from their surroundings. Teaching them the basic skills needed at home or in the community is a challenging and slow step-by-step process. The day's routine can keep a parent rushing from task to task; assisting with dressing, feeding, and toileting; redirecting disruptive or inappropriate behaviors; and cleaning up after accidents. "Until [my son] was ten years old," one parent recalls, "I was just trying to make it through each day."

"Until [my son] was ten years old," one parent recalls, "I was just trying to make it through each day"

Adding to the strain is the child's need for constant supervision. "Tommy has to be watched constantly," says his mother, Rita, "because he has little sense of danger." Since many autistic children also have irregular sleep patterns, the vigil often extends into the night. Florence, whose son Christopher was described at the outset of this article, comments, "I slept with one eye open."

Special Abilities

Children with autism sometimes show special abilities, such as an amazing memory for detail and trivia. Some have advanced musical ability and can play complex musical passages even if they can't read music. Some can tell you instantly the day of the week corresponding to any past or future date. Some are gifted in mathematics.

As the children grow older, some of these demands diminish while others may intensify. Even when progress is made, almost all those with autism continue to require some level of supervision throughout their lives. Since residence facilities suitable for adults with autism are scarce, parents of autistic children face the prospect of either providing lifelong care at home or, if this becomes impossible, placing their grown children in institutions.

Facing the Public

"Now that Joey is 18," Rosemarie observes, "the hardest thing for us is taking him out in public. Like most autistic children, he's normal in appearance, but because of his behavior, people stare, laugh, and make comments. Sometimes he'll stop right in the middle of the street and begin writing in the air with his finger. If he hears loud noises, like car horns or people coughing, he'll get very agitated and yell out, 'No! no! no!' It really puts us on edge because it can happen at any time." Another parent adds: "It's a difficult thing to explain to people. When you say, 'He's autistic,' the term doesn't mean anything to them."

Because of these difficulties, the primary-care parent (usually the mother) can easily become isolated. "I'm basically a shy person and don't like being a public spectacle," says Mary Ann. "So I would take Jimmy to the playground at times when people usually weren't there, like early in the morning or at mealtimes." (Compare Psalm 22:6, 7.) For other parents the challenge is getting out at all. Sheila remarks: "At times I felt like a prisoner in my own home."

Keeping the Family Together

In *Children With Autism,* Michael D. Powers writes: "The single most important thing for a child with autism . . . is that her family stay together." This is a formidable challenge. The difficulties of raising a child with autism are superimposed on an unimaginable emotional trauma. Intense, painful, frightening feelings rise up that can inhibit communication between marriage partners. At a time when both need extra love and support, neither may have much to give. Despite these extraordinary pressures, thousands of couples have met this challenge successfully.

The book *After the Tears,* by Robin Simons, draws the following three suggestions from the experiences of such successful couples. First, find a way "to examine even the most painful feelings, and to share them."

CROSSWORD SOLUTIONS

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

How Others Can Help

Maintain Contact: Initially a family may be so overwhelmed that they are unable to share their feelings with others. With patience, discernment, and persistence, reach out to them. When they are ready to talk about it, listen without pressuring.

Be Slow to Offer Advice: Since children with autism may appear to be spoiled and merely in need of more-effective discipline, parents often find themselves receiving well-meaning but uninformed advice from others. Such 'simple solutions' can be crushing to struggling parents, leaving them feeling that nobody understands.

Include the Family in Activities: Families having children with autism often feel excluded from the social and recreational activities enjoyed by other families. Invite them to have association with your family. If there are needs requiring special consideration, try to accommodate them. Even if the family cannot accept a particular invitation, they will appreciate that you invited them.

Offer to Watch the Child: One of the family's greatest needs is to get a break from the unrelenting demands of autism. Start by offering to watch the child for just a few minutes at a time. Eventually you may be able to allow the family to go out for an evening or even to get away for a weekend. Such breaks go a long way in helping families to renew their energy.

More important than the specific services the family receives is the sense of being loved and valued by others. In short, *the best thing you can do for a family with an autistic child is to continue to be their friend.*

Second, reexamine household roles and arrangements, making adjustments so that the work load is reasonably shared. Third, schedule regular times to do things together, just the two of you. Dr. Powers further



states: "In setting your priorities, dividing your time, balancing everyone's needs, and deciding just how much you can take, never allow your child's needs or your devotion to her to jeopardize your family life."—Compare Philippians 1:10; 4:5.

Although the effects of autism are profound, individuals affected by it can receive help. An important factor is early recognition, leading to appropriate treatment. Efforts can then be directed into productive channels. The family will not be needlessly consumed if good communication and balanced use of resources exist. (Compare Proverbs 15:22.) The understanding of relatives and friends and their active assistance give parents much-needed support. People's awareness of autism, as well as their acceptance of individuals with autism in the community, prevents them from thoughtlessly adding to the burdens of these families. Thus all of us can play a role in meeting the challenges of autism.—Compare 1 Thessalonians 5:14.

Bee Versus Computer



HOW smart is the common honeybee? Evidently, far smarter than today's most powerful supercomputers. And they are a marvel of miniaturization.

One of the world's most powerful computers can attain the amazing processing speed of 16 gigaflops. In layman's terms, such a computer can perform 16 billion simple arithmetic operations, such as adding two numbers, each second. In contrast, a conservative count of all the electrical and chemical events taking place in a bee's brain shows that the lowly honeybee performs the equivalent of ten trillion operations per second. Amazing!

The bee does all of that while consuming a lot less power than a computer. According to *Byte* magazine, "a honeybee's brain dissipates less than 10 microwatts.... It is superior by about seven orders of magnitude to the

most efficient of today's manufactured computers." Hence, over ten million bee brains can operate on the power needed for a single 100-watt light bulb. The most efficient of today's computers uses hundreds of millions of times more energy to perform an equivalent number of operations.

Yet, honeybees do far more than computers. They can see in color, smell, fly, walk, and maintain their balance. They are able to navigate across long distances to locate sources of nectar and then return to the hive and communicate directions to fellow bees. They are quite efficient chemists as well. They add special enzymes to the nectar to make honey. They manufacture beeswax for use in building and repairing their hives. They prepare special food items, such as royal jelly and beebread, for their young. They protect their home by recognizing and repelling intruders.

Good housekeepers, they regularly remove garbage and other refuse from the hive. They control the climate in the hive either by clustering together for warmth in the winter or by fanning in fresh air and sprinkling water during the summer. When their home becomes overcrowded, bees are smart enough to know that some have to leave. So they raise up a new queen for the old hive, and the old queen and many of the workers swarm to establish a new colony. First, though, scouts are sent out to investigate new sites. After these return and compare notes, so to speak, "streaker" bees lead the swarm to its new home.

The lowly bees do all of this without any outside assistance or direction. They function independently. Yet, supercomputers require teams of programmers, engineers, and technicians. No contest! Bees truly are a marvel of miniaturization.



L. Fritz/H. Armstrong Roberts

A New Name for an Old Orgy

BY *AWAKE!* CORRESPONDENT IN JAPAN

IN BRITAIN, 15-year-old Ann excitedly rips open an envelope that has just arrived in the mail. She pulls out a card. Its front is decorated with dainty hearts. The inside contains a romantic message, and it is signed: "From an admirer." With dreamy eyes and a rosy blush, Ann lets out a sigh. She is clearly flattered, and yet puzzled. 'Who sent me this valentine?' Ann wonders.

In Japan, Yuko has begun working in an office. Valentine Day draws near. Yuko's calculations show that it will cost 20,000 yen ($200, U.S.) to buy small boxes of chocolates for each of her male coworkers. Yuko spends lunchtime with her girlfriends buying what they call *giri-choco*—obligatory chocolates.

February 14th is the day on which anxious romantics around the world await to



Old-Fashioned Romantic Cuts/Dover

be told, in one way or another, "I love you." Neither Ann nor Yuko has any idea how this holiday got started. They might be surprised to find out.

The roots of what is now called Valentine Day can be traced back to ancient Greece, where worship of Pan flourished. This mythical half-man-half-goat fertility god had a wild, unpredictable nature that struck terror into humans. Aptly the English word "panic" literally means "of Pan."

Pan was supposed to watch the flocks while playing his pipes. However, he was easily distracted. Pan had many love affairs with nymphs and goddesses. One sculpture shows Pan making advances to Aphrodite, the goddess of love. Eros, the god of love, hovers above them flapping his wings—much like the Cupid found on valentines today.*

In Rome many worshiped a similar god named Faunus. He too was depicted as half man and half goat. Worship of Faunus was prominent at Lupercalia, an orgiastic festival that was observed each year on February 15. During this festival scantily clad men raced around a hill, brandishing goatskin whips. Women who wanted to bear children stood near the path of these runners. Striking a woman with a whip, the Romans believed, would ensure her fertility.

According to *The Catholic Encyclopedia,* Lupercalia was abolished by Pope Gelasius I in the late fifth century C.E.# Yet, today we find a modern-day counterpart prospering under the title: "Saint Valentine's Day." There are various theories regarding the origin of this "Christianized" name. According to one story, the third-century Roman emperor Claudius II forbade young men to marry. Valentine, a priest, married young couples secretly. Some say that he was executed on February 14, about 269 C.E. In any case, a "saintly" title cannot conceal the unsavory origin of this celebration. Valentine Day is rooted in pagan rituals and is therefore not celebrated by true Christians. (2 Corinthians 6:14-18) Year-round expressions of genuine love are much more rewarding than the passing fancies of a sentimental holiday.

When Love Is Big Business

THE nearing of Valentine Day in Japan stirs up strong feelings—not just of romance but of big business. For decades the chocolate industry urged the public to give sweets as a token of love on February 14. Extensive advertising paid off as sales of chocolates steadily increased.

Unlike the West, the Japanese custom is for the women to buy for the men. But the business of Valentine Day does not end on February 14. One month later, on March 14, the men must reciprocate —with *white* chocolate. Why? *The Daily Yomiuri* answers: "The designation of white gifts prevents any stingy or sneaky men from giving back the chocolate they received and neglected to eat."

* Herodotus suggests that Pan worship was influenced by the Egyptians, among whom goat worship was common. The phrase "goat-shaped demons" found in the Bible may allude to this form of pagan worship.—Leviticus 17:7; 2 Chronicles 11:15.

Some say that Gelasius simply replaced Lupercalia with the "Feast of the Purification."

How Many Abortions?

"In the world some 33 million legal abortions take place annually, and if all the illegal abortions are added to this, the total would come to be between 40 million and 60 million," says the Buenos Aires morning newspaper *Clarín.* "Seventy-six percent of the world's population live in countries where induced abortion is legal." The number of lives terminated by abortion is more than the population of Argentina and comparable to wiping out the entire population of a country such as Britain, Egypt, France, Italy, South Africa, or Turkey *each year.* It compares to the toll of victims of the entire six years of the second world war, estimated to be about 50 million people.

Best Place to Live?

Canada has been judged by the United Nations as the best place in the world to live. "It's the second time in the five years the index has been compiled that Canada has topped the list of 173 countries," reports *The Toronto Star.* It adds that this "does not mean Canadians enjoyed the highest standard of living in the world, however." Why was Canada considered the best place? The report, prepared by the UN Development Program, ranks countries by three factors combined: average income, educational attainment, and life expectancy. The Canadians ranked sixth in longevity, with an average life span of 77.2 years. Canada was near the top when it came to money spent on education and health care, as well as in ownership of such items as television sets and automobiles.

Brazil's Indian Groups

"Brazil still has 59 Indian groups totally isolated, or with sporadic and unfriendly contact with white men," reports *O Estado de S. Paulo.* "Of this total, only nine groups have been identified since the beginning of the '80's by the National Indian Foundation." New tribes continue to be found in the Amazon forests. Most of the isolated Indians live in groups of 150 persons or less. Brazil



has 532 Indian areas, 180 different ethnic groups, and 260 thousand Indians. They occupy a total of 351,000 square miles—about 11 percent of Brazil's territory—although half of these areas do not have fixed boundaries. In an effort to help tribes forge bonds and survive the encroachments of the modern world, anthropologists have been teaching tribal members how to use a video camera so that they can record village customs and share the tapes with other groups nearby. Recently, after viewing films of each other, the Waiapi and Zo'é met. Speaking similar dialects, they discussed their legends and rituals, as well as their methods of hunting, healing, cooking, and weaving.

A Successful Operation

With "entirely legitimate pride," says the Italian newspaper *La Stampa,* the medical team that operated on Pope John Paul II in April stated that the hip surgery "could not have turned out better." But operations performed on the present pope have not always had the best results. When he was operated on following the 1981 assassination attempt, John Paul II had to stay in the hospital for two months to be treated for an extremely serious cytomegalovirus infection brought on by blood transfusions. Thus, it is not surprising that, although this time, according to *La Stampa,* "blood loss was abundant," no transfusions were administered. Instead, the paper notes, "the Pope's blood was recuperated, sterilized, and retransfused during the operation."

No AIDS Cure in Sight

The 10th International Conference on AIDS, held in Japan in August of last year, acknowledged that efforts to create vaccines to prevent AIDS and to create drugs to treat it have mostly failed, and none are expected by the end of the decade. "We are only at the beginning of the H.I.V. epidemic in the world," said Dr. James Curran of the Centers for Disease Control and Prevention in Atlanta, Georgia. Some 17 million people around the world were said to be infected, 3 million more than the preceding year. Sadly, one million of this num-

ber were children. If the same rate continues, a total of from 30 million to 40 million people will be infected by the year 2000, says the World Health Organization. Full-blown cases of AIDS increased by 60 percent in 12 months, bringing the mid-1994 total to four million, including those who have died. It can take up to ten years between the time of infection with HIV and the beginning of AIDS symptoms. Because of the slow progress in battling the growing pandemic, it was announced that the AIDS conference would be held every two years instead of yearly, with the next meeting scheduled for July 1996 in Vancouver, British Columbia, Canada.

Children Affected Early in Life

"A child's predisposition toward the world is hugely dependent upon the degree of nurturing that he or she receives before the age of 3, which in turn has an effect on neurological development and a child's confidence and ability to solve problems creatively," reports *The Globe and Mail* of Toronto. "Youngsters living in depressed economic and social circumstances have less chance to grow into productive, well-adjusted adults." According to Dr. Fraser Mustard, president of the Canadian Institute for Advanced Research, such children are more likely to drop out of school and lean toward settling problems with violence. "How well you develop coping skills has an enormous impact on your ability to plug into the system," he said. The *Globe* states that studies by Yale University and the University of Montreal show that "meaningful parental interaction with children is of huge benefit to a youngster's physical, cognitive and emotional development."

Be Attentive While Traveling

When traveling, pay attention to what is happening around you. "Baggage thieves and pickpockets have an irresistible preference for absentminded travelers," informs Brazil's *Claúdia* magazine. Likewise, "if anyone bumps into you or spills something on your clothes, keep alert. These are notorious tricks to divert attention." Also, be on guard if someone asks for information or help. A slight distraction may cost you your luggage. According to Adriano



Caleiro of São Paulo's International Airport, special attention is needed when presenting suitcases while checking in at an airport, signing papers at the car-rental counter, checking in or leaving a hotel, settling children into a taxi, looking at store windows, or having a cup of coffee. The magazine warns you to change locks immediately if your keys are stolen. The thief may say he found your luggage and even return all that was lost, but he may have made a duplicate set of keys so that he can invade your home later.

No Harm Intended

Guests visiting Japan who see signs saying "No Foreigners" should not get upset and angry, says the Japan Helpline, which looks into complaints. Most of the signs are put up by people actually trying to be helpful. An example of this way of thinking is this explanation given by the owner of a small electronics shop in Tokyo's Akihabara area: "Since I cannot speak any [foreign languages], I have been causing trouble to many non-Japanese-speaking people who come into my store. I thought the best thing I could do would be to put up such a sign so that people would not have to be troubled." Reported the *Asahi Evening News:* "In most cases discrimination occurs with people who have had little contact with non-Japanese and who therefore think saying no is the best way to deal with the situation."

Educated Pied Pipers

Advertising to fill 76 vacancies for the post of rat killers, the Bombay Municipal Corporation ran into a problem. "A majority of the 40,000 odd applicants are graduates, matriculants and college dropouts, while the academic criterion for a rat killer is just primary school education," reports the *Indian Express.* "How could we appoint a graduate as a rat killer?" one official asked. Rats are searched out at night and killed with a club for the payment of Rs.100 (just over $3, U.S.) for every 25 freshly killed rats. The corporation is looking for a "better recruitment scheme." But this is not the only problem the civic authorities have been facing. They have a religious one too. Members of the Jain religion, as well as others who do not believe in killing animals, have been bribing the workers to spare the rats on humane grounds.

FROM OUR READERS

Toying With Immorality Thanks for the article "Young People Ask . . . Toying With Immorality—What's The Harm?" (February 8, 1994) I was dating a boy, and he would tell me that if he didn't kiss me or touch me, he couldn't show how much he loved me. We went too far, and two weeks later, he called off our wedding. I felt so bad—and used. I wish I hadn't been so foolish. Thank you for coming out with these articles, which I desperately needed.

N. R., United States

I once got involved with heavy petting, and I thought it was harmless as long as I did not go all the way into committing fornication. This article helped me to appreciate that we cannot mock God and that he knows all things.

T. J., Nigeria

Whenever I meet members of your faith, I accept a copy of *Awake!* Such was the case with the February 8, 1994, issue. The article on immorality impressed me. The publications of my own Evangelical Lutheran Church do not cover such topics, catering more to homosexuals and Lesbians. In your magazines you broach subjects that are taboo for others. I admire your courage and strong faith.

H. S., Germany

Thank you from the heart for the article "Young People Ask . . . How Far Is 'Too Far'?" (October 22, 1993) I am dating a young Christian man. Although kissing and petting are common in our community, we set limits with each other from the very beginning. It is not easy to follow Jehovah's righteous standards, and I am sure this article will help many.

P. S. F., Brazil

Though I am 26 years old, the "Young People Ask . . ." articles are valuable to me. I had been struggling with this particular question. I'm so glad this article says definitely and clearly how far *is* too far!

V. V., Belgium

Wetlands I was moved to write because of the article "Wetlands of the World —Ecological Treasures Under Attack." (January 22, 1994) The photos helped to stress our obligation to maintain Jehovah's creation in all its beauty. I am happy that God will soon 'bring to ruin those who are ruining the earth.'—Revelation 11:18.

Z. C. B. S., Brazil

I am a teenage boy. I read the article and realized that nature is suffering depletion in many parts of the world. I can see now that even though men talk about being united in their actions, they are unable. I, therefore, want to do my best to study the Bible so that I can be in God's future Paradise.

Y. K., Japan

Your article was a good example of how the pleasure of reading *Awake!* comes not only from its contents but also from its makeup and presentation: excellent photography, neat and tidy layouts. Thank you.

M. E., Canada

Concentration Camp Survivor I was much encouraged by the experience of Feliks Borys, "Protected by Faith in God." (February 22, 1994) Reading it literally raised goose bumps, and I had to struggle to hold back the tears. It has given me the strength to persevere under trial.

A. C., Italy

The article helped me to appreciate still more Jehovah's power to protect those putting their trust in him. How moving it was to read about the wonderful way in which Jehovah answered the prayers of Feliks Borys!

E. F., Sweden

Are You a Safe Driver?



YOUR attitude while behind the wheel of a car can strongly influence your driving ability. A study conducted by the British Automobile Association revealed that each year 22 percent of British males between 17 and 20 years of age are involved in at least one road accident.

The key factors in their unsafe driving habits? Besides alcohol, mood swings, and loud music, the deputy director-general of the Automobile Association, Kenneth Faircloth, notes: "Too many are influenced by their peers to drive dangerously." As a result, the Automobile Association recommends that training focus more on the attitudes of the driver and less on the mechanics of driving.

For example, ask yourself: 'Do I try to impress the passengers in my car by nonchalantly taking risks? Does my mood determine my conduct behind the wheel? Do I view other drivers on the road as mere hindrances that must be outwitted?' The answers to such questions reveal what kind of driver you are.

Whether male or female, young or old, develop a neighborly attitude while driving. "Treat other people exactly as you would like to be treated by them." (Matthew 7:12, *Phillips*) Doing so will help you to drive safely.

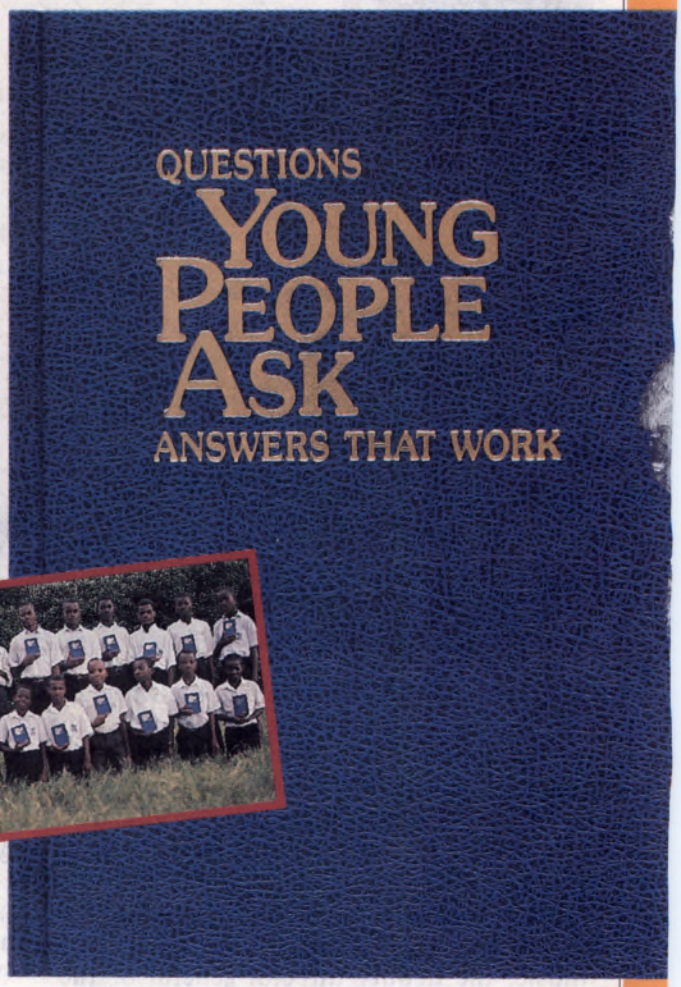
Youths Express Appreciation

THE young people pictured here are all Nigerian secondary-school students. In a letter to the branch office of Jehovah's Witnesses in Nigeria, they wrote: "We would like to thank you for the consideration you have shown to us youths in publishing the book *Questions Young People Ask—Answers That Work*.

"This publication has helped us to resist the pressures of the world and to refute unscriptural teachings. It covers a wide spectrum of the concerns of youths, and its counsel is always based on the Bible. The section that discusses peer pressure has especially helped us to understand the Bible's wisdom in its counsel to walk with wise ones and to avoid association with stupid ones. The other students in our school are amazed at how we put up with one another in love and how we seek to earnestly observe the oneness of spirit in the uniting bond of peace.

"Seeking at all times to maintain our conduct fine among the students in our school, we zealously proclaim the Kingdom hope to all the students who will listen to us, regardless of those who may try to influence us in a wrong way."

The letter was signed, "From young Witnesses of Jehovah, All Saints Secondary School, Aba, Abia State, Nigeria."



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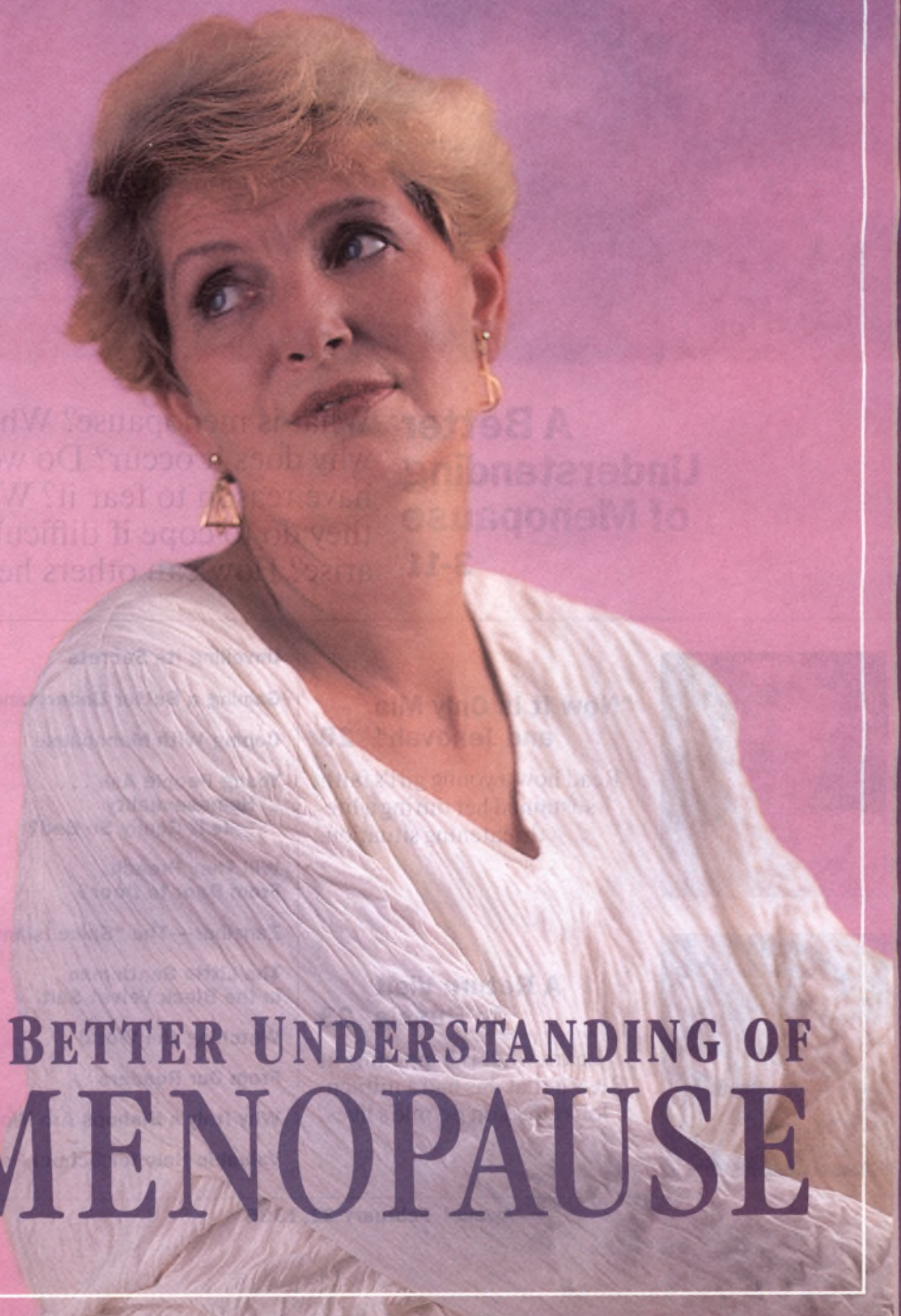
February 22, 1995



A BETTER UNDERSTANDING OF MENOPAUSE

Awake!

Average Printing 12,990,000 Published in 75 Languages



A Better Understanding of Menopause 3-11

What is menopause? When and why does it occur? Do women have reason to fear it? What can they do to cope if difficulties arise? How can others help?



"Now It Is Only Mia and Jehovah" 20

Read how a young girl's faith sustained her during a life-threatening situation.



A Return Visit to Russia 23

Learn what is happening in Russia that has had a miraculous effect on people's lives.

Unveiling Its Secrets	3
Gaining a Better Understanding	4
Coping With Menopause	7
Young People Ask . . . Homosexuality —Is It Really So Bad?	12
Will They Preach From Door to Door?	15
Zanzibar—The "Spice Island"	16
The Little Gentleman in the Black Velvet Suit	18
Watching the World	28
From Our Readers	30
Why Italy's Bishops Are Worried	31
Valuable Help for School Projects	32

UNVEILING ITS SECRETS

AS WOMEN age, menopause is an occurrence in their lives. Yet, it has been greatly misunderstood. According to the book *The Silent Passage—Menopause,* 19th-century obstetricians believed that menopause "unhinges the female nervous system and deprives women of their personal charm."

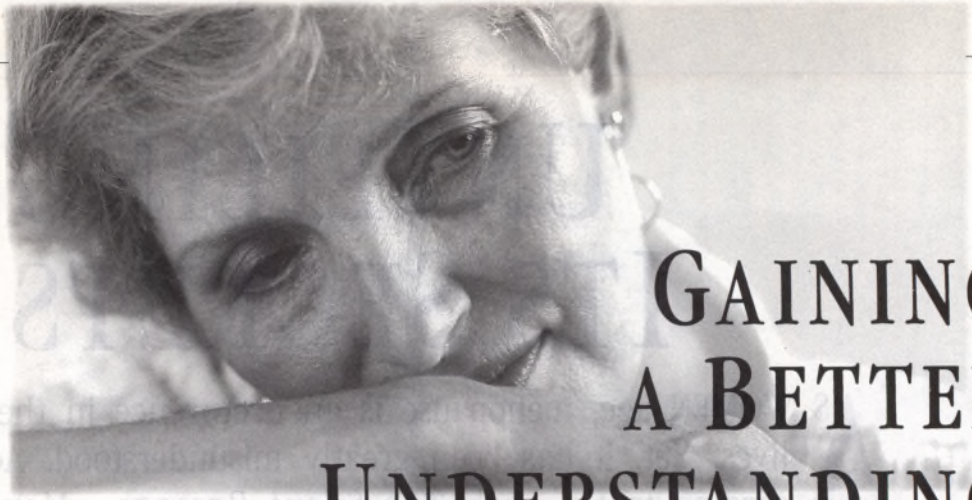
Such misconceptions persist. As a result, many women are fearful and apprehensive about the prospect of menopause. Overcoming the psychological problems associated with it was referred to as "one of the most difficult tasks of a woman's life," in the book *Natural Menopause—The Complete Guide to a Woman's Most Misunderstood Passage.*

In societies in which emphasis is placed on youthfulness and youthful appearance, the onset of menopausal symptoms may herald a misconception: an abrupt end of youth and the beginning of old age. Thus, some women have come to fear menopause because it seems to represent the threshold of a new, less desirable period in life. It has even been viewed by some as "partial death."

Modern women need not suffer in ignorance as they pass through this period of life. The secrets of menopause are being unveiled. More research is being done, and therapies to ease the transition are being developed. Magazines, newspapers, and books are focusing on the topic, providing explanations for questions that some were once embarrassed to ask. The medical profession, too, is more informed on the problems women may encounter.

Why all the attention to this subject? Because a better understanding of menopause can remove the fears, the superstitions, and the frustrations that many women have. Women in many countries are living longer, and they want to break what has seemed to be a conspiracy of silence on the subject and to be informed. They want simple, straightforward answers. Rightfully so, since many of them have over one third of their life to live after menopause.

Demographic patterns in the United States predict a 50-percent increase over the next decade in the number of women of menopausal age. Such women desire to know about the health risks, the hot flashes (also called hot flushes), the mood swings, the discomforts, and the physical and emotional changes. Why do these things happen? Does a woman's productive life finish at menopause? Does menopause alter a woman's personality? The following articles will examine these questions.



GAINING A BETTER UNDERSTANDING

"I WOULDN'T say it's such a pleasant period in a woman's life," admitted one woman who had passed through menopause, "but I think you can learn from it. I have learned how to respect my limits. If my body needs to have a little more care or rest, I listen and give it the respect it's due."

A survey of women that was reported in the magazine *Canadian Family Physician* revealed that "not knowing what to expect" was the worst thing about menopause. However, women who came to understand menopause to be a natural transition felt "less anxious, depressed, and irritable and more hopeful about their lives."

What It Is

Webster's Ninth New Collegiate Dictionary defines menopause this way: "The period of natural cessation of menstruation occurring usu[ally] between the ages of 45 and 50." Menopause has also been identified arbitrarily as the final cessation of menstruation.

With some women, the end of menstruation happens suddenly; one menstrual period finishes and another never occurs. For others, the periods become erratic, occurring at intervals of three weeks to several months. When one full year passes without a woman's experiencing a period, she can reliably conclude that menopause occurred at the time of her last menstruation.

When and Why It Occurs

Inherited disposition, illness, stress, medications, and surgery can influence the time of occurrence. In North America the average age when menopause occurs is

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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about 51. The time of occurrence generally ranges from the early 40's to the mid-50's and rarely earlier or later. Statistics indicate that women who smoke tend to have an earlier menopause and that women who weigh more tend to have a later menopause.

At birth a woman's ovaries contain all the eggs she will ever have, several hundred thousand in number. During each menstrual cycle, from 20 to 1,000 eggs mature. Then one, or occasionally more than one, is released from the ovary and is available for fertilization. The other mature eggs wither away. Also, in concert with the process of egg maturation, the levels of estrogen and progesterone hormones regularly increase and decrease.

As a woman passes her late 30's, the levels of estrogen and progesterone start to decline, either gradually or erratically, and egg release may no longer occur with every cycle. Menstrual periods become less regular, usually occurring at longer intervals; menstrual flow changes in pattern, becoming lighter or heavier. Eventually no further eggs are released, and the menstrual periods stop.

The final menstruation is the culmination of a process of changes in hormone levels and ovarian function that may have taken up to ten years. However, smaller amounts of estrogen continue to be produced by the ovaries for 10 to 20 years after menopause. The adrenal glands and fat cells also produce estrogen.

Significant Changes in Life

Tissues sensitive to or dependent on estrogen are affected as the estrogen level declines. Hot flashes are thought to result from hormonal effects on the part of the brain responsible for regulating body temperature. The exact mechanism is unknown, but it seems that the body's thermostat is adjusted downward so that temperatures previously felt to be comfortable suddenly become too warm, and the body proceeds to flush and perspire to cool itself.

In her book, *The Silent Passage—Menopause,* Gail Sheehy notes: "Half of all women who have hot flashes will begin feeling them while they are still menstruating normally, starting as early as age forty. Studies show that most women have hot flashes for two years. One quarter of women have them for five years. And 10 percent have them for the rest of their lives."

At this time of a woman's life, vaginal tissues become thinner and less moist as estrogen levels decline. Other symptoms women experience, says Gail Sheehy, can include "night sweats, insomnia, incontinence, sudden bouts of waistline bloat, heart palpitations, crying for no reason, temper outbursts, migraines, itchy, crawly skin, [and] memory lapses."

Periods of Depression

Does the decrease in estrogen cause depression? This question has been the topic of much debate. The answer seems to be

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that it does in some women, such as those who had mood swings prior to their menstrual periods and those who suffer sleep deprivation as a result of night sweats. Women in this group seem to be very sensitive to the emotional effects of hormonal fluctuations. According to Gail Sheehy, these women usually "experience great relief when they reach the postmenopausal period" and hormone levels stabilize.

More severe symptoms are likely to be experienced by women who go through menopause abruptly as a result of radiation, chemotherapy, or the surgical removal of both ovaries. These procedures can cause a sudden drop in estrogen levels and thus an onset of menopausal symptoms. Estrogen replacement medication may be prescribed in these cases, depending on the woman's health.

The severity and the type of symptoms experienced vary considerably from one woman to another, even among women related to one another. This is because hormone levels differ from one woman to another and decline at varying rates. In addition, women bring differing emotions, stresses, coping abilities, and expectations with them as they approach menopause.

The time of menopause often coincides with other stressful circumstances in a woman's life, such as caring for aged parents, entering the work force, seeing children grow up and leave home, and other mid-life adjustments. These stresses may cause physical and emotional symptoms, including memory loss, attention deficits, anxiety, irritability, and depression, which may be erroneously attributed to menopause.

Menopause often coincides with other stressful circumstances, including caring for aged parents



A Stage of Life

Menopause is not the end of a woman's productive life—only of her reproductive life. After a woman's last menstrual period, her moods are usually more stable, not fluctuating with monthly hormone cycles.

While we have focused on the cessation of menstruation because it is an obvious change, that is only a manifestation of the process of transition as a woman leaves the reproductive time of her life. Puberty, pregnancy, and childbirth are also times of transition attended by hormonal, physical, and emotional changes. Menopause, then, is the last, but not the only, time of hormonally induced changes in a woman's life.

Thus, menopause is a stage of life. "Perhaps," wrote a former editor in chief of the *Journal of the American Medical Women's Association,* "people will stop viewing menopause as a crisis, or even as 'the change,' and see it more appropriately as 'yet another change.'"

Reassuringly, the book *Women Coming of Age* says that the end of a woman's fertility "is as natural and inevitable as was its preordained beginning. Arriving at menopause is actually a sign of physical health—a sign that [her] body's inner clock is humming along."

What, though, can be done to make the transition as smooth as possible? And how can a spouse and family members be of support during this transition in life? The next article will consider these matters.



COPING WITH MENOPAUSE

MENOPAUSE is "a uniquely individual experience" and "the beginning of a new and liberating chapter in your life," say the authors of *Natural Menopause —The Complete Guide to a Woman's Most Misunderstood Passage.* Research shows that the better you feel about yourself and your life —your own sense of worth and identity— the easier the transition will be.

Granted, it is more difficult during this time of life for some women than for others. If you are having difficulties, this does not mean that you have self-esteem problems or that you are losing your mind, your femininity, your intelligence, or your interest in sex. The problem, rather, is generally biological.

"Even women who suffered terrible symptoms during menopause say they emerged on the other side with a new sense of purpose and vigor," reports *Newsweek.* In the words of one 42-year-old: "I'm looking forward to the calm, to having my body quit playing tricks on me."

When Women Cope Better

How older women are viewed is an important factor in how well they cope with menopause. In places where their maturity, wisdom, and experience are valued, the menopausal time is attended by far fewer physical and emotional ailments.

For example, *The Woman's Encyclopedia of Health and Natural Healing* reports that in African tribes "where menopause is embraced as a welcomed passage in life, and postmenopausal women are respected for their experience and wisdom, women rarely complain of menopausal symptoms." Similarly, *The Silent Passage—Menopause* says: "Indian women of the Rajput caste do not complain of depression or psychological symptoms" during menopause.

In Japan too where elderly women are highly respected, hormone treatment for menopause is virtually unknown. Further, Asian women apparently have fewer and less severe symptoms of menopause than those of Western culture. Their diet appears to be a factor that contributes to this.

Maya women actually looked forward to menopause, according to the studies of one anthropologist. To those women the menopause meant relief from continuous childbearing. Undoubtedly, it also brought them freedom to pursue other interests in life.

At the same time, the fears associated with menopause should not be lightly dismissed. In cultures that stress the value of youth and youthful appearance, women who have not yet experienced menopause often fear it. For such individuals what can

What About Estrogen Replacement Therapy?

Estrogen may offer protection against heart disease and osteoporosis, two main causes of illness in postmenopausal women. As the estrogen levels decline, these illnesses start to develop and become manifest in five or ten years. Estrogen replacement therapy or hormone (estrogen and progesterone) replacement therapy has been recommended to prevent these diseases.

Estrogen replacement can reduce the rate of bone loss and stave off the onset of heart disease. Adding progesterone to the hormone replacement regimen reduces the incidence of breast and uterine cancer but counteracts the beneficial effect of estrogen on heart disease.

The decision whether or not to use hormone replacement therapy must be based on an evaluation of each woman's circumstances, health, and family history.*

* See *Awake!*, September 22, 1991, pages 14-16.

be done to alleviate the difficulties of transition?

What Women Need

Janine O'Leary Cobb, author and pioneer in menopausal education, explains: "What a lot of women need is some sort of validation for the way they are feeling—that they are not alone."

Understanding, as well as a cheerful outlook, is vital. One 51-year-old mother going through menopause said: "I honestly believe that it's your general outlook on life that will guide how you go through menopause. . . . I know aging is there. Whether or not we like it, it is going to happen. . . . I decided that this [menopause] is not a disease. This is my life."

So as this new chapter in your life approaches, make time for deep reflection on new, challenging interests. Not to be overlooked are the physical effects of menopause on the body. Doctors and other authorities recommend following general principles of good health in preparing for the transition—wholesome food, sufficient rest, and moderate exercise.

Diet and Exercise

The need for nutrients (proteins, carbohydrates, fats, vitamins, minerals) does not decrease as a woman gets older, but her need for calories decreases. It is important, therefore, to eat foods that have a high concentration of nutrients and to avoid sugary, fatty foods that are "empty calories."

Regular exercise enhances the ability to cope with stress and depression. It increases energy and helps keep weight off. The basal metabolic rate gradually declines with age, and unless boosted by exercise, the tendency is to gain weight gradually.

It is most important for women to know that exercise combined with calcium supplementation can slow the development of osteoporosis, a bone condition producing porosity and fragility. The book *Women Coming of Age* states that "properly performed studio aerobics, walking, running, cycling and other aerobic sports, as well as weight-training," are thought to be especially good. Interestingly, osteoporosis is not found in certain remote communities where people remain physically active far into their old age. In such places women routinely live well into their 80's and 90's. Before commencing any exercise program, however, it would be wise to consult your doctor.

Coping With Hot Flashes

For most women, hot flashes are a nuisance. For some, though, these become a real problem because either they are very

frequent or they constantly disrupt sleep. What can be done?

First of all, don't panic. Adding anxiety to the situation will only worsen it. Regular vigorous exercise is beneficial because it helps the body learn to cope with excess heat and to cool down more quickly. Also try the simple measure of drinking a glass of cold water or placing your hands in cold water.

In addition, make a practice of wearing loose clothes in layers so they can easily be removed or added. Cotton and linen allow perspiration to evaporate better than synthetic fabrics. At night try the layered approach, with several blankets that can be individually added or removed as needed. Keep a change of sleepwear close at hand.

Try to determine what seems to precipitate your hot flashes. Consumption of alcohol, caffeine, sugars, and hot or spicy foods can trigger them, as can smoking. Keeping a diary of when and where hot flashes occur may help you identify the foods and activities that precipitate them. Then avoid these things.

Physicians that specialize in nutritional medicine recommend various remedies to reduce hot flashes, such as vitamin E, evening primrose oil, and the herbs ginseng, dong quai, and black cohosh. According to some doctors, the prescription medications Bellergal and clonidine provide relief, but estrogen pills or patches are said to be the most effective.*

Vaginal dryness can be remedied by the application of vegetable or fruit oils,

**Awake!* does not recommend any particular form of medical treatment.



What Diet Is Best?

The following suggestions are excerpted from the book *Natural Menopause—The Complete Guide to a Woman's Most Misunderstood Passage,* by Susan Perry and Dr. Katherine A. O'Hanlan.

Protein

- Reduce your protein intake to no more than 15 percent of your total caloric intake.
- Get more of your protein from vegetable sources and less from animal sources.

Carbohydrates

- Eat more complex carbohydrates, such as whole grains, breads and pastas, beans, nuts, rice, vegetables, and fruits.
- Eat less sugar and fewer foods containing large amounts of sugar.
- Eat more food rich in fiber.



Fats

- Reduce your total fat intake to no more than 25 to 30 percent of your total calorie consumption.
- As you decrease your total fat intake, increase the ratio of 'good fats' (polyunsaturated) to 'bad fats' (saturated).

Water

- Drink six to eight eight-ounce glasses of water each day.

Vitamins and Minerals

- Eat a variety of vegetables and fruits each day.
- Milk, dairy products, broccoli, and green leafy vegetables are good sources of calcium.



What family members can do to help: Show affection, help with housework, be an attentive listener, occasionally do something different

vitamin-E oil, and lubricant gels. If these prove insufficient, estrogen cream will help the vaginal walls thicken and lubricate. Before starting any regimen, it is wise first to consult with a physician.

What About Stress?

At the same time that a woman must deal with the hormonal and physical changes that come with menopause, she often must face other stressful events, a number of which were mentioned in the preceding article. On the other hand, positive things like the birth of a grandchild or the pursuing of new activities after the children have left home can counterbalance negative stress.

In their book *Natural Menopause,* Susan Perry and Dr. Katherine A. O'Hanlan give some practical suggestions for handling stress better. They point to the need of identifying the sources of stress and then taking a break from time to time. This may mean getting help in caring for a chronically ill family member. "Pace yourself," they urge. "Try to avoid overscheduling . . . Listen to your body." They add: "Providing a service to others . . . can be a great stress-reducer. . . . Exercise regularly. . . . Seek professional help if the stress in your life gets out of control."

Family Members Can Help

A woman experiencing menopause needs emotional understanding and practical support. Describing what she would do when beset with periods of anxiety, one wife said:

"I would talk matters over with my husband, and after his sympathetic understanding, I would see that the problems weren't as big as my anxious state of mind made them."

A sensitive husband also recognizes that his wife will not always be able to keep the same pace while going through menopause. So he will be alert to take the initiative to assist with family responsibilities, perhaps doing the laundry, shopping for food, and so forth. Compassionately, he will put his wife's needs ahead of his own. (Philippians 2:4) He might suggest going out for a meal occasionally or in some other way make a pleasant break in the daily routine. He will avoid disagreements to the extent possible and support her efforts to maintain healthy eating habits.

Most of all, a husband will fulfill his wife's need to be regularly reassured of his continued love for her. He should be discerning and should recognize that this is not a time to tease his wife about personal things. A husband who treats his wife in a loving way is following the Scriptural admonition to 'dwell with her according to knowledge, assigning her honor as the feminine one.'—1 Peter 3:7.

Similarly, children should make a genuine effort to understand the reason for their mother's emotional swings. They need to recognize her need for private time. Exhibiting sensitivity to their mother's moods will send a reassuring message that they really care about her. On the other hand, joking about her unpredictable nature will only aggravate the situation. Ask appropriate questions to understand better what is going on, and help with household duties without being asked. These are but a few ways to give a mother support during this stage in her life.

Life After Menopause

When this chapter in a woman's life concludes, many years often lie ahead. The wisdom and experience she has gained is priceless. Author Gail Sheehy's studies of "sixty thousand adult Americans established that women in their fifties, by self-report, had a greater sense of well-being than at any previous stage in their lives."

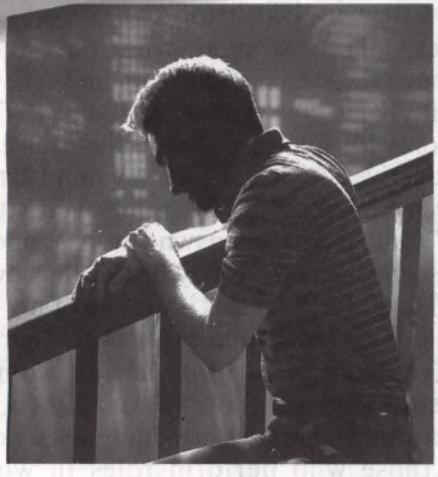
Yes, many women who have gone through these transition years find renewed spirit. Their creativity is revitalized. They get on with living, involving themselves in productive activity. "I keep my mind active. I keep looking into new things and studying," said one woman who is past menopause. She added: "I may be a little slower, but I don't feel that this is the end of my life. I'm looking forward to many more years."

Significantly, in interviewing women, Sheehy found that those "who enjoy a boost in postmenopausal status and self-esteem are those who perform roles in which intellect, judgment, creativity, or spiritual strength is primarily valued." There is a throng of such women who are happily devoted to expanding their knowledge and understanding of the Bible and are teaching others its worthwhile values.—Psalm 68:11.

Besides keeping a positive outlook on life and performing meaningful work, women of all ages are wise to remind themselves that our loving Creator knows our feelings and truly cares for us. (1 Peter 5:7) Indeed, Jehovah God has made provision for *all* who serve him to enjoy life eventually in a righteous new world where there will be no more sickness, suffering, or even death. —2 Peter 3:13; Revelation 21:3, 4.

Therefore, you who are going through menopause, remember that it is a stage of life. It will pass, leaving years of life that will be richly rewarding if used profitably in serving our loving Creator.

Young People Ask...



Homosexuality
Is It Really So Bad?

"Ever since I was a child, I have had homosexual desires. Because I did not understand them, I did not take precautions. This led me into doing something very bad with a friend. I had a deep feeling of guilt, and I thought Jehovah would never forgive me."

"TV'S Trying to Sell Our Kids on Homosexuality." This was the title of an article by a syndicated newspaper columnist. Observed the writer: "Television audiences are subjected to a plethora [excess] of shows that positively portray the gay lifestyle." TV, however, is just one of many means being used these days to promote homosexuality among youths. Prohomosexual propaganda is also being promoted by teachers, peers, movies, books, and magazines.

The medical profession has also jumped on the bandwagon. Traditionally, doctors viewed homosexuality as an illness. But in 1973, the American Psychiatric Association declared that homosexuality would no longer be considered a psychiatric disorder. Since then, many in the medical profession have all but placed their seal of approval upon the homosexual life-style. Psychotherapist Albert Ellis, for example, declared that homosexual relations "are not in the least perverse but consist of healthy human sex behavior. . . . Enjoy them if you choose, and do not permit anyone to propagandize you into believing them to be 'wrong' or 'disturbed.'"

Such views are so pervasive that *Newsweek* magazine reports: "Spurred by media images and a new climate of acceptance, teenagers are experimenting more openly with gay and bi-sexuality." Whereas in times past teenagers overwhelmingly disapproved of same-sex liaisons, it is no exaggeration to say that growing numbers of youths now view it as "fashionable." Even youths who do not engage in homosexual acts are often quite tolerant of others who do. "I guess if a friend of mine told me he was gay, I'd still be his friend," says a youth named Darren. One young college student even expressed concern that he might not really be normal since he "only liked girls"!

Today's liberal atmosphere can thus be confusing to Christian youths—especially to those who for some reason feel an attraction to the same sex.* They know that homosexuality displeases God, and they sin-

* See "Young People Ask . . . Why Do I Have These Feelings?" in our preceding issue.

cerely want to avoid it. At times, though, the battle to control their feelings can be so exhausting that they may begin to wonder if the Bible's stand is fair or reasonable. 'Is homosexuality really that bad?' they may wonder.

What God's Word Says

In answer, read for yourself what the apostle Paul said at 1 Corinthians 6:9, 10: "What! Do you not know that unrighteous persons will not inherit God's kingdom? Do not be misled. Neither fornicators, nor idolaters, nor adulterers, nor men kept for unnatural purposes ["male prostitutes," *New International Version;* "effeminate," *King James Version*], nor men who lie with men ["sodomites," *Jerusalem Bible;* "homosexual perverts," *Today's English Version*], nor thieves, nor greedy persons, nor drunkards, nor revilers, nor extortioners will inherit God's kingdom." Note that Paul specifically mentioned those who evidently take on a passive sexual role and those who assume a more active "male" role in their immoral relations. Thus he made it plain that God disapproves of all homosexual acts.

This is also evident from Paul's words at Romans 1:18-27: "God's wrath is being revealed from heaven against all ungodliness and unrighteousness of men who are suppressing the truth in an unrighteous way . . . God, in keeping with the desires of their hearts, gave them up to uncleanness, that their bodies might be dishonored among them . . . That is why God gave them up to disgraceful sexual appetites, for both their females changed the natural use of themselves into one contrary to nature; and likewise even the males left the natural use of the female and became violently inflamed in their lust toward one another, males with males, working what is obscene." Here Paul specifically condemned both male and female homosexuality. He condemned homosexual practices as unnatural and "obscene."

Sick or Healthy?

Many would perhaps respond to this by saying that the Bible's viewpoint is simply archaic, outmoded. But when you think about it, who knows our physical, mental, emotional, and spiritual makeup better than our Creator? God made man and woman, and he put within them the great attraction they have for each other. (Genesis 1:27, 28) He did not make them to have a sexual attraction for someone of the same sex. Furthermore, God has determined that sexual relations between a man and a



The homosexual life-style is marked by promiscuity, emotional distress, and disease

woman should take place only within the marriage arrangement.—Hebrews 13:4.

This does not work a hardship on us. At Isaiah 48:17, Jehovah God says that he is "the One teaching you to *benefit yourself.*" Yes, he knows what helps us and what harms us. Although to some the Bible's teachings may seem hard to follow, they are always 'healthful teachings,' that is, beneficial to the mind and the body. (Titus 2:1) Homosexuality, on the other hand, can only be detrimental to one's physical, emotional, and spiritual well-being.

The AIDS crisis is an example of how unhealthy the homosexual life-style is. In North America, homosexual men are by far the most likely to contract the illness. But AIDS is just one of an array of ailments —hepatitis, liver infections, gonorrhea, syphilis, and gastrointestinal parasites— that commonly afflict homosexuals. What fuels this spread of disease? Explains Dr. Joseph Nicolosi: "The compulsive, addictive elements of the gay life-style have been documented by many writers." One extensive study revealed that "28 percent of homosexual males [have] had sexual encounters with *one thousand* or more partners. . . . Almost half of the white homosexual males . . . said that they had had at least 500 different sexual partners."

The book *Homosexual Behavior* explains that among many homosexuals "there are fears of interpersonal commitment, intimacy, or responsibility . . . The drive for impersonal sex sometimes has an enormously compulsive quality. Some of these individuals may be involved in a dozen or more sexual transactions in the course of a single day or evening." Could such out-of-control behavior possibly be healthy? Is it not, rather, sick and degrading? Those who indulge in such raging promiscuity clearly are "slaves of corruption."—2 Peter 2:19.

Besides, much homosexual sex is gruesome, violent, and downright sadistic. The apostle Paul said: "The things that take place in secret by them it is shameful even to relate." (Ephesians 5:12) Such violence betrays the anger and the pain that lurk beneath the surface of the supposedly "gay" life-style. True, some homosexuals claim that they are not promiscuous. But "monogamous" homosexuals are in the minority—and their relationships are generally short-lived. Even when same-sex unions last, they could hardly be a result of the love described in the Bible. Such love "does not behave indecently."—1 Corinthians 13:4, 5.

The Consequences

Paul says at Romans 1:27: "Men with men performed these shameful horrors, receiving, of course, in their own personalities the consequences of sexual perversity." (*The New Testament in Modern English,* by J. B. Phillips) In what ways? For one thing the book *Homosexual Behavior* reports: "Homosexual women suffer significantly more from excessive alcohol use and abuse than heterosexual women." Some researchers also claim that suicide attempts are unusually common among young homosexual men.

Most damaging of all are the consequences to one's spirituality. Homosexuals find themselves "in darkness mentally, and alienated from the life that belongs to God." (Ephesians 4:18) But what about God-fearing youths who, in spite of their knowledge of Bible principles, find themselves attracted to the same sex? Clearly, they have a real fight on their hands. Of course, knowing how God views homosexuality helps such ones to "abhor what is wicked." (Romans 12:9) There are also a number of practical steps they can take to avoid giving in to wrong desires. This will be the subject of a future article.

WILL THEY PREACH FROM DOOR TO DOOR?

"POPE Sends Preachers Onto Streets of Rome." That was the title of a news report by Greg Burke. He wrote: "Pope John Paul has urged Catholics in Italy to follow the example of sects like Jehovah's Witnesses, who have been winning converts in the country, and start preaching door-to-door.

"'It's not time to be ashamed of the Gospel, it's time to preach it from the rooftops,' the Pope said on Monday to 350 itinerant preachers and religion teachers. . . .

"'I hope that your project to proclaim the Gospel in the streets . . . brings abundant fruits,' he told them. 'You have rediscovered a style of preaching that reaches out even to those who have strayed from the faith.'"

Reporter Burke noted: "Catholic Church attendance has fallen sharply in Italy over the last two decades, and the Pope's enthusiasm for door-to-door preachers appears to be at least partly a response to the waning of its influence."

Such exhortation to "start preaching door-to-door" is not entirely new. A previous pope, Paul VI, said that the Catholic Church "exists in order to evangelize." And the present pope, John Paul II, issued his encyclical *Redemptoris Missio* in 1991 to alert his church to the need to carry out the command of Jesus to preach publicly.

Roman Catholic writer Peter Hernon posed the question in the London *Catholic Herald:* "Whatever happened to evangelisation?" He was concerned about the much-touted "decade of evangelisation" that is now several years old. When he asked a bishop about the lack of progress, the bishop responded: "You mustn't be in a hurry. The Church has only been around for 2000 years."

No wonder Hernon asked: "Where is the urgency conveyed by Jesus as He despatched His disciples to evangelise the surrounding villages? Or by St Paul: 'Woe to me if I do not preach the Gospel! (1 Co 9:16).'" Indeed, will Catholics imitate early Christians who preached publicly "and from house to house"?—Acts 5:42; 20:20, *Douay Version.*

Hernon acknowledged that when it comes to door-to-door evangelism, he "can hear the sceptics muttering 'theoretical, impractical.' Not so," Hernon responds. "To justify that claim I need to use a naughty word. I know it is naughty because the last time I used it in a Catholic article the whole section was edited out (though nothing else was altered). The word is Jehovah's Witness. . . . Each Witness is also taught that, by his very calling, he is necessarily a missionary."

Though Hernon disagrees with the beliefs of Jehovah's Witnesses, he concedes that when a person considers their methods of preaching, "it is hard not to be reminded of the early Church as depicted in the acts of the Apostles."

Jehovah's Witnesses continue their zealous door-to-door ministry, thus fulfilling in these modern times the command of Jesus Christ: "You will be witnesses of me . . . to the most distant part of the earth."—Acts 1:8.



BY *AWAKE!* CORRESPONDENT IN KENYA

ZANZIBAR

The "Spice Island"



TWENTY-TWO miles off the coast of east-central Africa lies the island Zanzibar. Surrounded by the warm blue waters of the Indian Ocean, lined with white beaches and adorned with undulating hills and palm trees that sway in the trade winds, Zanzibar is truly a picturesque island. While relatively small—53 miles at its greatest length and 24 miles wide—it has played a large role in Africa's history.

For centuries Persians, Arabs, Indians, Portuguese, British, Asians, North Americans, and, of course, mainland Africans have visited Zanzibar. The main attraction then was the lucrative slave trade. It was also where traders and explorers obtained supplies. Indeed, most of the European explorers of Africa in the 19th century passed through this isle! Little wonder that it came to be called the Gateway to Africa.

Cloves and Their Uses

The Sultan of Oman, Sayid Said, left his homeland on the Persian Gulf and settled in Zanzibar during the first half of the 1800's. As the ruler of this isle, he made the Arab plantation owners stop growing coconuts and instead plant a far more profitable crop: cloves. By the end of his life, clove profits were exceeded only by the slave and ivory trade. So when the slave trade was abolished, Zanzibar became known as the Spice Island. Today it is the world's chief source of cloves.

Cloves are actually the dried flower buds of a tropical evergreen. The scientific name of the tree is *Eugenia caryophyllata*. In Zanzibar, the average tree is about 30 feet tall. The flower buds are generally harvested when they are reddish-brown in color and are about a half inch in size. A healthy tree can produce up to about 75 pounds of the buds. After being harvested they are laid out to dry in the hot tropical sun.

Because of their fragrant odor and sharp taste, cloves are primarily used in cooking. The taste of meat and vegetable dishes is often enhanced with cloves. Or you can lightly crush four or five buds, add them to boiling water, and make a spicy tea! And on a cold winter day, red wine can be turned into a refreshing beverage by heating it and adding a few cloves. Some use cloves to freshen up their bathroom by inserting about 20 cloves into an orange and hanging it up for about a week. Dentists have used the oil of cloves as a local anesthetic to relieve tooth pain. Clove is also used in mouthwashes and perfumes. Little wonder that this tiny island is famous for its spice crop!

The People

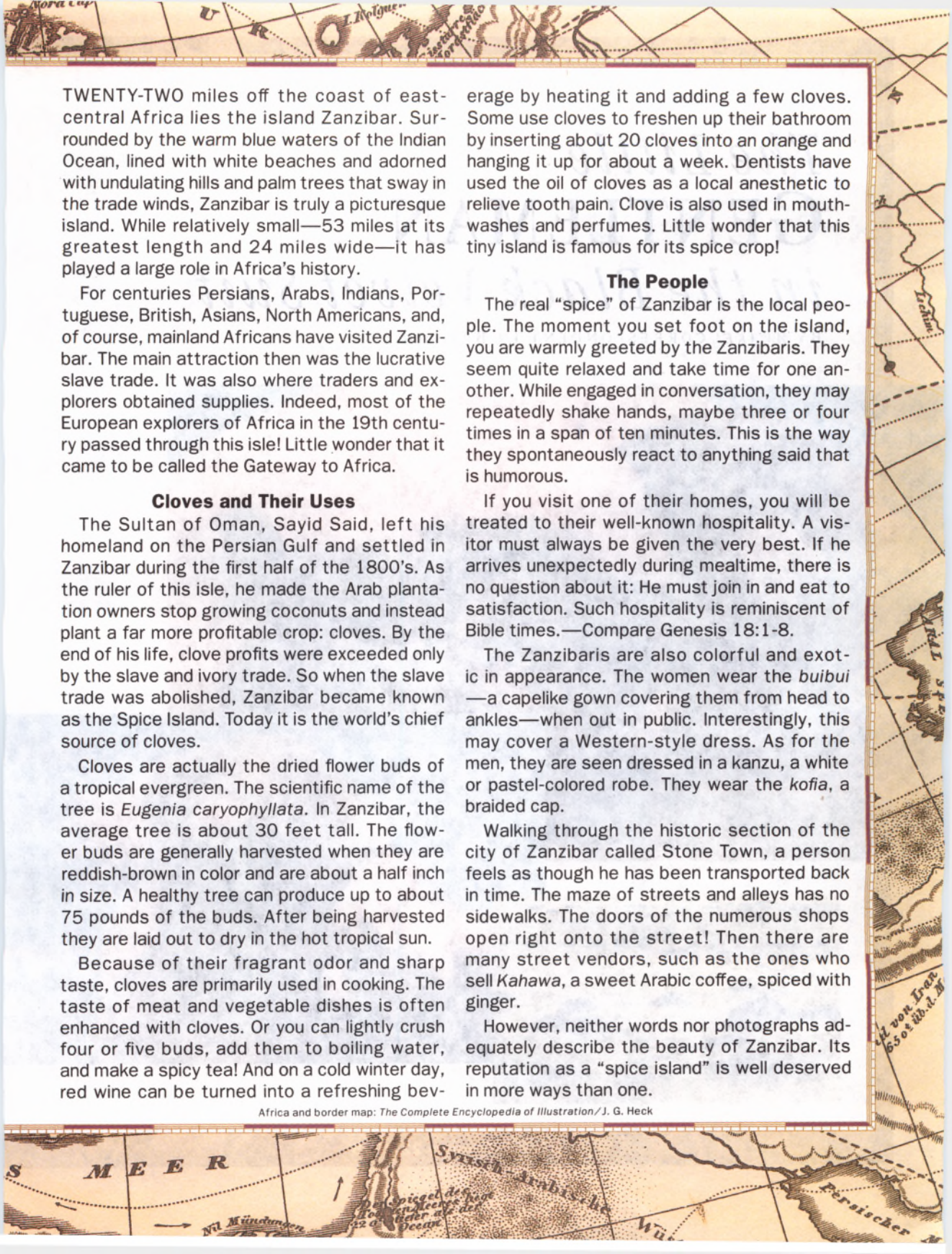
The real "spice" of Zanzibar is the local people. The moment you set foot on the island, you are warmly greeted by the Zanzibaris. They seem quite relaxed and take time for one another. While engaged in conversation, they may repeatedly shake hands, maybe three or four times in a span of ten minutes. This is the way they spontaneously react to anything said that is humorous.

If you visit one of their homes, you will be treated to their well-known hospitality. A visitor must always be given the very best. If he arrives unexpectedly during mealtime, there is no question about it: He must join in and eat to satisfaction. Such hospitality is reminiscent of Bible times.—Compare Genesis 18:1-8.

The Zanzibaris are also colorful and exotic in appearance. The women wear the *buibui*—a capelike gown covering them from head to ankles—when out in public. Interestingly, this may cover a Western-style dress. As for the men, they are seen dressed in a kanzu, a white or pastel-colored robe. They wear the *kofia*, a braided cap.

Walking through the historic section of the city of Zanzibar called Stone Town, a person feels as though he has been transported back in time. The maze of streets and alleys has no sidewalks. The doors of the numerous shops open right onto the street! Then there are many street vendors, such as the ones who sell *Kahawa*, a sweet Arabic coffee, spiced with ginger.

However, neither words nor photographs adequately describe the beauty of Zanzibar. Its reputation as a "spice island" is well deserved in more ways than one.



Africa and border map: *The Complete Encyclopedia of Illustration*/J. G. Heck

The Little GENTLEMAN *in the Black Velvet Suit*

BY *AWAKE!* CORRESPONDENT IN BRITAIN







MOLES are quite numerous in the North of England, but as I looked into the meadow beyond the farmyard gate, I had never seen so many molehills. Small, freshly excavated mounds of earth covered the meadow. Do you know what kind of animal the mole is and how it lives?

Few people have ever seen a mole, since it spends most of its life underground. It is a small creature, about five and a half inches in length. The male weighs just under four ounces. The British mole has a dark gray, almost black, coat of fur and is commonly, even affectionately, called the little gentleman in the black velvet suit.

The hairs of the mole's fur are without set; that is, they rise vertically from the skin. So no matter which way the mole twists or turns in the earth, it can do so with ease. Years ago mole catchers sold the skins for clothing, but "it takes an awful lot of moleskins to make a coat," one mole catcher wryly remarked.

The mole's body is highly specialized for its work of tunneling. Its forelimbs are set well forward on its body with palms set outward. Five digits and an added crescent-shaped bone form two efficient shovels. Its small hind legs, weak only in comparison with its strong forelimbs, help give the mole its propulsion. Put a mole on top of soft soil, and it will disappear into the ground in five seconds! It can travel along its dark, damp tunnels, or above ground, at speeds estimated at up to three miles an hour.

Extraordinary Senses

The mole is not completely blind, as some people think, but its tiny eyes, hidden in the fur, probably give just enough sight for the creature to distinguish light from darkness. As the mole burrows through the soil, long hairs are drawn across its eyes to protect them. Much more important than eyesight, however, is the mole's keen sense of smell and its sense of touch.

The European mole has thousands of small protrusions on the tip of its pink snout, each with its own hair that is sensitive to touch. It also has long whiskers on various parts of its head and additional sensory hairs on the tip of its tail. The mole picks up pressure waves that build up as it moves along its tunnel. In this way it is able to locate obstructions, such as large stones or even predators, and to avoid them.

The mole has little in the way of external ears, but its hearing is acute. It has the ability to perceive vibrations through the ground and to act upon them. The mole's ears can be closed by means of sphincter muscles, which seem to serve to prevent particles of soil from entering the delicate cavities.

Food and Nesting

Gazing across the meadow, I could recognize the underground track, or path, frequented by the moles. The path ran just below the surface and was slightly raised. Also evident were the new earth mounds, created when the moles thrust up newly excavated soil. This turning over of the earth is a form of plowing, helping to drain the soil and maintain its fertility.

The mole's main diet is earthworms, and this is the reason for the tunnels. Earthworms, as they move in the soil, enter into the mole's network of passages. Then the mole, scuttling its way along the dark excavations, very soon finds its food. But it also eats insects, including leatherjackets and wireworms. The mole must eat every two hours, or it will die.

The small earth mounds of the mole are not to be confused with the mole's nest. This is much larger, being about a foot high and three feet across. It is usually found close to shelter—beneath a tree or alongside a hedgerow where nesting material such as grass, twigs, and leaves can readily be found.

In early springtime up to seven young ones are born to a litter. Baby moles are blind and naked at birth and weigh less than one tenth of an ounce. After five weeks they are old enough to fend for themselves and move away, perhaps as far as a mile. After nine months they will be ready to mate. The average life span of the mole is three years. However, predators kill many of them long before then.

Admittedly, a mole can cause problems when excavating for its food under a finely manicured lawn or on a golf fairway, but our little gentleman in his black velvet suit remains an intriguing part of rural life.



"Now It Is Only Mia and Jehovah"

BY May 1991, my body had already signaled that something was wrong. After walking far or using my bicycle a long distance, I would feel severe pains in my arms and legs, and my joints would swell. When I attended the wedding of one of my brothers in July 1991, I got sick. Following this, I was bedridden most of the time, and I developed strange red spots on my face and my body.

My mother took me to a doctor, who rushed me to a hospital near our home in Askim in Norway. The diagnosis was reduced renal function and high blood pressure. My hemoglobin level was only 7.3 grams per deciliter, compared with the normal 11.5 to 16. After two days I was transferred to a larger hospital with a special ward for treatment of kidney diseases. After seeing the results of several blood tests, the doctor concluded that I was suffering from systemic lupus erythematosus and that my immune system was producing antibodies that were attacking my blood and kidney tissues. I was given corticosteroids and chemotherapy.

Since both the disease and some of the medication break down the blood, the matter of blood transfusion became an issue. I mustered up all my strength and said: "I am a dedicated and baptized Witness, and I do not want blood." (Genesis 9:4; Acts 15: 28, 29) The doctor then talked to my mother in private, and my mother explained that we would like to use alternatives to blood transfusion. He said that he was willing to respect my stand and that he would do his utmost to help me.

The medical record, of which we later received a copy, says: "The patient is of age and is clear and informed. Therefore, one finds it necessary to respect the patient's view." It also states: "The medical ward is set on respecting the patient's decision not to accept blood, even to the consequence of her death."

Medical Treatment

During the following days, various therapies were tried to reduce my blood pressure and hence to ease the strain on the kidneys. My body would not tolerate the medication, and all I remember about that time is vomiting again and again. Occasionally I felt very depressed, and my parents and I often prayed to Jehovah for help and strength. After a month in the hospital, I was allowed to go home for a weekend. Later, during a second leave, I had a major epileptic seizure followed by four minor ones. The disease was affecting my central nervous system. I was rushed back to the hospital.

The doctors decided to provide alternative treatment. Plasma was extracted from the blood, and thus antibodies attacking my blood cells and kidney tissues were removed. I was then given injections of Ringer's solution together with albumin. I had discussed this treatment with the doctors and gave them written permission to administer it.* Despite this treatment my condition worsened. I also gave them permission to treat me with immunoglobulins, but at the time they did not administer these.#

My kidney function was greatly reduced. My serum creatinine was 682, compared with the normal 55 to 110. My blood pressure remained high, and my hemoglobin stayed between 5 and 6 grams per deciliter. One day the number of platelets was 17,000 per cubic millimeter of blood (the normal number being from 150,000 to 450,000), highly increasing the risk of hemorrhages. Fortunately, the number of platelets immediately started to increase. The next day the number was 31,000, and the increase continued.

Loving Support

The hospital personnel were impressed by all the flowers, letters, cards, and telephone calls I received from loving Christian brothers and sisters all over Norway. They wondered how an 18-year-old could have so many friends. This gave us an opportunity to tell them about our Christian hope and Jehovah's loving organization.—John 5:28, 29; Revelation 21:3, 4.

In the meantime, the Hospital Liaison Committee of Jehovah's Witnesses was working hard to acquire more information on the treatment of lupus. From our Norwegian branch office we received an article that had been printed in a medical journal. It described two complicated cases of systemic lupus erythematosus in which immunoglobulins were administered to two young women—with good results. During a conference with the doctors, my parents asked them to read the article to see if the information could be helpful in my case. The doctors had different opinions on what to do. There was concern, for example, about the limited amount of information on side effects of treatment with immunoglobulins.

Pressure to Accept Blood

By then I had been hospitalized for almost eight weeks. One night I felt acute pain in my stomach, and there was fecal blood from internal hemorrhages. A surgeon was contacted. He said I needed immediate surgery and blood, otherwise I would die within a few hours. This surgeon told my sister, who was sitting with me, that she had better persuade me to accept blood or she would be responsible for my death. This made me angry, for the decision to refuse blood transfusion was my own.

The doctors wanted to speak to me alone to ensure that the decision was really mine and that I was fully aware of what they believed would be the consequences of refusing blood. After 15 minutes they were convinced that I was not going to change my mind. Instead of operating, the doctors administered antibiotics to fight the infection.

On September 30, the day following the discussion with the doctors, my hemoglobin count declined from 6.5 to 3.5. I was moved to the intensive care unit. I was so weak that I needed a face mask to supply me with oxygen. Even though I was more or less conscious all the time during this critical phase, I cannot recall anything. So what happened

* This procedure is known as plasmapheresis and involves an external circulation of the blood. The decision to use this procedure is left to the individual's conscience, as discussed in *The Watchtower* of March 1, 1989, pages 30 and 31.

The decision to use immunoglobulins, which contain a tiny fraction of blood, is left to the individual's conscience, as discussed in *The Watchtower* of June 1, 1990, pages 30 and 31.

during the next few days was later related to me by my family and two Christian elders.

My Life in the Balance

At this time the doctors agreed to try administering intravenous injections of immunoglobulins. From October 9 to 11, I was given one dose of six grams of immunoglobulins a day. I was unable to control my urination and evacuation, and the nurses were constantly changing the bedclothes. My hemoglobin count kept declining. The medical record says: "At the lowest her hemoglobin count was measured 1.4, after which she had additional melena [stools containing blood], and it was decided to abstain from taking additional blood counts. At this time she was practically moribund [dying]."

The doctors had by now abandoned all hope of recovery, stating that if I did survive, I would have brain damage and perhaps also be partially paralyzed. They were so sure that there was nothing else that could be done that on October 12 it was decided to halt all active treatment and just administer fluids. My father, who continuously encouraged me to keep fighting, was sitting at my bedside, saying: "Now it is only Mia and Jehovah."

There was always someone from the congregation at the bedside with my family during this critical period. One of them related: "On Saturday evening, October 12, no one believed Mia would survive the night. But Sunday morning she was still alive. In the afternoon her breathing was heavy, and everyone expected this to be the end. The whole family gathered around her bed. She inhaled deeply and, after what seemed like an eternity, exhaled. Her parents suffered the greatest pain parents can suffer—seeing their dear child slowly drifting away. Her father said we should all turn to Jehovah in prayer. We talked quietly afterward, hoping that Mia would not have to suffer long.

"But Mia did not die. The doctors and the nurses had never seen anything like it —someone living with such a low blood count. The hemorrhages stopped, so the situation did not worsen. Sunday night passed, and Mia was still alive."

A Turning Point

Monday morning, October 14, one of the doctors came to see me. I was dozing and don't remember the episode. The doctor stood at my bed, and my mother said: "The doctor is here to say good morning." My reaction was a very audible "hello." He had not expected that, and he was surprised and moved.

My brain was fine, and I was not paralyzed. Therapy was resumed. I was given erythropoietin and iron dextran intravenously, as well as two daily doses of immunoglobulins. Slowly my condition improved. On October 16 my hemoglobin count increased to 2.6 and on the 17th to 3.0. I kept improving. On November 12 I was discharged from the hospital with a hemoglobin count of 8.0.

We do not know for sure why the destruction of my red blood cells halted or why my blood count increased so rapidly. The injections of immunoglobulins, erythropoietin, and iron dextran evidently played a major part. By the early part of May 1992, my hemoglobin count was a normal 12.3, and it has remained in the normal range.

I am now on maintenance treatment to keep my condition under control, and I am functioning well. On November 28, 1992, I was married to a fellow Christian, and we are now serving Jehovah together. My illness, as well as obeying Jehovah's law on blood, has drawn me closer to Jehovah. Now I look forward to serving him with all my strength throughout eternity.—*As told by Mia Bjørndal.*



A RETURN VISIT TO RUSSIA

ONE OF THE GREATEST CHANGES IN THE FORMER SOVIET UNION HAS BEEN THE FREEDOM TO DISCUSS RELIGION. MANY RUSSIANS HAVE USED THAT FREEDOM TO EXAMINE BIBLE TEACHINGS. THE RESULT HAS BEEN, IN EFFECT, A MODERN-DAY MIRACLE.

WHAT a surprise I had on July 28, 1993, when I picked up the morning's *New York Times* and saw on the front page a large baptism picture taken in Moscow! It had the caption: "The unleashing of religion in Russia brought converts into Moscow's Locomotive Stadium for a mass baptism as Jehovah's Witnesses."

My wife and I had returned from Russia

only the day before. We attended that baptism of 1,489 persons. The Christian love shown by the Russians and their interest in spiritual things had truly impressed us. One experience we had following the convention's concluding session Sunday evening illustrates this.

When returning by Metro to our hotel, I sat next to a young man of perhaps 18 or 19 years of age. I handed him the Bible tract, in Russian, *What Hope for Dead Loved Ones?** After looking at it briefly, he passed it to his mother. So I gave the youth another one. At that he pointed to the opening question, "If a man die, shall he live again?" and, in a tone registering skepticism, asked in English, "Do you believe this?"—Job 14: 14, *King James Version.*

Turning to look him straight in the eye, and with firm conviction, I replied: "I really do believe it!" I quickly added: "Think about this. Our life as intelligent, thinking people is a miracle. Some Higher Being must be responsible for the laws that governed our development into living people. So I believe that this Superior One can also *recreate* a dead person to live again."

Immediately the youth began reading the tract. When he finished, I handed him the brochure, in Russian, *Does God Really Care About Us?** He wanted to learn more, but ours was the next subway stop. Even though the youth and his mother had a train to catch that night, they got off the subway with us to talk a few minutes longer. After making brief comments about our Bible study program, I showed him an address on the back of the brochure where he could write for more information.

We left Russia the next day, but encounters such as this made an indelible impression.

* Published by the Watchtower Bible and Tract Society of New York, Inc.







Top: The family we stayed with. Above and right: Witnessing in the park. Bottom right: Serosha and his letter

Russia on Our Minds

I kept thinking about the incredible numbers of new ones who were baptized after the ban on Jehovah's Witnesses in the former Soviet Union was finally lifted in March 1991. Seven conventions were quickly organized for the summer of 1991, and 7,820 were immersed in water. Then, at the 1993 summer conventions—including the one we attended in Moscow—11,238 were immersed.

The evangelizing zeal of the Witnesses in Russia has not gone unnoticed by many of the Russian people. When you think about the response of Russians to Bible teachings, it seems miraculous.

'How is such rapid growth possible?' we wondered. 'How grounded really are these Russians in Christian teachings?'

When a couple living in Moscow said that they would arrange accommodations for us if we visited Russia again, we began making travel plans. Our anticipation for the trip grew when we received additional reports about the unusual interest of Russians in Bible truths.



A Warm Russian Family

We arrived July 24 with suitcases in hand at the place we would be staying in Moscow —a second-floor apartment that was about a ten-minute walk from the apartment building of our friends. Of the family we would be staying with, only 15-year-old Katia was home to greet us. It was Sunday evening, and the rest of the family were still out in the Christian ministry.

Shortly, the other members of the family began returning home—Galina, the mother; 13-year-old Zhenia, the younger daughter; and, finally, Viktor, the father. None of them knew much English, and we knew even less Russian. Communication was relatively easy when our English-speaking friends were present as interpreters but was difficult when they left. We would use a Russian-English dictionary and descriptive gestures. Katia and Zhenia were good at communicating, having learned the language of the deaf.

All the family had been baptized at the same time, only two years before. Viktor was a ministerial servant in the congregation, and the girls used their school vacations to spend more time in the ministry. While attending school, they were not hesitant to talk about their faith. In fact, their preaching even drew the attention of authorities outside their school district. It impressed us to learn that the family was conducting 28 weekly home Bible studies with interested ones!

Clearly, the focus of each family member was on Bible study and the Christian ministry, and we could see that their lives had



New Watch Tower facilities, in Tallinn, Estonia

thereby been enriched. They radiated happiness.—Acts 20:35.

Well-Grounded in the Bible

Before retiring in the evenings, I quizzed the family on Bible texts. First I asked what Revelation 21:3, 4 says. Right away, almost in unison, the girls could quote it. Next I asked for Isaiah 2:4. They knew that one also, even using signs to indicate the beating of swords into plowshares.

I continued with scriptures in Isaiah that tell of Kingdom rule and new world blessings, namely, Isaiah 9:6, 7; 11:6-9; 25:8; 33:24; 35:5, 6; and 65:21, 22. Without looking in their Bibles, the family were able to identify the content of each text. The girls would on occasion show that they knew the scripture by descriptive gestures, such as for a child leading a lion.

On another evening we considered scriptures on the identity of God, focusing on ones that show Jesus is inferior to God and that God and Jesus are not one in person but one in unity. The family could identify the content of such scriptures as John 10:30, John 17:20, 21, and 1 Corinthians 11:3. My wife and I were amazed by how well they knew their Bibles.

On Tuesday morning about a dozen of us met and traveled together by Metro to a beautiful park where we spent two and a half hours speaking to people about the Bible. We split up and worked in twos. One of my partners was Nadia, a Russian girl who showed fine poise in approaching people and engaging them in discussions. She was adept at directing attention to God's thoughts in the Bible. I said to myself, 'This is an experienced publisher.' Afterward I was astounded to learn that she was just 17 years old and had been baptized only two months!

We had many such experiences, which impressed upon us that the situation in Russia is unique. Since the fall of Communism, Russians have shown themselves eager to examine Bible teachings. Most all of them are well educated, and they love to read. Even young ones read and comprehend well, as was evidenced when we visited a Russian

family that had learned Bible truths when the Witnesses were still under ban.

The couple's little son said that he wanted to ask a question. Through an interpreter, he made a request. I was so moved by it that I said if he would put his request in writing, I would pass it along to the publishers of *Awake!* He immediately sat down and wrote a letter. The following is a translation of what he wrote. The letter is reproduced on page 25.

"Serosha is writing from Russia to the Watchtower Society. I am seven years old, and I already go preaching with Father and Mother. I love to talk to people about God's Kingdom. I also love to read the *Awake!* magazine. It comes to Russia in Russian only one time a month but in the English language twice a month. I would very much like to have this magazine twice a month, because I love it very, very, and very much. Please do this."

Leaving the friends we had made in Moscow was not easy. In such a short time, we had come to love them dearly.

Compared With Early Christianity

We left for Tallinn, Estonia, by overnight train. There we saw the beautiful new facilities from which the preaching work is now being directed in that former republic of the Soviet Union. Three days later we took a train to St. Petersburg. In both places fellow Christians asked about the preaching work in Moscow. "Being there and seeing the growth," I replied, "helped me to understand better what is written in the early part of Acts 17 and in the letters to the Thessalonians."

I had always been amazed that a congregation was established in Thessalonica apparently within a few weeks of the apostle Paul's ministry there. Amazing to me too was that within a year or so, Paul wrote these new Christians two letters regarding such deep spiritual matters as the resurrection and being "caught away in clouds," "Jehovah's day," the cry of "peace and security!," and "the presence of our Lord Jesus Christ." (1 Thessalonians 4:13-17; 5:1-3; 2 Thessalonians 2:1, 2) The zealous activity of those early Christians, in effect, produced a first-century miracle—a mature, spiritually strong international organization of preachers in a very brief time. About ten years later, Paul wrote that the "good news" had been "preached *in all creation that is under heaven"!*—Colossians 1:23.

What was occurring in Russia seemed to me to be comparable to what had happened in the first century.

The Struggle to Keep Up With Growth

Russia is the largest country on earth, so providing direction to the thousands there who are preaching the good news of God's Kingdom is obviously a big job.—Matthew 24:14.

The Bible says regarding those who heard about Christianity in the first century: "The hand of Jehovah was with them, and a great number that became believers turned to the Lord." (Acts 11:21) How well we found those words to apply to our Christian brothers in Russia! May the Russian field remain ripe for spiritual harvesting, and may thousands more there join in the precious privilege of helping yet others on the road to life. —*Contributed.*

IN OUR NEXT ISSUE

Is Your Food Really Nutritious?

A Solar Eclipse and the Fascination of Astronomy

Is God Pleased to See Us Suffer?

The Mystery of the Canine "Suicides"

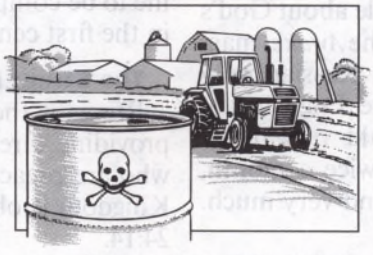
The people of Rosario, Argentina, are seeking a credible explanation for what appears to be a wave of attempted canine "suicides" in that city. The problem has been observed mainly at Rosario's popular park known as Parque de España. A promenade in that park looms some 90 feet above the Paraná River. Over a one-year period, there have been some 50 instances in which dogs suddenly pulled away from their owners, ran straight to the edge of the promenade, and jumped to almost certain death. According to experts, however, dogs are not capable of deciding to kill themselves. Rather, veterinarians think that the dogs are lured by ultrasounds or by the movement of birds or boats in the river. They dash toward the edge, but before realizing it, they find themselves flying down into the cleft.

Personal Security Devices

According to *The Toronto Star,* more Canadians are obtaining portable security devices for protection. Among popular items are the "noisemakers" or "screamers"—personal alarms that emit high-frequency sounds. Also available are vials containing malodorous chemicals designed to discourage the attacker and aerosol dyes that facilitate the later identification of the attacker, who has been sprayed green. The *Star* acknowledges, however, that "personal security gizmos cannot guarantee that a person will not become a victim of violent crime. Common-sense precautions, according to police, can be more important than technology."

Health Risks of Farming

Fungicides, herbicides, and pesticides have helped farmers reduce the loss of their crops. However, a report by the International Labor Organization



says that agricultural chemicals are directly responsible for the deaths of some 40,000 farm workers each year. It is estimated that these chemicals seriously affect the health of another 3.5 million to 5 million persons.

Anglican Priests and Their Man-Made God

Recently the Church of England dismissed one of its clergymen. The priest was openly teaching disbelief in a supernatural God, in the authority of the Bible, and in Jesus as a savior. Despite his open disregard for Bible teachings and church doctrines, his dismissal triggered a sympathetic reaction from other priests. Seventy-five Church of England clergymen signed a public letter requesting that the man in question be allowed to continue as a priest. Some priests claim that there are hundreds of fellow Anglican clergymen who do not believe in a supernatural God.

Global Insecurity

In connection with the upcoming World Summit for Social Development in March 1995, the UNDP (United Nations Development Program) released a newsletter expressing its concern over human security. The newsletter, basing its report on the *Human Development Report 1994,* noted that "at the beginning of this century, about 90 per cent of war casualties were military. Today, about 90 per cent are civilian—a disastrous shift in the balance." The UNDP acknowledges that human security is threatened regardless of where you live. The *Human Development Report* added that "famines, ethnic conflicts, social disintegration, terrorism, pollution and drug trafficking are no longer isolated events, confined within national borders. Their consequences travel the globe."

Roaming Pit Bulls

Many Eastern cities in the United States are experiencing an increasing problem with dangerous pit bulls roaming the streets, according to *The New York Times.* Tom Simon, an official for the Canine Control Office explains that not all pit bulls are necessarily dangerous. He said that "if they are trained properly, they really can be a gentle dog and make wonder-

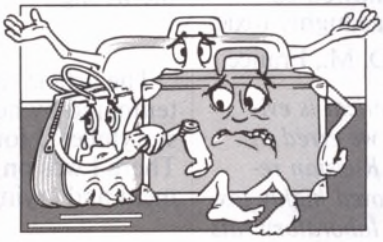
ful pets." But the harsh reality is that the dangerous dogs mentioned above have been inbred and trained to be ferocious fighters. Some dogs are being cruelly tortured "to make them more crazy," one expert explained. After participating in violent and savage dogfights, many dogs are unable to fight again. When this happens, often the owners merely abandon the pit bulls to roam the streets.

New Ecumenical Church Body in Australia

In 1946, a number of churches in Australia formed the Australian Council of Churches. The Roman Catholic Church did not become a member but did have observer status for many years. Now, nearly 50 years later, the council has been given a new name, the National Council of Churches in Australia. Its membership has increased by just one—the Catholic Church. The Lutheran Church was invited to join the new body, but it declined, since not enough of its own members were in favor of the move. *The Sydney Morning Herald* noted that David Gill, who was nominated to be general secretary of the new council, spoke of them as "praying like mad," and he added: "I suppose that in itself is a bit of a change." He was referring to the previous council's "somewhat political image." "The emphasis," it was said, "seemed to be on social justice rather than spreading the Good News." The paper added: "Failure to embark on what evangelicals call 'gospel issues' has created a major rift, which is still unresolved."

Unclaimed Luggage

What happens to all the unclaimed luggage left with major U.S. carriers? It is sold to a Scottsboro, Alabama, company called Unclaimed Baggage Center. There it is opened, cleaned, checked for cash, and resold to the public. "One look inside Unclaimed Baggage is enough to convert even the most trusting air traveler to stick to carryon," says *The Wall Street Journal*. "Four mammoth sales floors feature everything from fur coats and fishing rods



to T-shirts and cameras. . . . You also can find toasters, cosmetics, moose antlers, Hungarian folk tapes, even a casket." Airlines handle some two million bags a day, and although they misroute or misplace about 10,000 to 20,000 of them, fewer than 200 are not reunited with their owners. Travelers are given three months in which to claim lost bags before they are shipped off. "While the airlines say they can't find the owners of items sent to Scottsboro, clerks there say they spend hours peeling and scraping names and addresses from merchandise before putting it up for sale," the *Journal* states.

The Jackpot Shrine

A small, relatively unknown island in southern Japan has suddenly become famous, thanks to the name of a local Shinto shrine. Its name, Hoto, means "strike treasure," and a civic promotion group has utilized this with results exceeding their wildest dreams. They arranged for the shrine to sell bags in which people could put their lottery tickets. Using these "lucky bags" bought at the shrine, they said, guarantees good fortune in the lottery. Since then, "people hoping to strike it big in the lottery have been descending in droves on Hoto Shrine," says *Asahi Evening News*. It is not these "droves," however, but the shrine, selling bags at $10 and $30 a piece, that has hit the jackpot.

Egypt Has Oldest Paved Road

Research geologists have mapped out a 7.5-mile paved road across the desert 43 miles southwest of Cairo. The ancient road, paved with slabs of limestone, sandstone, and even some petrified wood, has been dated about 2600 to 2200 B.C.E., during the period of the Old Kingdom. It has an average width of six and a half feet. The road was built to facilitate the transportation of heavy stones from a large basalt quarry to the shore of an ancient lake that was linked to the Nile at flood stage. The lake no longer exists. The dark stones were favored by the ancient Egyptian rulers for their sarcophagi and for pavements inside the Giza mortuary temples. "Here is another technological triumph you can attribute to ancient Egypt," said geology professor Dr. James A. Harrell. A flagstone road in Crete, dated no earlier than 2000 B.C.E., was previously the oldest known paved road.

FROM OUR READERS

Humor I would like to express my appreciation for the article "Put Humor Into Your Life." (May 22, 1994) I have always been very withdrawn, often being ill-tempered. When I learned to put humor into my life, things changed. Laughter truly is "the shortest distance between two people."

A. Q. G., Brazil

Cancer I recently gave my mother's doctor a copy of your April 8, 1994, issue on "Breast Cancer—Every Woman's Fear." On page 10 you describe hydrazine sulfate as a "nontoxic drug." The doctor showed us medical literature that lists it as highly toxic.

D. M., France

Since the toxicity of this chemical is evidently a matter of controversy, we erred in calling the drug nontoxic. One Russian research study claimed that it proved highly toxic when given in large doses to laboratory rats and mice. However, in one clinical study on human cancer patients performed at UCLA Medical Center, hydrazine toxicity was reported as "mild" with 71 percent of the patients reporting no toxic effects. No doubt much more research will have to be done before the risks and possible benefits of this drug can be fully evaluated.—ED.

Opera I've always thought your articles were great, and I've always had the feeling that they were written especially for me. But I never imagined that you would write about something that I truly love, the opera. I couldn't stop crying when I saw the article "A Night at the Opera." (July 8, 1994) Thank you so much.

S. S., Romania

Addie's Story The article "Addie Found the Answer Late but Not Too Late" (July 22, 1994) was simply marvelous! It was like reading a novel, except it was really a true story. I was moved when I realized that the moral of her story was that the most effective way to help our neighbors is by preaching!

D. L., Italy

I just read the life story of Addie Clinton Few, and for the first time in the 19 years that I have been reading *Awake!,* I am writing to say thank you! I too am black and have suffered the barbs of social injustices all my life. But I have learned that Jehovah really cares for the plight of people of color and that his promised new world will right all the wrongs.

L. N., United States

The article showed her wit and humor tempered by her humility. She was a great storyteller! I found the ending very touching. There I was on the bus chuckling one moment and crying the next.

D. M., United States

Overweight I was impressed by the article "Young People Ask . . . Why Am I So Fat?" (April 22, 1994) I was always mad about my weight, but the article said that Jehovah does not look at how you look but at what is in your heart. Thank you.

N. C., United States

Even though I am not really fat, sometimes I wish I could look like those models. Sometimes I get depressed and just cry. Your article helped me to see that I am not the only one who feels like this, and that was comforting.

R. M., United States

I'm not obese, but I'm a very hefty girl with broad shoulders. I get teased by my cousins and older brothers. I appreciated your point that though I may be on the stout side, that does not necessarily mean I have to lose weight.

M. T., United States

WHY ITALY'S BISHOPS ARE WORRIED

BY *AWAKE!* CORRESPONDENT IN ITALY



IN November 1993, the Italian bishops' conference made a number of negative comments about Jehovah's Witnesses. It was alleged that they are not Christians and that their door-to-door preaching was "savage proselytism."

However, not all religious authorities agree. For example, Attilio Agnoletto, professor of the history of Christianity at Milan State University, describes Jehovah's Witnesses as "a strong, serious, Biblical, completely legitimate movement in which there is nothing unchristian."

And what of their "savage proselytism"? "The term 'savage' is absolutely unacceptable," professor Agnoletto told *Awake!* "That would mean that the proselytism of Jesus Christ was also 'savage.'"

Why do the bishops harbor such prejudice against Jehovah's Witnesses? Professor Agnoletto feels that their opposition "results from the very number and success of Jehovah's Witnesses in Italy today," which, he adds, "corresponds to a crisis of Catholic religiosity."

The clergy today seek to discredit and obstruct those who obey Jesus' command to preach. (Matthew 28:19, 20; compare Matthew 5:11, 12.) The newspaper *La Stampa* reports that despite the opposition, Jehovah's Witnesses are the second-largest denomination in Italy, now numbering over 200,000 and growing steadily.

In contrast, the Catholic Church has experienced waning attendance in recent years. So at the beginning of 1994, Pope John Paul II urged Italian Catholics to become active evangelizers, even preaching from door to door —much the way Jehovah's Witnesses do!*

* See page 15.



Valuable Help for School Projects

"THE *Watchtower* and *Awake!* journals are definitely the most informative, the easiest to read and comprehend, the most timely, and the most encouraging journals I've ever read," wrote a teenage reader. "The information for the majority of my school projects has come from these magazines. When I'm studying something in school, an article on that very subject is there to encourage me and help me understand the topic and its importance.

"For example," she explained, "I needed a topic for a science project for the Science Fair we are required to enter. The project required three posters, a report, and a model. So I decided to develop the subject of the greenhouse effect, which was discussed in the September 8, 1989, *Awake!* I based my posters on illustrations that appeared in the articles and used the information therein for my report. My biology teacher gave me an A, and I received the first-place award for the section on ecology and conservation!"

Awake!

March 8, 1995



Is Your Food Really Nutritious?

Awake!

Average Printing 12,990,000 Published in 75 Languages



Is Your Food Really Nutritious?

3-7

Millions worldwide seldom enjoy a truly nutritious meal. Poor nutrition can kill. Are there any solutions?



Is God Pleased to See Us Suffer? 10

Many people sincerely believe that God is pleased to see believers suffer. Is that reasonable? Is it Biblical?



A Solar Eclipse and the Fascination of Astronomy 12

How does an eclipse occur? How does astronomy figure in the Bible?

Photo courtesy of NASA/Finley-Holiday Film Corporation

How Nutritious Is Your Food?	3
How Wholesome Food Can Improve Your Health	5
Walking on Sand —Steps to Better Health	8
Australia's Perky, Pesky Parrots	15
Those Useful Imaginary Lines	17
Fashion—Ancient Greek Style	21
Young People Ask . . . Abortion—Is It the Answer?	25
Watching the World	28
From Our Readers	30
Do You Have a Fritillary in Your Garden?	31
"It Has Been So Difficult to Grow Up Without Him"	32

How Nutritious Is Your Food?

By Awake! correspondent in Brazil

How do you choose your food? When you buy food, what factors influence you? Is it fancy packaging? Price? Ease of preparation? Persuasive claims in advertisements? Or just the way the food looks and tastes? Making the right choices may determine whether you eat nutritious food or junk food, whether your health is improved or damaged.

POVERTY is a major cause of malnutrition. While many take food for granted, millions of others rarely enjoy a nutritious meal. "Here at home we eat anything we can get hold of," said a Brazilian bricklayer, father of six children. That usually means stale bread and weak coffee or rice and beans. In fact, according to a report by the Food and Agriculture Organization of the United Nations, 20 percent of the world's population suffer from hunger. While there is widespread famine in some African countries, there is a larger number of hungry people in Asia. Even in the United States, 12 percent of the population, or 30 million people reportedly do not have enough to eat.

Not only is poor nutrition detrimental but it can kill. "Malnutrition caused by poor child feeding practices claims over 10 times as many lives as actual famine," notes researcher William Chandler. "Coupled with diarrheal dehydration, malnutrition is the leading killer in the world." Reports UNICEF (United Nations Children's Fund): "No epidemic, no flood, nor any earthquake or war has ever robbed the lives of 250,000 children in just a week." But that is the number of children throughout the world who die because of malnutrition and resulting illnesses, according to that UN agency. In fact, the damage caused by malnutrition is incalculable: Learning ability decreases, the labor force weakens, work production and quality decline.

Yet, adequate intake of the proper foods

can overcome poor nutrition and such side effects as anemia and other ailments. Governmental aid such as school lunches and soup kitchens may alleviate malnutrition in some areas, but according to UNICEF officials, $25 billion is needed annually to reduce the deaths of children caused by diarrhea, pneumonia, and measles. 'A lot of money,' some might say. But that is reportedly what Americans spend on sports footwear and Europeans on wine in one year. Another challenge is to reduce waste. Though an estimated 32 million Brazilians go hungry, Brazil's Ministry of Agriculture reports "that harvest waste [worth $1.5 billion] in transportation or storage causes a loss of 18 to 20 percent of the nation's agricultural output." There are major problems in agriculture, irrigation, food storage, and transportation in many nations; yet, the earth can still provide abundantly for all. So how can you face the challenge of feeding your family?

Money Is Not Enough

In developing countries people often manage to feed their family by having two or three jobs. In Brazil 1.5 million annually leave family or friends to migrate to large cities in search of work and food. Although health depends to a certain extent on what people eat, a large part of their budget goes for clothing, housing, and transportation.

Happily, common foods, such as rice, beans, corn, potatoes, cassava, and bananas, supplemented by some meat and fish, are the main sources of nutrition for families all over the world. Brazilian nutritionist José Eduardo de Oliveira Dutra stated: "Beans and rice are a combination with very high nutritional value. With such a simple and low-priced diet, it is possible to end famine in [the country]." Yes, inexpensive and nutritious food may be available where you live. Or you may even grow some of your food.

Although you may have sufficient money, do you spend it on nutritious food for your family? Or are you influenced by clever and persistent advertising to prefer sweets or junk food and thus neglect the need for proteins, minerals, and vitamins? Is taste more attractive than wholesomeness? *The World Book Encyclopedia* notes: "To achieve and maintain good health, people must have basic knowledge about the human body and how it functions. Only then can they determine what will or what will not help or hurt their health. Learning about health should be a part of every person's education."

True, we do not live merely for eating, but food is a vital part of our lives. The Bible speaks of eating well as a reward for diligent work, saying: "Every man should eat and indeed drink and see good for all his hard work. It is the gift of God." (Ecclesiastes 3:13) Do you view wholesome food as valuable and necessary? If so, please examine the following article on how proper nutrition can benefit you and your family.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

Unless otherwise indicated, *New World Translation of the Holy Scriptures—With References* is used.

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How Wholesome Food Can Improve Your Health

WHAT a joy it is to behold a well-nourished child! Yet, a child is not healthy by accident. "Simple but nourishing food was always a high priority in our family not only in terms of our financial budget but also in the time invested in preparing and enjoying it together," recalls Kate, a Canadian living in Brazil. "Because my mother did not work outside the home, we would arrive from school each day to be greeted with the delicious aromas of dinner being prepared and perhaps of a pie or cake that she had baked."

Rather than being sustained by wholesome food, however, "roughly 780 [million] people in poor countries, one in five of their population, do not get enough to eat," according to *The Economist*. "As many as 2 billion people who get enough to fill their bellies nevertheless lack the vitamins and minerals they need." It is not simply that the undernourished one is weakened but also that he is less able to benefit others. Hence, regarding undernourished children, economist Eduardo Giannetti da Fonseca of São Paulo University, Brazil, is quoted as saying: "This [waste of human resources] is worse than anything else. . . . I believe that among these children there are talents and abilities that end up hidden away because of poverty. Among them, under different circumstances, there could arise an Albert Einstein." The magazine *Veja* states: "The country is losing muscles that are wasting away because of poor nutrition and is throwing away a potential reserve of intelligence, creativity, and energy." Hence, despite the high cost of living, wise parents give their children a solid foundation by investing in nutritious food.

A Wise Investment

"Invest" means "to make use of for future benefits or advantages." How can you invest in nutrition? If needed, would you forgo luxuries or status items and use your limited budget to purchase wholesome food?

"The senses do not lie dormant until they are suddenly switched on at birth; evidence suggests that the sensory systems function well before birth," says *The New Encyclopædia Britannica*. Thus, the ideal way to start nourishing a child is to have a

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well-nourished mother. The next step—after birth—is for the infant to breast-feed, since human milk provides complete nutrition and even immunizes against common diseases. States *Facts for Life,* a United Nations publication: "For the first few months of a baby's life, breastmilk *alone* is the best possible food and drink. Infants need other foods, in addition to breastmilk, when they are four-to-six months old."

While remarkably resilient, the human body should not be taken for granted. It is vital to build it up with wholesome food early in life. *The World Book Encyclopedia* says: "By the time a person is 6 years old, the brain has reached its full weight of about 3 pounds (1.4 kilograms). Most of the brain cells are present at birth, and so the increase in weight comes mainly from growth of the cells. During this six-year period, a person learns and acquires new behavior patterns at the fastest rate in life." Therefore, even if the child enjoys a good diet after its sixth year, relatively few additional brain cells will be developed. Observes Kate: "Wholesome, nutritious food is one of the greatest gifts that parents can give their children. Even if many of the so-called necessities of life, which are often only luxuries, cannot be provided, parents who invest in the mental and physical health of their children give them a start in life from infancy that can never be replaced."

Why Have a Varied Diet?

A child needs protein-rich food to grow physically and mentally. Poor nutrition slows a child's mental development in school, and the child may become apathetic and weary, unable to pay much attention or remember what is taught. At least 25 different deficiency diseases result from lack of one of the basic nutrients—protein, vitamins, essential fats, or nutrient elements.

Consider the case of Joaquim. "Our family was poor," he says. "But we had land and cultivated almost everything we ate. At every meal we had corn and rye bread made from whole grains, and that contributed to good nutrition. Almost every day my mother made soup that included a variety of vegetables, including beans, and this supplied many of our nutritional needs. We did not have much meat, but we did have fish, mostly sardines, cod, and herring." He adds: "My mother had five children, and I do not remember any of us getting sick other than with colds and flu. I think that our well-balanced meals contributed to that." A mother of seven children explains: "We needed to provide nourishing food at a low cost. So we planted a vegetable garden, which, although it was small, produced enough for our needs." She adds: "Our children never had a serious illness and were always very successful in their schoolwork."

Your body requires as nutrients 22 of the 103 officially recognized chemical elements. Although it is impossible to fix the exact amount of vitamins, minerals, and proteins you need individually, a well-balanced diet will provide your needs. One authority stated: "The key to good nutrition is a varied diet that includes every kind of nutrient."

What if your children dislike certain foods, such as vegetables with a bitter taste? According to an experienced cook, parents should serve "the whole range of vegetables available in their region. Many grown-ups do not eat vegetables because they were not exposed to them when they were kids. Since vegetables provide fiber and many of our vitamin needs and are inexpensive, parents should always have them available for their children." So why not learn new recipes that make good use of fresh vegetables and fruits, perhaps served in a delicious soufflé or stew? Regarding so-called emp-

SUGGESTIONS TO HELP YOUR CHILD HAVE GOOD EATING HABITS

- ☐ Set a good example.
- ☐ Do not allow children to eat only what they want.
- ☐ Avoid having junk food or sweets in the home.
- ☐ Train children to appreciate different kinds of food.
- ☐ Have a fixed hour for meals, including breakfast.
- ☐ Do not permit TV advertising to influence what you eat.
- ☐ Do not let children help themselves from the refrigerator.
- ☐ Train children to help prepare the food.
- ☐ Cultivate gratefulness for the daily provisions.



ty calories, he suggests: "Parents should not have sweets in the house other than on special occasions. If [the children] do not have them, they won't eat them."

Although eating adequate amounts of proper food minimizes the danger of malnutrition, some people create problems for themselves by overeating. Excessive consumption of calories that exceeds the body's needs may lead to obesity, which is associated with diabetes and heart trouble.* Since neither medicine nor physical activity can take the place of proper eating habits, a good suggestion is to reduce the intake of fat, sweets, salt, and alcohol. Also, says an encyclopedia, "steps should be taken to minimize hunger, loneliness, depression, boredom, anger, and fatigue, each of which can set off a bout of overeating."

A Balanced View of Food and Health

The Bible is not a manual on nutrition; however, it helps us to be balanced in health matters. The apostle Paul warned against those who command others to "abstain from foods which God created to be partaken of with thanksgiving by those who have faith and accurately know the truth." (1 Timothy 4:3) God wants us to be content and to make good use of what is available. "Better is a little in the fear of Jehovah than an abundant supply and confusion along with it."—Proverbs 15:16.

No one today enjoys perfect health. So why not be reasonable, neither heedless nor overly anxious? An inordinate or fanatical interest in nutrition or health matters can cause us to lose our balance.

Despite endeavors to care for our health, as things stand at present, we eventually get old and die. Happily, though, the Bible assures us that God's Kingdom will end malnutrition and disease. Although human schemes to eliminate famine have failed, we can look forward to a world with plenty of nourishing food for all.—Psalm 72:16; 85:12.

* "Some experts feel that you are obese if you exceed the 'desirable' weight . . . for your height, build and age by more than 20 per cent."—*The American Medical Association Family Medical Guide,* page 501. See also *Awake!* of May 8, 1994, "Young People Ask . . . How Can I Lose Weight?" and May 22, 1989, "Is Losing Weight a Losing Battle?"

Walking on Sand
Steps to better health

BY "AWAKE!" CORRESPONDENT IN HAWAII



BRISK walking has been called one of the finest forms of exercise. It is said that, among other benefits, brisk walking increases cardiac output, decreases blood pressure, improves circulation and skin tone, and strengthens bones and muscles.

As anyone who has tried it knows, however, brisk walking also exacts a heavy toll on the feet—calluses, corns, blisters, and even more serious foot injuries. These are often the result of wearing ill-fitting exercise shoes. If you have ever had sore feet, you know how uncomfortable, even agonizing, that can be. In fact, the condition of your feet can affect the health of your entire skeletal system.

Best of Both Worlds

You may not have to suffer. "Studies of nonshoe-wearing populations in Africa and Asia conclude that people who do not wear shoes have healthier feet, fewer deformities, and have greater mobility than people in shoe-wearing societies," reports an orthopedist. So it seems that you could have the best of both worlds if you could somewhere exercise briskly while walking barefoot. Actually, that option is available to many people—walking on the dry sand of a clean beach or on sand dunes.

"A good exercise with a massaging effect is walking barefoot on a sandy beach," says *The Arthritis Exercise Book,* "especially when the sand is warm. Walking in loose, dry sand exercises every single muscle of the foot, as the foot adjusts to the uneven surface." Besides that, walking on sand expends almost twice the energy as walking on grass or pavement. In fact, try running on dry sand, and you will soon notice the effort it requires! "Certainly, a brisk walk along a beach would provide an excellent exercise stress in programs designed to 'burn up' calories or improve physiologic fitness," concludes the book *Exercise Physiology—Energy, Nutrition, and Human Performance.*

Thus, walking barefoot on sand not only provides the benefits of a healthful exercise routine but also lessens wear and tear on foot and leg joints. For those with mild arthritis, it reduces the pain caused by exercise.



A Word of Caution

Before you rush out to the nearest beach or sand dune, however, bear in mind these notes of caution. Make sure that the sand you walk on with your bare feet is quite clean and free of sharp objects. If you have any serious health problems, such as diabetes or heart trouble, you should consult your physician before taking up any new form of exercise. And as with any exercise program, start your sand walking at a slow or moderate pace, and gradually increase your speed over a period of weeks. This will likely lead to a safer and more enjoyable exercise routine for you.

A barefoot walk in the sand is more than fun; it might just be the beginning of steps to better health for you and your feet.





And who knows what else you might even discover on the beach or in the shallow water —shells, small fish, little hermit crabs, all kinds of birds and insects. So keep your senses alert, and enjoy your walk!

Is God Pleased to See Us Suffer?

STRUGGLING under the weight of a large wooden cross, a man stumbles through the crowds as blood trickles from a crown of thorns on his head. Once at the "execution" site, he is stretched out on the cross; large nails are pounded into his hands. He wrenches with pain as the nails pierce flesh. When the cross is swung upright, the pain becomes excruciating. According to *Panorama,* a Philippine magazine, such painful rituals are regularly featured during Holy Week celebrations in the Philippines.

What was just described is a modern-day interpretation of Jesus' sufferings. But this man is not just acting out a scene from a play. The nails, the blood, the pain—they are all very real.

Elsewhere, Roman Catholic devotees can be seen publicly flogging themselves in their desire to experience the sufferings of Christ. Why? Some do this in the belief that their sufferings will produce miracles, such as the healing of their sick loved ones. Others do it to atone for sins for which, they fear, there is no forgiveness unless their own blood is shed. The book *The Filipinos* explains: "Pain is a good cleanser of the mind and soul. . . . The sinner is supposed to emerge from the pain cleansed of sins and eased of burdens."

Self-inflicted pain, however, is by no means confined to the Catholics of the Philippines. People from various religions and in different lands believe that self-imposed sufferings hold some merit with God.

For instance, in his search for truth, the Buddha, Siddhārtha Gautama, left his wife and son and fled to the desert, where for six years he lived the life of an ascetic. He assumed awkward and painful positions for hours and later claimed to have lived for long spells on a grain of rice a day, growing so thin that he said: "The skin of my belly came to be cleaving to my back-bone." But no amount of self-inflicted torture was able to bring the enlightenment he sought.

Likewise, the Hindu fakirs of India underwent various penances that were sometimes severe in the extreme—lying between fires, staring at the sun until they went blind, standing on one leg or in other awkward postures for great lengths of time. The virtue of certain ascetics was thought to be so great that it could protect a city from enemy attack.



Similarly, the Bible speaks of the worshipers of Baal who cut themselves "according to their custom with daggers and with lances, until they caused blood to flow out upon them" in a vain attempt to get the attention of their god. —1 Kings 18:28.

"You Must Afflict Your Souls"

While it is true that Jehovah commanded his chosen nation: "you must afflict your souls," this is generally understood to mean fasting. (Leviticus 16:31) Such fasting was an expression of sorrow and repentance for sins or was done when under distressing conditions. Thus, fasting was not a self-inflicted form of punishment but represented a humbling of oneself before God.—Ezra 8:21.

There were some Jews, however, who mistakenly thought that the very discomfort involved in afflicting the soul had merit and that it put God under obligation to give them something in return. When no such reward was forthcoming, they presumptuously asked God about the payment they thought they deserved: "For what reason did we fast and you did not see, and did we afflict our soul and you would take no note?"—Isaiah 58:3.

But they were wrong. Proper religious fasting did not involve asceticism, afflicting the body with hunger as though bodily pain or discomfort in itself had any merit. Strong emotion could have diminished their hunger. If the mind is gripped by pressing problems, the body may not crave food. This indicates to God the intense feelings of the one fasting.

Is God Pleased With Self-Inflicted Pain?

Does the loving Creator derive any happiness from watching people torture themselves? While it is true that at times Christians may be forced to become "sharers in the sufferings of the Christ," this does not mean that they go looking for trouble or for a martyr's crown.—1 Peter 4:13.

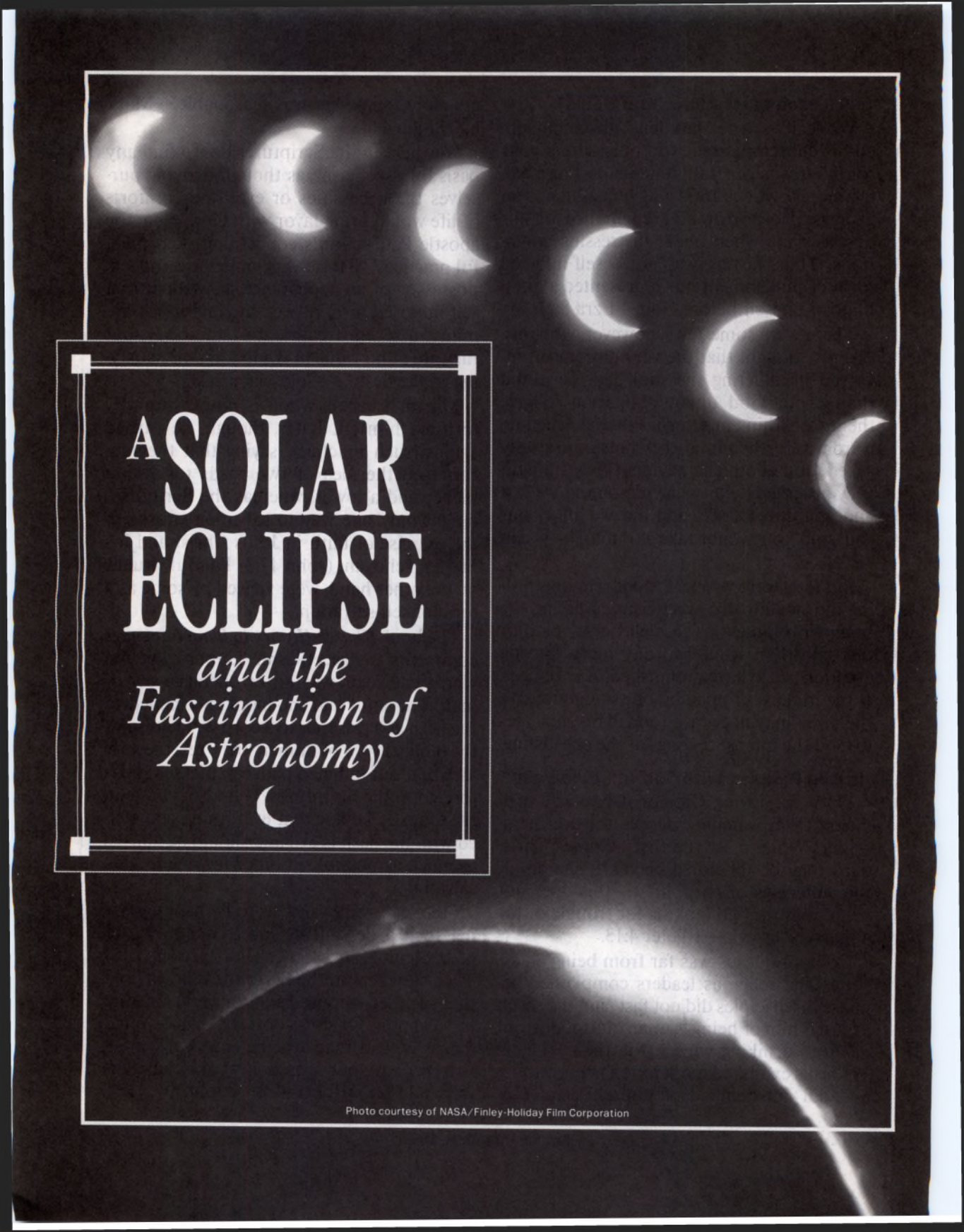
Certainly, Jesus was far from being an ascetic. The religious leaders complained because his disciples did not fast, and they even accused him of being "a man gluttonous and given to drinking wine." (Matthew 9:14; 11:19) Jesus exhibited moderation in everything and did not demand of himself or of others more than what was reasonable.—Mark 6:31; John 4:6.

Nowhere in the Scriptures do we find any basis for asceticism, as though denying ourselves the necessities or even the comforts of life would bring favor with God. Note the apostle Paul's words concerning such painful practices: "Those very things are, indeed, possessed of an appearance of wisdom in a self-imposed form of worship and mock humility, a severe treatment of the body; but they are of no value in combating the satisfying of the flesh."—Colossians 2:23.

Martin Luther, when a monk, literally tortured himself. Later, though, he turned against such practices, saying that they encouraged the idea of two roads to God, a higher and a lower, whereas the Scriptures taught only one way to salvation—through the exercise of faith in Jesus Christ and his Father, Jehovah. (John 17:3) Painful rituals, on the other hand, were viewed by some as a form of self-salvation.

The book *Church History in Plain Language* comments on asceticism: "Supporting the whole endeavor was an erroneous view of man. The soul, said the monk, is chained to the flesh as a prisoner to a corpse. That is not the biblical view of human life." Yes, the very idea that self-inflicted pain can please God is foreign to the Scriptures. It finds its basis in the Gnostic fallacy that everything connected with the flesh is evil and should be abused as much as possible in order for one to gain salvation.

Since Jehovah wants us to be happy, serving such a delightful God is not a matter of becoming an ascetic. (Ecclesiastes 7:16) Thus, nowhere in the Scriptures are we told that such self-imposed sufferings are the way to salvation. On the contrary, God's Word makes it clear that it is the blood of Christ, together with our faith in it, that cleanses us from all sins.—Romans 5:1; 1 John 1:7.


A SOLAR ECLIPSE
and the Fascination of Astronomy
Photo courtesy of NASA/Finley-Holiday Film Corporation

MAY 10, 1994, was a unique day for some people in North America. It was the occasion of the annular eclipse of the sun by the moon.* For a few brief hours, millions were made aware of the fascinating science of astronomy. But what exactly is an eclipse?



An eclipse occurs when there is a "partial or complete obscuring, relative to a designated observer, of one celestial body by another." (*The American Heritage Dictionary of the English Language*) A solar or a lunar eclipse can occur only when earth, sun, and moon are in a nearly straight line. Whether there is a solar or a lunar eclipse depends on which celestial body is obscured. At times the earth casts its shadow on the moon, causing a lunar eclipse. In May of last year, on the other hand, the moon cast its shadow on the earth, in a narrow band varying from 140 to 190 miles wide. As the moon gradually passed between the earth and the sun, it almost completely obscured the sun. The path of the shadow went across the Pacific Ocean and then North America from southwest to northeast. The moon seemed to cut slowly in front of the sun. In fact, the shadow traveled across the earth at some 2,000 miles per hour.

All kinds of methods were used to observe the eclipse without damaging the eyes. Some looked through a welder's eyepiece. Others used a strong filter. Yet others cast the image on paper through a pinhole. One photographer had someone hold up a colander, and as the light passed through the holes, it created multiple images of the eclipse on the ground. Similar effects were noted as the light passed through the leaves of trees. Another method was to pass the light through binoculars to get a double image on a dark surface.

As many as five solar eclipses and up to three lunar eclipses can take place in one year. "At least two solar eclipses of some kind must occur every year," says *The International Encyclopedia of Astronomy*. However, each one is visible from varying locations. Therefore anybody in the contiguous United States who missed the 1994 eclipse will have to wait until the year 2012 for another opportunity or travel to Peru, Brazil, or Siberia for an earlier eclipse.*

The Mystery of a Total Eclipse

The total solar eclipse, when the moon completely obscures the sun, caused fear and panic in past centuries. Why is that? *The International Encyclopedia of Astronomy* notes: "The mystery of a total eclipse is enhanced because the uninitiated have no warning of the impending spectacle as the Moon cannot be seen approaching the Sun." That spectacle includes these features: "The sky becomes darker, often with an eerie greenish tinge which is quite indescribable and quite unlike the darkening caused by clouds. . . . During the last few seconds of the partial phase light fails rapidly, it becomes noticeably cooler, birds settle down to roost, some flower petals close, and the wind tends to drop. . . . Darkness descends on the countryside."

In his book *The Story of Eclipses,* George Chambers reports on "one of the most celebrated eclipses of mediæval times . . . ,

* The word "eclipse" is from the Greek *e'klei-psis,* which derives from *e-klei'po,* which means "fail to appear."—*The Concise Oxford Dictionary.*

* There was a total eclipse of the sun November 3, 1994, that was visible across parts of South America.

visible as a total eclipse in Scotland," that took place August 2, 1133. William of Malmesbury wrote: "The Sun on that day at the 6th hour shrouded his glorious face, . . . in hideous darkness, agitating the hearts of men by an eclipse." The ancient *Anglo-Saxon Chronicle* said that "men were greatly wonder-stricken and affrighted."

Chambers also recorded the graphic account of an eclipse of the moon that occurred on September 2, 1830, reported by two travelers in Africa: "When the Moon became gradually obscured, fear overcame every one. As the eclipse increased they became more terrified. All ran in great distress to inform their sovereign of the circumstance, for there was not a single cloud to cause so deep a shadow, and they could not comprehend the nature or meaning of an eclipse."

In more recent times, the study of astronomy has allayed mankind's fears about a solar eclipse—we know that the sun will reappear.

How the Jesuits Used a Solar Eclipse

Back in 1629, Jesuit missionaries in China were able to gain favor with the emperor by means of a solar eclipse. How did they do it?

The Jesuits had noticed that "the Chinese lunar calendar was in error, as it had been for centuries. The Imperial Astronomers had repeatedly erred in predicting the eclipse of the sun . . . The great opportunity for the Jesuits came when an eclipse was expected on the morning of June 21, 1629. The Imperial Astronomers predicted that the eclipse would occur at 10:30 and would last for two hours. The Jesuits forecast that the eclipse would not come until 11:30 and would last only two minutes." What happened?

"On the crucial day, as 10:30 came and went the sun shone in full brilliance. The Imperial Astronomers were wrong, but were the Jesuits right? Then, just at 11:30, the eclipse began and lasted for a brief two minutes, as the Jesuits had predicted. Their place in the Emperor's confidence was now secure."—*The Discoverers,* by Daniel J. Boorstin.

Astronomy in the Bible

Astronomical information is even provided in the Bible. Several constellations are mentioned in the book of Job. Furthermore, Jehovah invited his servants to examine the heavens, not for the study of astrology or other false worship, but to appreciate the grandeur of his creations. Isaiah was inspired to write: "Raise your eyes high up and see. Who has created these things? It is the One who is bringing forth the army of them even by number, all of whom he calls even by name. Due to the abundance of dynamic energy, he also being vigorous in power, not one of them is missing."—Isaiah 40:26.

Job acknowledged the supremacy of the Creator when he said of him: "He is . . . making the Ash constellation [possibly Ursa Major, or Great Bear], the Kesil constellation [possibly Orion, or celestial hunter], and the Kimah constellation [possibly the Pleiades cluster in the Taurus, or Bull, constellation] and the interior rooms of the South [understood to mean the constellations of the Southern Hemisphere]."—Job 9:7-9.

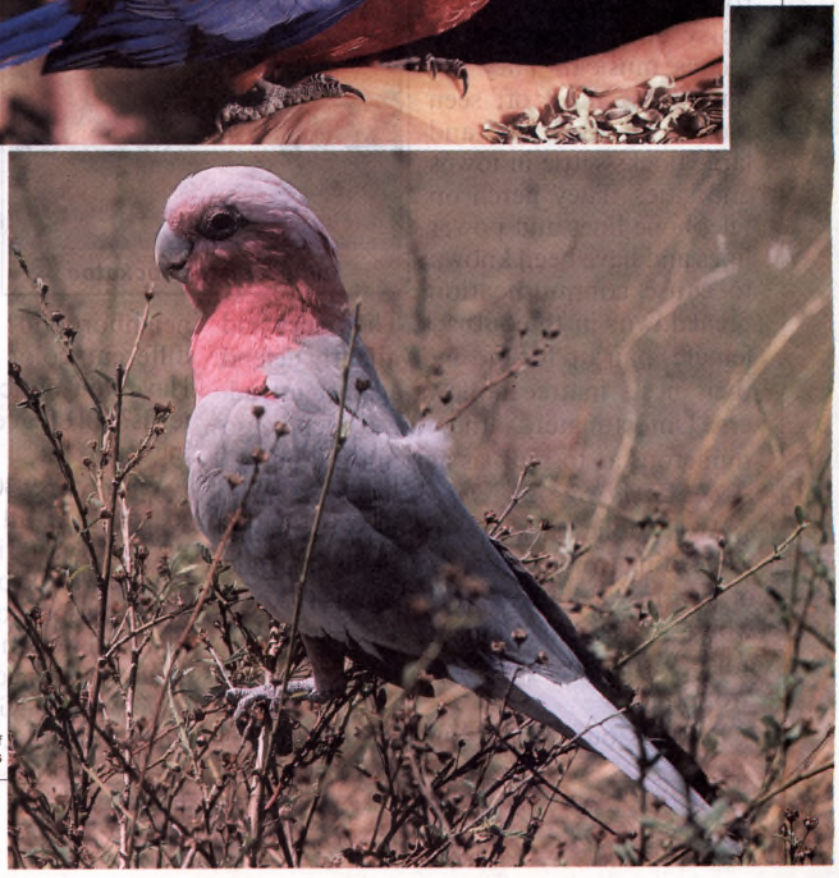
How fascinating the study of astronomy is going to be when Jehovah grants everlasting life to obedient mankind! Then the enigmas of the universe will be revealed progressively as we come to understand God's purposes in relation to the vast universe. Thus, we will be able to echo David's words with even more feeling: "When I see your heavens, the works of your fingers, the moon and the stars that you have prepared, what is mortal man that you keep him in mind, and the son of earthling man that you take care of him?" —Psalm 8:3, 4.

AUSTRALIA'S PERKY, PESKY PARROTS



A CASUAL visitor to Australia could be excused for thinking that a flock of exotic tropical birds had escaped from the local zoo or aviary. Creatures that in other countries would be found only in cages are flying around the garden. Especially is this true of the Australian parrot—and that means a varied family of multicolored, noisy birds.





Galah and (above) rosella

By courtesy of
Australian International Public Affairs

There are about 330 species of parrots, and they are found on all major landmasses except Antarctica, south of 20 degrees north latitude. Although not all species are found in Australia, there are enough in that land to make their presence known! The parrot family includes budgerigars (known by some as parakeets), cockatoos, and the nectar specialists, the lories. In Australia it sometimes seems that these colorful birds are everywhere.

That was certainly our impression on a visit to New South Wales. At times there were dozens of budgerigars feeding on the lawns, especially early morning and late afternoon. On busy streets, we saw the pink and gray galahs, also known as the roseate cockatoo. Their noisy chirping is by no means musical. They are one of the most oft seen parrots in Australia, and large flocks settle in towns and cities. They perch on telephone lines and power lines and have been known to cause communication breakdowns in the outback. The males and females pair up for life and valiantly defend their nests in tree hollows against intruders. Unfortunately, "they have become so numerous as to rank as agricultural pests." —*The Cambridge Encyclopedia of Ornithology.*



Sulfur-crested cockatoo

At a public park, we had crimson rosellas feeding from our hands. Totally unafraid of swarms of tourists, they obviously knew where to get a handout. It was like a paradise setting to have such tame birds all around us.

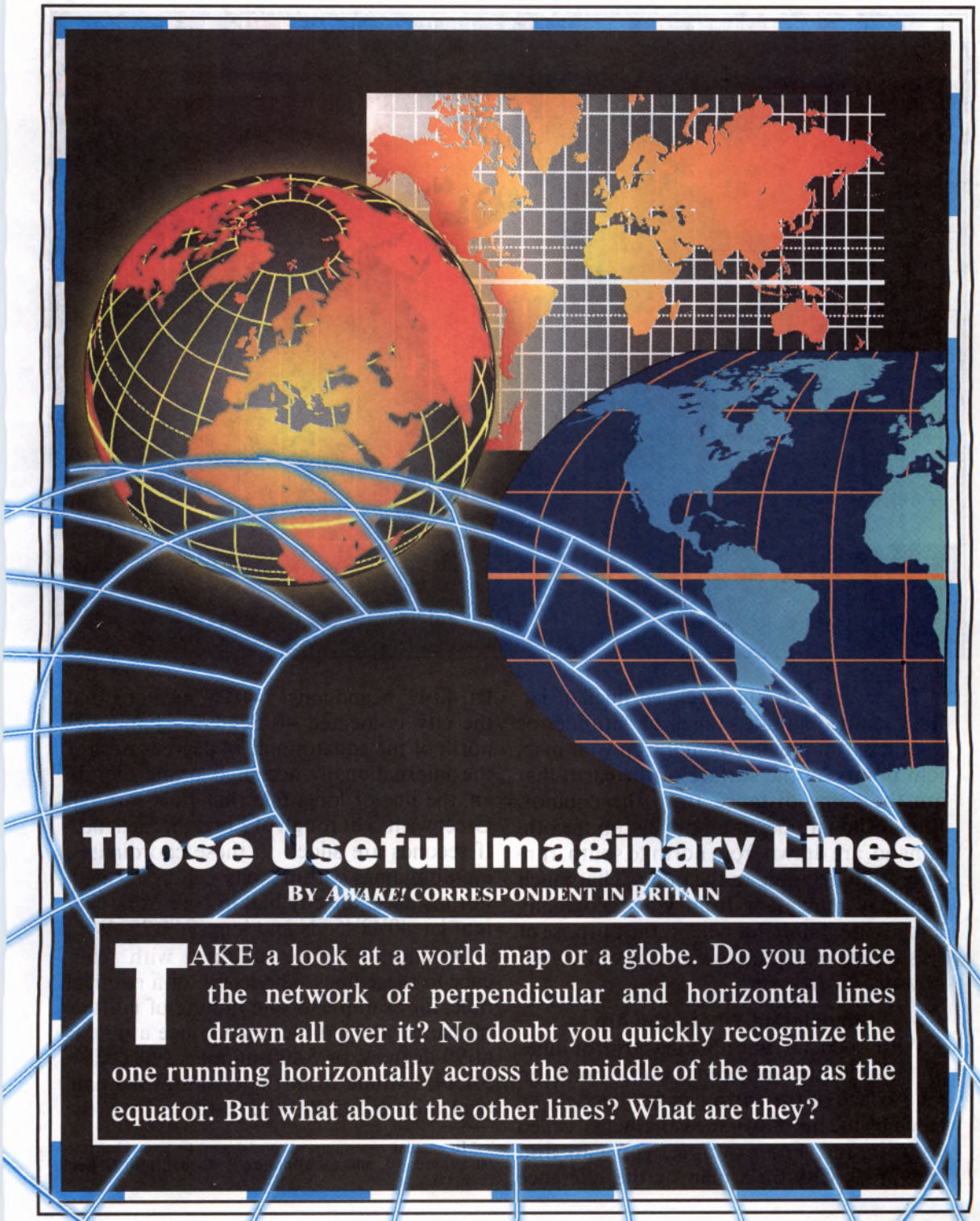
Perhaps our biggest surprise was to see large sulfur crested cockatoos swooping over us. Their distinctive yellow crest justifies their name. *The Illustrated Encyclopedia of Birds* explains: "While the flock is feeding on the ground, a few birds stand sentinel in nearby trees and warn of danger with loud, raucous cries." You soon know when you have a cockatoo in the neighborhood!

What makes parrots so distinctive? For centuries man has appreciated them for their ability to mimic the human voice. But do they also mimic other birds? The above-quoted Cambridge encyclopedia states: "Although flocks of wild parrots are noisy, they are not known to mimic other species and so it is not clear why parrots have the ability to 'talk.'" When it comes to bird mimics, the North American mockingbird is still the champion.

Birds are found nearly everywhere throughout the world—but do you notice them? Do you observe them? Do you know the birds that frequent your neighborhood? Can you distinguish their different color designs, calls, and songs? Have you noticed their varying flight patterns? All of it certainly makes for a fascinating study.

With over 9,300 bird species to study, not to speak of all the other marvels around us, who can rightly claim that everlasting life will be boring? So much to learn, so many reasons for praising the Creator! How thankful we can be that God saw good to include the "winged flying creature" in his creative works.—Genesis 1:20-23; Job 39:26, 27; Revelation 4:11.

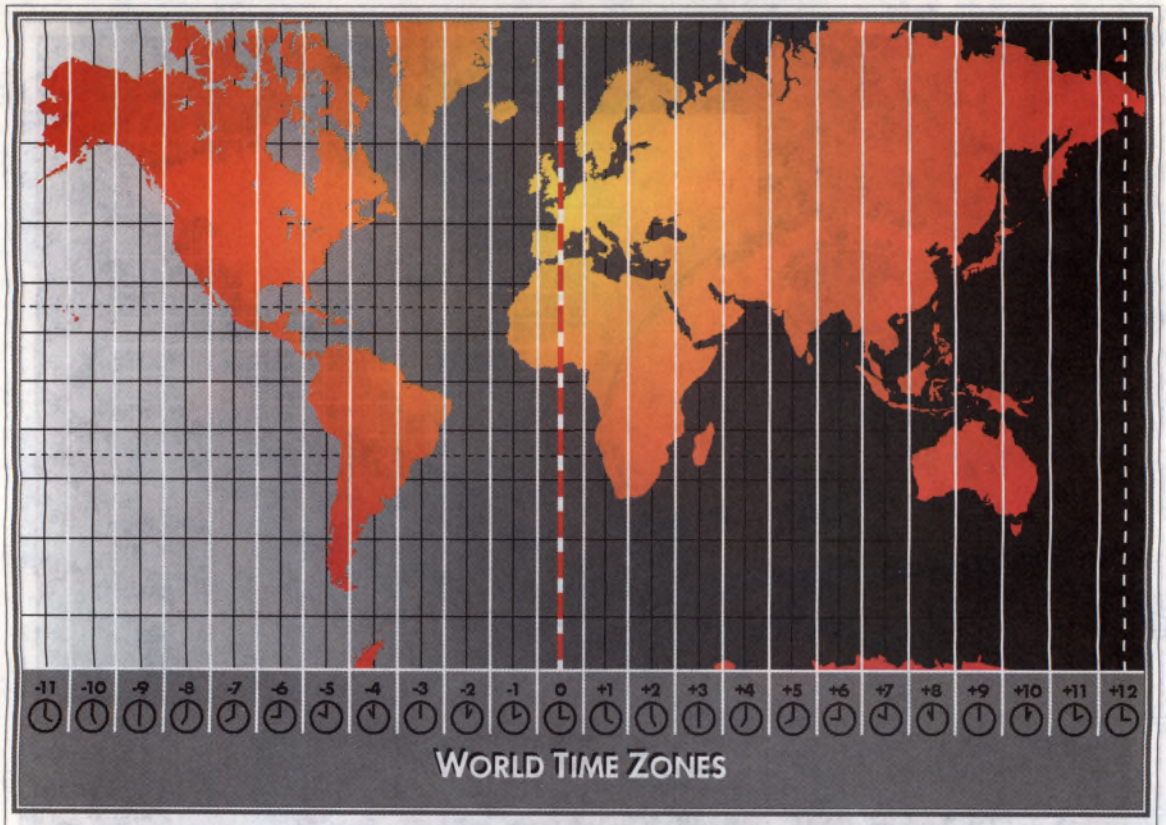
By courtesy of Australian International Public Affairs



Those Useful Imaginary Lines

BY *AWAKE!* CORRESPONDENT IN BRITAIN

TAKE a look at a world map or a globe. Do you notice the network of perpendicular and horizontal lines drawn all over it? No doubt you quickly recognize the one running horizontally across the middle of the map as the equator. But what about the other lines? What are they?



WORLD TIME ZONES

These lines are the so-called lines of latitude and longitude. Lines of latitude, or parallels, running horizontally on your map, join points on the surface of the earth that are the same distance from the equator. Lines of longitude, or meridians, on the other hand, are drawn from north to south, running from one pole to the other. That much you may remember from your geography lessons in school. But what is the purpose of this system of lines? How does it work? And how did it originate?

Pinpointing Where You Are

With such an interlocking grid of lines of latitude and longitude, every point on the surface of the earth can be precisely located by means of two measurements, called coordinates. For example, you can find New York City on a map by the reference lat. 40°42' N and long. 74°0' W, meaning that the city is located 40 degrees 42 minutes north of the equator and 74 degrees west of the internationally accepted prime meridian, the line of longitude that runs through Greenwich, a borough of London, England.* If seconds are added to these coordinates, even buildings within a city can be located. For instance, the city hall in New York City is at lat. 40°42'45" N and long. 74°0'23" W.

Distances also are reckoned with reference to these lines. The length of a nautical mile, for example, is one minute of latitude measured along a meridian. Since a pole is at 90 degrees, or 5,400 minutes (90 x 60 = 5,400), latitude from the equator, one nautical mile is 1/5,400 the distance from the

* In angular measurement, one degree (°) is divided into 60 minutes (′), and each minute is divided into 60 seconds (″).

pole to the equator. Thus, the average nautical mile is 6,080 feet.

The ability to pinpoint any location accurately is certainly a tremendous boon, especially for navigators. For such a system to work, though, it must have certain reference points. The equator is a logical choice as the baseline from which measurements of latitude are made. But why was Greenwich chosen as the location of the prime meridian, the reference point for east-west longitudinal measurements? In fact, how did this whole idea of these imaginary lines imposed by man on his maps come about?

Lines With a History

As early as the second century B.C.E., the Greek astronomer Hipparchus used the concept of the imaginary lines to locate places on the surface of the earth. He chose a line through the Greek island of Rhodes as the reference from which to calculate positions to the east and to the west. The Greek astronomer Claudius Ptolemy of the second century C.E. is generally credited as the first one to come up with a system similar to the one that is in use today. His latitude lines were traced parallel to the equator. For longitude his starting point was a line through the western extremity of the world of his day, the Fortunate Isles, as the Canary Islands were then called.

It was not until 1884 that worldwide agreement was reached on the choice of a prime longitude line from which to measure positions to the east and to the west. In that year the International Meridian Conference at Washington, D.C., brought together 41 delegates from 25 countries. For the necessary astronomical observations to be made at the prime meridian, the delegates favored a line passing through a well-equipped observatory. By an overwhelming majority, they selected the line passing through Greenwich, England.

Travel and Time Zones

The choice of Greenwich as the location of the prime meridian was no accident. Since the 18th century, sea captains embarking from the busy port of London had been noting that as they sailed westward across the Atlantic, the sun reached its zenith later each day. They knew that because the earth rotates through 360 degrees every 24 hours, a time difference of one hour represented 15 degrees of longitude from Greenwich. Thus, using chronometers set by the master clock at the Greenwich observatory, they could fix their position on open sea simply by noting the difference between Greenwich time and their local time. For example, if they were at a spot where the sun reached its zenith (12:00 noon local time) at 3:30 p.m. Greenwich time, then by a simple calculation, they could fix their position as 52.5 degrees (15 x 3.5) west of Greenwich, that is, off the east coast of Newfoundland, provided they had stayed on the same latitude.

Staying on the same latitude, or parallel sailing, was a simple task. For centuries sailors in the Northern Hemisphere observed that the polestar, or Polaris, appeared virtually stationary when compared with the nightly movement of most other stars. They began to estimate how far north and south they were by measuring the height of that star above the horizon. Out on the open sea, they knew they were sailing due east or west as long as that star kept the same height.

The choice of Greenwich as a reference had other benefits for England. With the advent of railway travel there, a system of standardizing time within the country was needed. Too bad for the traveler who on arriving at Exeter railway station to catch the 11:33 found that it had departed some 14 minutes earlier! The problem? He used Exeter time; the rail system used London time. Acceptance of Greenwich Mean Time

GREENWICH MEAN TIME

In 1675, King Charles II of England commissioned that "a small observatory" be constructed in what is now the London borough of Greenwich "in order to the finding out of the longitude of places for perfecting navigation and astronomy." Two newly invented timepieces, with pendulums 13 feet long, were installed to make accurate calculations of the earth's rotation.





Above: Greenwich Royal Observatory. Right: Prime meridian line on cobbled courtyard

Scientists at the Royal Observatory soon discovered that the rotation of the earth is not isochronal, or at a constant speed. This is because the earth's orbit around the sun is not a perfect circle and the earth's axis is tilted. Thus, the solar day—the interval from noon to noon—varies in length throughout the year. With the Greenwich clocks in motion, calculations were possible that established a mean, or average, length for the day.

Noon Greenwich Mean Time is the moment when the sun reaches its zenith over any point on the Greenwich longitude line, or meridian (Latin, *meridianus*, of midday). Based on this Latin word, time before noon became known as ante meridiem (a.m.), or before midday; time after noon came to be post meridiem (p.m.).

throughout the land put an end to those difficulties.

Even greater problems existed in the United States. Different railroads kept to different times. This situation led to a General Time Convention of the railroads, held in 1883. Four time zones, each spanning some 15 degrees of longitude, or one hour in time, and covering the continental United States, were adopted. All the towns within a zone were to keep the same time.

Eventually this zoning arrangement won worldwide acceptance. The world was divided into 24 time zones. The center of the system was Zone 0, extending 7 1/2 degrees each side of the Greenwich meridian. As someone traveled east, he would set his watch one hour later as he moved through each zone. To the west he would set his watch one hour earlier.

Halfway around the world from Greenwich, an interesting situation arises. Here, at the 180-degree meridian, there is a 24-hour difference in time from one side of the line to the other. Consequently, the 180-degree meridian, with minor variations to accommodate national boundaries, became the international date line. In crossing this line in a westerly direction, a traveler loses one day. Conversely, going eastward across the line, the traveler gains one day.

Still Indispensable

The days of chronometers checked at Greenwich and taken out to sea for calculating longitude have passed. Modern technology has replaced all of that. Radio beacons, radar, and international telecommunications provide more accurate information. Yet, pinpointing your location on a chart or map still depends on those imaginary lines of latitude and longitude. We can be grateful for those very useful imaginary lines.

FASHION
ANCIENT GREEK STYLE

BY *AWAKE!* CORRESPONDENT IN GREECE

WHY did the Christian writers Paul and Peter need to give specific advice about female dress in the first century? For example, Paul wrote: "I desire the women to adorn themselves in well-arranged dress, with modesty and soundness of mind, not with styles of hair braiding and gold or pearls or very expensive garb." (1 Timothy 2:9) Similarly, Peter found it necessary to speak about "the external braiding of the hair," "the putting on of gold ornaments," and "the wearing of outer garments."—1 Peter 3:3.

They were writing to Christians living under the influence of the Hellenistic culture, which derived directly from ancient classical Greek civilization. Was there such a thing as fashion in ancient Greece? When many think of a typical ancient Greek, they may likely imagine him or her wearing the ubiquitous *khi·ton',* or tunic—the gownlike garment—regardless of the time period being considered or the wearer's sex or place of origin.* Is that image right? No!

How the Inner Garment Was Made and Worn

A close inspection of statues, ceramic paintings, and classical writings reveals that ancient Greek dress was more than just a matter of long white robes. Styles, fabrics, colors, and patterns, as well as accessories, were varied and diverse. Women especially employed a great variety of ingenious devices to enhance their appearance.

Readers of the ancient Greek poet Homer's epic poem the *Odyssey,* which described the ten years' wanderings of the mythical hero Odysseus, may recall that while waiting for his return home, Penelope, the hero's wife, continued to weave and unweave the same piece of cloth during all those years. Homer makes a few more references to clothing, implying that the production of cloth was one of a woman's major domestic responsibilities from earliest times.

After cloth had been woven, it was cut to make the *khi·ton'*—a linen, and later sometimes woolen, shirtlike article of apparel—which formed the basis of both men's and women's clothing. In Archaic times (about 630 to 480 B.C.E.), the woman's *khi·ton'* (then called the *e·sthes'*) consisted of a plain piece of cloth about the height of the woman and measuring twice the span of her arms. (Compare John 19:23; Acts 10:30, *The Kingdom Interlinear.*) The *khi·ton'* was fastened with brooches, which originally were made from the leg bones of small animals and later from metal. It was open at both sides, held together by a girdle at the waist

* The *khi·ton'* is mentioned 11 times in the Christian Greek Scriptures and is translated "inner garment" and "undergarment" in the *New World Translation of the Christian Greek Scriptures.* See W. E. Vine's *Expository Dictionary of New Testament Words,* Volume 1, page 198, under "Clothing."

and thus had the appearance of two separate garments.

Later, in the early sixth century B.C.E., the Ionian *khi·ton'* appeared more like a dress than a tunic, being sewn up at the sides and not folded over the top, and consequently, it was more economical in its use of material. Far from being uniformly white, the fabric was sometimes striped with long narrow bands of different colors, or fringes were added. Saffron and red were among the favorite colors used. In the Hellenistic period, Asian influence brought new brilliant colors, such as pink, blue, violet, and yellow. Other materials, decorated with gold thread or embroidered with flowers, were initially reserved for statues of the gods or for actors portraying them.

What Else Would an Athenian Lady Wear?

No self-respecting Athenian lady would leave her house without putting on her *hi·ma'ti·on,* or mantle. This rectangular piece of cloth could be worn in various ways —thrown over the shoulders like a shawl, draped over the right shoulder and under the left arm, or pulled up over the head as protection from the sun. Mantles came in varying sizes too, larger ones for cold weather being more like a cloak. The *hi·ma'ti·on* often had decorative borders, and the folding and hanging of it in such a way that the folds appeared like pleats must have required great skill.

The *ky'pas·sis,* a kind of short jacket that buttoned at the front, was sometimes worn instead of the *hi·ma'ti·on.* No hats, as we know them today, were worn by women, though on a particularly hot day, a *ski·a'dei·on,* or sunshade, might be carried. Wealthy Greek ladies often wore a *pe'plos,* or woolen garment. The Greek Scriptures also contain a reference to a "headdress" (Greek, *pe·ri·bo'lai·on*) in Paul's writings.—1 Corinthians 11:15.



Acropolis, Athens, Greece

Indoors, shoes were not normally worn by the ancient Greeks, and sometimes not outdoors either. According to the poet Hesiod, country folk wore ox-hide sandals lined with felt. Short women sometimes wore shoes with cork platform soles in order to appear taller.

The Putting On of Gold Ornaments

Ornaments made of sheets of gold decorated with relief representations, chiefly of animals and plants, were very common. Other popular ornaments were the scarab and the scaraboid, regularly set in swivel rings. Bracelets—sometimes called *o'phis* (serpent) or *dra'kon* (dragon)—were favorite pieces of jewelry.

Excavations have brought to light diadems, medallions, necklaces, pendants, rings, and other ornaments. Such articles for personal decoration were usually made from gold, iron, and copper and less frequently from silver, whereas beads were of glass or semiprecious stones.

Earrings were also popular. Sometimes they were external insignia of dignity, marks of power, or a showy display of material prosperity. Girls normally had their ears pierced at an early age.

Styles of Hair Braiding

Hairstyles were many and varied in ancient Greece. One of the most popular had

Left: The Parthenon, a temple dedicated to the goddess Athena



Above: Gold medallion with bust of Artemis
Right: A girl dressed in a "hi·ma′ti·on"
Below right: Gold diadem









Far left: A goddess clad in a "khi·ton′" and a "hi·ma′ti·on"
Left: Gold bracelets terminating in snakes' heads

Upper right: Acropolis Museum, Greece

All other photos: National Archaeological Museum, Athens

Ornaments and Religion

Very often the representations found on ancient Greek ornaments are of a religious nature. Some were medallions depicting various gods and goddesses, such as Artemis, and demigods, such as Hercules. Very common gifts devoted to shrines throughout Greece were ornaments with religious ritualistic scenes. Reflecting the pagan belief that the human soul survives the death of the body, many decorative ornaments were placed in the burial places along with the dead person.

a center parting with the hair tied back with a colored ribbon. Some women wore their hair gathered into a coiled bun on the top of their head. Others wore a short, straight fringe of hair across the forehead. Sometimes ribbons were tied around the forehead and decorated with a small metal button in front. Iron curling tongs were used to create artificial curls. It is also evident that in classical Athens many women dyed their hair. The rhetorician Lucian criticized the frivolity of women who used "machines" to make curls and who squandered their husbands' fortunes on Arabian hair dyes.

The popular hair styles worn by rich ancient Greek women were extremely elaborate and very time-consuming. Such hair styles required many long hours of preparation by a beautician and much expense, and they were very showy, drawing attention to the wearer.

Women Who Adorn Themselves

The use of makeup was another Eastern habit brought to Greece by tradesmen and travelers. In the fifth century B.C.E., Athenian women used lead to whiten their faces. Lips were reddened, and rouge, made either from seaweed or from the roots of plants, was used. Eyebrows were emphasized with soot, and eyelids were darkened with kohl (such as powdered antimony sulfide), while mascara was made from the dung of cows or from a mixture of egg white and gum.

Archaeological research in ancient Greek palaces, cemeteries, and settlements has brought to light a multitude of objects related to the beautification of women. The wide variety of instruments and utensils includes mirrors, combs, hook-shaped pins, elegant small knives, hairpins, razors, and miniature vases for perfumes, creams, and pigments.

The True Beauty

Generally speaking, despite the gibes of the ancient Greek satirists, stylishness was a much admired quality in a woman and one to which the ancient Greek lady devoted a great deal of time, effort, care, and attention.

For the Christian woman, this could easily have overshadowed the emphasis that should have been given to spiritual qualities. That is why the apostle Peter rightly emphasizes that the most beautiful and important clothing a woman can wear is "the secret person of the heart in the incorruptible apparel of the quiet and mild spirit, which is of great value in the eyes of God." (1 Peter 3:3, 4) Any woman who wears that style of personal inner adornment, along with clean, modest attire, will always be beautifully dressed, in a flawless and timeless fashion. Paul wrote to Timothy: "I desire the women to adorn themselves in well-arranged dress, with modesty and soundness of mind, not with styles of hair braiding and gold or pearls or very expensive garb, but in the way that befits women professing to reverence God, namely, through good works."—1 Timothy 2:9, 10.

Young People Ask...



Abortion—Is It the Answer?

"When my pregnancy-test results came out positive," recalls Judy, "my boyfriend immediately demanded that I get an abortion. He even gave me the money for it." Judy was 17 years old.*

WHEN 15-year-old Marta discovered that she was pregnant, she spoke with a counselor at the abortion clinic. "She explained it all to me," says Marta. "She told me that I could have an abortion, or she'd help me find an adoption agency or a maternity home, if that was what I wanted."

More than a million adolescent girls become pregnant each year in the United States alone. Included among them are a number of youths who, in spite of Christian training, have disobeyed God's command to "abstain from fornication," or premarital sex. (1 Thessalonians 4:3) This immorality results in much needless suffering. Many of these youths, though, come to regret their course of conduct and want to straighten out their lives. But faced with the frightening prospect of having a baby out of wedlock, some may wonder if an abortion might be an easy solution to their problems. After all, each year nearly half-a-million pregnant girls in the United States opt for abortion. Could this really be the best answer to an unwanted pregnancy?

Why Some Have Abortions

Understandably, some powerful, even conflicting, emotions may come into play. A young woman is bound to have some natural feelings for the child growing within her, but she may also have legitimate fears and anxieties.

Eighteen-year-old Vicky, for example, "wanted to go to college, maybe even get a master's degree." In her mind, having a baby would interfere with her plans. (*'Teen* magazine, March 1992) Marta likewise concluded: "If you're a mother, you stay home with your child and you're done with school. I wasn't ready for that." According to one study, 87 percent of teenagers who have abortions fear that having a baby would dramatically change their lives in a way they are not prepared to accept.

The fear of financial difficulties and the concern that one may not be capable of handling the responsibilities of single parenthood are also common reasons many choose abortion. Vicky put it this way: "I came from a family where my parents divorced, and my mother raised her three children by herself. I watched her struggle . . . I

* Some of the names have been changed.

could just see myself ending up a single parent like my mother."

Pressure from others, particularly a boyfriend, can also push one toward terminating a pregnancy. Judy's boyfriend gave her the ultimatum: "If you don't get an abortion, I don't want to see you ever again." For Nancy pressure to have an abortion came from her mother as well as other relatives.

The popular view that abortion doesn't really involve killing an infant also exerts a potent influence. Vicky says: "I wouldn't let myself think of it as a baby. . . . I read that through the fifth week of pregnancy, the fetus is smaller than your pinkie fingernail. I latched onto that idea like you wouldn't believe. I told myself that if it was only the size of a pinkie nail, it wasn't really a baby. I tried to make it not real in my mind so that I could go through with the abortion."

Some also claim that, at least in technically advanced nations, abortion is safe—supposedly safer than childbearing for a pregnant adolescent. All things considered, then, abortion may seem desirable. Nevertheless, the facts show that many who choose abortion have regrets later. Says one woman: "I had an abortion at the age of 20. Now I'm 34, and it's hard for me to deal with what I did. I wanted my baby, but my boyfriend didn't. I'm still experiencing emotional trauma; the pain is with you for the rest of your life."

Emotional Scars

Rather than being the easy way out, abortion can compound one's difficulties. At the very least, it goes against the grain of our inward sense of right and wrong—the conscience that God implanted in humankind. (Romans 2:15) Furthermore, abortion requires a young woman to shut the door of her tender compassions upon the tiny life developing within her. (Compare 1 John 3:17.) How demoralizing!

Marta says: "It wasn't until a couple of weeks had gone by [after the abortion] that I began to feel guilty and kind of ashamed of what I'd done." Things got even tougher when February rolled around—the month in which the baby would have been born. Eliasa reflects: "Fifteen years ago I had an abortion. Following that, I suffered serious depression and had to be treated in a clinic a number of times. I even wanted to commit suicide."

True, not all young women react in this way. Many sincerely believe that a fetus is not a human life. But what does the Creator —"the source of life"—say in this regard? (Psalm 36:9) The Bible makes it clear that to Jehovah God the unborn child developing inside the womb is far more than mere fetal tissue. He inspired King David to write: "Your eyes saw even the embryo of me, and in your book all its parts were down in writing." (Psalm 139:16) The Creator thus views even an embryo as a distinct person, a living human. For this reason, he stated that

Boyfriends often try to pressure girls into having an abortion



a person would be called to account for injuring an unborn child. (Exodus 21:22, 23) Yes, as far as God is concerned, killing an unborn child is the taking of a human life. A girl who wants to please God, therefore, cannot consider abortion to be an acceptable option—regardless of pressure placed upon her.*

Getting Support

Judy, mentioned at the outset, chose not to abort her baby. She says: "My older sister found out, and right from the start, she was supportive, particularly emotionally. She even said she would continue to support me after I had the baby. That's all I needed to hear to do what I felt was right deep down in my heart. I went ahead and had the baby." That was nine years ago. Looking at her eight-year-old son, Judy says: "Going through with the abortion would have been the biggest mistake of my life."

A young woman named Natisa similarly relates: "Five years ago I was sitting in an abortion clinic, waiting my turn. Instead of taking my turn, I thought twice and walked out of the clinic. I now have a wonderful four-year-old son, another baby on the way, and am married to a loving father."

Anyone faced with a pregnancy out of wedlock should not make a rash decision. As bad as things might look, it is not the end of the world. But such ones certainly do need support and mature guidance. Giving one's heart to one's parents is a good start, especially if they are Christians. (Proverbs 23:26) True, they will no doubt be hurt and angry at first. In the long run, though, they will likely be moved to help out. They may, for example, arrange for prenatal care. They can also help in taking advantage of any government programs available to those who may qualify. Most important, they can encourage the erring one to receive needed spiritual help from the congregation elders. —James 5:14, 15.

Some unwed mothers have chosen to give up their babies for adoption, feeling that they couldn't give the best to the baby. While adoption is certainly better than ending the child's life, God does hold a parent responsible to 'provide for his or her own.' (1 Timothy 5:8) A single parent may not be able to give her child the best materially, but she can give something far more important —love. (Proverbs 15:17) So under most circumstances, it would be better for an unwed mother to raise the child herself.

What about the task of raising an infant —and the drastic changes in life-style that will no doubt have to be made? All of this may seem overwhelming. Nevertheless, the Bible provides practical counsel that can help people deal with these challenges. Repentant unwed mothers can also benefit from spiritual help based solidly on God's Word. Yes, with loving support and proper guidance, these can make the most of the situation.* Abortion is simply *not* the answer!

* Anyone who erred in the past and aborted an unborn life need not conclude that all is lost. Such ones can be confident that Jehovah supports repentant wrongdoers and 'forgives in a large way.' (Isaiah 55:7) While the emotional scars may linger, the psalmist assures: "As far off as the sunrise is from the sunset, so far off from us he has put our transgressions."—Psalm 103:12.

* See *The Watchtower* of September 15, 1980, "Single Parents Coping in Today's World." Also, see "Young People Ask . . . How Can Unwed Mothers Make the Most of Their Situation?" in the October 8, 1994, issue of *Awake!*

IN OUR NEXT ISSUE

Deciphering Human Genetics

Captain James Cook —Intrepid Explorer of the Pacific

Seminars to Improve Relations Between Doctors and Jehovah's Witnesses

WATCHING THE WORLD

No Female Priests

Although a Gallup poll revealed that over two thirds of the Catholic Church members interviewed thought that women should be allowed to become priests, Pope John Paul II has firmly told Catholics to abandon that idea. In a letter to bishops, the pope stated: "I declare that the church has no authority whatsoever to confer priestly ordination on women and that this judgment is to be definitively held by all the church's faithful." The papal letter entitled "On Reserving Priestly Ordination to Men Alone" was accompanied by an official statement that added: "Since it does not belong to matters freely open to dispute, it always requires the full and unconditional assent of the faithful, and to teach the contrary is equivalent to leading consciences into error." Two months earlier, 32 women were ordained as priests in the Church of England, the first women priests in the history of that church. Thereupon, some 700 members of the Anglican clergy declared their intention to convert to Roman Catholicism, though only 35 resigned. Some Vatican officials believe that the pope's letter is partly intended to tell the dissenting Anglican priests that they would be welcome in the Roman Catholic Church.

"Death in a Drawer"

"In the big cities, the temptation to have a weapon in the house is increasing," says *Veja* under the headline "Death in a Drawer." But a Brazilian sharpshooter claims: "No one is exempt from accidents with firearms, and the only way to avoid them is not to buy a gun." Since criminals may be more familiar with guns and use the element of surprise, "the chances of a happy ending for him who intends to defend himself in a confrontation are very small." A police officer notes: "When unarmed, an individual will try to win a confrontation with intelligence and not with aggressiveness."

Animals Dwindling

Zimbabwe once boasted the largest number of black rhino in the world. But the number has dropped from about 3,000 in 1980 to approximately 300 now, reports the Johannesburg newspaper *The Star*. Poachers continue to hunt the animals



for their precious horns. In recent years the government introduced tough legislation that gave parks department officials the authority to kill poachers. The problem is that the government is not able to supply enough funds to the Department of National Parks and Wildlife to patrol the rhino areas effectively. *The Star* reports that because of poaching, "Zimbabwe's elephant population [has decreased] from 80 000 to around 60 000 in the past decade."

AIDS Spread by Truckers

In India truck drivers are considered a high-risk group for contracting the AIDS virus (HIV). Spending long periods away from their families, thousands of drivers frequent the brothels of Bombay, where estimates indicate that from 50 to 60 percent of the 80,000 prostitutes who work there may be HIV positive. From Bombay the truckers cover the entire country. Some villages near the highways provide rows of huts where village girls earn money by having sex with truck drivers. These same areas are also frequented by wealthy young men from nearby cities, and as stated in *The Times of India*, this "establishes an intricate and unmappable chain for the virus." Compounding the problem, many truck drivers superstitiously believe that sex is essential to keep their bodies cool when driving for long hours in high temperatures.

What Peace Dividends?

"What has happened to the anticipated 'peace dividends'?" asked the French magazine *Valeurs Actuelles*. With the easing of Cold War tensions and the corresponding reductions in the military budgets of many governments, hopes were raised that at least part of the enormous financial resources formerly spent on armaments would be rechanneled into humanitarian programs to help fight poverty and disease. Referring to the latest UN *Human*

Development Report, the magazine notes that the cuts in military spending over the last seven years represent a cumulative "savings" of some 935 billion dollars, yet there has been no accompanying increase in spending for humanitarian programs. The report also observed that many countries still continue to spend from three to four times more on armaments than on their education and health programs combined.

Interest in Religion Waning

The Japanese are becoming increasingly apathetic toward religion, declares a survey conducted by the newspaper *Yomiuri Shimbun.* According to its "Survey of National Awareness on Religion," taken every five years since 1979, the ratio of those who believe in a particular religion has recently hit a record low of 1 in 4. Why the waning interest in religion? Amazingly, 47 percent of those polled complained that religions are "too zealous about making money." Others accused religions of "aggressive preaching," "too much involvement in politics," and "not having religious leaders who are worthy of respect." However, "44 percent thought God or Buddha 'exists.'"

Blessings for Sale

Facing an acute shortage of funds, many priests of the Russian Orthodox Church have turned to selling blessings, although not all priests agree with the openness of this business. *The Moscow Times* quotes one Russian Orthodox priest as saying: "Many churches are in great need of money for renovation." So priests charge for blessing stores, apartments, bars, and casinos. Cars also come in line for a blessing. Depending on the make of the car, a priest, working near a used-car market, charges from 30,000 to 50,000 rubles ($15 to $25) for blessings, which include prayers, incense, and the sprinkling of "holy water."

Handling Hostile Drivers

A driver speeds past and aggressively cuts in front of you, or he flashes his lights for you to get out of his way and makes obnoxious gestures as he passes. If you react the wrong way, say the experts, it could cost you your life. They recommend



the following, according to the South African Edition of *Reader's Digest:* Adopt a calm, noncompetitive attitude. Focus on your own driving, and avoid eye contact with the other driver. Check your mirrors every three to ten seconds. Recognize the hazard before it arrives, and make room for it. Slow down to allow a driver to cut in front of you, or put on your indicator and move into an open lane. "The way you react to the next hostile driver," concludes the article, "may be the key to your safety, and even to your survival."

The World Cup and God

"In the struggle to win [Brazil's] fourth [soccer] World Cup, all kinds of religious manifestation are valid," reports *Jornal da Tarde.* "Rituals are observed before, during, and after the games." Claimed Brazil's Bebeto: "I am sure that [God] will be Brazilian in this World Cup." After the match, noting that the players attributed the victory to God, cardinal Dom Lucas Moreira Neves wrote: "To many, the conquest of the World Cup may have personal, family, or social value . . . : resurrection of self-esteem and self-confidence; consolation amid many pains; and even *catharsis* [purification] for a desolated country." Interestingly, though, soccer star Mauro Silva stated: "Different from some players of Brazil's team, I do not believe that God helped us to win the World Championship. God is not partial, and he is even less concerned with soccer."

Obstacle Course for Short People

Individuals in Germany who are no taller than 5 feet are eligible for membership in the Association of Short People, reports the *Süddeutsche Zeitung.* Sabine Popp, one such member, dislikes being called a midget or a Lilliputian. "We are real people, not fairy-tale figures," she says. Everyday life can become an obstacle course for people of short stature, since objects such as elevator buttons, light switches, ticket machines, and door handles are often placed so high that they are out of reach. Furthermore, the problems that short people face are not simply physical. Harald Berndt, chairman of the association, laments that society in general does not recognize their abilities. "Short people can perform good work despite their size," he explains.

FROM OUR READERS

Bad Manners For as long as I could remember, I had shown bad manners. There were even times when I felt proud of failing to voice expressions of courtesy and consideration, such as "Thank you," "Please forgive me," and "I'm sorry." Then I read the article "The Decay of Manners" and the portions of the Bible quoted therein. (July 22, 1994) I learned that God is always mannerly when dealing with those below him, often adding "please" to his requests. I was very surprised to see this in the Bible. It has motivated me to try to imitate God. A million thanks go to you.

M. E. J., Nigeria

I really appreciated the article. Closely related to manners is respect for others' rights and property. Sometimes when you invite friends over, their children feel they have free rein to do as they wish—going into different rooms, rummaging through drawers and refrigerators, and so forth.

G. W., United States

Every sentence in the article was important. It was just what I needed for instructing my two teenage boys. I learned that there were many details about manners that I have not taught my children. Now I know these lovely details and how to apply them.

P. H., United States

Moscow's Subways Recently I read "Moscow's Dazzling Underground Palaces." (June 22, 1994) I have always wanted to travel abroad, and I find that reading such articles puts me right there.

J. H., New Zealand

I visited Moscow while attending a recent convention of Jehovah's Witnesses. I spent a lot of time riding the Metro. I didn't realize then that I was seeing one of the most beautiful and important subways in the world. So I really enjoyed the article.

P. M., Finland

Snipers? In the article "My Reflections as a Military Historian," the writer describes entering Paris following its liberation at the end of World War II. (April 22, 1993) He claims to have been shot at by German snipers and to have left his jeep a number of times to seek cover—and that on the most famous street in Paris! Paris was never "liberated" but was surrendered without a fight by German commander Dietrich von Choltitz, who acted against orders.

A. W., Italy

The author was relating his own personal experience, a recollection that is confirmed by other eyewitnesses and historians. For example, the book "Liberation," by military historian Martin Blumenson, acknowledges that although von Choltitz defied Hitler's orders to burn Paris to the ground, severe fighting did take place between the German soldiers and the French and U.S. troops in the days before his surrender. As for fighting on the Champs Élysées—"the most famous street in Paris"—this too is confirmed by other historians. See "Six Armies in Normandy—From D-Day to the Liberation of Paris," by John Keegan. —ED.

Medical Controversy I am 12 years old. I read the article "Neither Magicians nor Gods." (May 8, 1994) I was pleased to see a Christian who is really young like me stand up to the hospital doctors and surgeons and 'abstain from blood.'—Acts 15:20.

P. M. H., United States

I am 19 years old. How my faith has been strengthened by reading Mercy Uwasi's experience! It made me aware of the fact that loyalty to Jehovah does not depend on one's age but on one's deep love for him. This has made me more determined than ever to maintain my loyalty to Jehovah.

S. M., South Africa

Do you have a FRITILLARY in your garden?



IF YOU do, you will be fascinated by its beauty. What is a fritillary? It is one of the thousands of different kinds of butterflies that beautify our world and one of the over 750 species that can be found in the United States and Canada. The one shown here, a great spangled, was photographed in a garden in the lush countryside of the state of Virginia. The great spangled shows silver spangles on the underside of the hind wing. The gardener had deliberately sown a patch of garden with wildflowers that grow high and attract butterflies—there were yellow rudbeckias and mauve phlox.

The fritillary family displays wide variety, with such evocative names as alberta alpine, arctic, gulf, lavender, polar, purple bog, silver meadow, and zerene.

If you would like to attract butterflies to your garden, try growing a wildflower patch. Perhaps you can buy a packet of wildflower seeds that will grow into a painter's palette of colors to draw these delicate creatures to you. If you live in the appropriate region of the world, the buddleia bush will bring in butterflies like a magnet. Then get a camera and binoculars, and have fun!







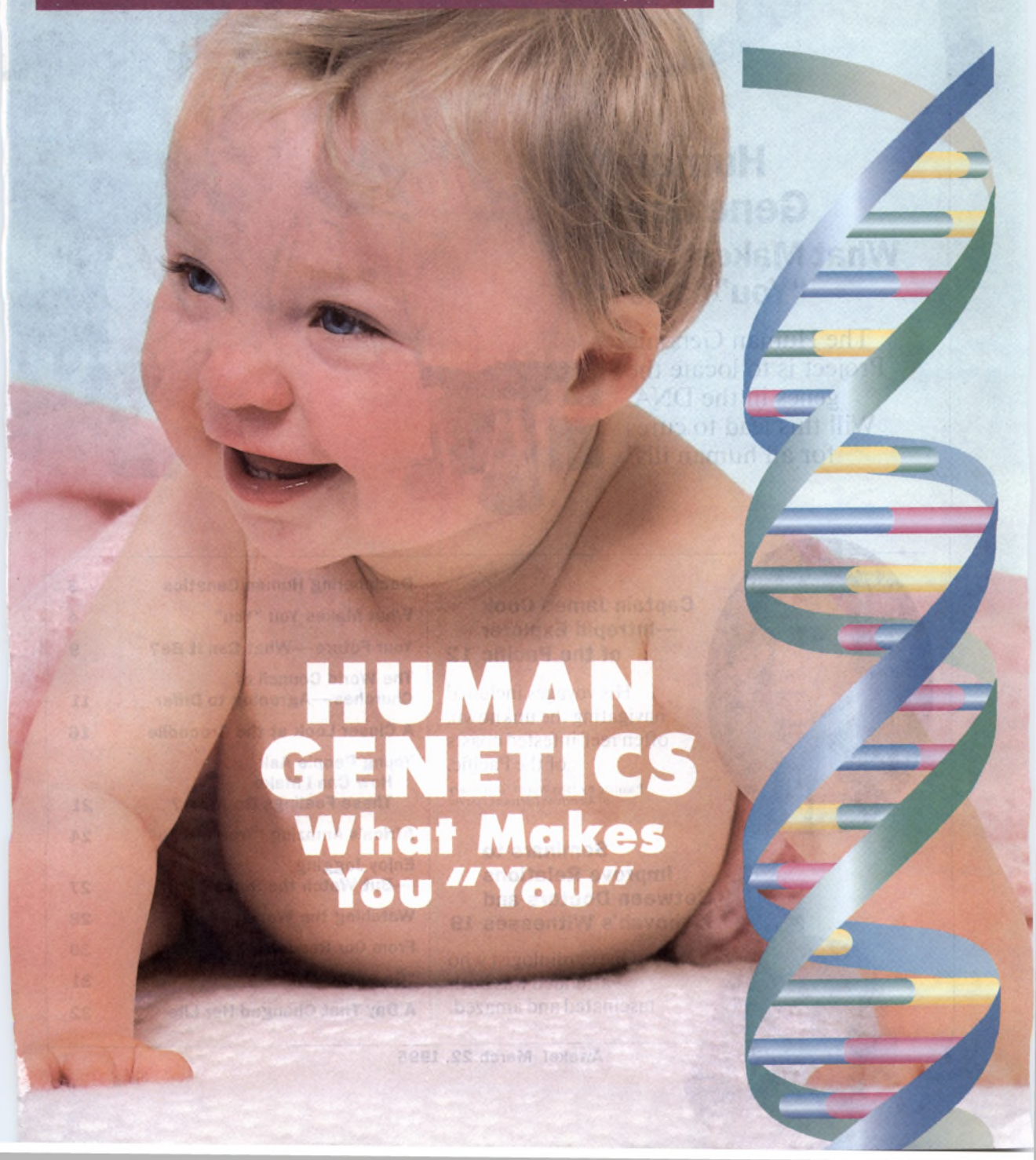
"It has been so difficult to grow up without him"

"I AM writing after having read our latest convention release, *When Someone You Love Dies,* in order to express my deep and heartfelt gratitude for such a sensitively written and faith-strengthening brochure.

"I am 18 years old. My father was killed in a car accident when I was eight, and even though this was ten years ago, I still have such a loneliness inside. It has been so difficult to grow up without him. There are so many things I've wanted to tell him, share with him, find out about him. How incredibly comforting to be reminded of Jehovah's loving resurrection hope! It brings tears to my eyes. Thank you once again for renewing my hope."—A young Witness in Austria.

Awake!

March 22, 1995



HUMAN GENETICS
What Makes You "You"

Awake!

Average Printing 12,990,000 Published in 75 Languages



Human Genetics

What Makes You "You" 3-10

The Human Genome Project is to locate the genes in the DNA. Will this lead to cures for all human ills?



Captain James Cook —Intrepid Explorer of the Pacific 12

His voyages included navigating the unknown, often reef-infested coasts of the Pacific.

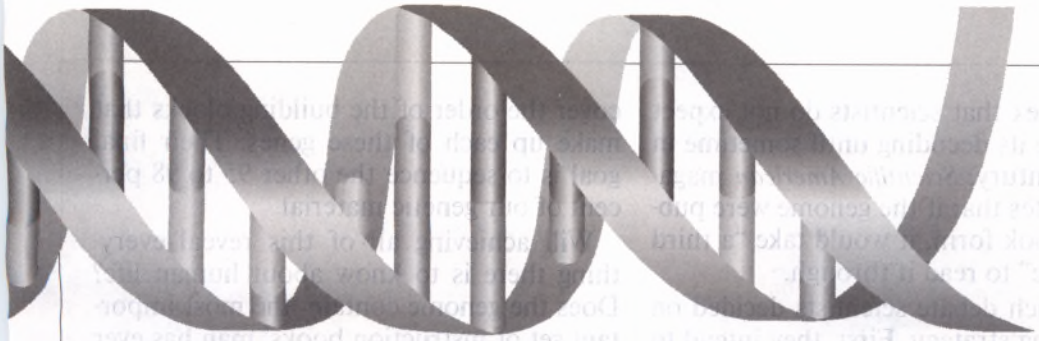
Painting by John Weber/*Dictionary of American Portraits*/Dover



Seminars to Improve Relations Between Doctors and Jehovah's Witnesses 19

One cardiologist who attended was both fascinated and amazed.

Deciphering Human Genetics	3
What Makes You "You"	4
Your Future—What Can It Be?	9
The World Council of Churches—Agreeing to Differ	11
A Closer Look at the Crocodile	16
Young People Ask . . . How Can I Make These Feelings Go Away?	21
Africa's Amazing "Tree of Life"	24
Enjoy Jogging —But Watch the Risks!	27
Watching the World	28
From Our Readers	30
"Go to the Ant"	31
A Day That Changed Her Life	32



Deciphering Human Genetics

BY *AWAKE!* CORRESPONDENT IN BRITAIN

"BIOLOGY'S first 'big science' project," sixth of "the seven wonders of the modern world" —both of these are descriptions of the Human Genome Project, an international attempt to decipher you! What is a genome? It is the sum total of your genetic makeup, one part inherited from your father and the other part from your mother but now uniquely yours.

Geneticists Sir Walter Bodmer and Robin McKie dub the genome project "the Book of Man." But reading it is no simple task. "A more important set of instruction books will never be found by human beings," claims James Watson, one of the scientists credited with discovering the structure of the now famous DNA molecule. "When finally interpreted," he says, "the genetic messages encoded within our DNA molecules will provide the ultimate answers to the chemical underpinnings of human existence."

As with any big and expensive science project, the Human Genome Project has both believers and skeptics. "The Genome Project could be the ultimate violation of privacy," warns science writer Joel Davis, "or it could be an extraordinary doorway to renewed life, to health, to healing." But whatever it achieves, he believes that "it will utterly change the field of genetics" and that "it may totally reshape the nature of *Homo sapiens.*" Back in 1989, George Cahill, a vice president at the Howard Hughes Medical Institute, was positive. "It's going to tell us everything," he said. "Evolution, disease, everything will be based on what's in that magnificent tape called DNA."

A Mammoth Task

In 1988 an international group of scientists set up HUGO (Human Genome Organization) to coordinate the work of genome researchers in participating countries. With a budget of some $3.5 billion, HUGO channels their results into a computer data base. Although computers now read thousands of its components every day, the genome

is so complex that scientists do not expect to complete its decoding until sometime in the 21st century. *Scientific American* magazine estimates that if the genome were published in book form, it would take "a third of a lifetime" to read it through.

After much debate scientists decided on the following strategy. First, they intend to *map the genome* to locate the position of the 100,000 genes. Next, by a process known as *sequencing the genome,* they hope to discover the order of the building blocks that make up each of these genes. Their final goal is to sequence the other 95 to 98 percent of our genetic material.

Will achieving all of this reveal everything there is to know about human life? Does the genome contain 'the most important set of instruction books' man has ever found? Will the Human Genome Project spell out cures for all human ills? The following articles consider these questions.



What Makes You "You"

BEFORE the Human Genome Project began, scientists had learned much about our genetic makeup. That is why terms such as "genes," "chromosomes," and "DNA" frequently appear in news reports as the press announces discovery after discovery of what researchers believe make us what we are. The Human Genome Project now attempts to build on these basics and to read our whole genetic code.

Before we consider how scientists go about this, please read the box "Your Blueprint," on page 6 of this magazine.

Locating the Genes

As mentioned in the preceding article, the first aim of the Human Genome Project has been to discover where our genes are located on our chromosomes. One gene hunter likens this to "searching for a burnt-out light bulb in a house with no address in an unknown street in an anonymous city in a foreign country." *Time* magazine claims that the

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task is "as difficult as locating a phone number without an address or a last name." How, then, do scientists tackle this challenge?

Researchers study families to locate the genes that determine characteristics that are inherited with well-known traits and susceptibilities. For example, they have traced genes for color blindness, hemophilia, and cleft palate to areas on one of our chromosomes. These genetic-linkage maps, as they are called, are very rough—they indicate the gene's location only to within about five-million pairs of bases.

For more precision, scientists intend to compile a physical map. In one method, they break copies of the DNA into randomly sized pieces that they then survey for special marker sequences. Of course, the more pieces there are, the more difficult it is to sort them. If you compare each DNA fragment to a book on a clearly marked library shelf, then locating a gene resembles "finding a quote in a single book rather than having to search through a whole library," explains *New Scientist* magazine. These physical maps narrow the search to within 500,000 base pairs. Toward the end of 1993, a team of scientists led by Dr. Daniel Cohen at the Center for the Study of Human Polymorphism in Paris, France, produced what *Time* magazine called "the first full-fledged—if still rough—map of the human genome."

The project's next goal is to list the exact sequence of the chemical components of each of our 100,000 genes, as well as the other parts of the genome. But as scientists develop their DNA-reading skills, they find the genome to be more complex than they envisaged.

Reading the Genome

Genes account for a mere 2 to 5 percent of our genome. The rest is often termed "junk DNA." Some researchers once thought these so-called useless sequences accidentally developed during evolution. Now they believe that some of these nongene regions regulate the structure of DNA and contain instructions the chromosomes need in order to copy themselves during cell division.

Researchers have long been interested in what switches a gene on and off. *New Scientist* reports that there could be as many as 10,000 of our genes that code for the production of proteins called transcription factors. Several of these apparently join together and then fit into a groove in the DNA like a key in a lock. Once in place they either spark the nearby gene into action or suppress its function.

Then, there are so-called stuttering genes that contain multiple repeats of parts of the chemical code. One of these normally contains between 11 and 34 repeats of the CAG triplet—a sequence of three nucleotides that identifies a particular amino acid. When it has 37 or more repeats, it provokes a degenerative brain disorder called Huntington's chorea.

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Consider also the effect of the change of a letter in a gene. A wrong letter in the 146-letter sequence of one of the two components of hemoglobin causes sickle-cell anemia. Even so, the body has a proofreading mechanism that checks on the integrity of the DNA when cells divide. One fault in this system reportedly can cause colon cancer. Many other disorders, such as diabetes and heart disease, though not simply the result of a single genetic fault, nevertheless result from the combined action of many faulty genes.

Rewriting the Genome

Doctors look to the Human Genome Project for information that will help them to diagnose and treat man's ills. Already they have developed tests that reveal abnormalities in certain gene sequences. Some worry that unscrupulous people will use genetic testing to carry out a policy of eugenics. Presently most oppose germ-line therapy, which involves altering the genes in sperm and in egg cells. Even couples who contemplate in vitro fertilization of a genetically normal embryo have to face decisions about what happens to those embryos not selected for reimplantation. Additionally, thinking people voice concerns about the consequences to the unborn of a diagnosis that reveals an apparent genetic fault. Fear that genetic mapping of adults will change the way they are employed, promoted, and even insured worries many. Then there is the vexing question of genetic engineering.

"Not satisfied with reading the book of life," comments *The Economist,* "they want to write in it as well." One way doctors may be able to do this is by using retroviruses. A virus can be thought of as a group of genes in a chemical bag. Starting with a virus that affects humans, scientists remove the genes the virus needs to reproduce itself and replace these with a healthy version

Your Blueprint

• Your body is made of some 100 trillion cells, most of which contain the complete blueprint of you. (Your red blood cells, however, have no nucleus and therefore do not contain the blueprint.)

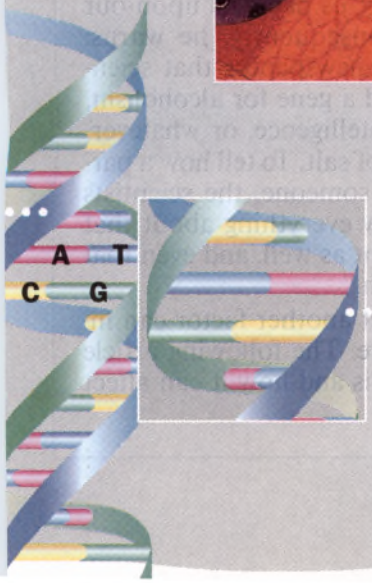
• Your cells are complex structures, rather like cities with industries, energy-storage depots, and definite routes leading in and out. Direction comes from the cell's nucleus.

• Your cell's nucleus, home of your blueprint, can be compared to city hall, where the local government authority generally keeps plans of buildings constructed in the area. To build them, someone has to order materials, line up tools and equipment for the job, and organize the builders.

• Your chromosomes spell out your blueprint. These 23 pairs of tightly spiraling DNA molecules are present in each cell. If all chromosomes in all your body cells were unraveled and joined together, they would stretch to the moon and back some 8,000 times!

• Your DNA has sides joined by pairs of chemical components called bases, like the rungs of a ladder but a ladder twisted into a spiral. The base adenine (A) always joins with thymine (T), cytosine (C) with guanine (G). Split the ladderlike DNA as you would open a zipper, and you reveal the genetic code spelled out in those four letters, A, C, G, and T.





• Your ribosomes, like mobile factories, attach themselves to read the RNA's (*ri*bo*n*ucleic *a*cid) coded message. As they do so, they string together different compounds called amino acids, which form the proteins that make you "you."

• Your genes are sections of DNA that provide templates by which to make the body's building blocks, proteins. These genes determine your susceptibility to some diseases. To read your genes, chemical tools called enzymes unzip a stretch of DNA. Other enzymes then "read" their way along the gene, constructing as it goes a complementary series of bases at the rate of 25 a second.



Genetic Profiling

Extract some of the DNA from human tissues and break it into fragments. Insert the fragments into a gel, pass an electric current through, and then soak the resulting blots onto a thin film of nylon. Add a radioactive gene probe, and photograph. The result is a DNA fingerprint.

of the patient's faulty genes. Once injected into the body, the virus penetrates the target cells and replaces the faulty genes with the healthy ones it carries.

Based on the discovery of a gene that can give protection against skin cancer, scientists recently reported a simple treatment. Since only 1 person in 20 carries this gene, the aim is to include it in a cream that will insert this gene into skin cells. There the gene triggers production of an enzyme that doctors believe breaks down cancer-causing toxins that attack the body.

Marvelous as these procedures are, strict controls limit the use of genetic engineering as scientists battle public anxieties over its possible consequences.

Much remains to be discovered about the intricacies of the human genome. Indeed, "there is no single human genome," notes geneticist Christopher Wills. "There are five billion of them, one for virtually every human being on the planet." Your genome reveals much about you. But does it tell all?

Does Your Genome Reveal All?

Some believe that genes are little dictators that make us behave as we do. In fact, recent press reports have announced the discovery of genes that some believe are responsible for schizophrenia, alcoholism, and even homosexuality. Many scientists advise caution on these possible links. For example, author Christopher Wills writes that in some cases gene variants simply "predispose their carriers towards alcoholism." According to *The Times* of London, molecular geneticist Dean Hamer expressed the view that human sexuality was much too complex to be determined by one gene. Indeed, the *1994 Britannica Book of the Year* reports: "No specific gene was identified as predisposing to homosexuality, however, and the work done thus far would have to be confirmed by others." Moreover, *Scientific American* magazine notes: "Behavioral traits are extraordinarily difficult to define, and practically every claim of a genetic basis can also be explained as an environmental effect."

Interestingly, in the BBC television series *Cracking the Code,* geneticist Dr. David Suzuki expressed the belief that "our personal circumstances, our religion, even our sex can change the way our genes affect us. . . . The way genes affect us depends upon our circumstances." Consequently, he warns: "If you read in the newspapers that scientists have discovered a gene for alcoholism, or criminality, or intelligence, or whatever, take it with a pinch of salt. To tell how a particular gene affects someone, the scientists would need to know everything about that person's environment as well, and even that might not be enough."

Indeed not, for yet another factor can influence what you are. The following article considers what this is and how it can affect you for your good.



Your Future
What Can It Be?

STUDY of the human genome already reveals much about the potential diseases a person may eventually suffer. But what about possible treatment and even the prevention of such illnesses?

The more researchers learn about the genomes of plants, animals, and humans, the greater the possibilities of developing drugs and therapies to treat diseases, asserts *The Times* of London. Nevertheless, as the magazine *Industry Week* reports, scientists offer a word of caution because this process "could lag 20 to 50 years behind the diagnosis." This situation, according to biochemistry professor Charles Cantor, leaves a person "virtually . . . robbed of hope." But that need not be.

The Bible clearly promises an end to all disease. "[God] will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore," states Revelation 21:4. Will geneticists make this come true by what *The Christian Century* magazine calls "genetic



co-creation"? The fulfillment of the Bible's promises does not depend on the completion of the Human Genome Project, any "genetic co-creation," or, indeed, a gradual improvement of our environment. Rather, its certainty relies exclusively on God's active force, his holy spirit.

Counteracting Heredity and Environment

Some three thousand years ago, an Israelite king said: "In a fear-inspiring way I am wonderfully made." Although David knew nothing of today's Human Genome Project, he sang this in praise of God: "Your eyes saw even the embryo of me, and in your book all its parts were down in writing." —Psalm 139:14, 16.

How did this ancient king know that his growth as an embryo in his mother's womb followed "written" instructions? David himself admitted: "The spirit of Jehovah it was that spoke by me, and his word was upon my tongue." (2 Samuel 23:2) Yes, the Creator's active force, holy spirit, inspired David's writing.

Is there not here a lesson that many people today ignore or, at least, delay to consider? Although heredity and environment to a certain degree make us what we are, God's holy spirit can powerfully affect us, even counteracting other influences.

Consider the case of Ian. "I was a very excitable little boy," he explains. "My dad is extremely excitable at times, and now my own little boys are exactly the same. When I was younger, I was terribly nervous. I could not say anything without stuttering and stammering, and then I began using drink as the answer. It calmed me down, or so I thought. Really, drinking made my nerves worse." When Ian started studying the Bible with Jehovah's Witnesses, he realized he had to stop relying on alcohol to control his nerves. "I felt that my own willpower was sufficient, and indeed I stopped drinking for a whole year. But," he admits, "I could not stay stopped."

"One day," he continues, "I was walking along the street in the pouring rain thinking that I'd walk until I dropped dead. I had been off drink and back on several times. Then I realized that I had been trying to conquer my drinking problem in my way, not in Jehovah's way. So I began praying as I walked along, saying to Jehovah, in effect, that I was now going to do things his way, asking him to grant me his holy spirit to strengthen me." That was some ten years ago. How is Ian now?

"I still have to work to control my weakness," he admits, "and I have learned to rely heavily on Jehovah to keep going." To what does Ian attribute his success so far? "I remember my first Bible reading assignment after returning to the congregation of Jehovah's Witnesses. It was Psalm 116, which begins: 'I do love, because Jehovah hears my voice, my entreaties.' Halfway through the psalm, I read: 'What shall I repay to Jehovah for all his benefits to me?' [verse 12] This was like a stepping-stone that helped me get back to some sort of normality." Ian now advises any in a similar situation: "Do not deceive yourself." He adds: "When I finally worked on my problems and prayed for Jehovah's holy spirit to strengthen my resolve, I began to succeed."

Ian, along with nearly five million other Witnesses of Jehovah, relies on holy spirit to help him follow the path outlined in the most important instruction book, the Bible. Let the Witnesses in your locality acquaint you with its clear, uncomplicated, simple message—that of God's Kingdom, his heavenly government in the hands of the resurrected Christ Jesus. This agency will soon remove every trace of genetic flaws and will furnish mankind with a paradise environment in which to live forever. You can be there too!

THE WORLD COUNCIL OF CHURCHES
AGREEING TO DIFFER

DURING August 3 to 14, 1993, the city of Santiago, Spain, welcomed an unusual group of pilgrims. The city hosted a World Conference on Faith and Order, sponsored by the World Council of Churches. The goal of the delegates was a formidable one —to invigorate the stalled attempt to unify Christendom's churches.

The situation was bluntly depicted as "ecumenical inertia" by Desmond Tutu, Anglican archbishop from South Africa. "We dip our toes in the water, but we lack the courage to take the plunge," he lamented.

Taking the ecumenical plunge will not be easy. Divisions among delegates surfaced even during the opening ceremony in Santiago's Catholic cathedral. The "Hymn to St. James," which was sung during the service, was criticized as glorifying centuries of aggression by Spanish Catholics against Jews, Muslims, and Protestants, even though Catholic archbishop Rouco had encouraged participants to 'enter into the spirit of the pilgrims and seek reconciliation among Christians.'

Is there any framework that can serve to reconcile Catholics, Orthodox, and Protestants? One study group suggested that different churches view the Nicene Creed "as a central expression of the apostolic faith." They hoped that this creed could serve "as a means for discerning unity of faith," even though there may be "a diversity of expressions."

The "diversity of expressions" manifested itself repeatedly during the conference. Orthodox and Catholic delegates voiced their objections to the recent Anglican decision approving the ordination of women. Another bone of contention is the rivalry between the Orthodox and Catholic churches in former Communist countries. Archbishop Iakovos of the Greek Orthodox Church claimed that it was wrong to speak of "re-evangelizing peoples who have been Christian for centuries" but who have had the misfortune to live for decades under Communist atheism. In fact, a conference report condemned "proselytism" as a barrier to unity, although it did admit the need for a 'clearer understanding of the missionary nature of the church.'

Samuel B. Joshua, bishop of Bombay, gloomily described the unity of the churches as a "utopian concept." After having personally experienced the problems involved in merging six denominations in India, he said the "gains have been superficial" while the burdens "have become unbearable." He believes that Christian unity should not be sought "in terms of doctrines and church order."

But would unity that disregards doctrines be true unity? Could religions that still do not 'understand the missionary nature of the church' be truly following Christ? Paul said true followers of Christ should continue "to think in agreement." (2 Corinthians 13:11) Merely agreeing to differ falls far short of that standard.

•CAPTAIN JAMES COOK•

Intrepid Explorer of the Pacific

BY *AWAKE!* CORRESPONDENT IN AUSTRALIA



OTHER than in England, Australia, New Zealand, Hawaii, and the Pacific islands, the name Captain James Cook might not even strike a chord of recognition in most people. In the countries listed above, though, almost every schoolboy knows of Captain Cook—in much the same way as American children learn of Christopher Columbus.

Without doubt, however, it is in Australia —the South Pacific's island continent—and in New Zealand that the seafaring explorer is best known, for the name Captain Cook can be seen everywhere. Additionally, the original version of the song "Advance Australia Fair," which in 1974 became the country's national anthem, literally sings the intrepid captain's praises.

James Cook the Man

James Cook was a country boy, born in Yorkshire, England, in October 1728. Although his early life is obscure, apparently he obtained some education in the still-standing Ayton village school. Later he was apprenticed to a grocer in the fishing port of Staithes. From there, with the sea air in his nostrils, he changed his career to the coal trade and learned to handle ships, working close to the windswept shores of the North Sea.

The coal vessels were not the only prepa-

Painting by John Weber/*Dictionary of American Portraits*/Dover. Background: *The Complete Encyclopedia of Illustration*/J. G. Heck

ration Cook had for his later voyages. While ashore, he continued his studies of mathematics and eventually enlisted in the British Navy in 1755. Although seeing some active naval service, he became better known for his maps and charts of Newfoundland, Nova Scotia, and Labrador.

The World Scene of 1769

Great Britain gained ascendancy in 1763 as the foremost colonial and commercial world power. After 200 years of sporadic warfare, she had defeated Spain, Holland, and France. The last of these rivals, France, had met up with staggering defeats. This was a dramatic period. Scientific achievement was rapidly conquering superstition and creating a widespread thirst for knowledge. Navigational methods had also vastly improved. The British Navy and scientific circles were urgently seeking the services of a seaman-scientist to lead an expedition to the Pacific. James Cook was the one chosen for this challenging role.

Cook's Voyages Begin

The instructions Cook received for his first voyage, 1768-71, were for "the making Discoverys of Countries hitherto unknown, and the Attaining a Knowledge of distant Parts which though formerly discover'd have yet been but imperfectly explored." His orders further stated that "there is reason to imagine that a Continent or Land of great extent, may be found to the Southward" and that he was "to proceed to the southward in order to make discovery of the Continent." The first task, though, was to observe the transit of Venus across the face of the Sun in hopes of determining exactly the distance between Earth and Sun. This was to be carried out on Tahiti.

The length of the first voyage was 43 days short of three years. Cook had carried out his orders, and more. It was during this first voyage that he made his famed landing in Botany Bay, just a few miles south of beautiful Sydney Harbor, which was not discovered until later. He had also completed a circumnavigation of both islands of New Zealand and was the first European to map the east coast of Australia. Of course, he did not discover the imagined great southern continent.

A Second Successful Voyage

On his second expedition, 1772-75, Cook was commissioned to take the two vessels *Resolution* and *Adventure* on a voyage that proved to be another successful circumnavigation, this time of the Antarctic, including some sweeps across the emptiness of the South Pacific. But months of freezing temperatures and biting winds helped convince him that there was no elusive southern continent. His exhausted crew was happy to break contact with the icy seas and return to Tahiti.

Cook's second voyage was an unqualified success and went down in the annals of history. Stated Alan Moorehead in his book *The Fatal Impact:* "At the end of July 1775 they anchored at Plymouth. They had been away three years and eighteen days. They had sailed more than 20,000 leagues [60,000 nautical miles]—three times the circumference of the earth—and Cook had lost no more than four men . . . This voyage had established him as one of the greatest navigators of all times."

Third Voyage Brings Disaster

Expedition number three was to reconnoiter the Pacific coast of Canada and make a search for the supposed Northwest Passage linking the Pacific and Atlantic via the Arctic Ocean. It proved to be Captain Cook's final voyage. He set out from England on July 12, 1776, on the refitted *Resolution,* taking also the ship *Discovery.* On January 18, 1778, he came upon what are now known as the Hawaiian Islands, where he and his

men were received hospitably. They reprovisioned in those beautiful islands, then spent the northern summer of that year in a vain attempt to find a passage to the Atlantic. They then returned to winter in Hawaii.

Historians are undecided as to what caused a seeming change in behavior on Cook's part at this point. There are question marks as to his treatment of the Hawaiians on his return. Some suggest that he now began cruelly to exploit them. Others question whether he violated their cycles of worship. Whatever the real truth of the matter, it was here that he met his death on February 14, 1779.

How did he die? On their return to Kealakekua Bay on January 17, the explorers had been greeted by 10,000 Hawaiians. The islanders were celebrating the festival of makahiki to their god Lono, the god of the land. It seems that Cook was feted as the god Lono, and he and his men were extended extraordinary kindness and hospitality once again. Three weeks later, on February 4, they weighed anchor and set sail. But just four days out, they struck a severe hurricane, and the *Resolution* lost a mast. Cook returned to Hawaii.

To Cook's surprise, this time the reception was hostile. Some believe that the Hawaiians may have now thought things out more rationally and concluded they were being exploited by Cook and his men. Others suggest that Cook's return was inconsistent with his being a "god." Whatever the reason, Cook's perplexed men unfortunately reacted violently. This led to the theft of a boat from the *Discovery*. Cook attempted to retrieve the vessel by trying to take the chief, Kalaniopu'u, as hostage. Confrontation followed, and Cook was stabbed and then beaten to death on the beach.

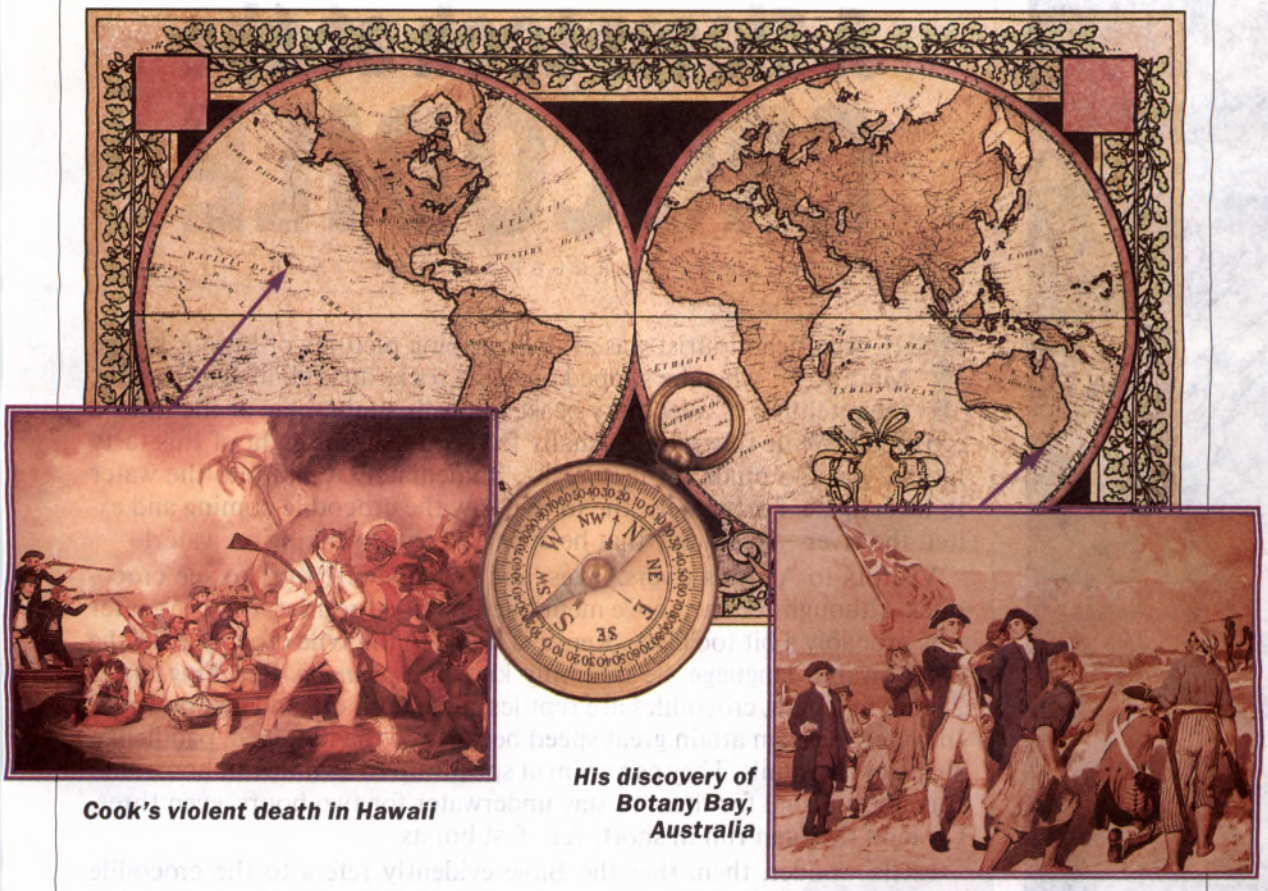
The journal of a *Resolution* crew member, midshipman George Gilbert, describes in graphic detail the last few minutes of Cook's life. (Notice the unusual Old English spelling.) "Capt Cook had not sooner got to the water side and waved to the boats to give over fireing, when one of the Cheifs more daring than the rest steeped behind and stabed him betwixt the shoulders with an Iron Dagger. Another at that Instant gave him a blow with a club on the head by which he fell into the water; they immediately leaped in after and keeped Him under for a few minuits, then hauled him out upon the rocks and beat his head against them several times; so that there is no doubt but that he quickly expired."

A Changed Personality Emerges

Apparently Cook's pattern of behavior began to change on the third voyage, and he no longer displayed the same composure and control that he had on his two former journeys to the South Seas. On the third voyage, he had used the lash on 37 percent of his men, nearly twice as many as on the first voyage. This time his treatment of the Polynesian islanders was also less humanitarian. For example, he had calculatingly ordered the burning of homes and the destruction of canoes on the Tahitian island of Eimeo because of the theft of one pregnant goat. He had even resorted to cutting off the ears of islanders who were caught pilfering. Was he sick or tired or simply cruel?

Legacy of the Voyages

Professor Bernard Smith in his book *Captain James Cook and His Times* suggests that "Cook was not a discoverer of new lands in any fundamental sense of the word." This may be true, since most of the areas sighted by Cook were already inhabited. Nevertheless, Grenfell Price states: "His outstanding contributions to geographical knowledge were the completion of the outline map of the Pacific by the discovery of the long eastern shoreline of Australia, the delinea-



Cook's violent death in Hawaii

His discovery of Botany Bay, Australia

tion of New Zealand, the examination of long sections of the coast of North America; the discovery of entirely new islands, such as Hawaii and New Caledonia; and the rediscovery and accurate placing of other island groups. Cook stands as the navigator who virtually discovered . . . the Antarctic continent, while in the Arctic he confirmed Bering's discovery of his Strait." Cook's charts and maps were useful long after his masthead had disappeared over the Pacific horizon.

Sadly though, also left bobbing in Cook's wake were the pollutants of venereal disease, violence with firearms, the decimation of Antarctic wildlife, and the exploitation of Pacific Islanders. Concerning Cook's Antarctic discoveries, Alan Moorehead wrote: "Once again it was Cook's fate to bring disaster in his wake. He had stumbled upon what was probably the largest congregation of wild life that existed in the world, and he was the first man to let the world know of its existence. . . . Cook's intrusion into Tahiti and Australia had been bad enough for the native peoples: for the Antarctic animals it was a holocaust."

Following Cook's comprehensive report and charts, the hunters and whaling fleets moved in for the kill. Moorehead continues: "The killing went on and on until there was virtually nothing left to kill, nothing at any rate that could be easily and profitably killed."

Paintings: By courtesy of Australian International Public Affairs

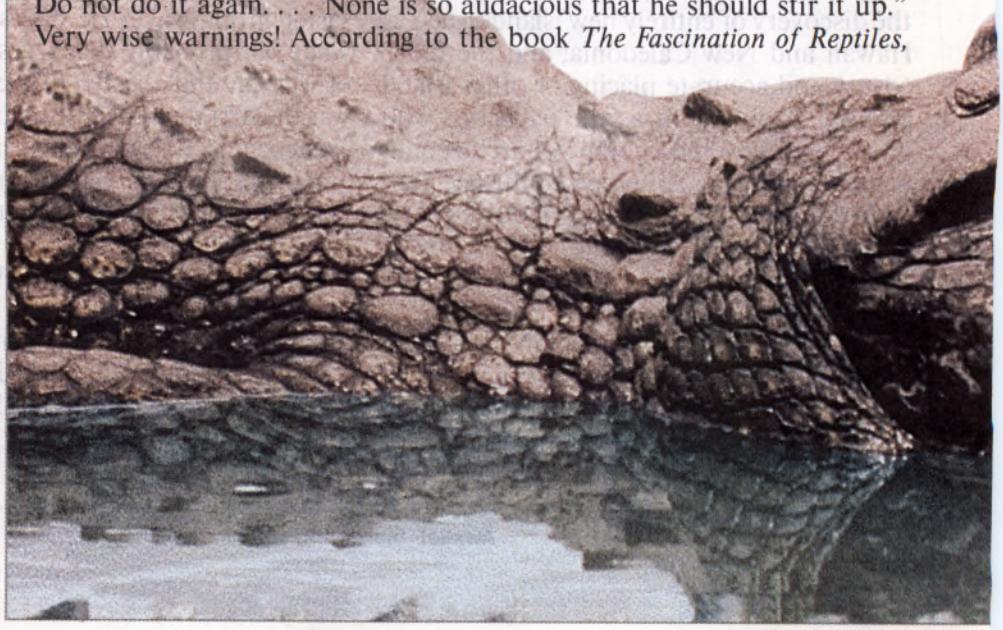
A Closer Look at the CROCODILE

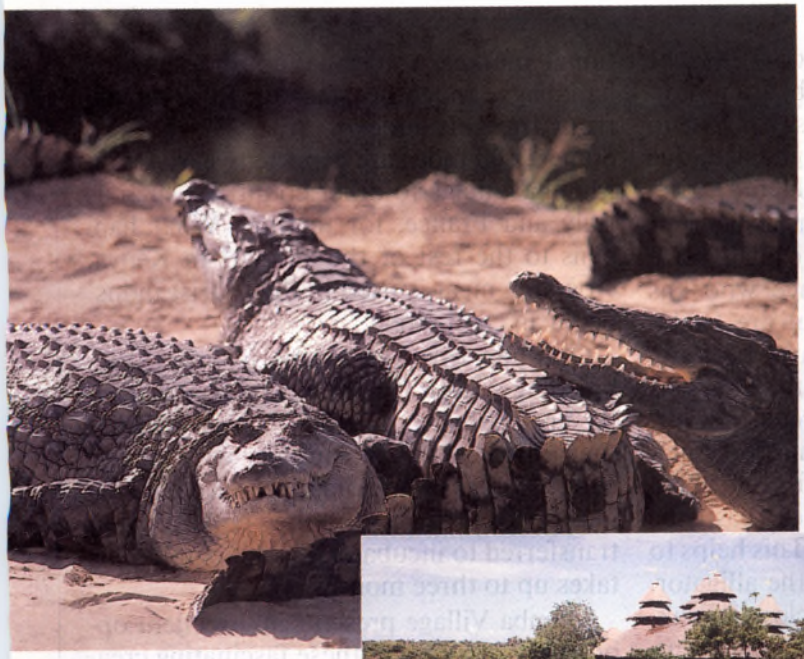
BY *AWAKE!* CORRESPONDENT IN KENYA

THE American tourist was avidly snapping pictures of hippos by the Mara River when he slipped on some rocks and fell in. This caught the attention of a leathery beast who was sunbathing at the time, a crocodile. While this reptile usually feeds on fish, the sight of this tasty morsel was too much for it to resist. Immediately it slid into the water to investigate. Fortunately, the tourist saw the crocodile coming and exited the river—so quickly that he appeared to be walking on water!

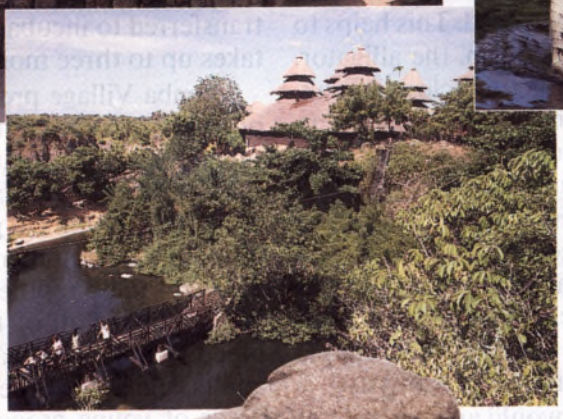
Visitors to Africa's rivers, lakes, and swamps often get to see crocodiles, although for the above-mentioned terrified tourist, the encounter was probably a bit too close. Kenya is home to the Nile crocodile. In the local Swahili language, he is simply known as *mamba.* Reaching up to 23 feet in length, crocodiles are reptiles, agile both on land and in water. In water they can attain great speed because of the flattened, paddlelike shape of their tails. They can swim at speeds up to 25 miles an hour! And it is not unusual for them to stay underwater for two hours, even three. On land they can run in short, very fast bursts.

Little wonder, then, that the Bible evidently refers to the crocodile as an example of a fear-inspiring creation of God called Leviathan. Job 41:8, 10 says: "Put your hand upon [Leviathan]. Remember the battle. Do not do it again. . . . None is so audacious that he should stir it up." Very wise warnings! According to the book *The Fascination of Reptiles,*



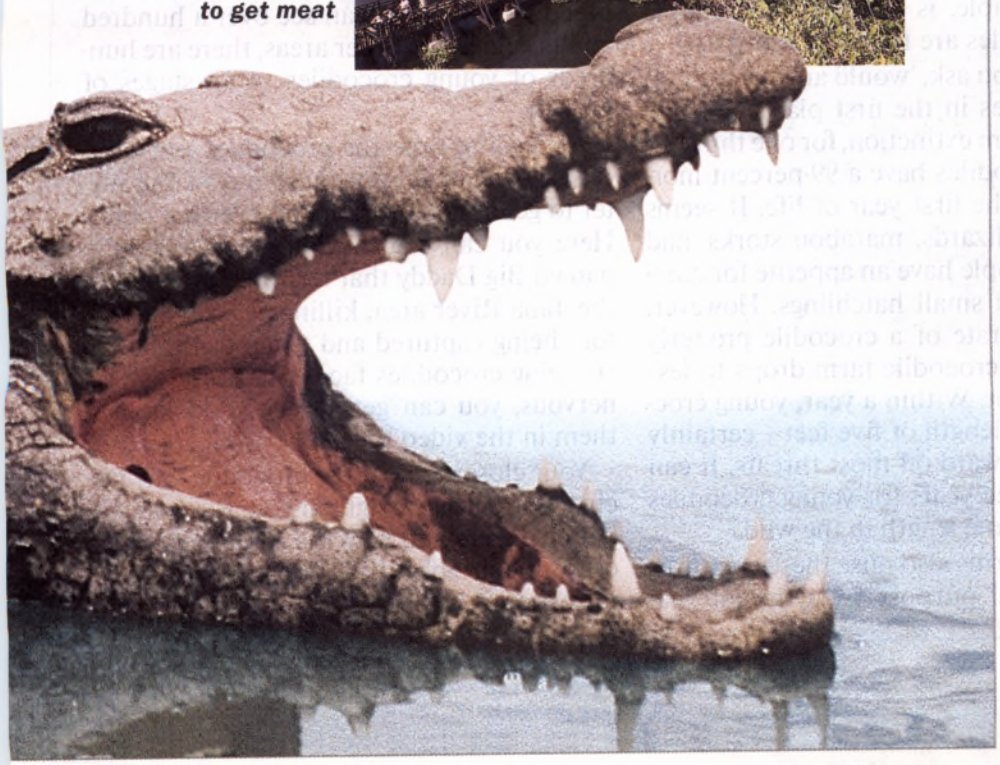






Right: An overview of Mamba Village

Far right: A crocodile at feeding time jumping out of the water to get meat



by Maurice Richardson, crocodiles have even been known to attack outboard motorboats! Job 41:25 appropriately says: "Due to its rising up the strong get frightened; due to consternation they get bewildered."

Why do people flee in terror at the sight of this scaly beast? Verse 14 explains one reason: "The doors of its face who has opened? Its teeth round about are frightful." Each of the crocodile's jaws, both upper and lower, has up to 24 teeth of various sizes, all being continuously replaced during its lifetime. Interestingly, the crocodile's fourth tooth of the lower jaw fits outside in a groove in the upper jaw and can easily be seen when the jaws are closed. This helps to distinguish it from its cousin, the alligator. The problem is, if you get too close in making this little dental exam, you could very well find yourself examining *all* the crocodile's teeth from the inside!

That is why you may prefer to have a close look at the crocodile from a safe vantage point, and there are a number of places in Kenya where you can do so. Mamba Village, for example, is a place in Mombasa where crocodiles are raised in captivity.

'But why,' you ask, 'would anyone want to farm crocodiles in the first place?' To preserve them from extinction, for one thing. In the wild, crocodiles have a 99-percent mortality rate in the first year of life. It seems that monitor lizards, marabou storks, and even some people have an appetite for crocodile eggs and small hatchlings. However, the mortality rate of a crocodile properly cared for in a crocodile farm drops to less than 10 percent. Within a year, young crocodiles reach a length of five feet—certainly big enough to ward off most threats. It can take up to three years for young crocodiles to reach the same length in the wild.

Crocodile farms also raise these creatures for commercial purposes. On the international market, you can find shoes, belts, handbags, and other fashion items made from the soft hide of crocodile bellies. Some 2,000 hides are exported yearly from Mamba Village to other countries, such as Italy and France, for tanning. What happens to the rest of the animal? In Kenya, crocodile meat is used in the tourist industry as an exotic treat.

October through April is crocodile-breeding season. In the wild a female will lay anywhere from 20 to 80 eggs. During that time, females in captivity will deposit about 36 eggs in breeding areas around various ponds. The eggs are then collected and transferred to incubators for hatching. This takes up to three months.

Mamba Village presents an excellent opportunity to observe these fascinating creatures safely. It is situated in a 20-acre quarry that has been redesigned to serve as a crocodile farm, botanical garden, marine aquarium, and entertainment complex. More than 10,000 of these reptiles live here. Of course, you won't see all of them. But in the two breeding areas, you can see over a hundred adults, and in the other areas, there are hundreds of young crocodiles in all stages of growth.

At feeding time the crocodiles put on a real show. Some even jump out of the water to get at meat suspended over the pond. Here you can see the infamous crocodile named Big Daddy that terrorized people in the Tana River area, killing at least five before being captured and taken to the farm. If seeing crocodiles face-to-face makes you nervous, you can get a very good look at them in the video theater.

Your closer look at the crocodile may fascinate or perhaps frighten you. But you will better understand why the Bible said of the crocodile at Job 41:34: "It is king over all majestic wild beasts."



SEMINARS to Improve Relations Between Doctors and Jehovah's Witnesses

CHRISTIANS are forbidden by God's law to ingest blood by any means. (Acts 15:28, 29) Obedience to that law has sometimes led to misunderstandings that have resulted in Christians being denied available and effective alternative medical management of their health problems.

To establish better understanding and to assist doctors to provide treatment without using blood, Jehovah's Witnesses have developed a helpful liaison service. The Governing Body of Jehovah's Witnesses has set up Hospital Information Services (HIS) in Brooklyn, New York, to train selected Witness elders to function on Hospital Liaison Committees (HLCs). Medical research has been done and the results presented in seminars for the HLCs. In turn, this information is presented to doctors and health-care centers. Also, consultation with other experienced doctors can be arranged in an effort to avoid confrontation.

Has this program been a success? Has the information presented been truly helpful? How have doctors reacted to it? The following impressions reported by a medical doctor who attended a recent HLC seminar are informative and reassuring.

"I hope you will find these impressions forthright and useful.

"First of all, let me tell you that it was a privilege to be asked to attend the second Hospital Liaison Committee Seminar presented by Hospital Information Services staff members who came from the headquarters of Jehovah's Witnesses in New York. My expectations for this meeting were not merely met but far exceeded. The chairman's opening remarks set the tone for the two-day sessions. He emphasized that the HLC is not simply a mechanism for responding to the needs of ailing Witnesses during their hospital stays. The committee affords a golden opportunity to debunk many myths commonly held about Witnesses by the general public and by physicians, hospital administrators, and other medical personnel.

"It is eye-opening to many of these people to learn that Jehovah's Witnesses are not at all like Christian Scientists in their medical beliefs. Witnesses are not exercising a 'right to die' or attempting to put themselves in a position of martyrdom. Nor is the blood issue an organizational dictum but rather a heartfelt personal belief. Such revelations underscore the educational purposes of the HLC. Yes, as remarkable as it may seem, even physicians are educable and have much to learn regarding nonblood medical alternatives. I am constantly amazed by the scope and depth of research provided by this arrangement, much of which is certainly new to me. And the educational functions of the HLC do not end here. They extend on to hospital administrators, to social services, and even to the legal and judiciary officials.

"The committees expend extraordinary efforts in locating, contacting, and enlisting the help of physicians who are cooperative with Witness beliefs. Of course, it goes far beyond the physician

community, as the HLC is building working relationships with hospitals, health-care workers, lawyers, and judges as well. Perhaps the most salient message to be delivered is that Jehovah's Witnesses are reasonable people, not fanatics, and are merely asking for acceptable alternatives to blood. . . . There are significant dangers in the use of blood, and the HLC certainly fulfills a function in exposing these dangers and emphasizing to the medical community the potential risks of blood and blood products.

"I am constantly amazed by the information provided to the HLC by Hospital Information Services and the Watch Tower Society. But as any journeyman would attest, virtually any job can be accomplished if the proper tools are supplied. . . . It was fascinating to hear about the structures that are now in place to respond quickly and effectively to virtually any medical emergency. Each HLC member is trained to acquire essential demographic information, to assess quickly the attitude of physicians and hospitals, and to evaluate accurately the level of emergency and the potential threat of legal action by the hospital in terms of court orders for transfusion.

"We explored ways in which to clarify the needs and wants of Witness patients, how to handle unbelieving relatives, even how to dismiss physicians and transfer the patient to alternative medical facilities more responsive to Witness needs. The HLC interaction with the media was highlighted, and guidelines were provided, again stressing the primary focus that Witnesses are not refusing all medical care, just blood. This might be considered roughly equivalent to a devout Catholic's refusing abortion but not all surgery.

- In the United States, some 18,000 doctors are pleased to cooperate by providing Jehovah's Witnesses with bloodless medical care. Worldwide the figure is 50,000.
- In the United States, there are 45 medical centers where bloodless medicine and surgery programs are available. Worldwide the figure is 80.

"The liaison committee members have been trained to handle many common questions raised by both hospitals and physicians, occasionally even Witnesses themselves. This might include issues like the acceptability of immunoglobulins or albumin, the use of cryoprecipitate or medical techniques such as hemodilution, extracorporeal circulation, the cell saver, or hemodialysis.

"I enjoyed a fascinating discussion of the legal considerations involved in understanding and using the law in defense of Witnesses and their religious beliefs. The judicial decisions that form the foundation for defending Witnesses' rights to medical self-determinism make for rather fascinating discussion. To some, the work of the Hospital Liaison Committee may seem redundant, even unnecessary; but in truth, this network of support services is essential. Every day I see Witness patients who are unfamiliar with the hospital milieu and perhaps unaware of many nonblood medical alternatives. Moreover, few can be truly acquainted with the breadth of cooperative physicians known to the committee or to the specific legal rights and liabilities each of us has and faces in seeking nonblood medical management.

"Let me digress for a moment to applaud the efforts of HIS. As an interventional cardiologist, I find that there is little time to read the half-dozen journals immediately relevant to my subspecialty, let alone the broader range of internal medicine. It would be an impossible task to sift through the entire haystack of medical literature for those references that might pinpoint some very specific solutions to problems encountered in the nonblood management of my patients. Once again the Society comes to my aid in providing a magnet to pluck the needle of relevant research from that proverbial haystack of journal articles.

"The continuous updates from Brooklyn serve to keep me abreast of any late-breaking developments that might impact on my practice. These are far more thorough and compulsive than any journal-review computer service with which I am acquainted. Of course, so it should be, considering what is at stake."—*By Dr. Stephen E. Pope, a cardiologist of the San Francisco Bay area, in California, U.S.A.*

Young People Ask...



How Can I Make These Feelings Go Away?

"As offensive as I now find homosexuality, at times I find myself attracted to it. These feelings disturb me, sometimes day and night. I have prayed to Jehovah continually, 'Take away these terrible feelings!' Will they ever go away?"—Dennis.*

A NUMBER of Christian youths—male and female—have made similar desperate pleas for help. They feel inclined toward homosexuality but want no part of the promiscuity, disease, and moral bankruptcy that characterize that life-style. More important, they want to please God, and in his Word he pointedly condemns homosexuality.—Romans 1:26, 27; Colossians 1:10.

It is often claimed that homosexuals cannot change. This is not true, however. Some early Christians formerly practiced homosexuality, but they changed. (1 Corinthians 6:9-11) Yes, contrary to popular myths, people can and do change. However, while a youth may successfully avoid homosexual *acts,* he or she may find it difficult to eliminate entirely homosexual *desire.* Confessed one young man: "I've tried to change my feelings. I've prayed to Jehovah for help. I read the Bible. I've heard talks on the subject. But I don't know where to turn."

There is no magical or instantaneous cure. Dennis recalls: "I pushed myself into promiscuous heterosexual activity in an effort to become a 'man.' All of this was in vain and only created more pain." Nevertheless, by applying Bible principles, one can cope with such feelings.

Recognizing Wrong Thinking Patterns

First of all, realize that actions are preceded by thoughts. (Isaiah 55:6, 7; James 1:14, 15) Indeed, Dr. Wayne W. Dyer notes: "You cannot have a feeling (emotion) without first having experienced a thought." So at the root of homosexual desires may be a pattern of distorted thinking regarding oneself, the opposite sex, love, and so forth. Before one can 'make one's mind over' and change such thoughts, one must first identify them. (Romans 12:2) Doing so can give one valuable insight into just *why* one is drawn to members of the same sex.

How can a person do so? One way is to pray, as did the psalmist: "Search through me, O God, and know my heart. Examine me, and know my disquieting thoughts,

* Some of the names have been changed.

Develop a healthy view of masculinity by studying Jesus' example

and see whether there is in me any painful way." (Psalm 139:23, 24) It may also help to discuss one's feelings with a discreet and mature Christian. As Proverbs 27:17 puts it, 'iron sharpens iron.' One young man thus confided in a Christian elder who was known for being understanding and compassionate. It was by no means easy for him to trust someone with his secret, but a valuable relationship developed. "I can talk to him about anything," he says. The elder not only listens but, by skillful questioning, helps draw out the young man's feelings and thoughts.—Compare Proverbs 20:5.

If a male has had a rejecting father or an abusive one, he may find that his attraction to the same sex is little more than a futile attempt to fill a need for fatherly love. Having never had a male role model, he may also feel what Dr. Joseph Nicolosi calls "a sense of weakness and incompetence with regard to those attributes associated with masculinity, that is, power, assertion, and strength." If a person takes inventory of the specific traits in which he feels deficient, he may discover to his surprise that these are the very traits that he finds attractive in other men.

Cruel "Lessons" From the Past

Other youths come to realize that their problem is related to past traumas. Recalls one girl: "I was exposed to pornographic material with homosexual themes. I started to develop unnatural desires." A young man states: "I was a victim of incest by my father. As a result, sex with a man seemed normal to me." Such painful experiences may teach victims to dislike or even fear the opposite sex or to equate love with physical intimacies. One victim thus describes her sexual desires as "an emotional, not a physical, need—a need for tenderness and understanding."

Admittedly, though, the causes of homosexuality are complex, and many cases defy simple explanation.* Regardless of what has caused faulty thinking, however, there is much one can do to correct it.

Making One's Mind Over

The best way is to use God's Word. Take, for example, a young man who finds himself attracted to men who display the masculine qualities he feels he lacks. Or a young woman who is fearful of the opposite sex. One way that both can develop a healthier view of masculinity is to study the example of Jesus. (1 Peter 2:21) He was a perfect model of masculine power balanced by gentleness. (Matthew 19:14; John 19:5) One young man thus finds it helpful to study the book *The Greatest Man Who Ever Lived.*# "Getting to know Jesus redefines my image of what a man should be like," he says.

Meditating on Bible texts that deal with such subjects as God's view of sex, love, and same-sex friendships is likewise helpful in correcting one's thinking.—Genesis 1:27, 28; Ruth 1:16, 17; 1 Samuel 18:1; Proverbs 5:18, 19; 1 Corinthians 13:4-8.

It is also important to avoid dwelling on wrong thoughts. Oftentimes these urges are particularly powerful when one is lonely, depressed, or disappointed. (Proverbs 24:10) "The only way to change what we are is to change bad thoughts to good ones," says one Christian woman. When an unchaste

* See "Young People Ask . . ." in our February 8, 1995, issue.

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urge comes over her, she reminds herself of God's view of homosexuality. A teenage boy says: "Whenever I have homosexual urges, I meditate on my favorite Bible text." (Compare 2 Corinthians 10:4; Philippians 4:8.) Others have found it helpful to fall asleep to the sound of the various Bible-based Watch Tower Society audiocassettes.

Just as how we think affects the way we act, how we act can affect how we think and feel. So one must also cease behavior and association that trigger or reinforce wrong desire. (1 Corinthians 15:33) One may also need to 'keep on guard' when it comes to public rest rooms, beaches, locker rooms, and other places that could expose one to temptation.—Psalm 119:9.

Masturbation is another unhealthy practice to avoid. For many homosexual men and women, it is an out-of-control compulsion. "I've had trouble with masturbation since I was six years old," confesses one young man. "Sexual fantasizing reinforced my homosexual feelings." Fight this unclean habit!*—Colossians 3:5.

On the other hand, it is also important that one establish healthy patterns of behavior. Some have suggested that if a young man develops masculine traits, he may be less attracted to other men. Of course, a young man may not know how to do this if he never had a strong male role model as a child. He may even be ill at ease with his own body and feel awkward or unmanly. Engaging in physical work, moderate exercise, or relaxing sports activities often helps in this regard. (Compare 1 Timothy 4:8.) But just as the young man Timothy became like a son to the apostle Paul, one may find it particularly helpful to develop a healthy understanding with a balanced older Christian man. (Philippians 2: 19-22; 2 Timothy 3:10) By establishing clear behavioral boundaries and cultivating open communication, such a relationship can be warm and trusting, yet free of any erotic overtones.

Above all, one must take a strong spiritual offense. Regular study of the Bible, prayer, and sharing one's faith with others help keep one's mind on a spiritual track. (Psalm 55:22; 119:11; Romans 10:10) At times feelings of unworthiness may make it hard to be around fellow Christians, but the Bible warns against isolating oneself. (Proverbs 18:1) Wholesome association with Christians of both sexes can help one to stay balanced.—Hebrews 10:24, 25.

If you are plagued by homosexual desire, these suggestions may prove helpful. Do not be overly discouraged, though, if the bad feelings persist. God understands your feelings and has compassion for those who struggle to serve him. (1 John 3:19, 20) In the new world, mankind will experience the healing of all the maladies that afflict us. (Revelation 21:3, 4) In the meantime, rely on God and fight against wrong desires. (Galatians 6:9) With time and determined effort, perhaps even the wrong desires themselves can diminish.

(Beginning with our next issue, "Young People Ask . . ." will appear once a month.)

* Chapters 25 and 26 of the book *Questions Young People Ask—Answers That Work* (published by the Watchtower Bible and Tract Society of New York, Inc.) contain practical suggestions to help a youth overcome this addiction.

IN OUR NEXT ISSUE

When Sickness Is No More

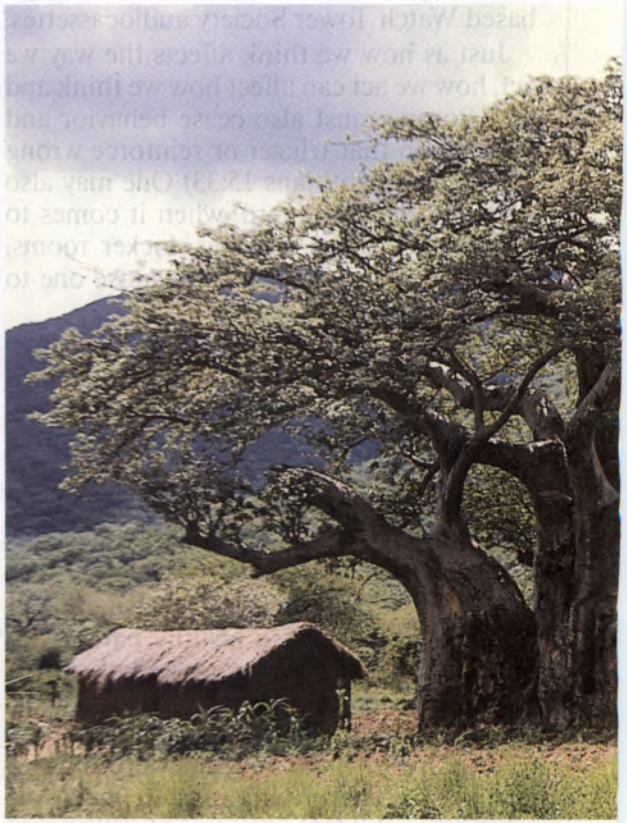
Conversation Is an Art

Procrastination—The Thief of Time

Africa's Amazing

"I DO not believe the like was ever seen in any part of the world." What was it that the Frenchman Michel Adanson saw when visiting Senegal in 1749? It was a *tree!* About 65 feet high, with an enormously wide trunk, 25 feet in diameter. David Livingstone later referred to the tree as a "carrot planted upside down."

Legend has it that "the devil plucked up [the tree], thrust its branches into the earth, and left its roots in the air." Thus, many know the tree as "the upside-down tree." In Latin it is called *Adansonia digitata,* named after its discoverer, but most of us call it the baobab, one of the best-known trees in eastern Africa, although taller cousins can be found in Madagascar and some even in Australia.



The baobab, tree of many uses

The Upside-Down Tree

We had spent many hours driving through the Tanzanian countryside. It was a delight to see picturesque settlements, dwellings with straw roofs, women carrying firewood on their heads, children playing under mango trees, and some herdsmen looking after their cattle. We finally see what Adanson saw back there in the 18th century.

"There they are!" shouts Margit. Massive, majestic, the baobab appears here and there in the drier parts of tropical Africa. It is native to the savanna, along the coast, and even on the slopes of Mount Kilimanjaro. "It does not resemble any other tree I have ever seen," adds one of our associates. Grayish and enormous, the baobab is a plant with bark two to four inches thick. "It real-



Seeds, used as sweets and roasted for coffee

"Tree of Life"

BY *AWAKE!* CORRESPONDENT IN TANZANIA



Its blooms are large

Leafless during the dry season

ly looks like a tree planted upside down!" Most of the year, during the six to seven months of the dry season, the tree has no leaves whatsoever. How does the tree survive? Why don't we ask someone who may know.

Making our way in baobab land, we finally get to talk to Shem, a native. "You see," says the man, "this is a bottle tree." A bottle tree? "Yes, during the short rainy season, the spongy fibers of the tree suck up a large quantity of water, which is stored in the trunk for the dry season." The publication *Baobab—Adansonia Digitata* notes: "The top of the trunk is usually hollowed, rainwater and dew collect here and may be the only water available for miles around. . . . The trunk has a high water content. It is estimated that a tree of about 200 cubic metres [7,000 cubic feet] will contain up to 140,000 liters [37,000 gallons] of water. . . . Manageable blocks of the trunk can also be cut out and water squeezed out for drinking." Shem jokes: "It is a huge tree, but the heart is soft." By now more villagers have approached and are eagerly listening to the conversation. "Did you know that the baobab is the tree of life?" asks Emmanuel.

The "Tree of Life"

To many natives the tree is a gift from God. Why? "First of all it can live very long. Perhaps one thousand years or even longer," continues a villager. "It serves us with food, water, clothes, roofing material, glue, medicine, shelter, necklaces, and even sweets for the children." What about firewood? "No, the bark is too moist from the water stored

in it. We usually look for other trees for that purpose." Says young Daniel: "But we use the bark for making our strings and ropes." Far more than that, it is used for nets, mats, cloth, hats, canoes, trays, boxes, baskets, and paper. Ash from the bark can be used as fertilizer, and many make soap out of it. "The young shoots and leaves are eaten," adds one of the young mothers, carrying a baby on her back. "We also roast the seeds and use them for coffee. Seed pulp is used in making beer, and oil can be extracted too."

During the short rainy season, the tree puts forth beautiful white flowers. But they do not smell as good as they look! They begin to open from the late afternoon to soon after sunset and are fully open by the following morning. During the night, the fruit bats are thus invited to pollinate. The natives mix the flower pollen with water and use it as glue. The long (16 inches) fruit hang down on stalks. We touch the greenish fruit, and it feels like velvet. It looks like a monkey's tail. "Aha, that is why the tree is also called the monkey-bread tree!" Shall we cut the fruit and look inside? Why not!

"Cream-of-Tartar Tree"

The fruit has a white, tart pulp around the seeds, very rich in vitamin C, vitamin B_1, and calcium. In baking, the pulp can be used as a substitute for cream of tartar. That is also the reason why some call it the cream-of-tartar tree. Shem says: "We sometimes make drinks from the pulp. It tastes like lemon." That is why other people call it the lemon tree. What else is it used for?

Shem replies: "We use almost all parts of the tree. The shell of the fruit we use as a fishing float, water dipper, and soup bowl, and we also use it to make a good rat trap. When our cattle are troubled by insects, we simply burn the fruit pulp, and the smoke serves as a repellent. Sometimes we mix the pulp flour with milk and get an excellent yogurt." What about medicine? "Of course, the tree is our pharmacy," laughs Shem.

The Baobab Pharmacy

What do you use it for? "Everything!" Because of its many uses, no wonder that many local people respect the tree, fear it, yes, even worship it. We find out that nursing mothers mix the powdery pulp with milk and give it to their babies in order to prevent the small ones from getting distended bellies, dysentery, and fever. "Medicine" from the tree is sold in local markets and is said to cure inflammations, toothaches, and other ailments. Locally it is used to treat anemia, diarrhea, influenza, asthma, kidney problems, respiratory problems, and even tumors.

This extraordinary tree is naturally surrounded by myths and legends. Some feel that "the farm on which [the baobab] stands may not be sold, since its presence is believed to be a good omen. . . . Another tale claims that a Lion will devour anyone rash enough to pluck a flower from the tree. These blossoms are believed to be inhabited by spirits. It is also said that the water in which the tree's seeds have been soaked and stirred acts as protection against crocodile attacks and that he who drinks the bark infusion will grow mighty and strong." —*Baobab—Adansonia Digitata.*

Sweets for the Children

We have learned many new things from the natives in baobab land. Now, in Dar es Salaam, we see Navina, Suma, and Kevin. Guess what they are chewing and sucking? Baobab seeds! The red-colored seeds are sold as sweets along the roadside, and it seems these children love them. "Is it sour?" "A little bit, but we like it!" say the children with one voice. "Please have some! Taste!" Yes, why not taste something from Africa's "tree of life"?



Enjoy Jogging
But Watch the Risks!

THE 18-year-old needed "longer and longer distances to satisfy his craving for running," reports the German newspaper *Süddeutsche Zeitung*. At 2:00 a.m. and again at 6:00 a.m., he would run "a couple of dozen kilometers before getting back into bed, reposed and contented." This is by no means a unique case, since research scientists in various lands are currently dealing with joggers who are addicted to endorphin. How can such an addiction develop?

Researchers have discovered that with continuous and protracted physical exertion, endorphin is formed in muscle nerves. The endorphins are endogenous (coming from within) opiates that produce a feeling of euphoria—providing fanatical joggers at times with a high. Claims Wildor Hollmann, president of an international association studying sports medicine: "Whether these morphine derivatives can lead to addiction or not was long a matter of some dispute. Now it is a proved fact." Hence, there seems to be inherent danger in running or jogging exceedingly long distances and, of course, in performing any other forms of extreme exertion.

May there be any other health hazard associated with high-performance sports activities? Yes. You may remember the story of the Greek messenger who ran from Marathon to Athens some 2,500 years ago. According to legend, he collapsed and died on the spot after bringing news into Athens of the Greek victory over the Persians. Researchers see in this story an example of endorphins in the muscles. They say that long periods of strenuous activity can lead to death by sudden cardiac arrest because endorphins lower the perception of pain. For example, under normal circumstances severe chest pains cause a runner to stop running, which, according to experts, in most cases allows the heart to reestablish its customary rhythm. But during extreme physical effort, endorphins lower the perception of pain, making signals transmitted by the body indiscernible to the runner. This can have disastrous consequences.

On the other hand, balanced physical exercise is wholesome, and endorphins released at such times seem to have a positive effect. One woman who regularly goes jogging explains: "I used to take medicine, but now when I'm in a rotten mood, I go for a run." A brisk walk or a run may indeed help a person to dispel or at least come to terms with depression. Endorphins seem to play a role in such instances. Physical exercise becomes dangerous only when it is carried too far. —Compare 1 Timothy 4:8.

Neglecting the "Great Commission"

For many years Christendom has referred to Jesus' command to his followers to make disciples of people of all the nations as the "Great Commission." However, according to a recent poll conducted by the Institute for Research in Social Science at the University of North Carolina, U.S.A., fewer and fewer "Christians" in the United States even view this commission as very important. Outside the Southern states, which are traditionally more religious, only 32 percent of those who consider themselves Christian felt that converting others to their faith was a "very important" responsibility of their church. In the South, that figure was only 52 percent.

Where There's Smoke There's Fire

Of the many well-known hazards of smoking, there is one that all too often escapes notice: fire. According to the U.S. National Fire Protection Association, lighted tobacco products caused some 187,000 fires in the United States in 1991 alone, killing 951 persons (not including firefighters). Thus, 25 percent of all the deaths by fire in residences that year were traceable to smoking—more fatalities than resulted from fires by any other cause. Smoking-related fires also caused 3,381 injuries and $552 million in property damage during the same year. The most commonly ignited household materials were found to be upholstered furniture, mattresses, and bedding.

TV Violence Measured

A controversial new study claims that despite all the furor over violence on American TV—and despite many promises by TV networks to curb it—the violence on TV has actually increased in the past two years. The study was conducted by the Center for Media and Public Affairs and reached its conclusions by monitoring a single day's programming on ten



stations and comparing the content with the programming on the same date two years earlier. It found that acts of violence, defined as deliberate acts of physical force that result in physical harm or destruction of property, increased by 41 percent over the two-year period. Acts of serious violence were defined as life-threatening or likely to cause serious injury, and the number of these soared by 67 percent. "The average rate of violent incidents increased from 10 to almost 15 scenes per channel per hour," reports *TV Guide*.

Global Malnutrition

Globally, there is both good news and bad news about malnutrition. According to *Global Child Health News & Review*, the percentage of all children under five years old who suffer from malnutrition fell from 42 percent in 1975 to 34 percent in 1990. However, the absolute number of malnourished children has grown. Some 193 million children under five in developing countries are moderately or severely underweight, and about a third of those are severely malnourished. The paper notes that when a child is mildly malnourished, the risk of death by disease is doubled. The risk is tripled for a moderately malnourished child. For a child who is severely malnourished, the risk of death by disease is 11 times higher. In industrialized lands, the paper reports, the most common form of malnutrition in children is obesity. In North America, for instance, children get as much as 50 percent of their energy supply from fats—which is "double the recommended proportion."

Black Sea or "Dead" Sea?

"The Black Sea has become the most polluted sea in the world and is undergoing an agonizing death." So reports the Russian newspaper *Rossiiskaya Gazeta*, noting that during the past 30 years, the Black Sea "has become a sewer for half of Europe—a place for the disposal of huge amounts of phosphorus compounds, mercury, DDT, oil, and other poisonous refuse from the 160 million people residing on its coasts." The pollution has brought on some alarming symptoms. Of the 26 varieties of fish that fishermen formerly caught in the Black Sea in the 1960's, only 5 remain. The sea's dolphin (mammal) population, once a robust 1,000,000, has plummeted to 200,000. Many of the remaining dolphins

are infected with swine fever because so many hog farms discharge sewage into the Danube Delta.

Marijuana and Memory Loss

"In a world first," reports *The Sydney Morning Herald* of Australia, "Sydney researchers have demonstrated what many people have long suspected—that memory loss and lack of concentration caused by smoking marijuana persists long after people stop using the drug." The research, conducted at Macquarie University, confirmed that the damage marijuana causes is proportional to the amount smoked and the duration of the practice. The news gets worse: "These impairments may not be reversible." The study showed that former users suffered the same "cognitive impairments" as those who still smoked marijuana. More than memory is affected, especially for those who have used the drug for five years or more. Such individuals were found to be slower in processing information and less able to focus their attention and avoid distractions. The report concludes that, according to the combined evidence, smoking marijuana actually changes the brain's physiology.

Teenagers and Porn Videos

An alarming 77 percent of high-school boys and 24 percent of high-school girls in Japan have watched pornographic videos, according to a survey conducted by Japan's Management and Coordination Agency. Even among junior-high-school boys as young as 13 or 14 years of age, 25 percent have seen such videos. And the effects? "The survey indicates," reported the *Mainichi Daily News,* "that those students who have seen adult videos have a poorly developed sense of conscience over sex crimes and low appreciation of the feelings of victims of such crimes." Were the parents aware of the situation? The same survey revealed that only 12 percent of the parents of the students surveyed knew or suspected that their children were viewing pornographic videos.

Miracle or Microbes?

"One of the most celebrated miracles of the Catholic church may have been more microbial than divine," reported *New Scientist* magazine recently. The supposed "miracle of Bolsena" occurred back in 1263, when a Bohemian priest reached for the sacramental wafer in a celebration of Mass. As the story goes, he was wondering if



the wafer would truly turn into the body of Christ as the Catholic Church teaches. Then, to his amazement, he saw that the wafer was oozing what appeared to be blood! However, scientists have long speculated that the phenomenon was caused by a bright-red, dripping fungus that thrives on starchy foods in warm climates. Johanna Cullen of George Mason University in Virginia, U.S.A., recently duplicated the likely medieval conditions and grew a culture of the suspected bacteria on a sacramental wafer. It soon turned blood red.

AIDS From Blood?

What are the chances of getting AIDS from a blood transfusion or from blood products? According to the newspaper *The Star* of Johannesburg, 600,000 people worldwide—or 15 percent of all of those infected—have been infected with the AIDS virus from blood or blood products since AIDS was identified. At present, testing blood for HIV is time-consuming and expensive. Some conclude that blood should be subjected to at least seven different tests. Often, developing countries do not have the finances or training to use these tests. Even in affluent countries, where the tests are employed, there are mistakes. Paul Strengers, medical head of the Dutch blood-transfusion service, admits: "We cannot say any blood product is 100 percent safe concerning the HIV virus or hepatitis."

An Infrequent Visitor

A comet that was observed in March 1993 by astronomers in Australia and France was officially recognized by the International Astronomical Union the following January and dubbed McNaught-Russel. But Chinese astronomers may well have observed it first—some 14 centuries ago! According to *New Scientist* magazine, an astronomer calculated that this comet takes an unusually long time to orbit the sun: 1,419 years. Interestingly, ancient records show that Chinese astronomers observed a wandering "star" that may well have been this same comet. They recorded their sighting on the third year of a period called Keen Tih, during the second moon, on a day called Woo Woo—or April 4, 574 C.E. The comet is due to make its next visit to our neighborhood of the solar system about the year 3412.

FROM OUR READERS

Toys I just finished reading the fine article "Parents—Choose Your Child's Toys Wisely." (September 8, 1994) As a parent, I deeply appreciated the information. However, I would like to add a cautionary suggestion. Please warn readers of the potential that small children may drown in pails or buckets in which there is even a small amount of liquid.

E. V., United States

The reminder is appreciated.—ED.

My son and I were in the middle of a discussion regarding his desire to have me purchase a toy that I felt was inappropriate for him. As a young one, he found it difficult to agree with my reasoning. As we spoke, we opened the mail, which included the latest *Awake!* We were both surprised to see the title "Do You Know What Your Child Is Playing With?" He was impressed by the articles and began to understand my reasoning.

W. F., United States

Thank you for the articles. I am almost 13 years old and enjoy outdoor activities, arts and crafts, and playing the piano. When I was younger, I created toys of my own. I like doing these things better than video games because they give me a feeling of accomplishment. I hope these articles helped other children realize how much fun these things can be.

C. S., United States

Hippopotamus Thank you for publishing the item "Hippopotamus to the Rescue!" (October 8, 1994) I was so moved when I read about the way the hippopotamus rescued that impala. Until now, all a hippo was to me was an enormous body in the water that opens an enormous mouth to display enormous teeth. I wouldn't have said that I liked those beasts, but this article has changed my opinion.

Y. H., Japan

Israeli Soldier's Story I have just finished the article "Trained to Kill, Now I Offer Life." (September 8, 1994) Many times I have been moved to write you to express my appreciation, but never have I felt as compelled to do so as now. Often I have wondered about the Jewish response to the good news of Jehovah's Kingdom. Now you have provided the exceptionally heartwarming story of Rami Oved. What a joy to read about the triumph of God's Word over every obstacle!

J. S., United States

The story touched my heart, inasmuch as my family is also of Jewish descent. It is hard on many people when they choose the Bible's truth over their families, but it seems especially hard on Jews, since their families consider you as being dead to them. My parents' families mellowed, though, when they realized that my parents wouldn't give up the truth for anyone!

F. K., United States

Eye Operation I read the article "Radial Keratotomy—What Is It?" with great interest. (September 22, 1994) Since I will be undergoing this operation in a few months, I appreciated the clarifying information very much. It was more complete than that supplied by my ophthalmologist.

G. C., Italy

Suffering Children Your series "What Hope for the Children?" (May 8, 1994) was realistic and very well-done. Reading of the terrible experiences and the deadly diseases, as well as the terrible living conditions that many children suffer, has made me grieve in my heart. But I was delighted to read about the real hope for the children that is to be realized when God's Kingdom rules mankind.

D. G., Papua New Guinea



"Go to the Ant"



A quickly built Kingdom Hall in Aurillac, France

"UNUSUAL ANTS"—that strange headline appeared a few years ago in a newspaper article regarding a quickly built Kingdom Hall of Jehovah's Witnesses. What inspired the headline? It is not difficult to understand when you look at an aerial photograph of such a construction site. A subtitle in the same newspaper article explained: "Five hundred Witnesses of Jehovah on a construction site—a surrealistic anthill."

The comparison is apt, perhaps more so than the reporter realized. Granted, from far above, a few hundred people scrambling around a construction site may resemble ants on an anthill. But in this case the resemblance is more than superficial. Why is this? Jehovah's Witnesses take seriously the Bible's counsel at Proverbs 6:6, which says: "Go to the ant . . . ; see its ways and become wise." How can one become wise by observing ants?

For one thing, ants get a lot done. The Bible encyclopedia *Insight on the Scriptures* notes: "Not only is their instinctive preparing for the future notable but also their persistence and determination, often carrying or tenaciously dragging objects weighing twice their own weight, doing everything possible to fulfill their particular task, and refusing to turn back even though they may fall, slide, or roll down some steep precipice."*

Similarly, while Jehovah's Witnesses do not lug around twice their body weight in construction materials, they do often amaze their neighbors by how much they accomplish on their construction projects in a relatively short time. It is not uncommon to see their Kingdom Halls spring up from the foundation and be finished in the course of just two or three days!

How do they get all of this done? By imitating the ant in another key respect. *Insight on the Scriptures* says of ants: "Remarkably cooperative, they keep their nests very clean and show concern for their fellow workers, at times assisting injured or exhausted ants back to the nest." The above-noted reporter seemed struck by a similar cooperative spirit among the Witnesses, describing "a tremendous effort accomplished with a smile in a relaxed atmosphere by about 80 professionals representing every branch of the building trade and supported by 400 volunteers."

Nonetheless, all the hard work and cooperation that Jehovah's Witnesses put into building their Kingdom Halls is only a foretaste of what occurs inside those halls in the years that follow. There they continue to work hard and cooperate together, organizing their teaching and preaching work and presenting meetings that are upbuilding and educational. Even more important, they endeavor to show the same kind of loving concern for one another that Jesus showed his followers when he was on earth.—John 13:34, 35.

Line drawings: Pharaoh's ant. *Lydekker*

* Published by the Watchtower Bible and Tract Society of New York, Inc.

A Day That Changed Her Life

A YOUNG woman from Arizona, U.S.A., said that she had been a churchgoer but had become disillusioned with religion. She finally told God in prayer: "I'm not going to any more churches. I'm going to live my life the best I know how, and I will try to be a good person."

The woman explained what happened later: "My aunt telephoned and said that she would be in the area to attend a special assembly day of Jehovah's Witnesses. She asked whether she and my cousins could spend the night at my apartment. And she asked: 'Would you like to go with us?' I remember my reply: 'Why not? I have nothing better to do.' My interest in religion was nearly dead.

"I was always told to be cautious of Jehovah's Witnesses. So during the assembly, I remember being very observant. Yet, there was no mystery regarding what was being said about God's original purpose to have a paradise earth and that God's purpose hadn't changed. I sat there with this warm feeling as I observed families sitting together and displaying such a spirit of unity. I bowed my head and quietly asked God: 'Is this the truth? Is this what I've been searching for?'

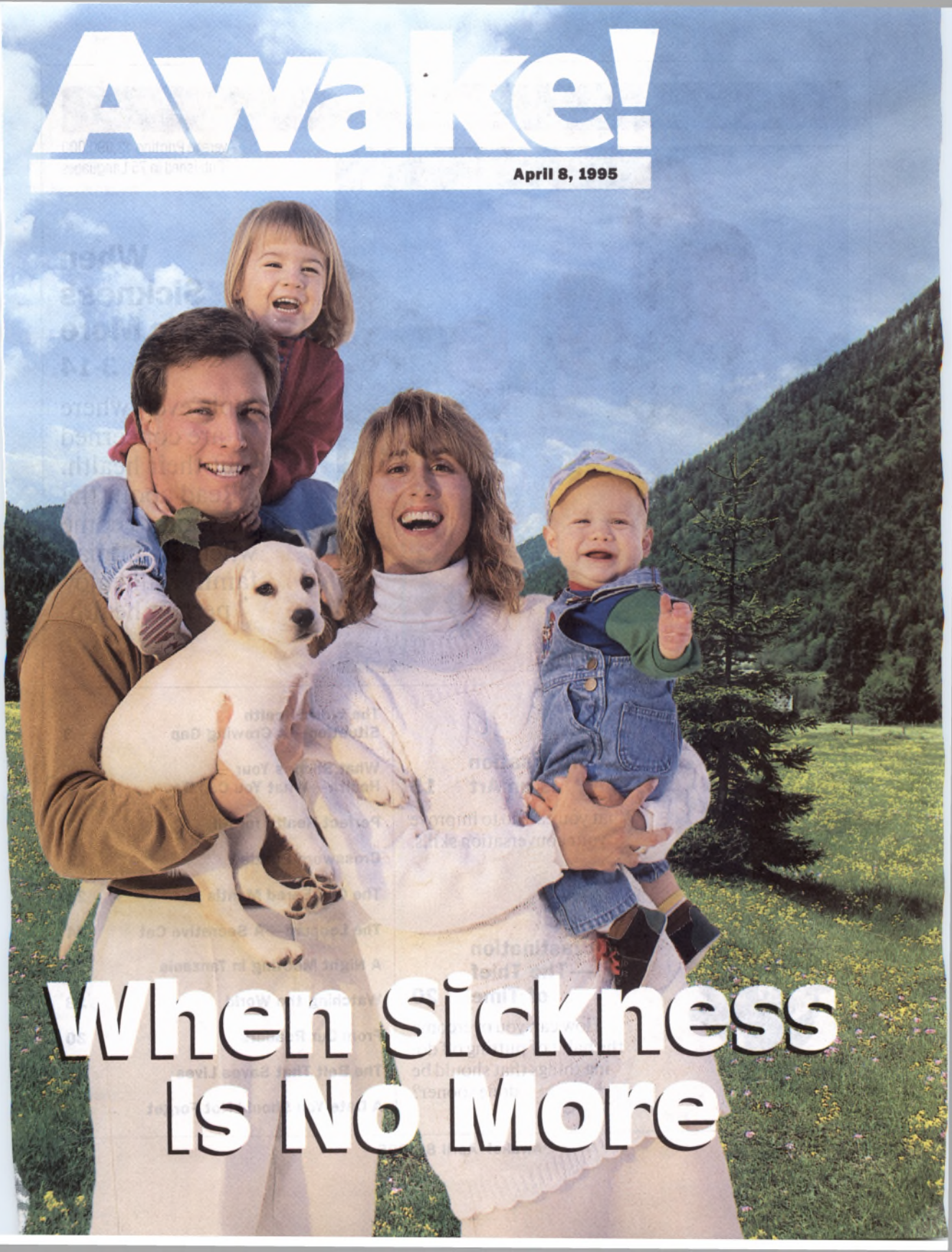
"As I left that day, I watched people hugging and kissing good-bye with smiles that lit up the place. I could see in their faces that there wasn't a doubt in their mind or heart about their belief and about who Jehovah is and what he has done for them. From that day on, I started to attend the Kingdom Hall of Jehovah's Witnesses and haven't stopped since. The following special assembly day, in 1988, I publicly symbolized my dedication to Jehovah by water baptism and became a part of this beautiful family."

A warm family feeling pervades the large gatherings of Jehovah's Witnesses, as seen here in Russia



Awake!

April 8, 1995



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3-14

People everywhere are concerned about their health. Read about the time soon to come when the human family will enjoy perfect health.



Conversation Is an Art **15**

What you can do to improve your conversation skills.



Procrastination —The Thief of Time **20**

How can you overcome the habit of putting off doing things that should be done sooner?

The World Health Situation—A Growing Gap	3
What Shapes Your Health—What You Can Do	6
Perfect Health for All	12
Crossword Puzzle	19
The One-Eared Mantis	23
The Leopard—A Secretive Cat	24
A Night Meeting in Tanzania	26
Watching the World	28
From Our Readers	30
The Belt That Saves Lives	31
A Date You Should Not Forget	32

THE WORLD HEALTH SITUATION —A GROWING GAP

BY *AWAKE!* CORRESPONDENT IN BRAZIL



WHEN Ali Maow Maalin caught smallpox in Somalia in 1977, it landed him in the hospital and in the headlines as well. After he was treated and cured, WHO (World Health Organization) announced in 1980 that smallpox—after ravaging millions of people for centuries—had been eradicated from the face of the earth. Ali was said to have been the world's last victim.

In 1992, WHO reported other health-care gains: During the 1980's, more people in the developing world gained access to safe drinking water and sanitation facilities. In addition, a higher percentage of the population in the least-developed countries gained access to a local health service. As a result, during the last decade, the number of childhood deaths dropped in some places.

Frightening Facts

These gains, however, are offset by losses and eclipsed by looming threats. Consider a few frightening facts.

HIV/AIDS—More than 17,000,000 people worldwide are infected with HIV, the virus that causes AIDS. About 3,000,000 became infected in one recent year, some 8,000 a day. More than a million children have contracted HIV. Deaths from AIDS among children may soon more than wipe out any gains in child survival in recent decades. And the epidemic is just now moving into the early explosive phase in many places, such as in Asia. Over 80 percent of all HIV victims, says *Aids and Development,* live in developing countries.

Tuberculosis (TB)—Though largely ignored for the past two decades, TB once more haunts the world, killing some three million people each year, making it the world's number one killer among infectious diseases. Over 98 percent of those deaths took place in developing countries. To make a bad situation worse, the TB bacterium teamed up with HIV, forming a deadly alliance with devastating results. It is expected that by the year 2000, a million HIV-infected persons each year will die from TB.

Cancer—The number of cancer cases in developing countries is now greater than that in developed countries.

Heart Disease—"We are close to a global coronary catastrophe," warns WHO's Dr. Ivan Gyarfas. Heart disease is no longer the plague of industrialized nations alone. In Latin America, for example, two to three times more people will die from heart disease than from infectious diseases. Within a few years, coronaries and strokes will be the leading cause of death throughout the developing countries.

Tropical Diseases—Warns WHO: "Tropical diseases seem to have gone on a rampage, with cholera spreading to the Americas . . . , yellow fever and dengue epidemics affecting even greater numbers, and the malaria situation deteriorating." *Time* magazine says: "In the world's poorer countries, the fight against infectious disease is already a disaster." The death toll from malaria alone is now about two million a year —this after it was thought to be largely eradicated some 40 years ago.

Diarrheic Diseases—The toll among the young in the developing countries is shocking. Almost 40,000 children die every day as a result of infection or malnutrition; one child dies every *eight seconds* from diarrheic diseases alone.

Health and Poverty—A Connection

What is this health picture telling us? "The developing countries are hit with a double blow," says a health expert. "They are now hit with all the emerging modern chronic diseases but with the residual tropical diseases as well." The result? A worrisome "geographical rift" has come into fo-

Awake!

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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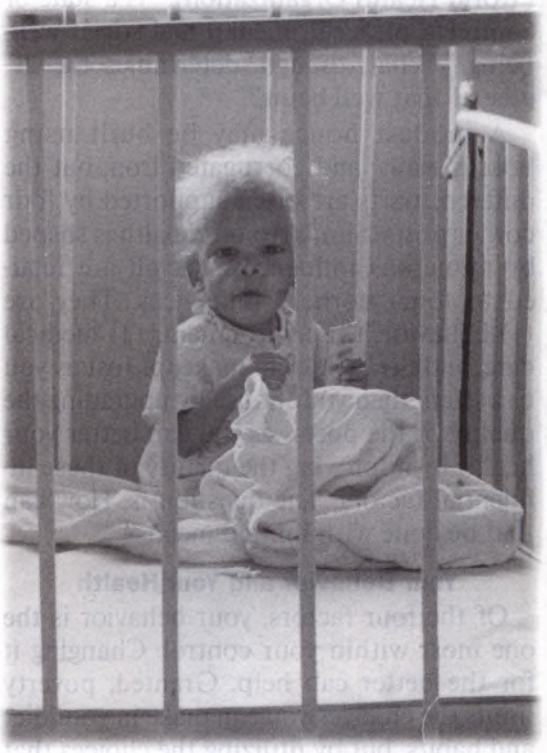
cus, notes the book *Achieving Health for All by the Year 2000*. Thus, health care in some 40 African and Asian countries is "not keeping pace with the rest of the world." The health gap is huge—and growing.

Though there are numerous reasons for this growing gap, one main cause of poor health, says *World Health* magazine, "is poverty." (Compare Proverbs 10:15.) Often poverty condemns people to inadequate shelter marked by lack of sanitation, lack of safe and sufficient water, and overcrowded, cramped living conditions. These three factors not only hamper health but actually promote diseases. Add to this malnutrition, which weakens the body's defenses against sickness, and you can see why poverty does to health what termites do to wood.

When deadly diseases contaminate dwellings, cripple bodies, and kill children, the poor are hardest hit. Note some examples. In the poor sections of South Africa, the incidence of tuberculosis is a hundred times higher than that among high-income areas of the same nation. In impoverished areas of Brazil, six times more people are dying from pneumonia and influenza than in bordering wealthier neighborhoods. And the number of babies dying among India's destitute families is ten times higher than that among India's richest families. The painful fact stands out: 'Poverty is dangerous to your health!'

No wonder that the more than one billion global slum dwellers are left with a feeling of despair. The underlying causes of poverty are beyond their control, and the sickening consequences dominate their lives. If you are suffering the ill effects of poverty, you too may feel hopelessly stuck on the miserable side of the health gap. Yet, poor or not, there are some steps you can take to protect your health and that of your children. What are those steps? The following article offers some suggestions.



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WHAT SHAPES YOUR HEALTH —WHAT YOU CAN DO

UNLIKE rice or flour, health cannot be dished out by a relief worker. It does not come in a bag because it is not a commodity but a condition. "Health," defines WHO (World Health Organization), "is a state of complete physical, mental and social well-being." What, though, determines the degree of that well-being?

A modest house may be built using boards, nails, and corrugated iron, but the different parts are often supported by four corner posts. Similarly, our health is shaped by numerous influences, but all are related to four "corner" influences. They are (1) behavior, (2) environment, (3) medical care, and (4) biological makeup. Just as you can strengthen your house by upgrading the quality of the posts, so you can better your health by improving the quality of these influential factors. The question is, How can that be done with limited means?

Your Behavior and Your Health

Of the four factors, your behavior is the one most within your control. Changing it for the better can help. Granted, poverty limits the changes you can make in your diet and habits, but by utilizing the choices that *are* available, you can make a substantial difference. Note the following example.

A mother usually has a choice between breast-feeding and bottle-feeding her baby. Breast-feeding, says the United Nations Children's Fund, is "the superior choice, both physically and economically." Mother's milk, say experts, is "the ultimate health food," giving the baby "precisely the right concentrations of protein, fat, lactose, vitamins, minerals and trace elements that are needed for harmonious growth." Breast milk also transports disease-fighting proteins, or antibodies, from the mother to the baby, giving the infant a head start in combating diseases.

Especially in tropical lands with poor sanitary conditions, breast-feeding is best. Unlike bottle milk, breast milk cannot be overdiluted to save money, mistakes cannot be made during its preparation, and it is always served from a clean container. In contrast, "a bottle-fed baby in a poor community," notes *Synergy,* a newsletter from the Canadian Society for International Health, "is approximately 15 times more likely to die from diarrheal disease and four times more likely to die from pneumonia than a baby who is exclusively breastfed."

Then there is the economic advantage. In the developing world, powdered milk is costly. In Brazil, for example, bottle-feeding a baby may take one fifth of a poor family's monthly income. The money saved by breast-feeding can provide healthier meals for the whole family—including mother.

With all these advantages, you would expect breast-feeding to be booming. Yet, health workers in the Philippines report that breast-feeding there is "gravely threatened with extinction," and a study in Brazil showed that one of the main factors associated with infants dying from respiratory infection is "lack of breastfeeding." Your infant, however, may escape that fate. You have a choice.



Collecting water takes waiting and work Mark Peters/Sipa Press

Mother's efforts to protect baby's health are often undermined, though, by the unhealthy behavior of other family members. Take as an example one mother in Nepal. She shares a damp room with her husband and three-year-old daughter. The tiny room, writes *Panoscope* magazine, is filled with kitchen and tobacco smoke. The child suffers from a respiratory infection. "I cannot stop my husband from smoking," sighs the mother. "I now buy cigarettes for my husband and medicine for my child."

Sadly, her dilemma is becoming increasingly common as ever more people in the developing countries waste much-needed income by taking up smoking. In fact, for every smoker who stops smoking in Europe or the United States, two people start smoking in Latin America or Africa. Misleading advertisements, notes the Dutch book *Roken Welbeschouwd,* are much to blame. Slogans such as "Varsity: for that fine clear-headed feeling" and "Gold Leaf: very important cigarettes for very important people" convince the poor that smoking is linked to progress and prosperity. But the opposite is true. It burns up your money and ruins your health.

Consider this. Every time a person smokes a cigarette, he shortens his life expectancy by ten minutes and increases his risk of heart attack and stroke, as well as lung, throat, and mouth cancers and other diseases. Says *UN Chronicle* magazine: "Tobacco consumption is the single greatest preventable cause of premature death and disability in the world." Please note that it says "preventable cause." You *can* snuff out your last cigarette.

Of course, there are many more behavioral choices that influence your health. The box on page 11 of this article lists some material that you can read in the library of a Kingdom Hall of Jehovah's Witnesses. True, informing yourself takes effort. Nevertheless, a WHO official says: "You cannot have health without the involvement of

enlightened people who have been informed and educated about their health situation." So take this free health-promoting step: Educate yourself.

Health and the Home Environment

The environment that influences your health the most, states the book *The Poor Die Young,* is your home and your neighborhood. Your environment can be a health hazard because of the water. Infections, skin diseases, diarrhea, cholera, dysentery, typhoid, and other afflictions are caused by insufficient and unsafe water.

If washing your hands requires nothing more than opening a faucet, it may be hard for you to appreciate how much time people who lack running water in their homes spend getting water each day. Often more than 500 persons use one tap. That requires waiting. But low-income people work long hours, and waiting, notes the book *Environmental Problems in Third World Cities,* "takes away from time which could be used in earning an income." No wonder that to save time a family of six will often carry home less than the 30 buckets of water needed each day for a family that size. But then there is too little water for washing food, dishes, and clothes and for personal hygiene. This leads to conditions that, in turn, attract lice and flies, which endanger the family's health.

Think of this situation. If you depend on a bicycle to reach your faraway job, would you consider it a loss to spend some time each week to oil the chain, adjust the brakes, or replace a spoke? No, since you realize that even if you gain a few hours now by neglecting maintenance, you may lose a whole day of work later when your bicycle breaks down. Similarly, you may gain some hours and a little money each week if you stop short of hauling enough water to maintain your health, but later you may lose a lot of days and money when, because of poor maintenance, your health breaks down.

Fetching enough water can be made a family project. Though local culture may dictate that mother and children serve as water bearers, a caring father will not shun lending his muscle to haul water himself.

PRIMARY HEALTH CARE—HOW DOES IT WORK?

To find the answer to this question, *Awake!* talked with Dr. Michael O'Carroll, a WHO representative in South America. Some excerpts follow.

"WE INHERITED a health-care system based on a medical approach to health. If you are sick, you go to a doctor. Forget about the fact that you drank two bottles of whiskey. Forget that you never exercise. You see the doctor and say: "Doctor, cure me." Then the doctor puts something in your mouth, puts something in your arm, cuts something off, or puts something on. Now, I am speaking grossly here, as you will understand, just to get the point across, but this kind of medical approach has prevailed. We have wrongfully medicalized society's problems. Suicide, malnutrition, and drug abuse have become medical problems. But they are not. They are not even health problems. They are social problems with health and medical consequences.

'Then, over the last 20 years, people said, "Hey, slow down. We're doing things the wrong way. We need to redefine what health is all



Enough safe water—a must for good health Mark Peters/Sipa Press

After the water reaches home, however, a second problem arises—how to keep it clean. Health experts advise: Do not store drinking water and water used for other purposes in the same place. Always cover the storage container with a close-fitting lid. Allow the water to stand for a while so that impurities sink to the bottom. Do not touch the water with your fingers when scooping it out, but use a clean cup with a long handle. Clean the water containers regularly with a bleach solution, and after that rinse them out with safe water. And rainwater? It surely is a bargain (provided it rains!), and it can be

about." Some principles underlying the primary-health-care approach developed, such as:

'It is more humane and more cost-effective in the long run to prevent disease than to treat it. It is, for example, against this principle to build a clinic to deal with open-heart surgery when you do nothing about the causes. That does not mean that you do not treat diseases if they occur. Of course you do. If you have a hole in the street that is causing accidents every day of the week, you will treat the poor fellow who falls and breaks his legs, but the more humane and cost-effective thing to do is: Fill the hole.

'Another principle is to use your health resources efficiently. It is against this principle to send someone to a clinic for a problem that can be handled at home. Or to send someone to a sophisticated hospital to deal with a problem that could have been taken care of in a clinic. Or to send a doctor, who has been trained for ten years at a university, to go out and give vaccinations while someone who has been trained for six months can do the same job. When that doctor needs to perform the job that he is trained for, he should be available. This is what primary health care is telling us: Educate the people, prevent diseases, and use your health resources wisely.'

safe if no dirt washes into the storage tank with the rainwater and if the tank is protected from insects and rodents and other animals.

When you are in doubt about whether the water is safe, WHO suggests that you add a chlorine-releasing substance to it, such as sodium hypochlorite or calcium hypochlorite. It works, and it is cheap. In Peru, for instance, this method costs an average family less than two dollars a year.

Health and Health Care

Often the poor only see two forms of health care: (1) available but not affordable and (2) affordable but not available. Donna Maria, one of São Paulo's nearly 650,000 slum dwellers, explains package one: "For us, good health care is like an item in a window display in a luxurious shopping mall. We can look at it, but it is beyond our reach." (*Vandaar* magazine) Indeed, Donna Maria lives in a city where hospitals offer heart-bypass operations, transplants, CAT scans, and other high-tech medicine. For her, though, these things are not affordable.

If unaffordable health care is like a luxury item in a mall, then affordable health care is more like a low-cost item for which hundreds of elbowing customers are reaching at the same time. Noted a recent news report in a South American country: 'The sick are standing in line for two days to get a consultation. There are no vacancies. Public hospitals lack money, medicine, and food. The health-care system is sick.'

To improve such ailing health care for the masses, WHO has gradually shifted its work from disease control to health promotion by educating people in prevention and control of diseases. Programs promoting primary health care, such as proper nutrition, safe water, and basic sanitation, writes *UN Chronicle,* have resulted in "a substantial improvement in global health." Do these programs benefit you? One of them may have. Which one? EPI (Expanded Program on Immunization).

"The vaccinator has replaced the postman as the most familiar visitor to home and hamlet," notes a report on EPI. During the last decade, vaccination needles were felt from the Amazon to the Himalayas, and by 1990, WHO reported, 80 percent of the world's infants had been inoculated against six killer diseases.* Yearly, EPI is saving the lives of over three million children. Another 450,000 who might have been crippled can walk, run, and play. Thus, to prevent diseases, many parents make the personal decision to have their children inoculated.

ANOTHER ORS FOR CHOLERA

WHO now recommends that rice-based ORS (oral rehydration solution), instead of the standard glucose-based ORS, be used for treating cholera patients. Studies show that cholera patients treated with rice-based ORS had 33 percent less stool output and shorter episodes of diarrhea than cholera patients given standard ORS. One liter of rice-based ORS is made by replacing the ounce of sugar with two to three ounces of cooked rice-powder.

—Essential Drugs Monitor.

* The six are diphtheria, measles, poliomyelitis, tetanus, tuberculosis, and whooping cough. WHO recommends that hepatitis B, which kills many more people than AIDS now kills, also be included in immunization programs.

At times you cannot prevent a sickness, but you may still be able to control it. "It has been estimated that well over half of all health care," says *World Health* magazine, "is self-care or care provided by the family." One form of such self-care is a simple, inexpensive mixture of salt, sugar, and clean water called oral rehydration solution (ORS).

Many health professionals regard oral rehydration therapy, including use of ORS, as the most effective treatment for dehydration because of diarrhea. If used worldwide to control the 1.5 billion diarrhea episodes that occur yearly in developing countries, a tiny packet of ORS salts costing only ten cents could save the lives of many of the 3.2 million children who die from diarrheic diseases each year.

It could, but the use of antidiarrheic drugs in some countries, states the *Essential Drugs Monitor,* a WHO newsletter, is still "far more common than the use of ORS." In some developing countries, for instance, drugs are used three times more often to treat diarrhea than is ORS. "This unnecessary use of drugs is extremely costly," notes the newsletter. Poor families may even have to sell food for this purpose. Moreover, it warns, antidiarrheic drugs have no proved practical value, and some are dangerous. "Doctors should not prescribe such drugs, . . . and families should not buy them."

Instead of suggesting drugs, WHO offers the following for treating diarrhea. (1) Prevent dehydration by giving the child more fluids, such as rice water or tea. (2) If the child still becomes dehydrated, see a health worker for assessment, and treat the child with ORS. (3) Feed the child normally during and after the diarrheic episode. (4) If the child is severely dehydrated, he should be rehydrated intravenously.*

If you cannot obtain prepackaged ORS, follow this simple recipe carefully: Mix one level teaspoon of table salt, eight level teaspoonfuls of sugar, and one liter (five cupfuls at 200 milliliters each) of clean water. Give one cupful for each loose stool passed, half that for small children. See the box on page 10 for more information on this matter.

What, though, about factor number four, our biological makeup? How can it be influenced? The next article discusses that question.

* Pinch the child's abdominal skin. If the skin takes longer than two seconds to go back to a normal state, the child may be severely dehydrated.

FURTHER READING ON . . .

Behavior: "Good Health —What Can You Do About It?" (*Awake!*, December 8, 1989) "Tobacco and Your Health—Is There Really a Link?" (*Awake!*, July 8, 1989) "Helping the Children Stay Alive!" (*Awake!*, September 22, 1988) "What Alcohol Does to Your Body" —*Awake!*, March 8, 1980.

Environment: "Meeting the Challenge of Cleanliness" (*Awake!*, September 22, 1988) "Stay Clean, Stay Healthy!"—*Awake!*, September 22, 1977.

Health care: "Other Lifesaving Measures" (*Awake!*, September 22, 1988) "A Salty Drink That Saves Lives!"—*Awake!*, September 22, 1985.

PERFECT HEALTH FOR ALL



LIKE behavior, environment, and health care, our biological makeup also affects our health. That makeup is influenced by heredity and sicknesses we may develop later because of having a genetic disposition toward them.

"The biological envelope in which you arrive in the world," says one health professional, "determines by and large whether you live well, live long, or live at all."

In whatever way we acquired them, headaches, stiff muscles, frazzled nerves, embrittled bones, failing hearts, and other maladies remind us daily that our health is compromised by an impaired body and mind. What is the root cause of these pervasive health problems?

The Root Cause

A medical doctor named Luke living in the first century C.E. answers this question in an inspired biography he wrote about Jesus Christ. One day, writes Luke, a paralyzed man was brought to Jesus in hopes of his being cured. Jesus told the paralytic: "Your sins are forgiven." Then, to show that he indeed had the power to forgive sins, Jesus commanded the man: "Get up and pick up your little bed and be on your way home." The man did! As a result, "an ecstasy seized one and all" who witnessed the healing, and "they began to glorify God."—Luke 5:17-26.

What sin did Jesus refer to? The answer helps us to understand why we get sick, grow old, and die. Being assured that "all Scripture is inspired of God," we can look to the Bible for that answer. (2 Timothy 3:16; 2 Peter 1:21) It tells us that the first man, Adam, was created perfectly healthy. He enjoyed vibrant health as long as he obeyed his Creator.

Adam, however, chose to break God's law. By being disobedient and deliberately rebelling against his Creator, he was sinning. As a result, he became imperfect, vulnerable to sickness, and in time he died. Sin,

therefore, was the cause of Adam's sickness and death.

Just as some diseases are passed from parents to children as an operation of the laws of genetics, so imperfection and resulting sicknesses were passed from Adam to his offspring, the human race. Thus, all diseases are the result of Adam's original sin. (Genesis 2:17; 3:1-19; Romans 5:12) Is there a way out?

The Way Out

The change from perfect health to poor health was brought about by sin—Adam's rebellion against God's law. The change from poor health to perfect health is possible only through the removal of sin. (Romans 5: 18, 19) How? Another perfect human, the exact counterpart of Adam when he was perfect, would have to sacrifice his life as a ransom. God's law is that "soul will be for soul," that is, a life for a life.—Deuteronomy 19:21.

However, none of Adam's sinful descendants could provide such a ransom. Thus, Jehovah himself lovingly provided his Son, Jesus, as a perfect human to give his life as "a ransom in exchange for many" so that "we might gain life through him."—Matthew 20: 28; 1 John 4:9; Psalm 49:7.

While on earth, Jesus showed that his Father, Jehovah, had given him the power to remove sins when he told the paralytic, "your sins are forgiven," and the healed man walked home. Time and again Jesus used this power from God by instantly healing the blind, the deaf, and many others with various ills.

Regarding these miraculous cures by Jesus, the Bible relates: "Then great crowds approached him, having along with them people that were lame, maimed, blind, dumb, and many otherwise, and they fairly threw them at his feet, and he cured them; so that the crowd felt amazement as they saw the dumb speaking and the lame walking and the blind seeing." (Matthew 15:30, 31) Even more remarkable, Jesus was able to bring dead people back to life. The Bible tells of several of these resurrections.—Luke 7: 11-16; 8:49-56; John 11:14, 38-44.

These miraculous healings assure us that no disease is beyond Jesus' power to cure. Will he use this God-given power again? Can we benefit?

Perfect Health a Certainty

Bible prophecies show that Jesus is already ruling in heaven as the King of God's heavenly government. God has authorized him to remove all human governments now existing and to rule over the entire earth. (Psalm 110: 1, 2; Daniel 2:44) Fulfilled will be the prayer that Jesus taught his followers: "Let your kingdom come. Let your will take place, as in heaven, also upon earth." (Matthew 6:10) Under the rule of that heavenly Kingdom, part of God's will for this earth will be to improve health conditions dramatically for the human family.

Then, in a literal as well as in a spiritual sense, "the eyes of the blind ones will be opened, and the very ears of the deaf ones will be unstopped. At that time the lame one will climb up just as a stag does, and the tongue of the speechless one will cry out in gladness." "And no resident will say: 'I am sick.'"—Isaiah 33:24; 35:5, 6.

Under God's heavenly Kingdom, perfect health will mean that people will not have to die as we do now. God's Word promises: "Everyone exercising faith in him [will] have everlasting life." "The gift God gives is everlasting life by Christ Jesus our Lord." (John 3:16; Romans 6:23) Yes, long ago the inspired psalm promised: "The righteous themselves will possess the earth, and they will reside forever upon it." (Psalm 37:29) As he did when on earth, Jesus will then resurrect the dead and give them opportunity to benefit from perfect health. The Bible promises: "There is going to be a resurrection of both

the righteous and the unrighteous."—Acts 24:15.

The earth itself will prosper under Kingdom rule so that hunger, which contributes to bad health, will never again exist. Bible prophecies tell us: "The tree of the field must give its fruitage, and the land itself will give its yield, and they will actually prove to be on their soil in security." (Ezekiel 34:27) "The earth itself will certainly give its produce; God, our God, will bless us." (Psalm 67:6) "There will come to be plenty of grain on the earth." (Psalm 72:16) "The wilderness and the waterless region will exult, and the desert plain will be joyful and blossom as the saffron."—Isaiah 35:1.

Summarizing the situation that will exist in God's new world, the prophetic last book of the Bible declares: "[God] will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore."—Revelation 21:4.

Do you say, 'That's hard to believe'? Then, think of this. Before Adam became a sinner, he had perfect health. Imagine that it had been possible for someone to talk with him at that time and tell him that one day the earth would be filled with aching, ailing, and aging people. Do you not think that Adam would have found *that* hard to believe? Yet, it is now the reality.

In reverse, perfect health will become a reality under God's Kingdom. Jehovah's Word assures us: "These words are faithful and true." (Revelation 21:5) What God says is going to happen will happen because "it is impossible for God to lie."—Hebrews 6:18.

What can you now do to be assured of enjoying these coming blessings? The way to perfect health and eternal life was made clear by what Jesus said in prayer to his Father: "This means everlasting life, their taking in knowledge of you, the only true God, and of the one whom you sent forth, Jesus Christ." —John 17:3.

Ask Jehovah's Witnesses for a free Bible course in your home. They will be happy to help you learn more about the marvelous promises of God. It will be your first step on the route to perfect health!

In God's new world, all humans will enjoy perfect health





Conversation Is an Art

EATING, sleeping, working, these are basic human needs. Yet, another need cries out to be satisfied. What is that?

Consider the words of a man who spent five years in solitary confinement, deprived of one of life's most precious necessities. "I longed for companionship, for someone to talk to, converse with," he admits. "I began to realize I had to do something to counteract the loneliness. In my solitude and silence, my mind would be affected."

Yes, we have an inborn need to communicate. Conversation helps satisfy that need. Researchers Dennis R. Smith and L. Keith Williamson comment: "We need to have people in whom we can candidly confide, with whom we can share our greatest joys and our most disturbing fears, to whom we can talk."

We Need to Talk!

Humans are endowed with the marvelous gift of speech. Yes, we are designed to converse. One man made this observation: "We were created by God to be gregarious. If you don't have the opportunity to talk, or if someone takes away your ability to communicate, it's like a punishment. When you converse, a valuable thing happens. You feel better about yourself, and you benefit from knowing what others think and feel."

Elaine, the wife of a traveling minister, says: "Words express feelings. We can't assume that our mate knows how precious he or she is to us. It has to be spoken; the ear needs to hear the words. We need to converse."

David, the son of a Christian elder, expresses himself this way: "Sometimes I'm frustrated and really don't know how I feel. My first tendency is to clam up, then pressure builds inside. I find that if I talk with someone, it's like a vent to let the pressure out. As I talk, I have a chance to find out how I really feel about myself and am able to sort it all out."

Barriers to Conversation

Indeed, conversation fills a need. However, there are barriers to conversation. For some, in fact, conversation becomes a struggle—an activity to be avoided.

"Most of my life," says Gary, "I found it easier to slide around conversation with other people." He explains: "It centers on my lack of confidence. I still suffer with the fear

that when I converse with people, I sound foolish or that someone may belittle me for what I have said."

Elaine describes her difficulty as shyness. She explains: "I was raised in a family where we didn't talk. My father was extremely intimidating. So as I grew up, I felt that I had nothing worth saying." Yes, shyness can produce formidable barriers to the enjoyment of conversation. Why, it can confine you within walls of silence!

"It's like a plague," says John, a Christian elder who admits to struggling with low self-esteem. "If you give in to shyness, you isolate yourself. Even if there are a hundred people in a room, you won't converse. And you've cost yourself dearly!"

On the other hand, an elder named Daniel has this to say: "I'm a natural when it comes to talking. But before I realize it, I've interrupted someone and taken over the conversation. I become aware of this when I see that look on my wife's face, and I think to myself, 'Oh, no, I did it again.' I know that her joy is lost for the rest of the conversation."

How can these and other barriers to conversation be overcome? What qualities are essential to this art? How can they be applied?

'What Can I Say?'

'What can I talk about?' 'I don't know anything.' 'No one wants to hear what I have to say.' Although you may have these thoughts, they probably aren't true. You know far more than you realize, and some of that information is likely of interest to others. For example, perhaps you recently traveled somewhere. People may want to know how that area compares with where they live.

In addition, you can and should increase your knowledge on various subjects by reading. It is a good practice to take the time to read something every day. The literature of Jehovah's Witnesses contains information on the Bible as well as on subjects of general interest. The more information you take in, the more you can share. A fine example is the daily text in the booklet *Examining the Scriptures Daily* as used by Jehovah's Witnesses. Each day, that gives you something different to think about and to use in conversation.

To engage in conversation does not mean that a person has to do all the talking. Both parties should express themselves. Allow the other person to speak. If he is quiet, you might encourage him with tactful questions. Suppose you are talking with an older person. You could ask him about events of the past and how the world or family life has changed since he was young. You will enjoy listening to him, and you will learn.

Be a Good Listener

Listening carefully is a valuable asset in conversation. The way we listen to others can support those who reach out for help with their burdens. One man, who viewed himself as being on the 'scrap heap of humanity,' was feeling miserable and called a friend for help. Even though it was an extremely inconvenient time, the friend kindly listened—for two hours! The man now considers that one conversation a turning point in his life. What made the difference? "Just being a good listener," admits the attentive friend. "I don't recall speaking any words of wisdom. I just asked the right questions, 'Why do you feel that way?' 'Why is that bothering you?' 'What might help?' He answered all his own questions when he answered mine!"

Children treasure parents who make the time to converse with them. One young lad named Scott comments: "It's good when your parents come to you and want to know what's on your mind. Dad has been doing that lately, and it helps because there are

some things that you just can't handle by yourself."

"You must create an environment in which your children will talk to you," suggests one man. He regularly spends time alone with each of his four children because he feels that attentive, sympathetic listening by parents is essential if youths are to develop well-adjusted personalities. His recommendation? When opportunities arise and a child wants to talk, be ready to listen. "No matter how tired or burdened down you may be, never stifle them! Listen," he says.

Sincere Interest Gets a Response

Many people need emotional support to be able to open up and express themselves in conversation. One young man lamented: 'I need to talk with someone, but who do I go to? It's not easy for me to talk. I need someone who will take an interest in me!' Genuine, sincere interest can create a trusting and secure atmosphere in which it is easier for a person to talk and open his heart to another.

One man relates: "A number of years ago, when I was having some difficulties dealing with family situations, I tried to converse with a friend. All he said was, 'Buckle your chin strap and get tough and everything will be fine.' There was no dialogue, no conversation, and it wasn't helpful. In fact it just drove me back into a shell. In contrast with that, I later talked with an overseer of Jehovah's Witnesses. By his eyes, his facial expression, and his kind manner, I knew he was sympathetic. As a result, I found myself opening up and conversing more because he was sincerely interested. He said: 'We're going to do everything we can to be supportive of you in your situation.' You respond to people like that!"

Can more of us open our hearts and draw others into meaningful conversation? When we see someone left out of a group, too shy to converse, do we try to include that person in our conversation? Says John, who was mentioned earlier: "I can sense that feeling because I see myself over there, and I'm agonizing with him!" He adds: "How important it is that we gravitate toward him and get him involved. We might even say a silent prayer about the matter."

Dan says of a friend: "Roy lacked such confidence in his ability to converse that when a group would be talking, he would always stand back a few steps. So I would ask him a question, 'Say, Roy, what was that you said about this or that?' Then he would start talking. As a result, others saw a side of him that they had thought wasn't there." Dan urges: "Don't give up when a person is hard to converse with and to draw out. Think to yourself that there is a good person inside who wants to talk. Just keep drawing him out and working at it."

By cultivating a loving, sincere interest in others, you benefit—even if you have the problem of shyness. John found that this helped him overcome the tendency to isolate himself. "Love doesn't look for its own interests," he explains. (1 Corinthians 13:5) "To do the loving thing, you must talk with and inquire about others. To cave in to your inadequacies doesn't fill the bill. You can prayerfully rise above yourself." He adds: "There is such a great reward from doing it. When you see others respond and notice how they are uplifted, you are upbuilt too. And that

IN OUR NEXT ISSUE

Are These the Last Days?

Shingles—Coping With the Pain

Over 40 Years Under Communist Ban

should infuse you with the courage to go forward the next time and the next time."

Empathy—The Bedrock of Conversation

Among the most valued of human traits is empathy. Just what is empathy? Dr. Bernard Guerney of Pennsylvania State University says that empathy is 'the capacity to appreciate the other person's feelings and point of view—*whether you agree with him or not.*' How important is empathy in conversation? "That's bedrock! That's the foundation upon which everything else is built."

Dr. Guerney explains that conversation is the lifeline of all good relationships. Of course, differences of opinion are common. To resolve them and preserve the relationship, we must be willing to talk about the problem. Many avoid doing that because they do not know how to talk without making the other person defensive and angry. According to Dr. Guerney, "most people confuse an appreciation and a respect for the other person's position with agreeing with that position. Consequently, when they disagree, they don't show appreciation and respect. Empathy allows you to separate agreement and appreciation."

By mentally putting yourself in the other person's shoes, you feel and think as he does. Under such circumstances, you will find that understanding, appreciation, and respect can grow, even if you disagree.

Consider Janet, a mother of four. At one time she was despondent and felt useless. She now realizes how essential empathy is in assisting someone. She relates: "I remember my husband talking with me and explaining all the different ways that I was helping out, whereas I had thought that my actions amounted to absolutely nothing. He very lovingly heard me through my tears, and then he built me up. But if he had belittled my thinking or said 'Oh, that's nonsense,' or said something like that, I would have become very quiet and would have gone off by myself. Instead, that evening we had a very long, meaningful conversation."

'Empathy shows you care. That fosters communication, the extended kind of exchange most people want and need,' concludes Dr. Guerney.

You Can Do It!

You can be a good conversationalist. We have considered some essentials to mastering the art of conversation, but there is a host of others. They include friendliness, a sense of humor, and tact, to name just a few. But like an artist, who through training and practice skillfully plies his brush over the canvas to create a beautiful masterpiece, we need to work at developing these needed qualities.

For example, Daniel has become a good conversationalist. How? By learning to control his tendency to interrupt and dominate conversations. He admits: "I have to make a conscious effort not to dominate a conversation. For me, that means harnessing my tongue. When I find myself wanting to add little tidbits, I mentally put on the brakes! If I think that a comment will change the direction of the conversation or take away someone else's ability to converse, I just don't say it!"

What helped Elaine? After she gained accurate knowledge of the Bible, she realized she had something valuable and worthwhile to talk about. She says: "I find that if I take the attention off myself and talk about spiritual things with others, I can be more comfortable conversing. It also helps to read the Bible-based literature we receive regularly. When I keep up-to-date with that, I have something new and fresh to share and can converse more easily."

Try to develop these essential qualities in your conversation. Then you too can bring refreshment and pleasure to others and have the satisfaction of mastering an art that truly fills a human need.

CROSSWORD PUZZLE

Clues Across

2. This Macedonian was a close traveling companion of Paul (Acts 19:29)

7. A city in southern Judah (Joshua 15:29)

8. Yoking this animal with a bull was considered inhumane because of the bull's superior size and strength (Deuteronomy 22:10)

9. A son of Mishma of the tribe of Simeon (1 Chronicles 4:26)

10. One of the postexilic Israelites who attested to the covenant (Nehemiah 10:24)

11. This sheikh of Edom had a sister named Timna (Genesis 36:22)

12. To bring together again

13. Because of its great depth, it is used synonymously with the abyss (Revelation 11:7; 13:1)

14. It "came to be" on the first creative day (Genesis 1:3)

16. To cause to be in a certain position (Mark 8:33)

19. Name given to the massive tree under which Deborah, Rebekah's nurse, was buried (Genesis 35:8)

21. Used to propel a boat (Ezekiel 27:29)

23. Formulated thoughts or opinions (Psalm 10:4)

25. Hebrew prefix meaning "son of" (See Amos 1:4.)

26. To follow as a model or example (Hebrews 13:7)

27. Unbridled sexual desires (1 Peter 4:3)

29. A hill used in Jeremiah's restoration prophecy to indicate the western limits of rebuilt Jerusalem (Jeremiah 31:39)

31. The father of Bartimaeus, the blind beggar healed by Jesus (Mark 10:46)

32. Sick (John 6:2)

33. A metal imported from Tarshish, as no mines for it existed in Palestine (Ezekiel 27:12)

34. A false god to whom the Sepharvites sacrificed their sons in the fire (2 Kings 17:31)

Clues Down

1. Faltering (1 Kings 18:21)

2. Last named of four sons of Helem of the tribe of Asher (1 Chronicles 7:35)

3. One of the last places the Israelites encamped during their wanderings in the wilderness (Numbers 33:46)

4. A song of praise to Jehovah

5. Having this within oneself indicated proper conduct that preserved the lives of others (Mark 9:50)

6. Pharaoh gave Joseph this Egyptian as his wife, and she gave birth to Manasseh and Ephraim (Genesis 41:45)

9. Israelite captives were taken by Assyrian king Tilgath-pilneser to this site (1 Chronicles 5:26)

13. The instrument of Jesus' death (Acts 5:30)

15. Hezekiah's tunnel preserved the water from this spring (2 Chronicles 32:30)

17. He was noted for his endurance (James 5:11)

18. The solid, translucent expanse above the heads of the living creatures in Ezekiel's vision sparkled like this (Ezekiel 1:22)

20. Parent of Hosea's wife Gomer (Hosea 1:3)

22. A Semitic word meaning "My Teacher" (Mark 10:51)

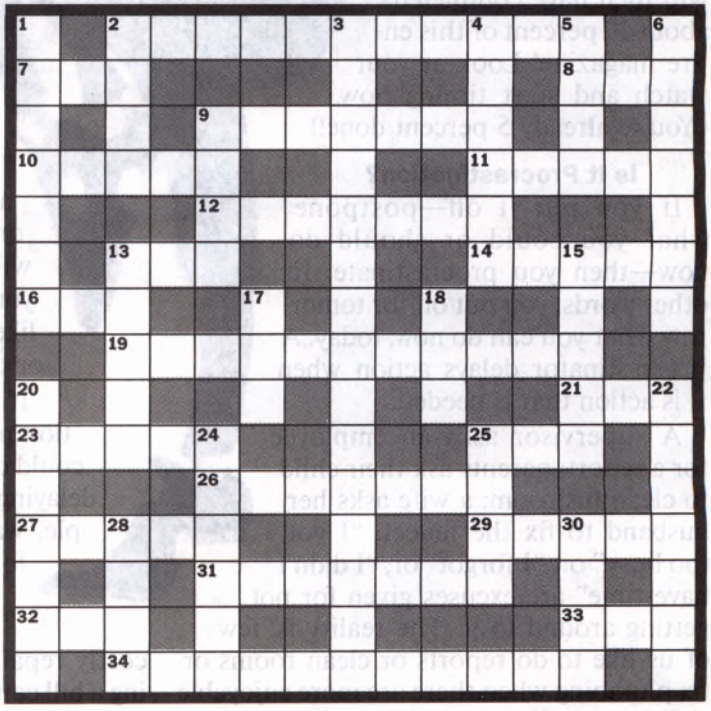
24. When in Egypt, Abraham had Sarah claim only this relationship to him because he was afraid (Genesis 12:13)

25. Entreats

28. A city captured by King Amaziah and renamed Joktheel (2 Kings 14:7)

30. Though not an Israelite, she became an ancestress of Jesus (Matthew 1:5)

Crossword Solutions Page 22

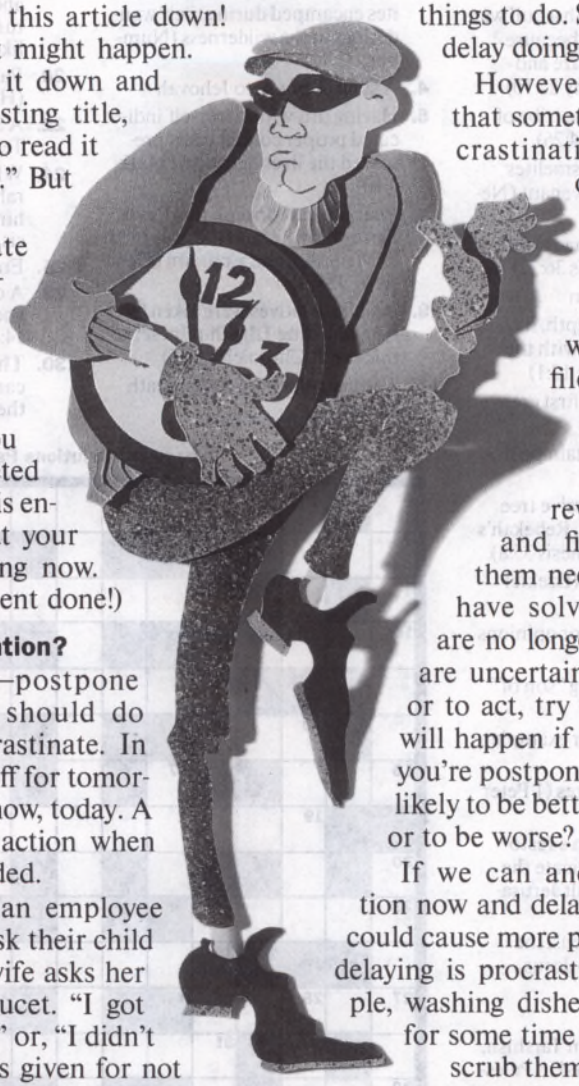


Procrastination
The Thief of Time

"Procrastination is the thief of time."—Edward Young, c. 1742.

STOP! Don't put this article down! You know what might happen. You might put it down and say: "That's an interesting title, but I don't have time to read it now. I'll get to it later." But later may never come.

Don't procrastinate about reading an article on procrastination! Time yourself. Likely you'll be able to read this article in about five minutes. You will then have completed about 10 percent of this entire magazine! Look at your watch and start timing now. (You're already 5 percent done!)



Is It Procrastination?

If you put it off—postpone what you could or should do now—then you procrastinate. In other words, you put off for tomorrow what you can do now, today. A procrastinator delays action when it is action that is needed.

A supervisor asks an employee for a report; parents ask their child to clean his room; a wife asks her husband to fix the faucet. "I got too busy" or, "I forgot" or, "I didn't have time" are excuses given for not getting around to it. The reality is, few of us like to do reports or clean rooms or fix plumbing when there are more enjoyable things to do. So we put it off, we delay doing it.

However, did you know that sometimes it is not procrastination when we put off doing something? One businesswoman who receives a request and doesn't know what to do with it files it in a box labeled "suspend" on her desk. After a few weeks, she reviews these items and finds that half of them need no action. They have solved themselves or are no longer required. If you are uncertain whether to delay or to act, try to determine what will happen if you never do what you're postponing. Is the outcome likely to be better if you get it done or to be worse?

If we can and should take action now and delaying needed action could cause more problems later, then delaying is procrastination. For example, washing dishes after they've sat for some time makes it harder to scrub them clean. Postponing car maintenance can result in costly repairs later. Falling behind in paying a bill can result in heavier charges or the

loss of services. One woman calculated that her overdue traffic tickets, videotapes, and library books totaled 46 dollars in late fees! That was for just one month!

Catching the Thief

Understand why you are procrastinating. Take a look at the following reasons, and see if you can identify which one fits a current project you haven't started or finished:

Habit:

If I wait until the last minute, I'll have more motivation to finish it.

I enjoy the excitement I get by doing it at the very last moment.

I'll wait until the boss reminds me a couple of times, then I'll know it's something he *really* wants done.

I have *so* much to do that only the crisis things get my attention.

Attitude:

I don't have the desire or the drive to do the assignment.

I just get to things when I feel up to doing them.

I want to do something else.

I lack self-discipline.

Fear:

I'm not sure I can do it.

I don't have enough time to do it.

It's too big a project. I need help.

What if I don't succeed or finish?

I have to get the materials to complete the project.

I'm afraid I'll be criticized or embarrassed.

Different people procrastinate at different stages. Some procrastinate before starting because they view the project as too big. Others begin, but about halfway through, enthusiasm wanes, and they put off finishing it. Still others get close to completing it but start another project, leaving the first unfinished. (You're doing fine, by the way. You're already halfway through this article.)

Your reasons for not starting or completing a project may fall into all three categories. In the book *The Now Habit,* Neil Fiore wrote: "The three main issues that are at the bottom of most procrastination problems: feeling like a victim, being overwhelmed, and fear of failure." Whatever the reasons, if you can put your finger on the causes, you'll be closer to the solution.

If you are uncertain why you procrastinate, make a log of your activities for a week by half-hour intervals. Determine how you're spending time. It can be a real eye-opener to see how much time we spend on relatively unimportant things between important tasks. But then what?

Think of the Consequences

Expecting that something will get done without putting effort into it can produce a sickening feeling. As you get closer to the expected deadline, you begin to feel pressure and anxiety. As these feelings build, your creative ability may be hampered. You are not as inclined to measure or weigh various ways to accomplish the goal but are mainly interested in getting it done.

For example: You're assigned to give a presentation. The night before, you sit down to get a few words on paper. You have not spent enough time to research your subject, so you wing it. Perhaps with just a little more effort, you could have included experiences, supporting information, or charts to help your audience visualize the subject.

Another consequence that comes when we delay a project is the inability to relax when we have free time. That's because we have a nagging feeling (or a nagging someone who reminds us) that we have left a project undone.

What Can I Do?

Make a list. Do this the night before. Put on paper the things you want to accomplish the next day. This way you won't forget something, and you'll see your progress as you check off the completed items. To the right of each item, write how long you estimate it will take to accomplish the assignment. If you are making a 'To Do' list for the day, use minutes. If you are making a project list, use hours. Make this list the night before. Take a few minutes to prepare your list for the next day. Keep a monthly calendar at hand. As you accept assignments and appointments, write them in.

When you review the jobs for the next day, prioritize the items from your calendar, placing A, B, C, and so on next to each item to be accomplished. Some people do better work in the morning, others in the afternoon or evening. Schedule your biggest projects for your prime time. Put less enjoyable jobs before the enjoyable ones.

Tell time. If you are always running late, literally running because you're late, learn to tell time. That is, make an accurate assessment of how long you'll need to do a task. Add a few extra minutes to the task for the "disaster" that may happen. Don't forget to allow time between appointments. You need to add travel time. You can't end a meeting at 10:00 a.m. and be at another one at 10:00 a.m. even if it is in the next room, let alone across town. Allow sufficient time between.

Delegate. We often try to do everything ourselves although we may not always need to. Another person may be able to drop off a package for us if we know he is going to the post office.

Slice it. Sometimes we don't start a new project because of its size. Why not slice the large task into smaller ones? As we complete the smaller tasks, we'll see our progress and be encouraged to complete the next phase.

Plan for interruptions. There are always interruptions in our workday—phone calls, visitors, problems, mail. We want to work effectively, which includes working with other people who also have deadlines. If we are concerned only with working efficiently, we'll become upset when others get in the way of our activities. Therefore, plan for interruptions. Allow time daily for unplanned developments. When these arise, you can take care of them, knowing that you've allowed some time for them.

Reward. When you do your scheduling, you should plan for intense or concentrated performance for about 90 minutes. Don't forget to schedule time for preparation of the job. After you've actually started the job and have been working for about an hour and a half, you may need to take a short break. If you work in an office, pause, stretch, and reflect. If you work outside, get some refreshment. Reward yourself for your work.—Ecclesiastes 3:13.

Just think, you've completed this article in about five minutes after you read the title. You may be on your way to recovery!

CROSSWORD SOLUTIONS

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The One-Eared Mantis

Many centuries ago, Greek legends described the fearsome Cyclopes, one-eyed giants who lived in a faraway land. These deformed monsters existed only in men's fertile imagination.

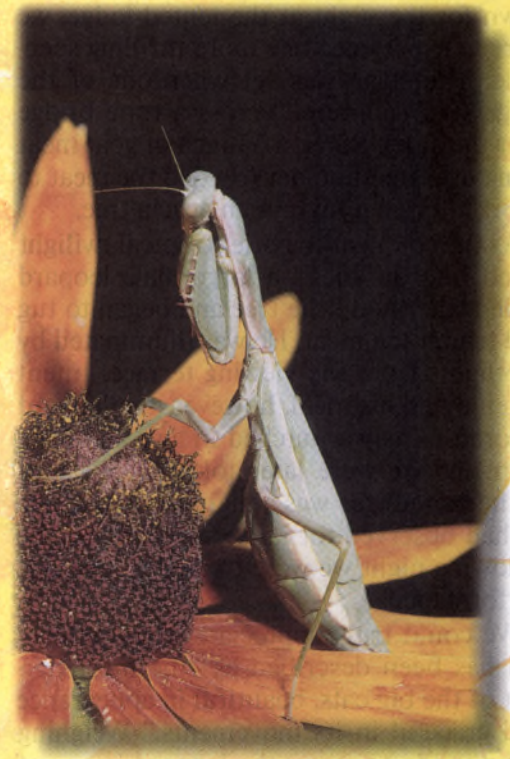
However, scientists have recently stumbled upon a host of one-eared creatures —right under their noses. They are the praying mantises.

Why has the mantis' secret only now come to light? Scientists long assumed that the mantis must be deaf, since it doesn't make any sound or respond to sound like other insects. To make matters more confusing, the mantis' ear is not on its head, where you would expect it to be. The magazine *Natural History* explains that the ear is "a deep slit, about one millimeter long," on the underside of the mantis' body.

Isn't it a bit inconvenient having only one ear in such an unlikely place? Well, we humans use our two ears to identify where a sound is coming from. The mantis can apparently get by without that ability. Its hearing is designed to warn it of life-threatening situations. The mantis possesses a built-in sonar detector.

The mantis' ear tunes in to ultrasonic sounds, especially the sounds that bats make while hunting for insects like the mantis. *Natural History* reports that scientists have observed the mantis taking rapid evasive action when a bat approaches, thanks to the mantis' acute ultrasonic hearing. But how does the mantis escape a bat, which can fly three or four times faster than its prey?

When the mantis picks up the ultrasonic danger signal—usually when the bat is within a radius of about ten yards—in a fraction of a second, the mantis goes into a steep power dive. Apparently, it does this by deliberately stalling, a defensive maneuver similar to that employed by modern fighter pilots. In fact, *Natural History* commented that the mantis "offers an advanced lesson in aerial combat strategies."



How did the mantis learn 'advanced aerial combat strategy'? Who designed its ultrasonic hearing equipment? Surely, the logical reply is that provided by the patriarch Job: "Who among all these does not well know that the hand of Jehovah itself has done this?"—Job 12:9.



THE LEOPARD
A Secretive Cat

BY *AWAKE!* CORRESPONDENT IN KENYA

THE sun was setting. Our day had been spent watching and photographing the spectacular wildlife at Kenya's Masai Mara Game Reserve. Before settling down for the night at the tented lodge, we were to experience one more thrilling spectacle. The stage was set when one of the lodge staff sauntered across a rope bridge over the Talek River, a haunch of goat meat slung over his shoulder. He tied the meat to a forked branch high in an acacia tree.

As the colors of the brief tropical twilight faded into darkness, a large male leopard glided silently up the tree and began to tug and tear at the meat. He was illuminated by spotlights from the viewing terrace. Intent on enjoying his meal, however, the leopard ignored us as we watched in awe and wonderment. We were later told that his visit to the baited tree was a nightly custom, one he had observed for some six years. So the following night we were treated to a repeat performance!

We could truly appreciate why the leopard has been described as "the most perfect of the big cats, beautiful in appearance and graceful in its movements." Weighing 125 pounds or more, the leopard is one of the most powerfully muscled animals, averaging over two feet tall at the shoulder and seven feet long from nose to tail tip. Gazing at the characteristic black spots arranged in rosettes on its tawny coat, we are reminded of the question once asked by the prophet Jeremiah: "Can a Cushite change his skin? or a leopard its spots?"—Jeremiah 13:23.

Particularly striking are his luminous green eyes. They are equipped with a special layer of cells—the tapetum—that gives him extraordinary night vision. The leopard can see at a sixth of the light level needed by human eyes. This cell layer, reflecting light back through the retina, creates the shining effect seen when a beam of light catches his eyes at night.

Were you to observe the leopard at rest during the day, you would note that he pants as if he were on the brink of exhaustion. However, his rapid breathing is part of an efficient cooling system. By his panting up to 150 times a minute, moisture can evaporate from his tongue, mouth, and nasal passages.

The most adaptable of the big cats, leopards can be found in deserts and forests; in mountains and at sea level; in lands as diverse as China, India, and Kenya. Despite human encroachment on much of the leopard's habitat, scientists estimate that there are nearly a million in Africa and Asia alone. Even so, for centuries the leopard eluded serious scientific study. Take, for example, the Sinai leopard. Until recently rediscovered in the wilderness of Judea, that leopard was long considered extinct!

The Solitary Cat

How does the leopard escape human notice? He does it by being primarily a nocturnal beast—and an exceedingly stealthy and secretive one at that. In areas where man presents a threat, the leopard is cautious-

ly silent. Only when angered will he emit threatening lionlike growls and coughs. Under normal circumstances, his vocalization is far less intimidating: a harsh grating sound—much like the sound of a saw cutting wood. According to the book *Animals of East Africa,* by C. T. Astley Maberly, it sounds like "Grunt-ha! Grunt-ha! Grunt-ha! Grunt-ha!—usually ending in a harsh sighing note." In keeping with his love for secrecy, the leopard also emits a variety of low-intensity sounds, most of which humans cannot hear.

Furthermore, unlike the gregarious lion, the leopard is not a social cat. Although pairs are seen from time to time, leopards are solitary hunters. To reduce unexpected or hostile encounters, the leopard stakes out a claim of personal territory that may cover from 10 to 15 square miles. He sprays a secretion from special glands to delineate the boundaries of his home range. The scent marker may inform other leopards as to the sex, age, sexual status, and possibly even the identity of the "landlord."

Hunting is carried on with the leopard's characteristic stealth. In Bible times he was known to lie in wait near towns, ready to pounce upon domestic animals with deadly swiftness. (Jeremiah 5:6; Hosea 13:7; Habakkuk 1:8) To protect his bounty from scavengers, such as hyenas and jackals, he stores his larger kills in the fork of a tree some 30 or 40 feet above the ground. But how does he manage to haul the carcass of an antelope or a five-foot-tall baby giraffe to such heights? This is not a secret the leopard gives up easily. But patient observers claim that it is achieved by sheer brute force. Leopards prefer to dine at leisure, bodies draped lazily over tree branches, and in total secrecy, camouflaged by the branches and foliage.

Left unchallenged, the leopard tends to be shy and retiring and will avoid a confrontation with man. So while some leopards have lost their fear of humans and have become man-eaters, most pose little threat to humans. If injured or cornered, however, the leopard displays no fear whatsoever of his enemy. "An angry leopard," writes Jonathan Scott in *The Leopard's Tale,* "is the very incarnation of ferocity, . . . capable of concentrating all its considerable energy into a short range attack of lightning speed."



Leopard Mothers

It is not surprising, then, that leopards also rear their cubs in relative secrecy. Newborn cubs are kept hidden, often in a cave, for the first two months of life. Though the father takes no part in rearing the cubs, the mother forms a close bond with them by feeding and cleaning them and keeping them warm. In time, the mother may move her litter of two or three cubs to a new

home, carrying them in her mouth if they are still tiny or simply calling them to follow her if they are bigger.

A leopard mother also tries to keep her cubs out of the sight of enemies, such as baboons. But if baboons attack her cubs, she will charge them, endangering herself to give her cubs a chance to flee to safety. She also takes formidable risks to feed her cubs. The normally retiring cat will walk through a herd of trumpeting elephants in order to bring meat to her hungry offspring.

Interestingly, young leopards do not manifest their independent spirit for some time. Cubs are weaned at about six months but do not kill their own prey until they are a year old. Males do not become solitary adults until about two and a half years of age. Female cubs may continue sharing their mother's home territory as adults.

The Leopard—Finally at Peace?

But those cuddly kittens grow up to be killers. It may thus seem difficult to believe that the words of the prophet Isaiah could ever come true: "The wolf will actually reside for a while with the male lamb, and with the kid the leopard itself will lie down."—Isaiah 11:6.

Recent efforts to domesticate leopards have had only marginal success. Sieuwke Bisleti van der Laan and her husband raised a litter of cubs on their African farm. The cubs enjoyed "complete freedom" and

A Night Meeting in Tanzania



AFTER the international convention of Jehovah's Witnesses in Kenya, we excitedly began our personal safari into Tanzania.

Our first stop was Lake Manyara National Park. We were amazed at the varied wildlife —blue monkeys, impalas, cape buffalo, zebras, and more. Imagine gazing over a pond dotted with hippopotamuses. You watch a giraffe feeding on the other side, a lion in the distant grass, and a herd of wildebeests beyond that.

After arriving at Ngorongoro Crater, we hired a guide and four-wheel-drive vehicle for a day trip into the caldera (crater of a collapsed volcano). The bumpy ride took us some 2,000 feet from the rim down to the crater floor. What a sight! Wildlife was spread across the vast plain. Herds of wildebeests moved as if in migration. Zebras, hartebeests, and Thomson's and Grant's gazelles abounded. At one stop, a maned lion rested in the shade of our vehicle, unconcerned that we were right above him. Later we paused to observe black rhino in the distance and wild elephants close by feeding on the trees. As we drove back toward the

were often hand-fed. But they were never truly domesticated. Writes Sieuwke Bisleti: "Once a leopard is fully grown, he goes his own way. A lion will always love and obey you; a leopard will always recognise you but makes up his own mind on how he will react at any given moment."

Eventually it was deemed dangerous to allow the grown cubs to continue roaming free about the farm. The decision was made to return them to the wild. Had being raised among friendly humans spoiled the young leopards? Hardly. Within three days of their release, the male was seen sitting by a waterbuck he had killed.

Nevertheless, such limited success in taming leopards does not invalidate Isaiah's inspired prophecy of peace between leopard and goat. This startling event will take place, not by human efforts, but by divine intervention. God's rule will do more, though, than bring peace to the animal kingdom. "The earth will certainly be filled with the knowledge of Jehovah," predicted Isaiah. (Isaiah 11:1-9) Even men will therefore abandon the animalistic behavior that has bred war and division. At the same time, mankind's attitude toward the animal world will also change. No longer will any beasts be the victims of wanton slaughter. Nor will man despoil their habitat or endanger their existence, because Jehovah will have 'brought to ruin those ruining the earth.' —Revelation 11:18.

rim, we recalled so many impressive animals. Had we missed any?

Well, yes, the African leopard. But the hope of seeing one in the wild is almost a fantasy. Photographer Erwin Bauer noted: "Tourists pursue leopards with rare enthusiasm and diligence, at least in part because the animals are extremely difficult to find, let alone photograph. Most travelers on typical safaris never even glimpse one. During my 15 safaris, I have seen a total of eight leopards, only one within camera range."—*International Wildlife*.

By nightfall we had another issue on our minds. Reservations at a lodge had been canceled, so we had to search for accommodations. This took us down a dirt road in pitch darkness. Suddenly the two of us in the front seat were startled. A blur of tan jumped right into the beams of our headlights. We stopped quickly and gasped in surprise!

There right before us was a full-grown leopard! If those in the back seats felt at any disadvantage, that ended in an instant. The leopard dashed to the roadside on the right—and froze. 'What to do?' he seemed to be pondering there in the lights and in view of all of us. 'Attack, or turn my back on an unknown "enemy" and try to flee into the brush?'

Adrian, one of our companions, was the closest, just three or four feet from this coiled spring of energy and beauty. "Quick, give me the flash," he whispered while grabbing for his fully automatic camera. From behind came whispered warnings, "Don't make a sound." The camera was quickly readied and a picture taken, but it seemed a failure for the flash was deflected inside the van. As the batteries recycled, Adrian eased his window down. The leopard remained an arm's length away, the tip of his tail twitching, his eyes glowing.

Just as soon as we took a second shot, he made his choice. The magnificent leopard sprang into the undergrowth and vanished. What excitement inside our van! An experience not to be forgotten, one that guides later told us was extremely rare. When that second photo turned out so well, we had it to reinforce our memories of that thrilling night-meeting in Tanzania.

Hope for Stutterers

An Australian mother who had suffered the embarrassment of stuttering when a child was devastated at hearing her own children begin to stutter at an early age. So she became involved in a program developed jointly by speech therapists at a Sydney hospital and at Sydney University in New South Wales. The secret of success apparently lies in treating the children as young as possible. Many parents delay addressing the problem in the mistaken view that the child will grow out of the habit. As reported in *The Sydney Morning Herald,* the program "has been highly successful and offers the first prospect that stuttering might be completely curable." It notes that it takes therapists only about ten hours to treat young children, but hundreds of hours were needed to treat adults and older children, in addition to the hours spent by parents at home. "Of 43 children treated between the ages of two and five, the ongoing study found that none had relapsed when followed up for between one and six years after treatment," the paper said.

The "Business" of Religious Tourism

"Religious tourism is on the increase both in Italy and in the [rest of the] world," writes *La Repubblica.* Experts estimate that, when tabulated, 1994 will "beat all previous records," with from 35 million to 37 million visitors to Catholic religious buildings in Italy alone. Italy's success, says the newspaper, is due to her "30,000 churches listed as being of artistic value, 1,500 sanctuaries, 700 diocesan museums, dozens of monasteries, abbeys, and convents." The religious tourism constitutes a "business" with a turnover in excess of 4,000 billion lire [$2.5 billion, U.S.], the paper adds, "but in other countries too, religious tourism is having a magical moment."

Eating Disorders Rising

Why is the number of those with the eating disorders of bulimia and anorexia increasing? Because of emotional conflicts that cause deep anxiety in a world that appears "frightening and out-of-control," reports the magazine *Your Family.* The causes of their anxieties are complex, such as parental pressure



to achieve, divorce of parents, and abuse. In addition, explains Dr. Danie le Grange, a member of the National Eating Disorders Committee, many fall prey to these disorders by poring over fashion magazines and studying diets in an obsessive effort to be slim or by adopting chaotic eating habits. Women between the ages of 18 and 22 are the most vulnerable, although patients as young as 8 have sought professional help. The victims can be successfully treated only if they want to be, says Dr. le Grange, noting that "full recovery *is* possible." However, statistics show that as many as 18 percent of those who fall prey to the eating disorders die.

Delhi's Missing Persons

More than 10,000 people are reported missing in Delhi, India's capital, every year. Of these, only a third are ever traced. Fifty percent are children under 18, and males outnumber females 2 to 1. As reported in *The Times of India,* thousands of young girls end up in brothels. Young boys are forced by gangs of criminals into begging or are made to work long hours for little pay in small restaurants.

Jehovah's Witnesses in Cuba

Jehovah's Witnesses in Cuba have been enjoying more freedom to carry out their ministry, which has enabled them to share the good news of God's Kingdom with the people. Though the work is not officially recognized and legalized, they have been allowed use of their former offices and have met together more freely for worship —to such a degree that they have held small assemblies. They have been authorized to print magazines. Filled with joy and enthusiasm by these recent events, the Witnesses continue their work of preaching, striving to communicate the Bible's message of hope.

Antarctica —Once Warm and Green

A group of Australian and American scientists found fossils of "leaves, wood and pollen along with moss and insect eggs . . . just 500km [300 miles] from the South Pole, indicating a climate 20-25C [35°-45° F.] warmer than today," reports the newspa-

per *The Australian.* The discovery of beetle eggs confirmed that the climate was warm enough to sustain insects. Additionally, water must have remained liquid, and the growing season lasted long enough for the plants to flower and set seed. During that same time, the report added, there were plants growing in Tasmania (the island state of Australia south of the mainland) that today grow no farther south than central New South Wales, a little less than 1,000 miles to the north —providing indirect corroboration that a warmer climate once nurtured the region.

Radial Keratotomy Update

Radial keratotomy, the popular surgical technique to correct myopia (poor distance vision) is performed on over a quarter million people in the United States each year. A second operation to fine-tune the first one is needed in over 30 percent of the cases. Now, a ten-year study sponsored by the National Eye Institute has determined "that the method is reasonably safe and effective but that it may lead to an accelerated decline in the ability to see things up close," reports *The New York Times.* The detailed study on the aftermath of the surgery has turned up a previously little-known aftereffect: gradual changes in the eye that cause close-up vision to become progressively fuzzier. The visual decline was noted in 43 percent of those who underwent the surgery. While some of it could be attributed to normal aging, some "appeared to be attributable to the radial keratotomy procedure, which seemed to cause the change in some people at an earlier age," the article said. "People should realize there are still unresolved issues," said Dr. Peter J. McDonnell, cochairman of the study. "There is no guarantee of perfect vision."

Relief for the Allergic

According to the World Health Organization, 20 percent of the world population have some kind of allergy, reports the Brazilian magazine *Globo Ciência.* "All indications are that allergies are a disease of civilization," says immunologist Júlio Croce. "In the air there are more than ten thousand harmful substances." Added to common causes, such as mites and pollution, are stress, excessive use of medicine, and chemical products used in



food, cosmetics, and beverages. Even excessive physical exercise can lead to or aggravate asthma. However, if people learn correct breathing, "exercise can help to reduce the intensity and frequency of the attacks," Dr. Croce says. Allergics should keep their bedroom clean and well ventilated and avoid contact with domestic animals, such as dogs, cats, or birds, as well as perfumes and other strongly scented products. They should also avoid sudden temperature changes, smoking, and alcoholic beverages and should take only prescribed medicine.

Deciphering Bureaucratic Vagueness in Japan

In Tokyo, when bureaucrats say, "Your opinion is valuable advice" or, "We will respond prudently to your suggestion," it means that no further action is likely to be taken. Likewise, promises to "consider comprehensively" or "consider from many points of view" are also unlikely to produce tangible results. "We will study your proposal" generally means that nothing will change in the near future. Promises to "consider" are slightly more positive than "study," and "thoroughly consider" means that an idea might even be implemented. Thus a senior bureaucrat explained terms commonly used during Tokyo City assembly meetings, says *The Daily Yomiuri,* in response to citizens' complaints that they have "no clear idea as to whether the government is for or against" submitted proposals. The reason for vagueness, states the newspaper, is that "bureaucrats are careful not to make assembly members lose face by bluntly rejecting their suggestions."

Medicines in the Garbage

According to a German health insurance company, the quantity of medicines sold or prescribed in Germany is so high that each man, woman, and child could take 1,250 pills a day. What do people do with all these products? A huge number are not used, reports *Süddeutsche Zeitung,* but are simply thrown away. "We cannot afford to allow medicines worth millions to land in the garbage year after year," lamented the head of an association of health insurance companies. They have requested that physicians and the pharmaceutical industry give patients more detailed information about the medicines they receive and do so in "understandable German."

FROM OUR READERS

Freedom of Thought Often I had just let my mind drift, dwelling on undesirable thoughts. That is why I was astounded to read the article "The Bible's Viewpoint: Does the Bible Discourage Freedom of Thought?" (June 8, 1994) I never realized that Jehovah God would view it as a sin if one willfully contemplated a wrong course. Thanks to Jehovah for giving me such straightforward counsel that will help me to adjust my crooked thinking!

J. P., Philippines

Romance Problems Thank you so much for the articles "Young People Ask . . . What If I Fall For an Unbeliever?" (May 22, 1994) and "How Can I Stop Liking Someone?" (June 8, 1994) A workmate of mine developed strong feelings for me, and I found myself becoming attracted to her. I knew this was wrong and prayed to Jehovah for help. When I saw these articles, I read them over and over again. Now I realize that the short-term heartache that would result from breaking things off is far better than the lifelong problems that would result from a harmful relationship.

P. J., United States

It seems like the articles were written just for me! I wonder what would have happened to me if these articles had not been published. Thanks for knowing the problems youths face.

S. J., Nigeria

I have a crush on a boy in my class. He is very attractive and very gentle. Since reading the article, though, I keep asking myself, 'Does he share my goals and way of life?' After considering this, I realize just how much of a fool I've been till now. I want to get over this infatuation soon!

S. T., Japan

I fell for an unbeliever and married him. He went to Christian meetings just to please me. Once we got married, he changed. He even tried to stop me from serving Jehovah. Then he beat me and was unfaithful. Now I find myself divorced. If only all the young ones could see how serious it is to date an unbeliever! I don't want anyone to go through what I went through.

T. F., Puerto Rico

Stress Thank you so much for the article "The Bible's Viewpoint: What Can Help You Cope With Stress?" (September 8, 1994) I was raised a Christian but left the truth in my teenage years. I've been back three years now, but I'm married to an unbeliever. I constantly dwell on the mistakes that I made, not realizing that this is the reason I've been stressed out so much. Thank you for helping me see that it does no good to dwell on the past. Rather, I should work on my future.

R. L., United States

You said that 'people of all ages are experiencing stress.' I'm 21 and suffer from acute stress. I've been in the hospital twice within eight months for muscle spasms and stress-related migraines. Each time the doctors have told me I'm too young to be stressed out. Your article thus gave me a small sigh of relief.

V. P., United States

Geography Lesson I'm an 11-year-old girl, and I appreciated the article "Floating Islands of Lake Titicaca" very much. (June 22, 1994) In geography class the teacher asked us if people lived on Lake Titicaca. All my classmates said no. Having read *Awake!,* I answered yes. The teacher asked me how I knew, providing me the opportunity to give her a good witness.

S. B., Italy



The Belt That Saves Lives

"SAFETY-BELT use is one of the most effective means of reducing the number and severity of injuries in motor-vehicle crashes," says the *Morbidity and Mortality Weekly Report* (*MMWR*). According to one study, the risk of dying in an automobile accident is reduced by 43 percent when passengers make proper use of safety belts. The risk of serious injury is reduced by about 50 percent.

Safety-belt-use legislation was first enacted by the Australian government in 1970. Now some 35 countries require safety-belt use. Violators are often subject to fines and in some cases even risk having their driving privileges suspended. Some governments have enacted laws that require passengers in all seating positions (both front and rear seats) to wear safety belts.

MMWR reports that "an estimated 300,000 persons die and 10-15 million persons are injured each year in traffic crashes throughout the world." Those figures would have been greatly reduced had all those people been wearing seat belts.



A Date You Should Not Forget

The evening before he died, Jesus shared a loaf of unleavened bread and a cup of wine with his apostles and said: "Keep doing this in remembrance of me."

—Luke 22:19.

This year the observance falls on Friday April 14 after sunset. As a result of Jesus' command, millions of Jehovah's Witnesses and interested persons around the world will be gathered this special night to repeat this Memorial in the manner Jesus directed.

Awake!

April 22, 1995



ARE THESE THE LAST DAYS?



Awake!

Average Printing 12,990,000
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Are These the Last Days?

3-11

Since the Bible is comparable to a road map, does it indicate where we are? Are we living in the last days? If so, what lies ahead? What should we do?





Shingles—Coping With the Pain 12

What is shingles? How many are affected? What causes the affliction? What can provide relief?



Over 40 Years Under Communist Ban 18

Many of Jehovah's Witnesses in Eastern Europe lived under ban for over 40 years. Read the fascinating experiences of a Czech Witness.

Where Are We Heading?	3
Are We Living in the Last Days?	4
Just Ahead—The Best of Times!	9
What You Need to Do	11
Matreshka—What a Doll!	15
Young People Ask . . . Married Too Soon —Can We Succeed?	25
Watching the World	28
From Our Readers	30
"A Financial Holocaust"	31
Awake! the Basis for a Test	32

COVER: Clockwise from upper left, Fighter jets: USAF photo; Flame of fire: Tina Gerson/*Los Angeles Daily News*; Bomber jet: Courtesy of the Ministry of Defense, London; Soldier: U.S. National Archives photo (see also pages 2, 7); PAGE TWO: Nuclear explosion: U.S. National Archives photo (see also page 7); Starving child: Mark Peters/Sipa Press (see also page 8)

WHERE ARE WE HEADING?

IMAGINE that you are traveling through a region you have never seen before. By now you should have reached your destination, but the street signs, town names, and landmarks are not those you expected. 'Where am I?' you wonder. 'Am I heading the right way?'

Today's world is in a similar predicament. Man is in unfamiliar territory as he observes society deteriorating on a scale never before seen. With all the advances in science and technology, it would seem that by now we should be in a better world. In *Great Ages of Man,* editor Russell Bourne notes that only in the 20th century has "the old ideal of a global fraternity become a practical possibility."

Yet, that destination, "a global fraternity," has been missed. The promised landmarks of economic security, adequate food, improved health, and happy family life are nowhere to be found. "In many ways," notes the book *Milestones of History,* "scientific advance has been directly harnessed to destruction and cruelty."

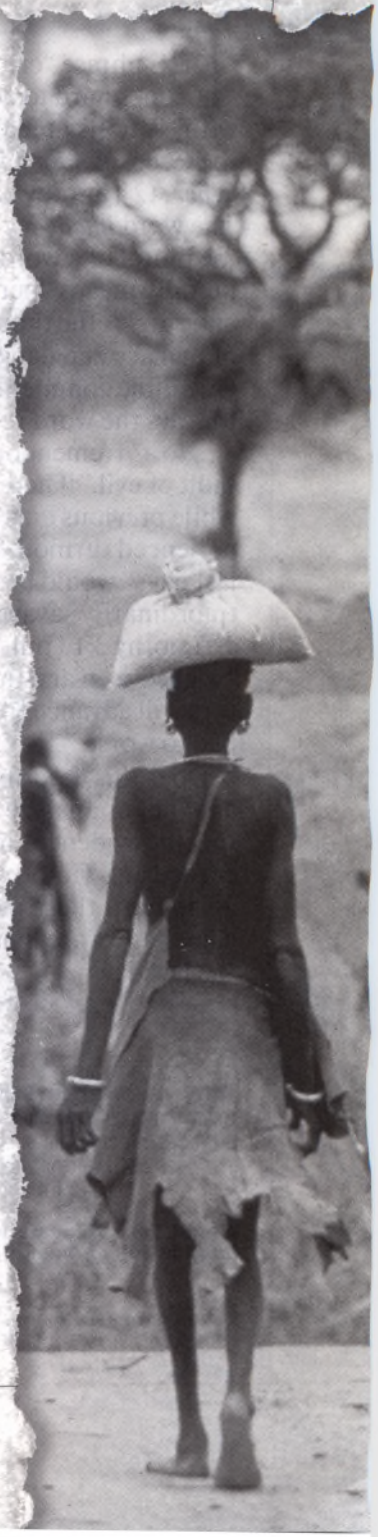
Yes, mankind today is lost in unfamiliar territory, far off course, far from the peace and security that was envisioned at the turn of this century. Thus, many today are asking for directions: "How did we get to this condition? Where is this world heading? Are we living in the last days?"

To find out where we are, we must first determine our present whereabouts. Some say we are on the verge of a new world order; others say we are on the brink of destruction. The Bible, like a road map, helps us to see just where we are and where we are heading.

When you are traveling, it is important to watch for signs that will identify your location. Similarly, the Bible describes features—world situations and attitudes—that would characterize a period in history called "the last days." (2 Timothy 3:1-5) This expression, "last days," does not refer to the end of the literal heavens and earth. Rather, it signifies "the conclusion of the system of things," or "the end of the age," as one Bible translation puts it.—Matthew 24:3; *Today's English Version.*

"In the last days," wrote the Christian apostle Paul, "critical times hard to deal with will be here." (2 Timothy 3:1) Granted, it might seem that this could apply to other periods in history. Indeed, each age has had its share of suffering.

What reason, then, is there to believe that these words pinpoint our day?



Tom Haley/Sipa Press

ARE WE LIVING IN

THE phrase "critical times hard to deal with" is translated from the Greek *kai·roi' kha·le·poi'*. (2 Timothy 3:1) The word *kha·le·poi'* is the plural of a word that literally means "fierce" and carries the thought of menace and danger. One Bible commentator says the word refers to a "tremendous assault of evil." Therefore, while previous eras experienced turmoil, "the last days" would be extraordinarily savage. As 2 Timothy 3:13 puts it, "wicked men and impostors will advance from bad to worse."

Does this describe our day? Let us analyze some specific evidences recorded at 2 Timothy 3:2-5 to see if these indicate that we are living in the last days.

"Men will be . . . lovers of money."

—2 Timothy 3:2.

Fraud has become, as *U.S.News & World Report* calls it, "an orgy of economic crime." In the United States, the toll of health-care fraud alone hovers between $50 billion and $80 billion annually. Sadly, such dishonesty is typical. As Gary Edwards, president of the Ethics Resource Center observes, we have "a culture that sometimes celebrates dishonesty." He explains: "We make heroes of villains, people who are politicians, business people who rip the system off and get away with it."





Michael Lewis/Sipa Press

"Haughty."

—2 Timothy 3:2.

The haughty person looks upon others with contempt. How evident this is in racial and national prejudice today! "All minorities are targets," says *The Globe and Mail* of Toronto, Canada. "Racial violence is on the rise in Germany, the Ku Klux Klan is active in the United States and swastikas deface Toronto sidewalks and synagogues." Irving Abella, president of the Canadian Jewish Congress, says: "We're seeing it everywhere: in Sweden, Italy, Holland and Belgium as well as Germany."

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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THE LAST DAYS?

"Disobedient to parents."

—2 Timothy 3:2.

"The baby boomers are being credited by many with raising a generation of mouthy, confrontational, disrespectful brats," notes *The Toronto Star.* Rebelliousness that starts at home often spills over into school. One teacher observes that children as young as age four talk back. "Teachers spend more time dealing with behavior than they do teaching," she says. Of course, not all youths are rebellious. However, "as a trend," notes veteran high-school teacher Bruce MacGregor, "they seem to have very little respect for anything."





"Having no natural affection."

—2 Timothy 3:3.

The last days would see a marked deterioration in the family—where, more than anywhere else, natural affection should prevail. *The New York Times* reports that "domestic violence is the leading cause of injury and death to American women, causing more harm than vehicular accidents, rapes and muggings combined." Most child molestation is perpetrated by trusted family members. The high divorce rate, the abuse of the elderly, and abortion also give evidence that many are "utterly lacking in . . . normal human affections."—*Phillips.*

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"Fierce, without love of goodness."

—2 Timothy 3:3.

"Young killers don't need much in the way of motives," writes newspaper columnist Bob Herbert. "Large numbers of kids have enthusiastically embraced the concept of blowing away another human being 'just for whatever.' " Even some parents seem to lack moral sensitivity. When a group of teenage boys were accused of competitively racking up points for having sex with as many girls as possible, one father commented: "Nothing my boy did was anything any red-blooded American boy wouldn't do at his age."

"Lovers of pleasures rather than lovers of God."

—2 Timothy 3:4.

According to one estimate, teenagers spend 15 hours with electronic media for every hour spent with a religious group. "Today," reports the *Altoona Mirror,* "the media-driven culture that thrives in shopping malls and school hallways dominates teen life. Then comes the family. At the end of the list [is] the church." The *Mirror* also observes, "if parents are absent, and churches silent, then the media are the loudest voices in the lives of young people."





"Having a form of godly devotion but proving false to its power."

—2 Timothy 3:5.

Bible truth has the power to change lives. (Ephesians 4:22-24) But some of the most ungodly acts take place under the veil of religion. A tragic example is the sexual abuse of children by the clergy. According to *The New York Times,* a lawyer in the United States "says he has 200 cases pending in 27 states on behalf of clients who say they were molested by priests." Truly, any form or pretense of godly devotion these clergymen display is exposed as mere hypocrisy by their wicked works.

Further Evidences of the Last Days

2 Timothy 3:2-4 states also that men will be . . .

- ☐ Self-assuming
- ☐ Blasphemers
- ☐ Unthankful
- ☐ Disloyal
- ☐ Not open to any agreement
- ☐ Slanderers
- ☐ Without self-control
- ☐ Betrayers
- ☐ Headstrong
- ☐ Puffed up with pride

"The Sign of Your Presence"

Shortly before his death, Jesus was asked: "What will be the sign of your presence and of the conclusion of the system of things?" (Matthew 24:3) Jesus specified conditions and events that would characterize the last days. Let us examine some of them.

"Nation will rise against nation and kingdom against kingdom."
—Matthew 24:7.

"The twentieth century —although generally one of social improvement and heightened governmental concern for the lives of the poor—has been dominated by the machine gun, the tank, the B-52, the nuclear bomb and, finally, the missile. It has been marked by wars more bloody and destructive than those of any other age."—*Milestones of History.*



"There will be fearful sights."
—Luke 21:11.

Because of frightening developments in recent years, fear is perhaps the biggest single emotion in people's lives. People fear war, crime, pollution, disease, inflation, and many other things that threaten their security and their very lives.



"Earthquakes in one place after another."
—Matthew 24:7.

During this century, earthquakes measuring from 7.5 to 8.3 on the Richter scale have been experienced in Chile, China, India, Iran, Italy, Japan, Peru, and Turkey.





"Food shortages."
—Matthew 24:7.

"Starvation Looms While Aid Groups Bicker," announces a headline in *New Scientist* magazine. According to a former U.S. president, famine threatens to ravage the planet within two decades. "Despite such frightening forecasts," the article notes, "the amount of aid rich countries are giving for agricultural development in developing countries is shrinking dramatically."

"In one place after another pestilences."
—Luke 21:11.

According to a panel of experts, the U.S. government's fight against AIDS —costing more than $500 million annually— has been called a dismal failure. "We're losing a whole generation of productivity because of AIDS," warns Dr. Donna Sweet, who works with some 200 to 300 patients. In the United States, AIDS is now the leading cause of death among men ages 25 to 44.

"Increasing of lawlessness."
—Matthew 24:12.

A U.S. survey of 2,500 youths revealed that 15 percent had carried a gun at some point during the previous 30 days, 11 percent had been shot at during the past year, and 9 percent had at some time fired a gun at another person.





What Lies Ahead?

As we have seen, mankind is far off course, far from a peaceful world. In terms of sheer magnitude, the above conditions are unprecedented. Indeed, the human family finds itself in unfamiliar territory. It is passing through an era called the last days. What will come after this period?

JUST AHEAD—THE BEST OF TIMES!

ACCORDING to the Bible, God intended that the human race live forever in an earth-wide paradise. (Genesis 1:28; 2:8, 9) Obviously, we have veered far from God's original purpose. What happened?

The first human couple disobeyed God, resulting in imperfection and death for themselves and all their offspring. (Genesis 2:16, 17; 3:6, 7, 17-19; Romans 6:23) The Bible explains: "Sin came into the world through one man, and his sin brought death with it. As a result, death has spread to the whole human race because everyone has sinned."—Romans 5:12, *Today's English Version.*

Despite this situation, God's purpose remains unchanged. "My word is like the snow and the rain that come down from the sky to water the earth. They make the crops grow and provide seed for planting and food to eat. So also will be the word that I speak . . . It will do everything I send it to do." (Isaiah 55:10, 11, *Today's English Version.*) What does God promise to do for us?

BLESSINGS UNDER GOD'S KINGDOM



Security

"Just a little while longer, and the wicked one will be no more; and you will certainly give attention to his place, and he will not be."

—Psalm 37:10.



Eternal Life

"The righteous themselves will possess the earth, and they will reside forever upon it."

—Psalm 37:29.

"Death will be no more, neither will mourning nor outcry nor pain be anymore."

—Revelation 21:4.



Health

"No resident will say: 'I am sick.' The people that are dwelling in the land will be those pardoned for their error."

—Isaiah 33:24.



Satisfying Work

"People will build houses and get to live in them —they will not be used by someone else. They will plant vineyards and enjoy the wine—it will not be drunk by others. Like trees, my people will live long lives. They will fully enjoy the things that they have worked for."

—Isaiah 65:21, 22, *TEV.*



No Disabilities

"The eyes of the blind ones will be opened, and the very ears of the deaf ones will be unstopped. At that time the lame one will climb up just as a stag does, and the tongue of the speechless one will cry out in gladness."

—Isaiah 35:5, 6.

Abundance of Food

"There will come to be plenty of grain on the earth; on the top of the mountains there will be an overflow."

—Psalm 72:16.





Peace

"Come, you people, behold the activities of Jehovah, how he has set astonishing events on the earth. He is making wars to cease to the extremity of the earth."

—Psalm 46:8, 9.

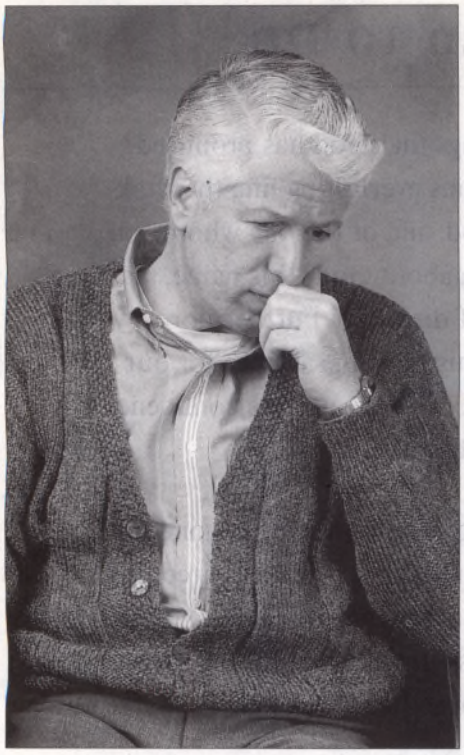
WHAT YOU NEED TO DO

What must you do to enjoy these blessings that God has promised? The Bible answers at John 17:3: "This means everlasting life, their taking in knowledge of you, the only true God, and of the one whom you sent forth, Jesus Christ." Yes, by learning about God—his name, his purpose, and his laws—we gain a sense of direction. Furthermore, by learning about Jesus—his life on earth, his ransom sacrifice for our sins, his position as Ruler of God's Kingdom—we can have confidence that God's purpose will be fulfilled.

God's toleration of wickedness has served to demonstrate beyond all doubt that man, like a traveler in an unfamiliar area, cannot direct his own steps. (Jeremiah 10:23) Indeed, through a multitude of governments—from dictatorships to democracies—man has tried every route imaginable. Yet, his success has been limited at best.

How thankful we can be that God's Kingdom will answer the prayer uttered by millions: "Let your will take place, as in heaven, also upon earth." (Matthew 6:10) The blessings of God's Kingdom will be enjoyed on earth when soon it replaces all human governments. The Bible promises: "In the days of those kings the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end to all these kingdoms, and it itself will stand to times indefinite." —Daniel 2:44.

What a grand time that will be! A knowledge of the Bible can indeed infuse us with hope. Yes, these are troubled times—and getting worse. But that only proves that we are living in the last days of this wicked system of things. Soon these worst of times will be superseded by the best of times under God's Kingdom!



SHINGLES

Coping With the Pain

"The intense pain behind my eye frightened me," recalls Ann. "I worried that a brain tumor was developing."

"When I woke up with such unusual discomfort in my side, I thought it must be appendicitis," Jean remembers.

"I've had rashes before," relates Dilip, "but I wondered why this one hurt so badly under the skin."

WHAT exactly is shingles? This layman's term for the disease evidently comes from the old word *sengles* (meaning "a girth" or "a belt"), which derives from the Latin *cingulum,* meaning "girdle." Thus, the word has no association with the shingles that are used on roofs.

Medically it is known as herpes zoster (from the Greek terms *her'pes,* which is derived from *her'po,* meaning "to creep," and *zo·ster',* meaning "girdle"). In character with the name, the herpes virus that causes shingles crawls stealthily along sensory nerves and frequently girdles the torso with its serpentine trail of painful eruptions. The often agonizing pain of the inflamed nerve can be excruciating, hence the term "exquisite pain" used by some doctors.

Early symptoms of shingles, such as fever, chills, and general malaise, often mimic the flu but may also be mistaken for a heart attack, brain tumor, or some other serious condition. Numbness, superficial tingling, and intense burning or itching sensations progressing to severe, agonizing pain are the most common complaints of the shingles sufferer.

In about a week's time from the onset of symptoms, a linear stretch of itchy red pimples appears along the sensory nerve network attacked by the virus, usually above the waist and on only one side of the body. Typical locations are on the rib cage, lower back, chest, neck, forehead, or eyes, depending upon the

nerve ganglia affected. The rash soon develops into clusters of vesicles, or watery blisters, that look deceptively like poison ivy. In about ten days, these become crusted and begin to fall off, in many cases leaving behind scars and lingering pain as reminders of one's encounter with shingles.

Causes, Prevalence, and Prognosis

How does one get shingles? The likelihood is that the patient infects himself. Medical researchers have established with virtual certainty that the herpes virus (varicella zoster) that causes shingles is the same highly contagious one that causes chicken pox. This explains why someone who has shingles can cause another (generally a child) to have chicken pox. However, to get shingles, one must first have had chicken pox.

After an episode with chicken pox, usually early in childhood, the immune system does not completely rid the body of the varicella-zoster virus. It travels to a remote nerve center (researchers feel this to be a spinal or cranial area), and there it lies dormant until such time as it finds circumstances favorable for striking again, often years later when the immune system tends to be weaker.

While 10 to 20 percent of the general population get shingles some time in their lives, those most susceptible are over the age of 50. Researchers estimate that half of those reaching age 85 have had the disease. Males and females are about equally affected. The disease can recur, but it is of some comfort to know that only about 2 to 4 percent have a repeat attack.

A bout with shingles most frequently comes after a period of severe illness, unusual stress, prolonged fatigue, or other trauma in one's life. It may follow chemotherapy, radiation treatment, or other procedures that compromise or weaken the immune system. This second sting by the chicken-pox virus produces, not a recurrence of chicken pox, but shingles, which has some of the general characteristics of chicken pox. These characteristics include stages of rash, vesicles, and crusts, yet shingles is nonetheless a separate disease.

How serious is shingles, and how long does an attack last? While shingles is very distressing, the disease is seldom life-threatening. But once you get it, prepare to endure several weeks of persistent pain as the body builds up defenses to deal with this flare-up of viral infection. The duration of the disease varies from seven to ten days in most cases, although it can take up to four weeks for the eruptions to heal. It is not unusual for shingles patients to be plagued with nerve pain, called postherpetic neuralgia, for a number of weeks, sometimes months, after the vesicles have cleared up.

If the infection spreads to an eye, this can seriously affect eyesight and can cause blindness. So it is advisable to see an ophthalmologist immediately if the area affected is on the face. Early treatment can often prevent serious ocular complications.

Treatment

What can be done to treat shingles effectively? While many remedies have been tried from ancient times to the present, the honest answer is that medical science has yet to come up with a treatment that does more than slightly modify the effects and control the pain until the disease has run its course.

Recent investigation into the use of antiviral drugs in treating various herpes infections has produced some promising results in treating shingles. Acyclovir, for example, while admittedly not a cure, slows down

the replication of the virus and tends to decrease the pain and the duration of the disease in some patients. Researchers say that for best results, treatment should start early.

In a study at the University of Colorado School of Medicine, shingles patients receiving up to 800 milligrams of acyclovir orally five times a day for ten days experienced significantly less lesion formation, scabbing, and pain than recipients who received placebos. Researchers are divided as to whether acyclovir also serves to decrease the severity of postherpetic neuralgia. Vidarabine, another antiviral drug, has had some success in treating shingles. Research is being done on a vaccine, but this is still in the experimental stages.

Many who have had shingles say that the pain would be more endurable if it was not so persistent. Night and day it persists, exhausting the patient mentally as well as physically.

During those days when the patient's level of pain is very high, doctors may consider giving more potent pain inhibitors for a few days, though these tend to have undesirable side effects. If the patient can bear it, the application of wet cold compresses can be soothing. A topically applied cream with 1 percent silver sulfadiazine applied several times a day has been helpful to some. Leave the blisters alone; do not scratch them or cover them with bandages.

The sores will gradually heal, but for many sufferers there is no letup in pain as shingles strikes its second blow. Postherpetic neuralgia sets in, which is especially debilitating to the elderly and to immunosuppressed patients. Managing this throbbing, stinging pain is difficult. Corticosteroids have been tried, but medical data is inconclusive as to the effectiveness and safety of these powerful drugs. Physicians sometimes prescribe the antidepressant amitriptyline when there is prolonged pain, but this too can compound the problem, especially in long-term use.

Strangely, quite promising results in pain control have been achieved with an ointment containing capsaicin, which comes from the red pepper used to make chili powder. But this cannot be applied until open blisters have healed over. Battling a severe case of shingles, Jean, mentioned at the outset, found relief by wearing a TENS (Transcutaneous Electrical Nerve Stimulation) unit night and day for several weeks. The small electrical impulses disguised the intense internal pain and allowed her freedom of movement.

The list of home remedies is long, most having to do with a wholesome diet (low in arginine) and including supplements, such as vitamins B and C and L-lysine. Some claim benefits from applying apple cider vinegar topically; others use vitamin E to assist in healing the skin eruptions.

The probability is that if you get shingles, it will not be too long before friends far and near will send you unsolicited their favorite home remedies. Some suggestions may help, many won't. Maybe they will bring you a smile amid your pain. At least your friends cared, and knowing this may do more than their remedies.

So in coping with shingles, the patient and his doctor may be able to do some things to make the attack less severe and to minimize pain. But if your physician says, "It looks like you're having a bout with shingles," he may simply say that it is best to try to exercise patience and endurance while the defenses our Creator has incorporated into the body bring the disease under control.

MATRESHKA
What a Doll!

BY *AWAKE!* CORRESPONDENT IN RUSSIA

AS SOON AS visiting tourists catch a glimpse of me, most of them seem determined to take me home with them, willing to go to quite some expense to do so. I really don't know what attracts them to me. After all, they know so little about me. Maybe it's just the fashionable thing to do. But let me introduce myself. My name is Matreshka, and I come from—but then let's start at the beginning.

Actually, nobody really knows where I came from or who my real parents were. The story has two versions. Some claim that I originated on the Japanese island of Honshu as a unique toy of several interrelated parts. They say that I was brought to Russia from Honshu at the end of the 19th century by the wife of a Russian patron named Savva I. Mamontov (1841-1918). On the other hand, according to certain Japanese, it was a Russian monk who first brought to Japan the idea of making me into an exceptional doll. But whatever the case, Russian craftsmen liked the idea, and Matreshka was born.



At the end of the 1880's, Russia was developing its economy and culture. At the same time, Russians were taking greater interest in preserving their folk tradition. Intent on reviving Russian culture, the intelligentsia began gathering around Mamontov, including such famous Russian painters as Ilya Repin, Viktor Vasnetsov, and Mikhail Vrubel. To preserve the memory of Russian peasantry, art studios were built near Moscow. There, folklore items, toys, and dolls were collected from all parts of the country.

A professional artist named Sergei Malyutin made the first sketches of me, but I looked a bit different then. I was meant to depict a round-faced peasant girl with beaming eyes. I was dressed in a *sarafan* (a floor-length garment held up by two



straps), and I had carefully styled, slicked-down hair largely hidden under a colorful bandanna. Other figures, each smaller than the one before, were placed inside me. They were dressed in *kosovorotkas* (Russian blouses fastened at one side), shirts, *poddyovkas* (men's long-waisted coats), and aprons. As revealed by Malyutin's sketches, this is how I looked when I was made in Moscow about 1891.

I often wondered about my name. I learned that at the end of the 19th century, Matrena (diminutive Matreshka) was one of the most popular female names in Russia. Derived from the Latin root *matrona,* it means "mother," "respected lady," or "mother of a family." Placing one figure inside another was also a fitting symbol of fertility and perpetuation.

Not Easy to Make

In attempts to make me, people have been known to spoil much material and finally to give up in defeat. No wonder, since until recently, knowing how to make me was a secret. So only a few were able to own me. But now I will let you in on the secret.

The work involved in making me requires real skill. First, it is important to choose the proper type of wood. Because of its softness, limewood is generally chosen, less often alder or birch. After the trees are cut down, usually in early spring, they are stripped of most of their bark, leaving just enough to prevent the wood from cracking while it dries. The logs are then left stacked for several years so that they can enjoy proper circulation of air as they dry.



The cutting of the wood needs to be done at the right time, when it is neither too dry nor too damp. Only an expert can determine when it is just right. Each piece of wood goes through as many as 15 separate operations. The smallest doll in the series—the one that cannot be taken apart—is made first. At times it is so small that you must strain your eyes or even use a magnifying glass to see it clearly.

Once the smallest doll has been made, the craftsman starts on the next figure into which that first doll will fit. A piece of wood is processed to the necessary height and is cut into a top section and a bottom section. The bottom section of the doll is fashioned first. Then wood is removed from the inside of both sections of the second doll so that the smaller doll will fit snugly inside. A skilled craftsman, by the way, does not bother to take measurements but relies solely on experience. Afterward, he repeats the process, making a slightly larger doll into which the previous two will fit.

The number of dolls held one within the other varies from 2 to 60. The largest doll may be as tall as its maker! When each doll is finished, it is covered with a starchy glue that fills in any hollows in the surface. The final drying begins, and the doll is polished to a smooth surface to enable the

painter to spread the paint evenly. Then the doll is given its inimitable style.

Time Has Brought Changes

People change as they grow older, and the same can be said of me. The craft of Matreshka-making gradually spread from Moscow to other cities and towns, including Semenov, Polkhovskii Maidan, Vyatka, and Tver.* Each locality developed its own style and form of decoration. My loss of true identity was disturbing, but I did not complain. During the centenary celebration of the War of 1812, someone ordered a set of dolls to be made depicting Russian general Mikhail Kutuzov and French general Napoléon Bonaparte. These two generals were the largest dolls and opposing generals involved in the war were made smaller to fit inside their respective commanders.

For a long time, making and selling this type of doll was strictly controlled. But political changes at the end of the 1980's gave artisans new possibilities and freedoms. They could now make and sell their products without fear.

A painter named Sikorskii was one of the first whose dolls became popular with the public. His dolls bring the highest prices, with individual sets costing as much as 3,000 dollars. His success stimulated other artists, and during the past six years, Matreshka-making has been given an energetic push.



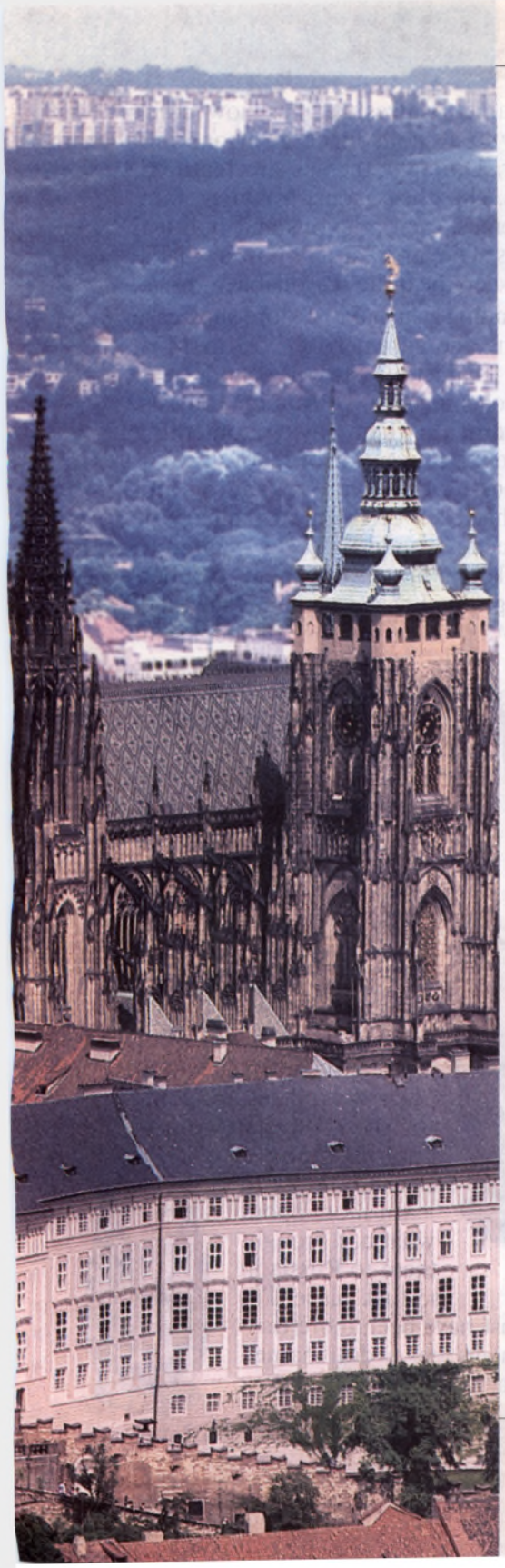
My name, Matreshka, has now come to apply to all dolls made to fit one into another. Different themes are featured: flowers, churches, icons, folktales, family themes, even religious and political leaders. The large variety now available helps keep me quite reasonable in price.

Standing as usual in a store showcase during the summer of 1993 in Moscow, I suddenly heard the sounds of an approaching group of foreign tourists. I overheard them saying something about a convention of Jehovah's Witnesses they were attending and that each of them, in memory of such a wonderful event, wanted to take me home with them. Wondering why, I gazed at them wide-eyed. As if to answer, one of them said: "She is more than just a souvenir. I want my friends to see her eyes. I see in them the same expression I saw in the eyes of the Russian people I talked to about the Kingdom and about God's name as found in the Bible."

Jehovah's Witnesses? The Kingdom? God's name? The Bible? My eyes grew larger as I listened, and my heart pounded somewhat faster at the prospect of being taken to faraway places by some of these pleasant-looking people. Perhaps I could learn more about what had brought them to Russia in the first place. I'm sure it must have been more than just to meet me, a doll named Matreshka.



* During the 1930's, Vyatka became known as Kirov and Tver as Kalinin. Since the breakup of the Soviet Union, the original names have been restored.



Over 40 Years Under Communist Ban

AS TOLD BY JARMILA HÁLOVÁ

The time: after midnight, February 4, 1952. The place: our apartment in Prague, Czechoslovakia. We were awakened by the insistent ringing of the doorbell. Then the police burst in.

THE police put Mother, Father, my brother Pavel, and me in different rooms, stationed a guard with each of us, and started searching everything. They were still at it almost 12 hours later. After making a list of all the literature they found, they packed it in boxes.

Afterward, I was ordered to get into a car, and black glasses were put on me. That seemed odd, but I managed to move the glasses a bit to see where they were taking me. The streets were familiar. Our destination was the infamous headquarters of State Security.

They shoved me out of the car. Later when the glasses were stripped off, I found myself in a small, dirty room. A woman in a uniform ordered me to take off my clothes and to put on a pair of thick work trousers and a man's shirt. A rag was tied around my head to cover my eyes, and I was led, blindfolded, out of the room and marched along seemingly endless corridors.

Finally, the guard stopped and unlocked an iron door, and I was pushed through. The rag was torn off my head, and the door locked behind me. I was in a prison cell. A woman in her 40's was there gazing at me, dressed in an outfit like mine. I felt a sort of amusement and—strange as it might seem—could not help laughing. As a young girl of 19, with no experience in things like imprisonment, I remained in good cheer. Soon, much to my delight, I realized that no one else of our family was being held.

It was dangerous in those years to be one of Jehovah's Witnesses in what was then Czechoslovakia. The country was under Communist rule, and the Witnesses were banned. How did our family become so deeply involved with a banned organization?



My mother and father

How We Became Witnesses

Father, a native of Prague, was of Protestant background and very sincere in his religious convictions. He met Mother in the 1920's when she came to Prague for medical studies. She was from the area called Bessarabia, which in her childhood was part of Russia. After they married, she joined her husband's church even though she was Jewish. Yet, she was not satisfied with it.

During World War II, Father was put in a work camp, and Mother narrowly escaped the holocaust. Those were hard years for us, but all of us survived. In mid-1947, two years after the war ended, one of Father's sisters, who had become one of Jehovah's Witnesses, subscribed to *The Watchtower* for our family. It was Mother who started reading it, and she immediately embraced the message as the truth for which she had been searching.

At first, she said little to the rest of us, but she learned where meetings were held in Prague and started attending them. Within a few months, in the spring of 1948, she got baptized at a circuit assembly of the Witnesses. Then she invited us to join her in attending meetings. Reluctantly, Father agreed.

Meetings were held in a small hall in the center of Prague, where we began to attend as a family. Father and I had mixed emotions, both of curiosity and mistrust. We were surprised that Mother already had new friends to introduce to us. I was impressed by their enthusiasm and their reasonableness, by how much they appeared to appreciate their brotherhood.

Seeing our positive response, Mother suggested that Witnesses be invited to our home for detailed discussions. What a shock it was for my father and me when they showed us from our own Bible that there are no immortal soul and no Trinity! Yes, it was eye-opening to learn what it really means to pray for God's name to be sanctified and for his Kingdom to come.

A few weeks later, Father invited several clergymen of his church to our home. He said: "Brethren, I want to discuss some Scriptural points with you." At that he

presented, step-by-step, basic doctrines of the church and noted how these contradict the Bible. The clergymen admitted that what he said was true. Father then concluded: "I have decided, and I speak on behalf of my family, to leave the church."

The Preaching Work Banned

In February 1948, shortly before Father and I began attending meetings, the Communist party took control of the country. I watched fellow students denounce their professors and saw teachers become fearful of their pupils' parents. Everyone started to become alienated from one another. At first, however, the work of Jehovah's Witnesses remained practically undisturbed.

For us a highlight of 1948 was the convention of Jehovah's Witnesses in Prague. More than 2,800 persons were present September 10 to 12. A few weeks later, on November 29, 1948, the secret police invaded the branch office, and it was sealed. The following April an official ban was placed on our work.

None of these actions intimidated our family, and in September 1949 we attended a special program in the woods outside Prague. A week later, Father and I were baptized. Despite trying to be cautious in the preaching work, I was arrested in February 1952, as noted in the beginning.

Repeated Questioning

After being questioned a few times, I concluded that I would be in prison a long time. The interrogators seemed to think that the longer a person was confined with nothing to occupy his time, the more willing he would be to cooperate. But my parents' instruction kept coming to mind, and it helped to sustain me. They had often quoted Psalm 90:12, encouraging me 'to count my days,' that is, appraise, or evaluate, them 'so as to bring in a heart of wisdom.'

Therefore, in my mind I reviewed entire psalms and other Bible passages that I had earlier committed to memory. I also meditated on the *Watchtower* articles I had studied before being imprisoned, and I sang Kingdom songs to myself. Then, in my first months in confinement, there were fellow inmates to talk to. In addition, there were items to review that I had learned in classes at school, for I had passed my final exams only a few months before.

The interrogations made it evident to me that an informant had attended one of my Bible studies and reported my preaching activities. The authorities concluded that I was also responsible for the typewritten copies of the Bible publications seized in our home. Actually, my brother, who was only 15, had done the typing.

After a while the interrogators could see that I was not going to implicate anyone else, so efforts were made to dissuade me from my beliefs. They even confronted me with a person whom I had known as a traveling overseer of Jehovah's Witnesses. Though being a prisoner himself, he was now cooperating with the Communists in a campaign to get the other incarcerated Witnesses to renounce their faith. What a pathetic creature he was! Years later, after being released, he drank himself to death.

Solitary Confinement

After seven months I was transferred to another prison and put in solitary confinement. Now, completely alone, it was entirely up to me how I used my time. Books were provided on request, but, of course, none of a spiritual kind. So I made up a schedule of activity that included periods of reading as well as time for meditation on spiritual matters.

I must say, never before did I feel as close to Jehovah in my prayers as then. The



A meeting in the woods in 1949 during the ban: 1. My brother Pavel, 2. Mother, 3. Father, 4. Me, 5. Brother Hála

thought of our worldwide brotherhood had never been so precious. Every day I tried to imagine how the good news might be spreading at that particular moment in various parts of the earth. I would imagine myself sharing in this work, giving Bible presentations to people.

Yet, in this calm atmosphere, I eventually fell into a trap. Having always loved to read and being hungry for impressions from the outside, I sometimes became absorbed in a particular book to the neglect of my schedule for meditation on spiritual matters. After this would happen, I always felt remorseful.

Thus, one morning I was taken to the prosecutor's office. Nothing in particular was spoken about—only the results of previous interrogations. I felt disappointment, since no trial date was set for my case. In a half hour or so, I was back in my cell. There I lost composure and began crying. Why? Were the long weeks in solitary finally taking their toll?

I started to analyze my problem and quickly identified the cause. The previous day, reading had engrossed me, and again I had not kept up my spiritual activities. So when I was taken unexpectedly for questioning, I was not in a proper prayerful frame of mind. Immediately I poured out my heart to Jehovah and resolved never again to neglect spiritual matters.

After that experience I decided to eliminate reading altogether. Then a better idea occurred to me, namely to force myself to read German. During the German occupation in World War II, we had to learn German at school. But because of the horrible things that the Germans did during their occupation of Prague, after the war I wanted to forget everything German, including the language. So now I determined to be hard on myself by relearning German. However, what was meant as a punishment turned into a blessing. Let me explain.

I was able to obtain both German and Czech editions of some books and began to train myself to translate German into Czech and Czech into German. This activity not only proved to be another antidote to the potentially harmful effects of solitary confinement but also served a good purpose later on.

Release and Continued Preaching

Finally, after eight months in solitary, my case came up for trial. I was indicted for subversive activity and sentenced to two years in prison. Since I had already served 15 months and an amnesty had been declared with the election of the new president, I was released.

In prison I had prayed that my family be free of worries about me, and on returning home, I found that this prayer

had been answered. Father was a medical doctor, and he encouraged many of his patients to study the Bible. As a result, Mother was conducting about 15 weekly studies! In addition, Father was conducting a group study of the *Watchtower* magazine. He also did translating of some of the Watch Tower Society literature from German into Czech, and my brother typed up the manuscripts. So I immediately plunged into spiritual activity and was soon conducting Bible studies.



With my husband, Jára

A New Assignment

On a wet afternoon in November 1954, there was a ring at the door. Standing there, with water running down his dark gray plastic raincoat, was Konstantin Paukert, one of those taking the lead in the preaching work. Usually, he wanted to speak with Father or my brother Pavel, but this time he asked me: "Could you come out for a short walk?"

We walked silently for a while, a few pedestrians passing by. The dim light of the streetlights reflected faintly in the wet surface of the black pavement. Konstantin looked back; the street was lifeless behind us. "Would you help out with some work?" he asked suddenly. Astonished, I nodded in agreement. "We need some translating done," he continued. "You have to find some place to work but not at home and not with anyone known to the police."

A few days later, I was sitting at a desk in a small flat belonging to an elderly couple whom I hardly knew. They were Father's patients, and a Bible study had been started with them not long before. Thus, my study of German in prison proved valuable, as we then translated our literature from German to Czech.

A few weeks later, Christian brothers taking the lead in the work were imprisoned, including Brother Paukert. Yet, our preaching was not stopped. Women, including Mother and me, helped in caring for Bible study groups and our Christian ministry. My brother Pavel, although still a teenager, served as a courier to distribute literature and organizational instructions throughout the Czech-speaking part of the country.

A Beloved Companion

Late in 1957, Jaroslav Hála, a Witness who had been arrested in 1952 and given a 15-year sentence, was temporarily released from prison for medical treatment. Pavel immediately contacted him, and soon Jaroslav was again fully involved in helping the brothers. Knowing the languages well, he began doing most of the translating work.

One evening in mid-1958, Jaroslav invited Pavel and me for a walk. This was usual for discussing organizational affairs, since our apartment was bugged. But after speaking privately with Pavel, he asked him to wait on a park bench while the two of us walked on. After a short discussion concerning my tasks, he asked if, in spite of his impaired

health and uncertain future, I would marry him.

I was astonished by the sincere, straightforward proposal by one whom I held in great esteem, and I accepted without hesitation. Our engagement brought me into close contact with Jaroslav's mother, an anointed Christian. She and her husband were among the first Witnesses in Prague in the late 1920's. Both of them were imprisoned by the Nazis during the second world war, and her husband had died in a Communist prison in 1954.





Jára's mother and the photographed literature she smuggled to him

Before we married, Jára, as we called him, was summoned by the authorities. They told him that either he had to undergo an operation for his chronic pleurisy—which at the time would have meant submitting to a blood transfusion—or he would have to serve out the rest of his sentence. Since he declined the operation, it meant that he had almost ten more years of imprisonment. I decided to wait for him.

A Time of Testing and Courage

Early in 1959, Jára was taken to prison, and soon afterward, we received a letter indicating that he was in good cheer. Then there was a long interval before a letter arrived that came as a blow to us. It expressed regrets, sadness, and fears, as though Jára were suffering a nervous breakdown. "This must have been written by someone else," his mother said. But it was in his handwriting!

Both his mother and I wrote and expressed our trust in God and encouraged him. After many weeks, another letter came, still more puzzling. "He couldn't have written this," his mother again said. Yet, the handwriting definitely was his style, and there were his characteristic expressions. No more letters were received, and no visits were permitted.

Similarly, Jára had received disturbing letters purportedly from us. His mother's letters blamed him for leaving her alone in her old age, and mine showed annoyance at having to wait for him for such a long time. These also perfectly matched our handwriting and manner of expression. At first he too was disturbed, but then he became convinced that we could not have written the letters.

One day someone appeared at the door, handed me a small packet, and hastened away. In it were dozens of leaves of cigarette paper on which was the tiniest possible handwriting. Jára had copied the letters we were supposed to have written, as well as a number of his own uncensored letters. After receiving this correspondence that had been smuggled out by a non-Witness prisoner who had been set free, how relieved and thankful to Jehovah we were! To this day we have never learned how or by whom this devilish attempt to break our integrity was masterminded.

Later, Jára's mother was permitted to visit her son. On these occasions, I accompanied her to the prison gate and watched this tiny, frail woman perform acts of great courage. With guards watching, she would

take her son's hand and pass to him the tiniest possible photographed literature. Although discovery would have meant severe punishment, especially for her son, she relied on Jehovah, realizing that maintaining spiritual health is always of first importance.

Later, in 1960, a general amnesty was proclaimed, and most Witnesses were released from prison. Jára came home, and in a few weeks, we were a happy newly married couple.

Changing My Life-Style

Jára was assigned to the traveling work, serving the interests of the brotherhood throughout the country. In 1961 he was assigned to organize the first class of the Kingdom Ministry School in the Czech-speaking part of the country, as well as handling many of the school's classes thereafter.

Because of political changes in Czechoslovakia in 1968, the following year a number of us were able to attend the "Peace on Earth" International Assembly of Jehovah's Witnesses in Nuremberg, Germany. The authorities, however, would not allow Jára to leave the country. Some of us took slide pictures of that grand convention, and throughout the country, Jára was privileged to share in delivering a faith-strengthening program that featured these pictures. Many wished to see the program over and over again.

Little did we realize that this would be Jára's last time to visit the brothers. Early in 1970, his health deteriorated dramatically. The chronic inflammation, which he had learned to live with, affected his kidneys, and renal failure proved fatal. He died at age 48.

Sustained With Jehovah's Help

I was bereaved of the one whom I had loved so dearly. But immediate help was provided within God's organization, for I was allowed to have a share in the translating of Bible literature. As though in a relay race, I felt that my husband had passed the baton to me to carry on part of the work he himself had been doing.



Working today at the branch in Prague

Many of us in Eastern Europe served Jehovah for over 40 years under Communist ban. Then, in 1989, with the removal of the Iron Curtain, life here began to change dramatically. While I had dreamed of Jehovah's Witnesses holding a convention in Prague's mammoth Strahov Stadium, never did I believe that this dream would come true. Yet, in August 1991, it did in a marvelous way when over 74,000 assembled in joyful worship!

Czechoslovakia ceased to exist in January 1993 when the country was divided into two countries —the Czech Republic and Slovakia. How happy we were when, on September 1, 1993, the Czech Republic granted Jehovah's Witnesses official recognition!

From my life experiences, I know that Jehovah always has a blessing in store for us, provided we allow him to teach us how to count our days. (Psalm 90:12) I constantly pray for God to teach me how to count the rest of my days in this system of things so that in the countless days ahead in his new world, I may be among his happy servants.

Young People Ask...



Married Too Soon—Can We Succeed?

"We'd been dating since I was 16. At 18 we got married. It was going to be wonderful—forever! But after about four months, I went crazy under the pressure."
—Tonya.*

MARRIAGE at any age can be sobering. Says the Bible: "Those who marry will have pain and grief." (1 Corinthians 7:28, *The New English Bible*) But for many who enter wedlock in "the bloom of youth," the pain and grief often seem to come in unbearable doses.—1 Corinthians 7:36.

* Some names have been changed.

This is mainly because teenagers are still growing up; they are seldom equipped to assume the role of husband or wife. Dr. Jane K. Burgess observes: "Young people are extremely idealistic about marriage. They don't look at it in terms of the everyday kind of work and effort that a successful marriage will take." The realities of marriage can thus hit a couple with all the warmth and charm of a slap in the face.

"You're expecting everything to be great and wonderful, like a fantasy," says young Kim. "The new wears off, though, and then it's the cooking, the dishes, the groceries, the laundry—while your husband sits on the couch. He never had to do such chores because his mom did it all for him. You never think about being tired and irritable when you're dating. And when you get pregnant, it all becomes ten times worse!"

Oftentimes, too, teenagers marry with reckless haste. "I married a man I thought was a true Christian," recalls Helen. "Because of my own lack of experience, I didn't get to know him well enough. After ten months of marriage, I could no longer tolerate his unchristian behavior." The failure of Helen's marriage is by no means unique. In the United States, most teenage marriages fail within five years.

Dire statistics notwithstanding, millions of teenagers have taken the plunge into matrimony. Perhaps you are one of them. If so, you may already feel overwhelmed by the pressures of marriage.

No Way Out?

Although marrying young may not be wise, it is not necessarily a sin. Marriage is honorable in the eyes of God. (Hebrews 13:4) True, some extreme circumstances may justify a separation or a divorce. (Matthew 19:9; 1 Corinthians 7:12-15) Generally, though, God requires that couples stick together. (Matthew 19:6) While that may seem



Supporting a young man in his husbandly role can bring out the best in him

like a tough stance, it also means that God wants you to succeed.

One teenage husband says: "It's too late for, 'Was I too young? Are we really right for each other?' and all the other second-guessing. *You're married!*" So rather than bemoan your fate, why not try to find some way to make your marriage work?

Who's In Charge Here?

The Bible tells couples: "Let wives be in subjection to their husbands as to the Lord . . . A husband is head of his wife." (Ephesians 5:22, 23) However, when a young man has spent his whole life under the protective shadow of mom and dad, becoming a family head can be an awesome responsibility.

One young wife recalls regarding her husband: "Tom didn't want me going anywhere by myself. I felt trapped, locked in. He thought that anytime I tried to question him, it was a challenge to his authority." On the other hand, some wives find it difficult to view their young husbands as their head. Others may chafe at the slightest hint of a husbandly decision, refusing to cooperate when they disagree.

This can be most distressing if you are a fledgling husband. But there's really no need to become disturbed simply because your bride does not rush to obey your every command. It will take time for your wife to feel secure under your headship. In the meantime, work at *earning* her respect, not by trying to control her, but by taking the lead and trying to make balanced decisions. —Compare 1 Corinthians 16:13.

The Bible further exhorts: "In showing honor to one another take the lead." (Romans 12:10) Yes, honor your wife by putting her interests ahead of your own. (Philippians 2:4) Give her latitude, treating her as a respected partner, not as a slave. (See Malachi 2:14.) Whenever possible, consult with her when major decisions must be made. (Proverbs 13:10) This will make submitting to your headship easier for her.

What, though, if you are a young wife? It may try your patience to submit to your young husband when his lack of maturity is sometimes embarrassingly apparent or when he doesn't show the best of judgment. However, chiding him or rebelling will do little to improve your lot. "The more she scolded me, the more I would clam up," confessed one young husband. Try showing honor by making allowance for his inexperience. He just might respond by showing more respect for your point of view. If he makes a decision that irritates you—but violates no moral laws—why not simply go along with it? "The wisdom from above is . . . ready to obey." (James 3:17) By being supportive of his headship, you can help him to become more competent.

Money Problems

Some say that the number-one problem for young couples is money. Couples are often shocked to learn just how much it costs

to live. Ray and Lora, for example, "had no food or money" after their wedding. "We slept on the floor," they confess. Brad and Tonya suffered similar economic pressure when Brad lost his job—and Tonya had to pay the bills.

While it is true that young people often have trouble finding work that pays good wages, money problems are sometimes the result of poor money management. Consider the young wife who says: "I just spend the money until it's gone and then I don't have any for the last week of the month." Other couples suffer because they fail to communicate. "I went out and bought a car without talking it over with her," confesses a husband named Jake. "What we really needed was furniture," laments his wife.

Sound familiar? Then perhaps you haven't put away "the traits of a babe" when it comes to handling money. (1 Corinthians 13:11) Do you shop by impulse? Then learn to make a shopping list, and stick to it. Discuss major purchases. (Proverbs 15:22) Keep track of your expenses, and work out a reasonable budget.* Doing so can spare you much financial stress.

Can We Talk?

That brings us to what some call the number-two problem among young couples: communication. Some couples retreat into tense silence. Others engage in verbal violence. "The biggest arguments that [we] had were over the dumbest things," recalls Sylvia, a divorcée. "Things like his leaving his shoes all over the house, or my taking bites from his dinner plate."

Misunderstandings and disagreements are bound to occur. But "malicious bitterness and anger and wrath and screaming and abusive speech" simply tear down a marriage. (Ephesians 4:31) Get into the habit of talking things over while an irritation is still small. When you do, attack the problem —not the person. If things start to get out of hand, refuse to fuel an argument. "Where there is no wood the fire goes out," says Proverbs 26:20. Later, when both of you have calmed down, try talking things over again.

Good communication is also the key to solving another common problem: sexual dissatisfaction. Sometimes a young couple are simply too exhausted from their new routine to enjoy marital intimacies. The book *Building a Successful Marriage* says: "Husbands and wives come to marriage with a vast amount of misinformation concerning the role and functioning of sex." Taken in by the world's propaganda, many couples come to have grossly unrealistic expectations in this regard. Selfishness and lack of self-control also play a role. Open communication, along with time and patience, is essential. When each 'seeks the advantage of the other,' sex is rarely a serious problem.—1 Corinthians 10:24.

Clearly, then, marriage is not for children. If you have already married, you are not doomed to failure. "My first year of marriage was really rough," says one married woman. "But because of applying Bible principles, we are now leading a contented, happy married life." So can you.

* The article "Budget Your Money—The Easy Way!" appearing in our April 22, 1985, issue has some helpful suggestions.

IN OUR NEXT ISSUE

The Mystery of the Alpine Iceman

It's No Secret Anymore

Safely Exploring the World Beneath the Waves

A Unique Planet

Scientists have long speculated about the possibility that life exists on other planets. It was assumed that the conditions that make life possible on earth must likewise exist somewhere among the hundreds of billions of galaxies of the cosmos. The French magazine *Le Nouvel Observateur,* however, says that it is now more and more apparent that "too many miraculous coincidences preceded the appearance of man on earth" and that the latest discoveries regarding the universe and the earth itself "have enormously reduced the probability, already minute, that the same process could have taken place elsewhere." Commenting on the near mathematical impossibility of identical conditions existing on another planet, the magazine notes that scientists *are* sure that life exists on at least one planet—ours.

Television or Newspapers for Accurate News?

In Australia, television news is slipping in credibility while newspapers are gaining. According to a media study published in *The Australian,* "television [has] largely sacrificed accuracy, reliability and fairness to its subject in pursuit of a 'good story.'" For example, some TV news is enhanced by old file tapes to make a more sensational story. Of the 500 news stories analyzed, 260 used file footage, the study found. If a TV news report includes file tapes, people normally expect this to be acknowledged, but this is not always done. The report states: "Research by the Ray Morgan Research Centre . . . shows the number of people who believed television was the best medium for 'accurate and reliable news' fell by more than 12 percentage points, from a peak of 53.7 per cent in 1986 to 41.5 per cent" in 1993.

Parent/Child Relationship?

Should parents treat their children as peers? Educator Lisandre Maria Castello Branco of São Paulo University says in the Brazilian newspaper *O Estado de S. Paulo:* "Parents are never equal to their children, and this has to be made clear. . . . When the place of authority is vacant, the youth becomes abandoned, an orphan. A child always expects of his parents the responsibility of an adult who chooses to educate a person."



Cesarean Sections Increasing

"Ten thousand gynecologists point the finger at Italy: too many cesareans," reports Rome's newspaper *Il Messaggero.* For the number of births by cesarean section, Italy places first in Europe and third in the world, behind the United States and Brazil. Since 1980, cesarean operations have doubled in Italy; now almost 1 child in 4 is delivered by cesarean section. Why the increase? According to *Il Messaggero,* there are two reasons besides medical ones: Women want to avoid painful deliveries, and doctors, fearing court action, prefer a less-risky procedure. However, although cesarean sections have long been viewed as safe, many doctors believe that they are used too often and not always for good reasons. Carlo Signorelli, of La Sapienza University, Rome, said: "There would not appear to be any correlation between cesareans and perinatal mortality." And Luciano Movicelli, of the S. Orsola Hospital, Bologna, noted: "The conviction that a cesarean equals more safety ought to be thrown out because it is absolutely false."

Keeping Up Appearances

What is a Japanese man to do when he does not have enough relatives or friends to keep up proper appearances at weddings and funerals? The answer: Rent them. A bride and a groom each usually try to invite the same number of guests. However, if the two groups are unequal or either is too small to make a suitable impression, the bride or groom may secretly call on the services of the *benriya,* literally "useful persons." *Benriya* do almost any odd job, including substituting for relatives and friends. In the case of funerals, they are hired not as professional mourners but as substitutes so that neighbors will not discover, for example, that the deceased's work associates would not come. The owner of a *benriya* company was reported in *Mainichi Daily News* as saying that at one company

executive's funeral he attended, about 60 of the 100 people present were *benriya*. "The family must have called up 3 or 4 *benriya* companies," he said.

What Makes Teachers Popular?

"Even though many children moan about school more and more often, most of them still have a favorite teacher," reports the German newspaper *Nassauische Neue Presse*. Indeed, 91 percent of girls and 83 percent of boys have a favorite teacher. A survey of 2,080 students between 7 and 16 years of age tried to discover what qualities make teachers popular with their students. It may be surprising to many that "a teacher who gives little homework is not necessarily the favorite." Much more important is that the teacher be fair, have a sense of humor, and make lessons interesting. Furthermore, students appreciate teachers who are able to explain things well, keep calm, and show understanding.

Untended Children

More and more Australian parents leave small children alone at home to fend for themselves while the parents are off at work or engaged in other activities. This worrisome trend has particularly come to light since the establishment of a national telephone hotline for children. It is now receiving about 35,000 calls a week from distressed youngsters. According to *The Sunday Telegraph* of Sydney, the help line's director says: "We have a steady procession of kids who are at the extreme end of the problem—kids left alone without food or any sort of parental care." The paper commented: "[This] is an indictment on modern family life as we know it." In fact, some of these children are little more than tots; one caller to an emergency number was a scared four-year-old girl.

Our Garbage Talks

What is our garbage saying? It is telling us what patterns of human behavior we follow. Garbage reveals what we consume and what we waste. "People who live routine, predictable lives waste less, because they tend to buy only what they need and consume what they buy," said *The Toronto Star*.



Surprisingly, when there is a shortage of something, "people, paradoxically, waste a lot more of it than when it's abundantly available," added the *Star*. Why is this so? People hoard. They buy more than they need and then dispose of what they do not use. Hot dogs—lots of hot dogs—are the most common food found in wet garbage. Paper, an abundance of paper, particularly newsprint, finds its way into landfills. The computer age has added more, not less, paper to our dry garbage. The overall message of our garbage is that we are living in a wasteful society.

AIDS Vaccine "Unprofitable"

The World Health Organization's director of research and development, Dr. Piot, has announced that economic considerations have caused some pharmaceutical laboratories to abandon their search for an AIDS vaccine in favor of drugs for treating AIDS patients. It is reported that the laboratories fear that if an effective AIDS vaccine were developed, government pressure would force them to surrender the product to the public, leaving little room for profit.

Parental Guidance Needed

Conversing by means of computers, children often get messages full of sexual innuendo or outright proposition. They can communicate with transvestites and homosexuals. They can learn how to make bombs, how to steal credit-card numbers, and how to break into other computer systems and to commit criminal acts. Certain computer games allure children into unlimited withdrawal from reality, and a number get addicted to them. Some say "the solution lies in that most daunting task: teaching values," notes *The Washington Post National Weekly Edition*.

Mother at 62

At the age of 62, an Italian woman gave birth to a child. Mother and child, a boy weighing 7 pounds 3 ounces, are doing fine. Along with the congratulations for the happy event, the case also raised an uproar in the field of ethics. Why? The mother became pregnant by means of artificial insemination. "I know this case will cause a storm," commented Professor Severino Antinori, the gynecologist who assisted the birth, "but it should be considered an extreme measure."

FROM OUR READERS

Education I just graduated from a Nigerian university and missed having top grades by a margin of 2 percent. I was somewhat depressed. So when you published the article "Keeping Education in Its Place" (August 22, 1994) and showed that education should not be pursued for the sake of shining scholastically, I began to see things in their proper perspective. While my professors have encouraged me to pursue postgraduate courses, I am giving matters serious thought in the light of what I have learned.

G. J., Nigeria

I am 14 years old and under a lot of pressure to pursue higher education. With the help of your article, I have decided what I would like to do. I want to be a pioneer [full-time evangelizer], and if I need extra training to get a job, I would like to go to a vocational school and learn photography.

H. O., United States

I chose not to obtain supplementary education. I prefer to use that time to teach others about our Creator. People are usually amazed at how much I know about a variety of subjects. They ask, "Are you in college?" I tell them I have learned what I know from the Bible and the literature provided by the Watch Tower Society.

M. L., United States

Your article showed the need of considering the pros and cons of supplementary education. I felt the need to go to school again but did not want to neglect spiritual activities. I explained my schedule of Christian meetings to the school secretary, and he arranged my classes so that I could attend all my meetings.

M. F. S., Brazil

Weaker Vessel? Thank you for the enlightening article "The Bible's Viewpoint: The 'Weaker Vessel'—An Insult to Women?" (October 8, 1994) Every male should read this article, as it is so beautifully laid out.

G. B., United States

I never clearly understood the Bible's expression at 1 Peter 3:7 about women being 'weaker vessels.' I always thought that women were lesser creatures, and I grew up seeing men treating women with very little respect. But that article straightened out my thinking.

T. C., United States

Opposite Sex Thank you so much for the "Young People Ask . . ." articles "Why Is It So Hard to Keep My Mind Off the Opposite Sex?" and "How Can I Get My Mind off the Opposite Sex?" (July 22, 1994; August 8, 1994) It was nice to know that I am not crazy, since at age 12 I have strong feelings for a boy I know. The second article helped me to stop thinking about him so much. I told an older Christian sister in my congregation, and she helped me.

P. Z., United States

The part on masturbation hit home. I thought masturbating would help me cool the flames of sexual desire, but it only makes it worse. I pray Jehovah will forgive me for being involved in this disgusting practice.

P. M., United States

The article came at the right time for me. In school the number-one topic is sex. There is a girl at school who attends the same congregation I do. I find her to be very intelligent, clever, and pretty. The article helped me to avoid constantly thinking of her and looking for her.

M. F., Germany

"A Financial Holocaust"

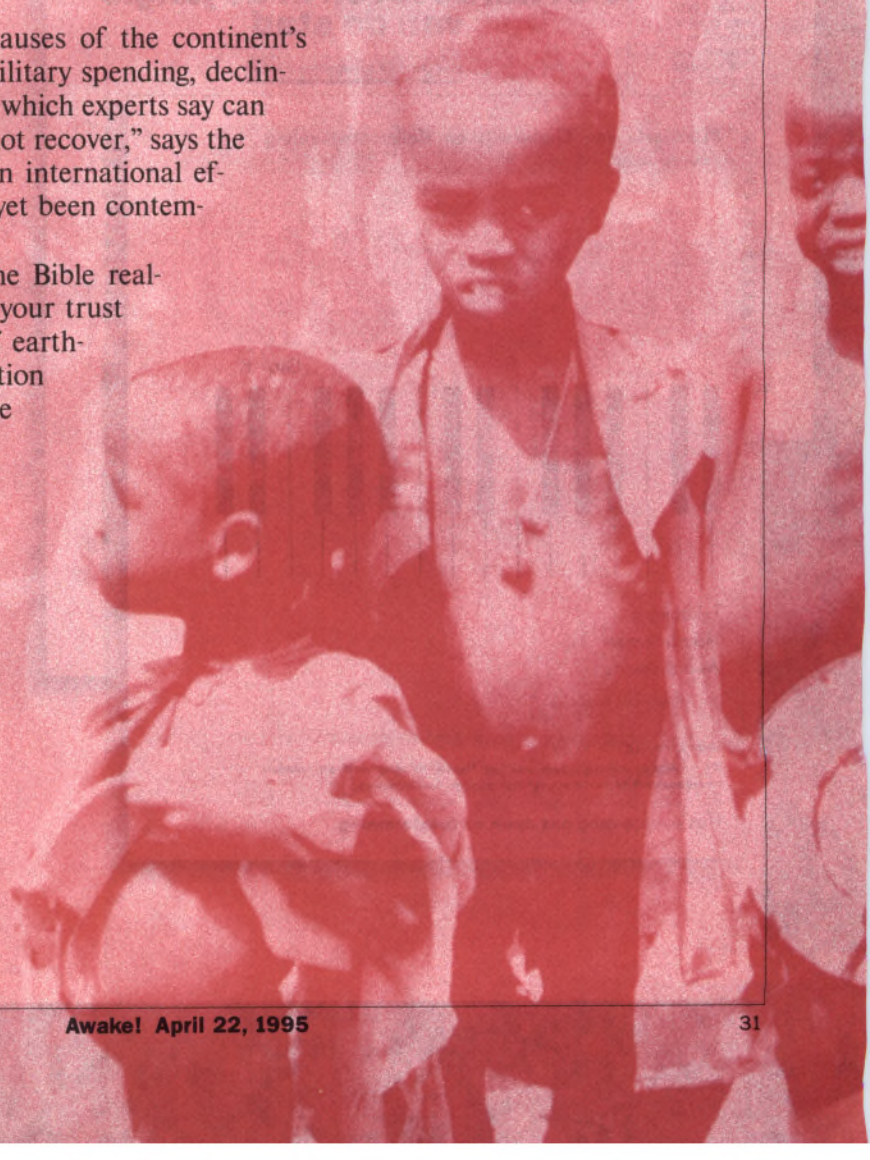
BY *AWAKE!* CORRESPONDENT IN NIGERIA

ACCORDING to a UNICEF (United Nations Children's Fund) report, sub-Saharan Africa is suffering "a financial holocaust." Almost half the population—some 220 million people—live in absolute poverty, unable to care for their most basic needs. The average citizen is 20 percent poorer than he or she was a decade ago.

"In education," says the report, "the 1980s can only be described as a lost decade." Spending per student dropped by one third, and enrollment in primary schools fell from 79 to 67 percent. Health-care services are also waning in many African countries, with many clinics closing because of lack of staff and medicine.

The report lists several causes of the continent's economic crisis, including military spending, declining trade, and colossal debts, which experts say can never be repaid. "Africa cannot recover," says the UNICEF report, "without an international effort on a scale that has not yet been contemplated."

Is this likely to occur? The Bible realistically states: "Do not put your trust in nobles, nor in the son of earthling man, to whom no salvation belongs." (Psalm 146:3) The solution to Africa's deep-seated problems does not rest with the governments of men. It is God's Kingdom that will bring lasting relief—not just to Africa but to the entire world.—Matthew 6:10.



WHO/OXFAM

Awake! the Basis for a Test



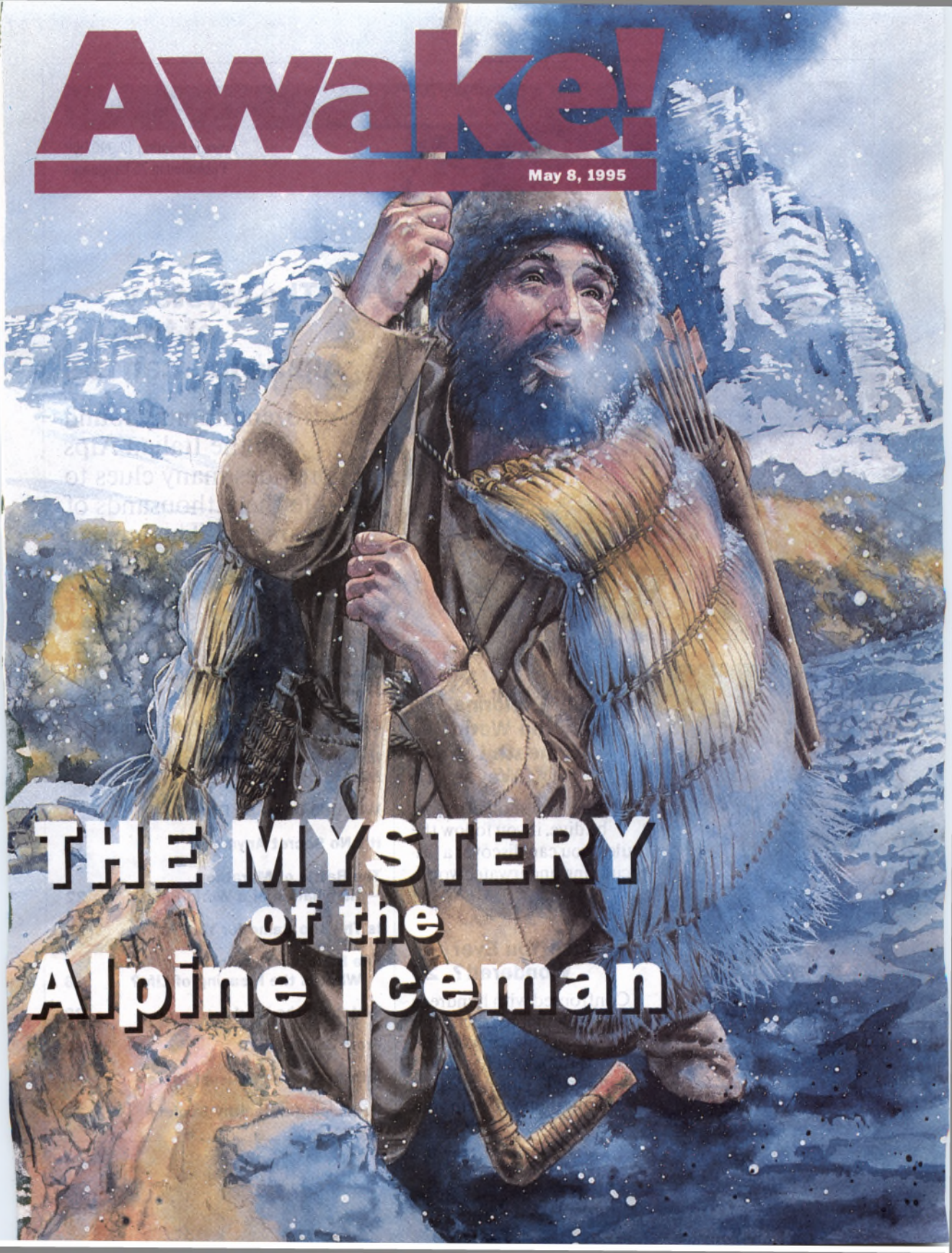
WHEN students in the South American country of Suriname opened their high school entrance examination booklet in July 1993, they discovered that regular *Awake!* magazine readers had an advantage. This was because nearly half of the questions in the 36-page booklet, which had been prepared by the Ministry of Education's Examination Bureau, were based on two articles from *Awake!*

Pages 1 through 9 featured the article "Shantytowns —Hard Times in the Urban Jungle," which appeared in *Awake!* of October 8, 1992. There were 21 questions that tested comprehension on that material. Pages 10 to 16 of the examination booklet contained 14 questions on the article "The Capybara—Mistake or Marvel of Creation?," which appeared in *Awake!* of September 22, 1992.

"By using these articles to examine the textual comprehension of students throughout the country," remarked one headmaster in the western part of Suriname, "school authorities show that they view *Awake!* as a model of correct grammar and crisp writing."

Awake!

May 8, 1995



THE MYSTERY of the Alpine Iceman

Awake!

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The Mystery of the Alpine Iceman 3-9

A frozen mummy found in the Italian Alps provides many clues to life there thousands of years ago. The Iceman also has an aura of mystery.



Safely Exploring the World Beneath the Waves 15

Whether you snorkel or scuba dive, if you follow the rules, you can discover a fascinating underwater world.



Have You Ever Wondered? 20

Confronted with hundreds of religions, sects, and cults, how can you find the one that has God's approval? This process of elimination will help you.

The Mummy That Came In From the Cold	3
Clues to the Mystery of the Iceman	4
Insight Into the Iceman's Mind and World	8
Why Drill Down So Deep?	10
It's No Secret Anymore	13
The Battle of Marathon —Humiliation of a World Power	22
Is This the Game for You?	25
The Bible's Viewpoint What Is the Meaning of Life?	26
Watching the World	28
From Our Readers	30
A Crab With an Unusual Taste	31
Developing a Healthy Society	32

THE MUMMY that came in from the cold

BY *AWAKE!* CORRESPONDENT IN ITALY

At first sight it might have seemed like the scene of a crime. A dried-out corpse lay facedown, half trapped in the ice. An accidental death? A revenge killing? Or simply another mountain-climbing victim? In any case, what was he doing there in the silence of the Tirolean Alps 10,500 feet above sea level? Who was he? And how did he die?



Ötzi, the Iceman

THE "Iceman," as he was immediately named, or *Homo tyrolensis,* as scientists call him, was found by chance in September 1991 by a German couple hiking on Mount Similaun (in the Ötztaler Alps), on the Austria-Italy border. The particularly hot summer that year had melted most of the snow, bringing to light remains that would otherwise have lain hidden—for who knows how long? After investigators resolved some initial uncertainty about the find, the body was crudely hacked out of the ice, suffering damage in the course of the extraction. It soon became clear, however, that it was not an ordinary corpse. Near the body lay several objects that were very different from those normally used by modern hikers who venture to such altitudes.

Some realized that the corpse was very old. After the first tests, Konrad Spindler, of Innsbruck University, Austria, made a surprising statement—that the mummified body found on Mount Similaun was some *thousands* of years old! Further analysis and research on the site led scholars to conclude that the corpse they were examining was "by far the most ancient human being ever found virtually intact." (*Time,* October 26, 1992) Archaeologists believe that the Iceman, nicknamed Ötzi (from Ötztal, the German name of a nearby valley), died about 3000 B.C.E.

Once the importance of the find was appreciated, archaeologists returned several times to Mount Similaun to search for other artifacts useful in trying to understand what had happened to that man all those centuries ago. What have they discovered? Why has there been so much interest in a mummy entombed in the ice? Has it been possible to unravel any of the mystery surrounding him?

Foto: Archiv Österreichischer Alpenverein/Innsbruck, S.N.S. Pressebild GmbH

Clues to the mystery of the ICEMAN

FOR centuries, Ötzi was in a good resting-place. He lay over 10,500 feet above sea level in a narrow, snow-filled ravine in a hollow that protected him from the movements of the nearby glacier. If his body had been frozen into the glacial ice mass, it would have been completely broken up and swept away. Very likely, his sheltered position preserved him intact.

Within a few yards of the body were objects that had apparently been a part of his everyday life: an unstrung yew-wood bow, a buckskin quiver with 14 arrows (2 ready for use, the others still to be finished), a flint-bladed dagger, an ax, an object that is thought to be the frame for a primitive pack, a leather bag, a birch-bark receptacle, and fragments of clothing, as well as other utensils and objects.

When he was found, Similaun Man (another of his names) was still wearing some of his articles of clothing and had on leather footwear stuffed with straw for protection from the cold. Near his head lay a "mat" of woven straw. It was as though, overcome by tiredness and the cold one evening, the Iceman fell tranquilly asleep only to "see" the light of day thousands of years later. The find was "a snapshot of an epoch, of a society and a biological population," says archaeologist Francesco Fedele, who defined the Similaun Man as "a time capsule."

How Was He Preserved?

Not all agree on the way Ötzi was preserved intact for so long in those conditions. "His preservation is little short of miraculous, even allowing for the alleged protection from the depression in which he was found," says *Nature*. The theory that is currently thought to be the most plausible is that preservation occurred because of a combination of "three improbable events": (1) a rapid process of natural mummification (dehydration), the result of the effects of the cold, the sun, and the foehn (a warm, dry wind); (2) a quick coverage by snow that hid the body from predators; and (3) the protection from moving glaciers afforded by the depression. Some, however, do not find even this explanation convincing, affirming that the foehn does not reach so high in this part of the Alps.

Some things about the Iceman are cer-

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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The Iceman was found just inside the Italian border on the Similaun Glacier

tain, however. It has been possible to ascertain that he was between 25 and 40 years of age, was about five feet two inches tall, and weighed about 110 pounds. He was wiry and muscular, and his brown hair was well cared for and was apparently cut regularly. Recent DNA studies of tissue samples have established that he belonged to the same gene pool as contemporary central and northern European inhabitants. His worn teeth reveal that he ate coarse bread, suggesting that he may have belonged to an agricultural community, as evidenced by the grains of wheat found in his clothing. Interestingly, it has been possible to determine that he died toward the end of summer or the beginning of autumn. How? In his bag were found the remains of a variety of wild plum that ripens in late summer; perhaps, they were a part of his last supplies.

"A Medieval Cavalier Carrying a Rifle"

But what does Ötzi reveal? The Italian journal *Archeo* summarized a number of questions raised by the discovery in this way: "Was he a warrior or a hunter? Was he an isolated individual, was he traveling with his group, or again, was he in transit on those mountains in the company of a small select part of his group? . . . Was he alone, surrounded by all that ice, or can we expect other presences?" Scholars have sought to ascertain the answers mainly through examination of the objects found on Mount Similaun and attempts to decipher their meaning. Various theories as to why Ötzi found himself at an elevation of more than 10,500 feet have been suggested, but each one of them is contradicted by some other detail. Let's consider a few examples.

The bow, which had never been strung, and the arrows would immediately suggest

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that he was a hunter. Does that resolve the enigma? Perhaps, but the bow, with a length of nearly six feet, "was very big for a man of his stature," says archaeologist Christopher Bergman, and "decidedly oversized to hunt typical Alpine game." Why would he have a bow that he could not use? Furthermore, a person traveling in the mountains needs to shed all excess weight, "which makes it particularly puzzling that the man's bow and 12 of his 14 arrows were unfinished, whereas his other weapons (dagger and axe) were worn by prolonged use," observes *Nature*.

What about the ax that was found just a few yards away? At first, it was thought to be bronze, but tests revealed that, in reality, it was made of copper. For this and other reasons, many archaeologists are inclined to date Ötzi back to the beginning of the so-called Copper Age, that is, the fourth-third millennium B.C.E. "Carbon 14 tests . . . confirmed that he had lived between 4,800 and 5,500 years ago," stated the magazine *Audubon*.* Other objects, however, would tend to persuade some experts to place the Iceman in a slightly older period. Apparently, it is not possible to assign Similaun Man to a particular ancient civilization. Referring to the copper ax, one archaeologist believes that Ötzi "possessed a weapon that was too technologically advanced for the epoch in which he lived. It was as though we had found a medieval cavalier carrying a rifle. In fact, in that epoch, copper was known only in Oriental cultures."

Further, as we have already seen, the ax could have been a very precious object among the Iceman's contemporaries. Other artifacts, such as the sheath for his dagger, were also extremely refined and were evidently "objects of prestige." But if Ötzi was a high-ranking personage, a chief, why was he alone at the time of his death?

According to *Popular Science* magazine, Konrad Spindler, of the University of Innsbruck, opined: "What were originally thought to be enigmatic tattoos correspond exactly to worn knee and ankle joints and degenerating vertebrae in his spine. The Iceman's doctor probably treated the condition by branding the skin above the aching area, then rubbing herb ash into the wound."

Recently, the idea was advanced, in a meeting of forensic medical experts in Chicago, that Ötzi may have been a beaten and bloodied fugitive who died in hiding while others hunted him. It has been determined that he had several broken ribs and a fractured jaw. However, it cannot be said exactly when he suffered these injuries—before or after death. If he had been the victim of violence, though, "why did he still have all his implements, even 'precious' ones?" such as the copper ax, asks *Archeo*.

The investigators reckon that the facts available are not sufficient to complete the picture, and many questions still remain unanswered. But it is clear that the civilization Ötzi belonged to was highly structured and complex.

Ötzi and His World

In describing Similaun Man's world, scholars base their opinions on finds from Alpine sites that are thought to have been inhabited by his contemporaries. Even then, archaeologists tell us, some areas were more developed than others, and most technical innovations, such as working in copper, originated in the Middle East.

According to one reconstruction, Ötzi may have lived in one of the agricultural villages of the Adige River basin. This river was an important trade route connecting

* For information on the unreliability of the carbon-14 test, see *Awake!* of September 22, 1986, pages 21-6, and *Life—How Did It Get Here?—By Evolution or by Creation?*, page 96, published by the Watchtower Bible and Tract Society of New York, Inc.



Foto: Prof. Dr. Gernot Patzelt/Innsbruck

X marks the spot where Ötzi was found. Insets: 1. Copper ax, 2. Flint dagger, 3. Possibly an amulet, 4. Antler point in wood handle

Fotos 1-4: Archiv Österreichischer Alpenverein/Innsbruck, S.N.S. Pressebild GmbH

the Italic Peninsula with Central Europe. A number of settlements have been found in various places in that part of the Alps, even at an altitude of some 6,500 feet. Agricultural villages of the period were typically made up of three or four houses, perhaps a few dozen at most. What kind of houses? Excavations have brought to light only the floors, almost always of beaten earth. The dwellings had a single room, generally with a hearth in the center and sometimes an oven. The roof may have been gabled, similar to contemporary dwellings built on piles that were found close to a number of Alpine lakes. Every single-room hut probably accommodated one family unit.

What kind of contacts were there between such communities of livestock raisers and farmers? Undoubtedly, trade. For example, the ax found on Mount Similaun was similar to those manufactured farther south, on the shores of Lake Garda, and may have been the object of a commercial transaction. Also among Ötzi's equipment were some flints, objects precious in trade along the Adige Valley route. One of the activities that necessitated larger-scale movements was the seasonal migration of livestock. As they still do in the Tirol today, shepherds led their flocks over Alpine passes in search of fresh pastures. What other conclusions have been reached on the Iceman's origin?

Insight into the ICEMAN'S mind and world

LET's go back to Ötzi. Was he primitive, stupid, and devoid of aesthetic sensibilities? What do his utensils, his weapons, and his clothes reveal?

His weapons reveal that Ötzi had an excellent knowledge of ballistics. The two finished arrows had the characteristic feathers at the butt. The feathers were glued at an angle to make the arrow spin in flight, permitting a fair degree of accuracy up to a range of some 30 yards. His leather clothes (various animal skins) tell us something of the tastes of the period. Today, a garment needs not only to cover but also to satisfy certain aesthetic requirements. What about in Ötzi's day? Describing the finds, *Time* magazine says: "The robe had been cleverly whipstitched together with threads of sinew or plant fiber, in what appears to be a mosaic-like pattern." Both the pieces and the deliberate manner in which they had been sewn contributed to creating a "patchwork effect," says the book *Der Mann im Eis* (The Man in the Ice). Over the tunic, the Iceman wore "a woven grass cloak, ideal for protection from the cold, which during a break could have been used as a 'mattress' to isolate his body from the ground."—*Focus.*

"An unexpected degree of sophistication" in his equipment was also noted, comments *Time.* The dagger, for example, was complete with "a finely crafted sheath, made from woven vegetation." The Iceman, then, apparently lived in an epoch that was truly "rich and culturally intense," as Giovanni

Forensic experts examine the Iceman's body in Innsbruck

Foto: Archiv Österreichischer Alpenverein/Innsbruck, S.N.S. Pressebild GmbH



Maria Pace defines it in his book *Gli italiani dell'Età della pietra* (Italians of the Stone Age).

Mention could also be made of the mushrooms found near Ötzi. They may have served to start a fire, but more likely, say experts, the Iceman had them with him for their antibiotic and therapeutic properties, part of a kind of portable "first-aid kit."

Aesthetic taste, intellectual capacity, therapeutic knowledge, and know-how in the fields of metalworking, agriculture, and art—these indicate, in contrast with the image often presented, that contemporaries of the Iceman were knowledgeable and competent in diverse fields. British archaeologist Dr. Lawrence Barfield stated: "Few of us today have any of the skills which most people would have had during the fourth millennium [B.C.E.]." Their refined tastes emerge, for example, in artistic depictions and metal and ceramic artifacts recovered from tombs.

The Religious Climate

"As far as scholars have discovered, there has never existed any people, anywhere, at any time, who were not in some sense religious," says *The New Encyclopædia Britannica.* Speaking of the prominent role that religion played in ancient times, the *Dizionario delle religioni* (Dictionary of Religions) says that "compared to those used in everyday life, a disproportionate amount of goods and energies were employed in religious projects."

The religious sentiment of Ötzi's time was evidently very prevalent. In many places, ancient burial sites have been found that attest to the variety and richness of funeral rituals. Dozens of clay figurines have also been found that depict divinities belonging to ancient pantheons.

Ancient Human History and the Bible

The civilizations that emerge from research into ancient times, then, were quite complex. The picture is not one of primitive civilizations struggling, among a thousand difficulties, to make almost imperceptible progress toward a fully formed society. As far as historians are concerned, communities were of varying sizes but fully formed.

This is meaningful for any who study the Bible. The book of Genesis indicates that very early in human history—and particularly as humankind 'scattered over all the surface of the earth'—complex and fully formed civilizations appeared, the elements of which had intellectual and spiritual capacities.—Genesis 11:8, 9.

The Bible testifies that technical and artistic abilities were possessed by mankind even in the very earliest times, such as the forging "of every sort of tool of copper and iron." (Genesis 4:20-22) According to the Bible record, human beings have always had the conscious desire to worship some deity. (Genesis 4:3, 4; 5:21-24; 6:8, 9; 8:20; Hebrews 11:27) Even though his religiosity degraded with the passing of time, man remains "incurably religious," says *The New Encyclopædia Britannica.*

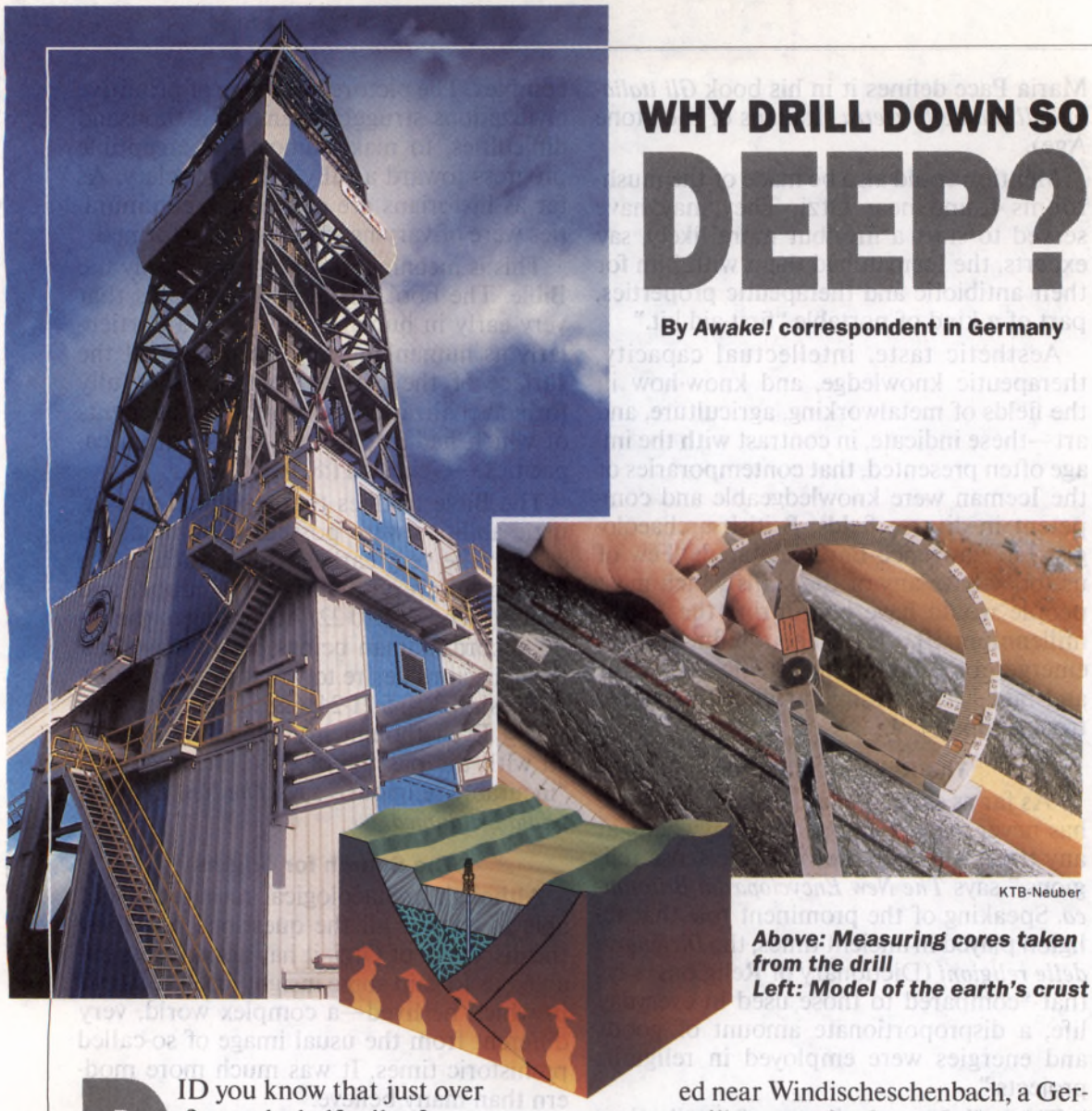
The Search for Origins

Although archaeological research is not able to answer all the questions posed by the discovery of Ötzi, it has nonetheless enabled us to gain some insight into the world in which he lived—a complex world, very different from the usual image of so-called prehistoric times. It was much more modern than many believe.

In conclusion, apart from the facts deduced from the Iceman's appearance and belongings, as *National Geographic* stated, "almost everything else about him is part mystery, part speculation." Meanwhile, Ötzi lies in a cold chamber in Innsbruck, Austria, while over 140 authorities in various disciplines struggle to resolve further mysteries of the Iceman who came in from the cold.

WHY DRILL DOWN SO DEEP?

By *Awake!* correspondent in Germany



KTB-Neuber

Above: Measuring cores taken from the drill
Left: Model of the earth's crust

DID you know that just over five and a half miles from your home, the temperature is a sizzling 570 degrees Fahrenheit? But don't worry, the heat is far below you, at a depth of 30,000 feet! And to make sure that your feet don't get scorched, you are safeguarded by a protective shield called the earth's crust.

This crust is the center of attraction at the Continental Deep Drilling Program, located near Windischeschenbach, a German village not far from the border of Czechia. The purpose of this program was to drill a hole over six miles deep to investigate that protective shield. However, the drilling had to stop at 5.6 miles because of the heat, as we shall see. But why go to the trouble of digging such a deep hole?

Deep drilling is not new. The Chinese reportedly bored to a depth of over 500 yards in 600 B.C.E. in search of brine. Since the In-

dustrial Revolution, the voracious appetite for raw materials in the West has meant that drilling technology has progressed rapidly. Recently, however, drilling has been motivated by something more pressing than commercial interest: Human life is at stake. How so? And how can drilling into the earth be of help?

Why Is Deep Drilling Important?

First, some of earth's mineral resources are being consumed so quickly that they may be exhausted. Can these same minerals be found farther down in the earth, perhaps still in their developing stages? That is a question that deep drilling may answer.

Second, as the world's population increases, earthquakes take an ever-rising toll. About half the world's citizens live in areas threatened by earthquakes. That includes residents of more than a third of the largest cities on earth. What do earthquakes have to do with drilling? "Study of the lithosphere [the earth's outer shell] ought to make forecasting more accurate," reports the booklet *Das Loch* (The Hole). Yes, man has every reason to try to learn earth's secrets.

The cost of deep drilling is high, though. The price tag for the German project is $350 million. Aren't there other ways of unearthing our planet's secrets? Yes and no. Science deduces much about the makeup of the earth by using instruments located on the surface. But a superdeep borehole is the only way to verify such deductions and to examine rocks that have remained until now under extremes of pressure and temperature. You could say that deep drilling tries to get to the bottom of things.

So much for drilling generally. Why don't we visit the site at Windischeschenbach? Afraid of scientific terminology? No need. The guide, a geologist, has promised to keep everything simple.

An Amazing Drilling Rig

We are amazed to see the drilling rig towering over the borehole to the height of a 20-story building. The rig is one of the features that give this project special appeal even to the nonexpert. And there is more to come.

Take, for instance, the location. When planning the superdeep hole, scientists didn't choose to drill just anywhere. The newspaper *Die Zeit* wrote about the project: "If you want to find out how earthquakes occur, concentrate on those places where [underground] plates bump together or drift apart." Windischeschenbach is such a place, as it lies directly above the borderline of two subterranean continental plates or slow-moving sections of the earth's crust.

It is thought that in the past, these two plates came together with such force that they thrust portions of the lower crust upward toward the surface, to within reach of modern technology. Drilling through different formations of rock produces what our guide calls a geological shish kebab. How deep is the hole?

On October 12, 1994, a flashing sign on the information building heralded the maximum depth: "9,101 meters" (29,859 feet). How deep is that? Well, if there were an elevator to transport us to the bottom, the descent would take almost one and a half hours. It would, however, be a journey we would never forget. Why? Because as we went down, we would feel the temperature rising between 14 and 17 degrees Fahrenheit every thousand feet. So at the present depth, we would encounter a torrid 570 degrees Fahrenheit. How glad we are that our visit does not include an excursion to the bottom! But the question of temperature brings us to another interesting aspect of this project.

At about 5.6 miles, the borehole crosses the critical 570-degree-Fahrenheit

threshold. Why critical? Because when rocks are subjected to such heat and pressure, they change from being rigid to being flexible. This change has never been examined in a natural environment.

Also noteworthy is the system that navigates the drill. To scale the operation down, picture yourself holding the end of a rod about a hundred yards long and 0.0788 inch in diameter, the width of a thick sewing needle. Now imagine trying to steer a miniature drill at the other end. In no time at all, you would have a crooked hole, broken pieces, or both.

Equipment was developed to keep the hole vertical by automatically correcting the course taken by the drill. This navigation system proved so successful that at over 6,000 yards, the bottom of the hole deviates only 26 feet from perpendicular. Quite an achievement, boring what our guide tells us is "presumably the straightest hole in the world"!

A Round-Trip to Change the Drill Bit

The motor that drives the drill is located "down hole," not at the surface. Consequently, the whole length of drill pipe does not rotate when drilling. Nevertheless, drilling at such depths is a tiresome process. Toiling downward at one or two yards per hour, each bit labors through about 150 feet of rock before being replaced. As our guide leads us closer to the rig, we observe the drill pipe being hoisted out of the hole for just that purpose, to change the bit.

Huge robot hands grasp and disconnect each 130-foot section of pipe. The pipe-handling system constitutes another fascinating feature of the project. The system was newly designed to speed up the tedious process of raising and lowering the pipe, or making a round-trip, as drilling experts describe it. There is no shortcut. A beaming face peers from beneath a yellow helmet and explains: "To change the bit, we have to pull everything out!"

What Can We Learn From the Samples?

We inspect the laboratory and are staggered to see row upon row of shelves filled with samples of rock. How are the samples extracted from the earth? In two different ways.

One means is by coring, whereby cylinders of rock are retrieved. No time is lost in observing the behavior of these cores in the laboratory. Why the hurry? Because in the crust, rock is under intense pressure. Geophysicists deduce much about this pressure by noting how each core "unwinds" during its first few days above ground.

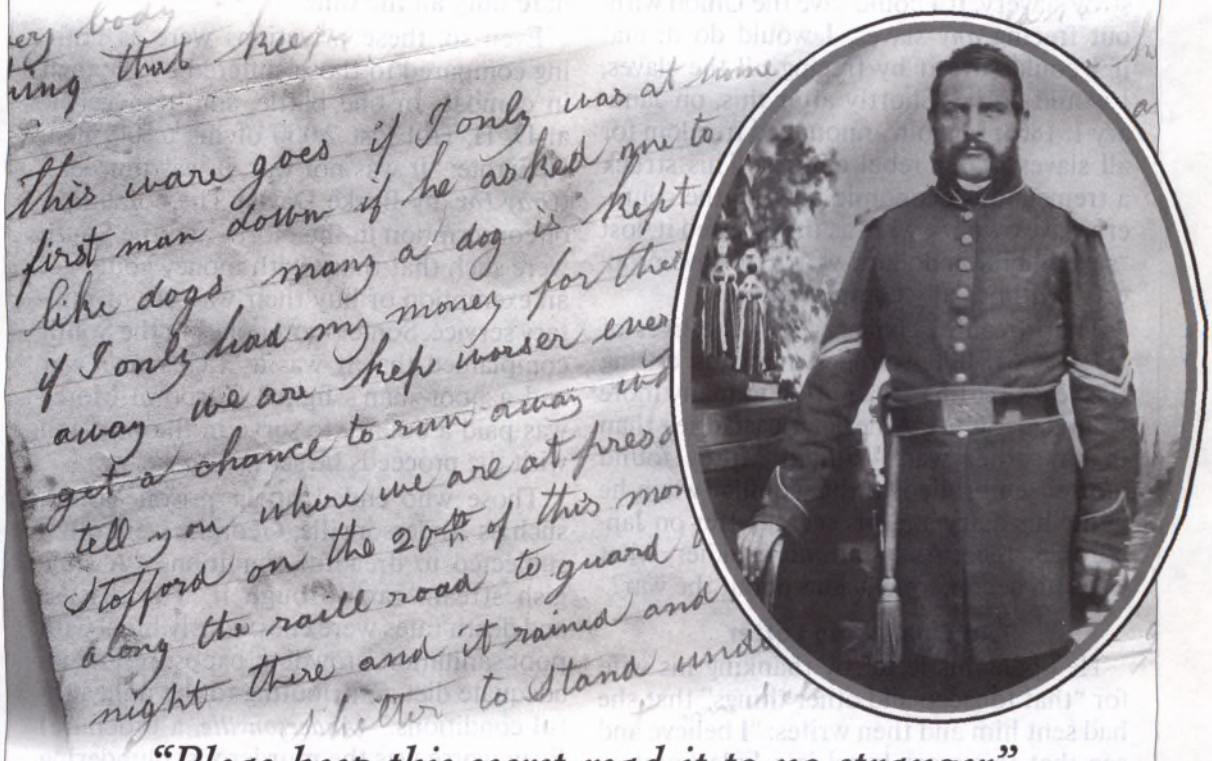
The more common method of retrieving samples is during normal drilling. Fluid is pumped down the drill pipe to cool the bit and flush out cuttings. Pressure forces the fluid and the cuttings to the surface to be separated by a filter. The fluid is reused, and the cuttings are analyzed. What do these analyses reveal?

Tests identify the type of rock and determine its electrical and magnetic properties. Data is gathered on the location of ore deposits. The density of the rock indicates how quickly a quake travels through the earth.

Tests also reveal a constant movement of water in both directions between the surface and depths of 13,000 feet and beyond. "This throws completely new light upon the problems of disposal of harmful substances in mines and shafts," comments the science magazine *Naturwissenschaftliche Rundschau* (Natural Science Review).

Our tour concludes with a hearty farewell to our guide. His unpretentious description of the project had the hallmark of an expert for whom the outstanding has become routine. To scientists, Windischeschenbach may seem down-to-earth, but for us, our visit was something quite special.

IT'S NO SECRET ANYMORE



"Pleas keep this secret read it to no stranger"

WITHOUT the niceties of modern spelling and punctuation, in 1863, during the American Civil War, William H. Morey wrote this introductory warning from Acquia Creek, Virginia, to his young wife, Elisa Ann, in Pennsylvania. He was 24 years old, recently married, and an enlisted soldier from Hanover Township, Pennsylvania. He was fighting on the side of the North, the Union. His enemies? Other Americans who supported the Confederacy of southern states that had seceded from the Union, alleging Federal (northern) interference from Washington, D.C., in their economic affairs. What did Morey want kept secret? We will soon see, but first some background information.

The American Civil War erupted in 1861 after seven southern states broke away from the Union, soon to be followed by four more. These 11 formed the Confederacy. The continuance of slavery was one of the principal issues between the North and the South. It was argued by the wealthy southern planters that the North could afford to abolish slavery, since its economy was sustained by thousands of European immigrants. The southern economy, however, based on cotton, needed its nearly four million slaves in order to prosper. At least, that is what they believed.

What did President Abraham Lincoln believe? He wrote in August 1862: "My

paramount object in this struggle is to save the Union, and is not either to save or destroy slavery. If I could save the Union without freeing *any* slaves, I would do it: and if I could save it by freeing *all* the slaves, I would do it." Shortly after this, on January 1, 1863, Lincoln announced freedom for all slaves under rebel control. This struck a tremendous economic blow to the southern slave owners, who, as they viewed it, lost "several billion dollars' worth of slave property" without any compensation.

That dreadful civil war cost the lives of at least 618,000 young Americans during the years 1861-65, in addition to many more wounded—more American casualties than in any other war. William Morey found himself embroiled in this conflict when he wrote his diary and his secret letter on January 25, 1863. As a common soldier, what were his secret conclusions about the war?

An Embittered Letter

He opens his letter by thanking his wife for "that tobacco and other things" that she had sent him and then writes: "I believe and see that this ware [war] is a hole humbug and a money making war everybody tries to make the moste money and that is the only thing that keeps this war a going and now we see how this ware goes if I only was at home again I would knock the first man down if he asked me to enlist again we are kept here like dogs many a dog is kept better than we are and I tell [you] if I only had my money for these 4 months I would try and run away we are kep worser every day."*

He explained where they were stationed: "It is a very nice place and a very nice view you can se the boats come on the potomac [river] . . . here we are working some days verry hard loading the [rail] cars and only half enough to eat a great many of our boys talk of runing away if they only had there money . . . we are only marching and doing hard duty all the time."

Even so, these privations were as nothing compared to those suffered by the men in combat. In one battle, southern general D. H. Hill lost 2,000 of his 6,500 men. He wrote: "It was not war, it was murder." (*Gray Fox,* by Burke Davis) The conditions of conscription in the North and the South were such that those with money could get an exemption or buy their way out of military service. Some poorer ones in the South complained that it was a "rich man's war and a poor man's fight." Corporal Morey was paid a bounty to serve in the war, and with the proceeds he set up a bakery.

Those who ended up in prison camps, such as Andersonville, Georgia, were often subjected to dreadful conditions. "A sluggish stream ran through it. The disease and death rates were enormously high, with poor sanitation, crowding, exposure, and inadequate diet contributing to the unhealthful conditions." (*Andersonville,* a brochure) Even worse was the murderous, plundering treatment meted out by gangs of petty criminals, called Raiders, who were also prisoners. They promoted an "orgy of plunder and violence." From one cause or another, at least 12,920 soldiers died at Andersonville.

In 1995, is mankind any further ahead? Have the lessons of history been learned? The terrible massacres in Rwanda, Liberia, the Balkans and many other places of conflict are recent examples of man's inhumanity to man. Catholic and Orthodox believers, while claiming to be Christian, have failed to live up to the loving example of Christ Jesus. Only Jehovah's Witnesses have maintained their neutrality and refused to learn or practice war anymore. And that is no secret.—Isaiah 2:4; Micah 4:3.

* Poor spelling and lack of punctuation are according to the original letter.

SAFELY EXPLORING THE WORLD BENEATH THE WAVES

By *Awake!* correspondent in Australia



THERE is a fascinating world that comparatively few people have seen firsthand. It lies just below the surface of the sea. It is the world beneath the waves, ready for you to explore. 'How safe is such a trip?' you may ask. 'Do I need to be a strong swimmer before I can visit this fascinating underwater world? And am I excluded if I cannot swim at all?'

Two Modes of Exploration

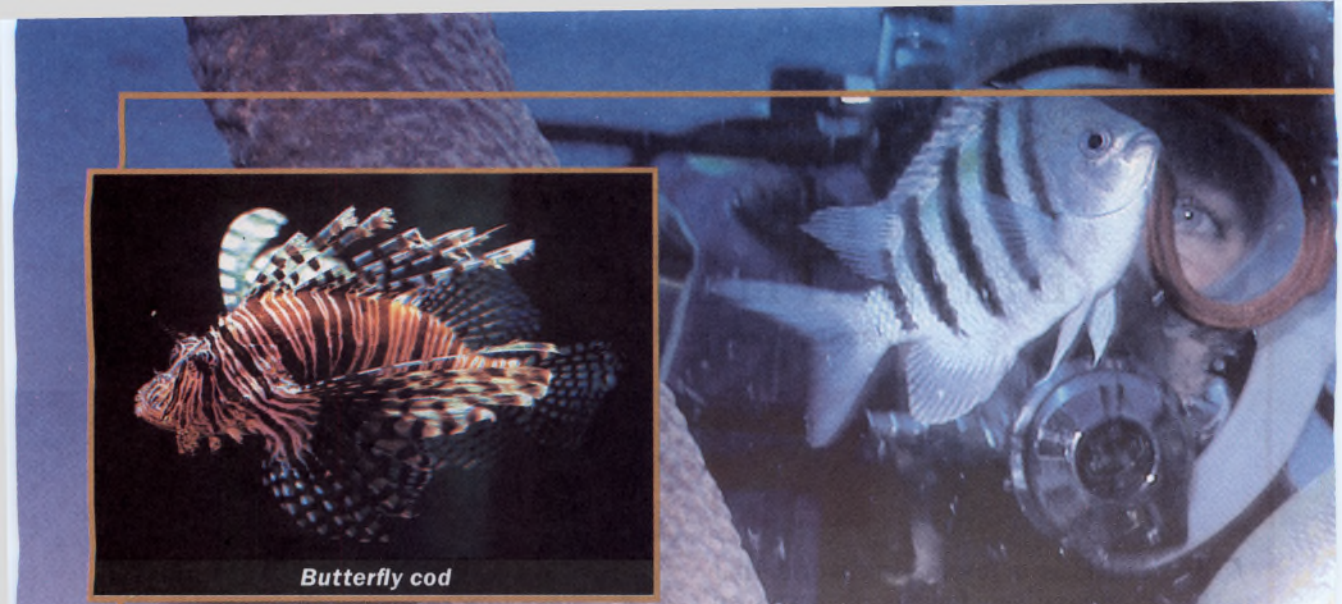
Two basic methods of exploring the underwater world are popular—snorkeling and scuba diving.*

A snorkel is a device consisting of a bent tube that fits into the swimmer's mouth and projects above the water when he swims facedown on the surface of the water with his face submerged. It enables the swimmer to breathe without lifting his head out of the water for air. A mask protects his eyes.

Scuba, on the other hand, refers to equipment consisting of a cylinder or cylinders containing compressed air attached to a breathing apparatus. So scuba diving is obviously for those interested in going well below the surface, is much more complicated, and can be quite expensive.

* "Scuba" is an acronym derived from the initial letters of "self-contained underwater breathing apparatus." The current international flag to warn of the presence of scuba divers is the white-blue alpha flag. Some countries still use the red flag with a white stripe, as shown above.

By courtesy of Australian International Public Affairs



Butterfly cod

The simpler and far less expensive recreation of snorkeling will enable you to see the exquisite delights of the underwater world even from the surface. This is how one enthusiastic snorkeler describes his first experience: "I still remember vividly the first time I snorkeled through a massive school of thousands of little fish, when I was a lad of just 14. The fish seemed to form a living tunnel for me as I glided through. Their silvery bodies caught the sun, creating a beautiful effect. I was in ecstasy. And so began a lifelong love affair with snorkeling."

But Is It Really Safe?

An enthusiast who has safely enjoyed snorkeling for more than 20 years suggests that the most dangerous thing about it is the drive down to the beach! When in the water, safety depends more on the person than on the activity. If you are not a competent swimmer, you should not venture beyond calm, shallow water, and *you should never go beyond your depth.* In fact, there can be much to see in just four feet of water. As you gain skill and confidence, you will be able to go safely into deeper water, but even then you should always have a capable companion with you. Most experienced divers make it a rule never to venture far from shore or into deep water alone. And apart from the safety factor, it is more relaxing and enjoyable to share the experience of snorkeling with a companion.

It is true that breathing through a snorkel with your face underwater may take a little getting used to, but if you persevere, you will find that it is not really difficult. Some beginners practice in a swimming pool or in the shallows at the seaside where there are no waves. Some even practice in a bathtub.

Equipment You Will Need

The equipment needed for snorkeling is relatively simple and is not expensive: a face mask, two diving fins (flippers), and the snorkel itself. Of course, if you plan to snorkel in the wintertime or in water too cold for normal swimming, you will probably require a wet suit, and this will increase expenses considerably. Let's consider just the three basic items needed to begin.

The mask should fit well, be watertight,



Flamingo tongue



Blue tang



Nudibranch on coral

and feel comfortable. It must also have an equalizer, that is, a series of recesses allowing you to pinch your nose from outside the mask. The reason for this will be explained later. The mask should have a good field of vision, and it should be of low volume, meaning that the glass should be close to your face, minimizing the volume of air inside. The most comfortable masks are made of silicone. It is even possible nowadays to get visually corrected face masks for those who are nearsighted.

Next come the fins, one for each foot. They are usually made of rubber and are paddle-like devices worn on the feet to give speed in swimming. There are two kinds to choose from: the full-foot type and the open-heel design. If you need footwear because of walking across barnacle-covered rocks or shallow coral beds before reaching deeper water, then you will need the open-heel variety. This enables you simply to slip your flippers on over your footwear and begin snorkeling. The full-foot fin fits directly onto your foot and can be used if no other footwear is required in addition to the flipper.

Finally, the snorkel itself. A simple J-shaped snorkel is best, especially for the beginner, since the most important feature is ease of breathing. One manual on diving suggests that the most acceptable type should have a bore of at least 3/4-inch diameter and be 12 to 14 inches long.

Helpful Hints for Using a Snorkel

As already explained, the snorkel allows you to breathe while swimming on the surface of the water without raising your head. What about diving below the surface? This is also possible, but first you will need to take a good, deep breath. Of course, water will get into the snorkel once it goes beneath the surface. Maybe you have seen that when a diver rises to the surface, a spout of water often shoots up from his snorkel. This is called the blast method of clearing out the water. It is actually quite easy to learn but requires a sharp puff of air, so you must surface with sufficient air still in your lungs if you are to clear the snorkel successfully.

Some consider the displacement method better, but it takes a little more practice. How

does this method work? As you approach the surface after your dive, look straight up. The tip of your snorkel should now be pointing slightly downward. With your head in this position, it will only take a small puff of air to displace the water that has filled your snorkel. Keep your head in this position until your face is about to break surface. At that moment, swing your face down and breathe out. The cleared snorkel will remain clear, and you will find you can breathe effortlessly.

Do not be alarmed if you occasionally get water in the snorkel from a passing wave even while you are still on the surface. If this should happen, simply give a firm blast of air, and the snorkel will be cleared of all water.

Enjoy Your Snorkeling

While on the surface, try to learn to breathe steadily—in deeply, then out firmly. Your lungs will feel the benefit of this. Remember that the secret of enjoyable snorkeling is, not how far or fast you swim, but how much you see and explore as you go along. When you do wish to dive below the surface, learn to relax and conserve as much oxygen as possible, for then you will be able to stay down longer. But do not try to set any records of endurance!

As you glide along, let your arms drift lazily by your side. Use your flippers only, with long, steady strokes, keeping your knees slightly bent. At first, it will take concentration to do this effortlessly and smoothly, but after a short time, it will become automatic. But what should you do if your mask keeps fogging up? A simple way to prevent this is to rub a little saliva on the glass before putting the mask on. Just rinse the saliva off after a moment or two, and you will find that the glass will stay clear for quite a long time.

Sometimes you may feel pain in your middle ear during a dive. This is called middle-ear squeeze. It is caused by a pressure differential across your eardrums. Usually, it begins after you have descended three to six feet. Do not ignore this pain and continue to descend, hoping that it will improve. It will get worse the deeper you go, and you could even burst an eardrum. The divers' journal *Padi Diver Manual* recommends that pressure be equalized every few feet before any pain is felt. This is done by pinching your nose and gently blowing. This is why an equalizer needs to be on the mask, so that you can squeeze your nose while the mask is still fitted. With experience, this procedure becomes quite easy, almost second nature. Once pain is felt, though, it is best to come up to the surface, for after discomfort begins, continued efforts to equalize will be ineffective.

As a form of recreation, snorkeling is wholesome, educational, and exhilarating. For practically all age groups, it is an excellent way to combine exercise, fresh air, and sunshine. Just learning to recognize and identify the names of even a small number of the underwater sea creatures makes snorkeling a challenge for those so inclined. Nevertheless, for most, like Tony, just back from snorkeling in Fiji, the sheer delight of "being in another world of breathtaking colors" is what it is all about. His friend Lena agrees: "I was so excited by the beauty that surrounded me that I forgot where I was!"

What About Scuba Diving?

For those who are good swimmers and are enticed by the wonders of deeper water or who perhaps want to try underwater photography, scuba diving is the next step. If you keep in good health, take good care of your equipment, and follow basic rules, you may enter the water with confidence. However, you should never go scuba diving without first having taken a proper course and, if required, having obtained a license through a

reputable instructor. Even then, you should not exceed the depth limits that your license permits. And always dive with a companion. In some countries, such as Australia, the law requires that you pass a diving-oriented medical examination before beginning such a course.

Scuba equipment can be quite expensive. In addition to the basic equipment used for snorkeling—face mask, fins, and snorkel—you will almost certainly need a wet suit, except perhaps in warm, tropical waters. You will also need a buoyancy-control device, a weight belt, a knife, a breathing apparatus (with a spare for your companion should he get into difficulties with his air supply), and a scuba tank. You also must have essential instruments, such as a diving watch, a depth gage, and a submersible pressure gage for your tank so that you know how much air you have. In many popular diving spots, this equipment can readily be rented, which often proves more economical than purchasing your own if you do not dive frequently.

Respect for the Ocean and Its Creatures

"I was snorkeling on a reef near Caloundra on the Queensland Sunshine Coast, watching a colorful butterfly fish from about six feet away," recounts snorkel-enthusiast Peter. "Then, suddenly, a shiny steel shaft shot into view and stopped with a violent thud. The little fish struggled in vain—it was impaled through the gills against a rock. The lad responsible admitted that he had killed the pretty fish just for target practice! It was too small to eat." Unfortunately, such thoughtless acts are increasing throughout the world.

Pollution too has left its mark. Popular spots often end up as little more than rubbish dumps, littered with plastic bags and used drink cans. Even destructive chemical effluent is becoming an increasing problem in some lands. As the junk and rubbish increase, the fish move elsewhere, and the coral dies.

It is a good habit always to wear gloves when scuba diving. Even then, it pays to be cautious as to what you touch. For example, the ever-present sea urchin sports needlelike spines able to penetrate unprotected hands. And the glamorous butterfly cod, though small, seems to be warning, 'Not too close. This is my territory!' as it proudly flaunts its vivid red and white stripes. Deceptively nestled among its frills are long spines covered with venomous mucus. Just brushing against them can be painful.

Other creatures defy the eyes. The weedy sea dragon, for example, is a genius at camouflage. It looks just like a piece of vegetation, challenging any diver's keenness of eye. In contrast, the exquisite, vivid colors of the nudibranch, a sea slug, simply grab your attention. But is this a tempting morsel? Would-be predators soon learn differently, for it is armed with some nasty chemicals.

Many Rewarding Sights

For snorkeler and scuba diver alike, the ocean is indeed rich with life. Coral reefs are a panorama of countless creatures and colors no more than a few slow strokes of one's fins away. "The exhilaration of being surrounded by colorful fish of all shapes and sizes, some feeding out of your hand, is hard to equal. It is a very moving experience," said one diver. Then he added: "To be there as one of them, while suspended almost impervious to gravity, is quite unreal."

Therefore, if you ever get a chance to go snorkeling or scuba diving, remember that it can be done quite safely if you take the simple precautions recommended by experienced divers. Perhaps one day you too may enjoy this enriching experience of exploring the beauty of the world beneath the waves.



HAVE YOU EVER WONDERED?

WITH hundreds of religions, sects, and cults in the world today, how can you possibly identify the religion approved by God? It might seem like looking for a needle in a haystack. But do you need to check the haystack straw by straw? No. You can use a process of elimination. God's Word, the Bible, acts as the magnet that helps you to identify that "one faith."—Ephesians 4:5.

In a previous issue of this magazine, under "Have You Ever Wondered?" (January 8, 1994, page 13), we covered the question of the immortal soul. By the use of Biblical reasoning, we proved that man does not have an immortal soul that is blessed or that suffers after death. (Ecclesiastes 9:5, 10; Ezekiel 18:4) With that simple truth, we can eliminate any religion that teaches that man has an immortal soul. That leaves very few religions in our search for the one approved by God. So let us apply some more questions that can help us to reduce the list even further, simply by looking up and reasoning on the Scripture texts cited below.

1. Would true worship exalt, glorify, and unduly honor human religious leaders, even assigning them unscriptural titles?—Psalm 96:5-7; Matthew 23:6-12; 1 Corinthians 3:5-9.

2. Should the true religion be a profit-oriented enterprise, so that its leaders can live in luxury?—Matthew 6:19-21; James 2:1-4; 5:1-3.

3. Should the true religion be identified by a single teaching (such as Baptist, Pentecostal), by its geographic origins (such as Roman, Southern, Church of England), by its imperfect founder (Luther, Calvin, Wesley) or by the form of rule it employs (such as Presbyterian, Episcopal, Congregational)?—Isaiah 43:10, 12; Acts 11:26.

4. Would true worship try to hide or replace God's revealed name?—Isaiah 12:4, 5; Matthew 6:9; John 17:26.

5. (a) How should the true religion view the Bible? (Psalm 119:105; Luke 24:44, 45; Romans 15:4; 2 Timothy 3:14-16) (b) How should it view so-called post-Biblical revelations?—Galatians 1:8, 9.

6. To what and to whom do true worshipers direct attention for salvation?—Psalm 27:1; Matthew 6:33; Romans 16:25-27; 1 Corinthians 15:27, 28; Revelation 11:15.

7. What kind of conduct should the true religion produce as a result of its teachings?—Matthew 22:37-40; Ephesians 4:23-29; compare Galatians 5:19-21 with 5:22, 23.

8. Would the worldwide brotherhood of true worshipers of God be involved in divisive politics and nationalism?—Daniel 2:44; 7:14; John 18:36; Romans 16:17; 1 Corinthians 1:10.

9. Would the worship approved by God permit participation in wars and racial or tribal killings?—Exodus 20:13; Isaiah 2:2-4; John 13:34, 35.

10. Who today worldwide show true Christian love? Are not divided by politics, race, or nationalism? Do not glorify human leaders? Do not exploit people for wealth and position? Do not participate in wars? Have a Biblical name? Advocate God's Kingdom rule as the permanent solution to mankind's problems?—Isaiah 43:10, 12.

Have You Ever Wondered? The Bible's Answers

The following are some of the texts cited with the questions on page 20:

1. "They like the most prominent place at evening meals and the front seats in the synagogues, and the greetings in the marketplaces and to be called Rabbi by men. But you, do not you be called Rabbi, for one is your teacher, whereas all you are brothers. Moreover, do not call anyone your father on earth, for one is your Father, the heavenly One. Neither be called 'leaders,' for your Leader is one, the Christ. But the greatest one among you must be your minister. Whoever exalts himself will be humbled, and whoever humbles himself will be exalted."—Matthew 23: 6-12.

2. "Stop storing up for yourselves treasures upon the earth, where moth and rust consume, and where thieves break in and steal. Rather, store up for yourselves treasures in heaven, where neither moth nor rust consumes, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:19-21) "Come, now, you rich men, weep, howling over your miseries that are coming upon you. Your riches have rotted, and your outer garments have become moth-eaten. Your gold and silver are rusted away, and their rust will be as a witness against you and will eat your fleshy parts."—James 5:1-3.

3. " 'You are my witnesses,' is the utterance of Jehovah, 'even my servant whom I have chosen, in order that you may know and have faith in me, and that you may understand that I am the same One.' " (Isaiah 43:10) "It was first in Antioch that the disciples were by divine providence called Christians."—Acts 11:26.

4. "Give thanks to Jehovah, you people! Call upon his name. Make known among the peoples his dealings. Make mention that his name is put on high. . . . This is made known in all the earth." (Isaiah 12:4, 5) "Our Father in the heavens, let your name be sanctified."—Matthew 6:9.

5. (a) "From infancy you have known the holy writings, which are able to make you wise for salvation through the faith in connection with Christ Jesus. All Scripture is inspired of God and beneficial for teaching, for reproving, for setting things straight, for disciplining in righteousness." (2 Timothy 3:15, 16) (b) "Even if we or an angel out of heaven were to declare to you as good news something beyond what we declared to you as good news, let him be accursed."—Galatians 1:8.

6. "Keep on, then, seeking first the kingdom and his righteousness, and all these other things will be added to you." (Matthew 6:33) "The kingdom of the world did become the kingdom of our Lord and of his Christ, and he will rule as king forever and ever."—Revelation 11:15.

7. " 'You must love Jehovah your God with your whole heart and with your whole soul and with your whole mind.' This is the greatest and first commandment. . . . 'You must love your neighbor as yourself.' On these two commandments the whole Law hangs, and the Prophets." (Matthew 22:37-40) "The fruitage of the spirit is love, joy, peace, long-suffering, kindness, goodness, faith, mildness, self-control. Against such things there is no law."—Galatians 5:22, 23.

8. "Jesus answered: 'My kingdom is no part of this world. If my kingdom were part of this world, my attendants would have fought that I should not be delivered up to the Jews. But, as it is, my kingdom is not from this source.' "—John 18:36.

9. "You must not murder." (Exodus 20:13) "I am giving you a new commandment, that you love one another; just as I have loved you, that you also love one another. By this all will know that you are my disciples, if you have love among yourselves."—John 13:34, 35.

10. " 'You are my witnesses,' is the utterance of Jehovah, 'even my servant whom I have chosen, in order that you may know and have faith in me, and that you may understand that I am the same One. . . . So you are my witnesses,' is the utterance of Jehovah, 'and I am God.' "—Isaiah 43:10, 12.

THE BATTLE OF MARATHON
Humiliation of a World Power

BY *AWAKE!* CORRESPONDENT IN GREECE

AS THE modern visitor descends the foothills around the Plain of Marathon, 25 miles northeast of Athens, Greece, he feels immediately overtaken by the peace and unbroken serenity of the place. One can hardly imagine that this site served as the stage for one of the most famous battles of history, a battle that successfully held back the advance of the Mesopotamian world power into Europe itself. *The World Book Encyclopedia* calls it "one of the most important battles in the history of Western civilization." And historian Will Durant describes it as "one of the most incredible victories of history."

A World Power Challenged

The Bible prophecies of the book of Daniel portray in a very vivid way the domination, expansion, and succession of world powers. Speaking symbolically but very fittingly concerning the world power of Medo-Persia, Daniel wrote: "See there! another beast, a second one, it being like a bear. . . . This is what they were saying to it, 'Get up, eat much flesh.'"—Daniel 7:5.

This proved to be true. During the peak of Medo-Persian power, about the second half of the sixth century B.C.E., its seemingly invincible armies under the leadership of Cyrus and Darius I swept westward across Lydia. Both Thrace and Macedonia, located in the north of Greece, were forcibly subdued. This meant that almost half the Greek-speaking world had already fallen into Persian hands, for with the capture of Lydia, the Persians also took possession of the Greek cities of the Ionian Coast that had been within the Lydian sphere of influence.

To the cry for help emanating from beleaguered Greek Ionian cities, only the city-states of Athens and Eretria responded. This did not prevent Persia's disciplined forces from sweeping in and pounding the revolting Ionians into submission. What was more, Darius decided that he would have to punish the Greek city-states for helping the Ionian rebels.

When Athens, Sparta, and Eretria scornfully refused to satisfy the demands of Persia, a powerful force of Persian cavalry and infantry embarked for Greece in the early summer of 490 B.C.E. By August the Persians were ready to deal with Athens and its territory, Attica.

Questions of Strategy

The Persians landed at Marathon and then crossed the marshy plain of Attica's east coast, which was only 26 miles from Athens. The prospects were very bleak for the Athenians, who barely managed to gather a mere 9,000 foot soldiers, plus another 1,000 from Plataea, without any support from either cavalry or archers.* Although they asked for Sparta's help, their pleas fell on deaf ears—the Spartans were busy with religious ceremonies honoring Apollo. Thus, with their limited military resources, the Athenians had to fight the Persians alone.

Ten different generals acted as a committee to determine, by majority vote, matters of strategy. Now they had to decide upon two matters at hand. First, should they keep

* The figures for the battle of Marathon seem to be in dispute. Will Durant claims that the Greeks "had some twenty thousand men, the Persians probably one hundred thousand."



The Plain of Marathon. Insets: Monument to the 192 Athenians who died in the battle

their forces in Athens to defend the city, or should they meet the Persians in the field? Taking into consideration that the city of Athens had no strong protective walls to defend it, the assembly voted overwhelmingly to fight it out at Marathon.

Second, should they attack despite the odds against them—primarily the numerical superiority of the Persians—or should they stand and wait, all the while hoping that the Spartans would somehow arrive soon enough to help them successfully resist the formidable Persian onslaught?

General Miltiades—A Strategist

One key figure that emerged to play the role of leader was the Greek general Miltiades. He was an experienced and innovative army leader, a veteran who had fought on the side of the Persian army during earlier campaigns in the north. Therefore, he knew the enemy firsthand. He had good knowledge not only of the makeup of the Persian army but also of their weapons and, most important, of their battle strategy. Additionally, during the days prior to the battle, he judiciously studied very closely the surroundings of the battleground.

Miltiades was also aware that a quick response was necessary, since within the newly established Athenian democracy, there were pro-Persian factions that would welcome a defeat of Athens. On the night before the battle, a Persian defector slipped into the Greek camp with news that the Persian cavalry had temporarily withdrawn. One theory has it that the Persian cavalry had embarked for a possible attack on Athens from the east coast of Attica so that it could capture the city immediately after an almost sure victory at Marathon. Whatever the reason, this removed the gravest danger facing the Athenian foot soldiers.

As dawn broke, the Greek phalanxes charged. (See box, page 24.) The astonished Persians retreated but soon counterattacked and broke through the center of the Greek battle line. Thereby, the Persians unwittingly fell into Miltiades well-laid trap! He had purposely left the Greek center weak in order to strengthen his flanks with added rows of men. Now, the strong flanks suddenly swept around, falling upon the Persians and killing them in vast numbers until the remnants who managed to survive the onslaught fled back to their ships. The result

Hoplite and Phalanx—Recipe for Victory

Commenting on two key factors in the victory of the Athenians, the book *A Soaring Spirit* says: "The hoplites, as Greek infantrymen were called, had stronger body armour than their Persian counterparts, sturdier shields and longer spears. But more to the point, they fought with machine-like efficiency in phalanxes up to 12 ranks deep, the soldiers in each rank pressing so close together that their shields presented an almost unbroken wall. Facing such a prospect, the Persians learnt why the phalanx was the most fearsome engine of war known to the ancient world."



The Complete Encyclopedia of Illustration/J. G. Heck

was a tremendous massacre. Persian casualties reached about 6,400 men, whereas the Athenians lost only 192 of their men.

According to legend, the news of the Greek victory was sped back to Athens by a messenger. An erroneous tradition says his name was Pheidippides, but, in fact, Pheidippides ran from Athens to Sparta before the battle to seek help. Another young Greek, legend says, did run the 26 miles from Marathon to Athens and upon arriving cried out, "Rejoice, we conquer!" and then dropped dead. This is said to be the first marathon—hence the origin of the word—which set the precedent for the modern-day long-distance footrace as we know it.

Although some of the Persian ships were set on fire, the great majority of the fleet of 600 ships managed to sail around Cape Colonna, located at the southern tip of Attica, and reach Athens. However, the victorious Athenian army got there first and met them again. The Persians were forced to withdraw. The Athenians had achieved a victory against all odds!

Athens was overjoyed, especially because the victory had been won without any help from the Spartans.

The Battle's Significance

Marble and bronze memorials at Marathon and Delphi immortalized the Athenian triumph. According to historian Pausanias, 650 years later travelers still believed that they could hear ghostly noises of battling men when they crossed the battlefield.

Why was the battle of Marathon significant from a Bible standpoint? It was a hint, long in advance, of the eventual supremacy of the Greek "he-goat" of Daniel's prophecy over the 'two-horned ram' of Medo-Persia.* —Daniel 8:5-8.

As one gazes at the Tomb of Marathon, which still stands on the battle site, one is reminded of the high toll in death and suffering that mankind has paid in the constant quest for power and dominance. The blood-stained pages of history, the silent battlegrounds, and the lonely tombs are full of "great men," "heroes," and "losers," all victims of world politics and the struggle for power. However, the time is at hand when all political power struggles will be over, for God has prophesied: "In the days of those kings the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end to all these kingdoms, and it itself will stand to times indefinite."—Daniel 2:44.

* For more information on the fulfillment of Daniel's prophecies, see *"Your Will Be Done on Earth,"* pages 190-201, published by the Watchtower Bible and Tract Society of New York, Inc.



Is This the Game for You?

"DEPENDING on one's perspective, Doom is either a heart-pounding shoot-'em-up that takes computer games to a new level of technical sophistication or an orgy of graphic violence that takes computer games to a new low." Thus wrote Peter Lewis in the "Personal Computers" column of *The New York Times*. Of course, many computer games are thinly disguised violence, bloody massacres, or even blatant pornography. The recent addition—Doom II—is expected to become a top seller even at $69.95. Is this type of game appropriate for peace-loving Christians? Lewis' continuing description may help you to decide.

"The player assumes the identity of a tough Marine stationed on one of the Martian moons when an industrial accident opens a corridor to Hell. . . . The Marine has to maneuver through labyrinthine hallways, . . . punching, shooting, roasting and chain sawing the demons and former humans at nearly every turn. . . .

"The advances in Doom II are easily summarized: More demons, more claustrophobic corridors, more weapons and more gore."

Commenting on a computer convention in Las Vegas, Nevada, *The New York Times* stated: "This year's most obvious novelty was multimedia pornography . . . It attracted some of the conference's biggest crowds."

The Bible writer James said: "The wisdom from above is first of all chaste, then peaceable, reasonable, ready to obey, full of mercy and good fruits." (James 3:17) Parents, have you checked the home computer games your children use lately? Need we say more?

What Is the Meaning of Life?

"DARWINISTS ARGUE THAT NATURAL SELECTION IS A SUFFICIENT EXPLANATION OF ORGANIC LIFE. YET IT SEEMS COMMON SENSE THAT, IF AN ORGANISM MOVES TOWARDS GREATER COMPLEXITY, SELF-CONSCIOUSNESS AND INTELLIGENCE, THEN IT IS BECAUSE THOSE QUALITIES ARE DESIRED." —DYLAN THOMAS (1914-53, WELSH POET AND AUTHOR).

THE quest for the meaning of life is not new. It has preoccupied the minds of the curious for centuries. A recent poll shows that it is on the minds of New Zealanders, more so today than ten years ago. Forty-nine percent of the population 15 years of age and older, says the report published in the *Listener,* "thought about the meaning of life often," up from 32 percent when a similar survey was conducted in 1985.

New Zealanders seem to be expressing feelings shared by people of other nations. Continues the *Listener:* "The increasing tendency to question the significance of our existence may indicate that we are more anxious now than we were in the 80s, less certain of direction."

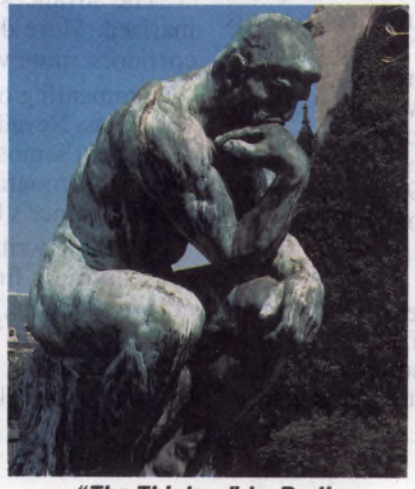
Evidently, answers given by evolutionists to the universal question, Why are we here? are not satisfying to a growing number of people. Can the Bible supply the moral compass needed to find meaning in one's life?

"Primary Motivational Force"

Of all earth's creatures, only man ponders the purpose of life. Do you know why? The Bible gives one reason at Ecclesiastes 3:11. Concerning the Creator, it says: "He has given men a sense of time past and future." (*The New English Bible*) Although all living things tend to cling to life, it seems that man is unique in having a concept of time—past, present, and future. Man can meditate on the past and look toward the future, planning for it, yes, even strongly desiring to share in it. And he can become frustrated when he cannot realize his dreams about the future because of the transitory nature of his short life span.

Thus, man alone asks the questions, Why am I here? Where am I going? Psychiatrist Viktor Frankl wrote: "The striving to find a meaning in one's life is the primary motivational force in man. . . . There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions, as the knowledge that there is a meaning in one's life."

Scala/Art Resource, N.Y.



"The Thinker," by Rodin

Solomon's Discovery Confirmed by Jesus

The need to find meaning in life intrigued the ancients. Let us turn the pages of history back three thousand years to the kingdom of Israel under the rule of Solomon. Of him, the Queen of Sheba said: "True has the word proved to be that I heard in my own land

about your matters and about your wisdom. And I did not put faith in the words until I had come that my own eyes might see; and, look! I had not been told the half. You have surpassed in wisdom and prosperity the things heard to which I listened."—1 Kings 10:6, 7.

In writing the Bible book of Ecclesiastes, King Solomon informed his readers of the results of an experiment that he conducted to illuminate the purpose of life. It was an experiment in opportunities to enjoy life that fit a typical king of the ancient East. In chapter 2, verses 1-10, he painted a life of pleasure that is hardly conceivable today. He tried everything that life offered in the way of material riches and fleshly pleasures. What was his assessment of the meaningfulness of such pursuits? His answer should startle the overconfident.

When he looked back on all these things, his judgment was often negative. They were futile, a waste of time. He wrote: "I, even I, turned toward all the works of mine that my hands had done and toward the hard work that I had worked hard to accomplish, and, look! everything was vanity and a striving after wind, and there was nothing of advantage under the sun."—Ecclesiastes 2:11.

He concluded that, at best, earthly pleasures bring only temporary pleasure. Even human wisdom cannot deliver man from the pain and anguish of life.

Jesus Christ concluded similarly when, in response to a man's undue concern over a material inheritance, he said to the listening crowd: "Keep your eyes open and guard against every sort of covetousness, because even when a person has an abundance his life does not result from the things he possesses."—Luke 12:15.

Only Jehovah God can totally overcome human frailty in everyday life and give wise purpose to man's actions. Thus, life without God is futile. As recorded at Ecclesiastes 12:13, Solomon explained: "The conclusion of the matter, everything having been heard, is: Fear the true God and keep his commandments. For this is the whole obligation of man."

Discovering the Meaning of Life

Solomon's verdict that life's meaning cannot be divorced from a wholesome fear of God was repeatedly confirmed by Jesus Christ. "It is written," Jesus said, quoting God's Word, "Man must live, not on bread alone, but on every utterance coming forth through Jehovah's mouth." (Matthew 4:4; Deuteronomy 8:3) Yes, for one's life to be fulfilling, the spiritual dimension cannot be ignored. Of himself, Jesus said further: "My food is for me to do the will of him that sent me and to finish his work." (John 4:34) Obediently serving his heavenly Father was a source of joy and satisfaction. It nourished him. It gave purpose to his life.

Therefore, can life reach its full potential without God? No! Interestingly, historian Arnold Toynbee once wrote: "The true purpose of a higher religion is to radiate the spiritual counsels and truths that are its essence into as many souls as it can reach, in order that each of these souls may be enabled thereby to fulfil the true end of Man. Man's true end is to glorify God and to enjoy Him for ever." The prophet Malachi expressed God's view: "You people will again certainly see the distinction between a righteous one and a wicked one, between one serving God and one who has not served him."—Malachi 3:18.

IN OUR NEXT ISSUE

Aquaculture—Fish as "Livestock"

The Termite—Friend or Foe?

My Successful Search for the Meaning of Life

The High Cost of Vehicle Theft

According to recent figures released by Statistics Canada, 146,846 vehicles were stolen in Canada in 1992, a record high. This amounted to a theft rate of 8.4 for every 1,000 vehicles, while the rate for the United States was about 8.3, said the newspaper *The Vancouver Sun*. Stolen vehicles were seldom returned in their original condition, and the report noted that "losses from the theft of autos, of property from autos, and from vandalism to vehicles amounted to $1.6 billion in 1992." These losses are some 30 times greater than those from credit-card fraud and theft and about 500 times greater than what is lost through bank robberies. Joyriding was cited as the most common reason for vehicle thefts. "Youths aged 12 to 17 years accounted for nearly half of those charged with auto theft," added the *Sun*.

Serial Diner

One New Yorker has been in and out of prison over 31 times for the same offense: stealing a meal. The 36-year-old man will enter a restaurant, order a fine aperitif and a nice meal, and finish with black coffee. When the check arrives, he informs the waiter that he has no money and waits to be arrested. Why does he do it? "It's tough on the outside," the homeless man says. There is order in prison, you dine on time, and the food is good, he contends. Besides, he does not want to rob or hurt people; he just wants to eat well and have a clean bed and a peaceful place to sleep. So he always pleads guilty in court and seeks the full sentence. Housing him in prison costs taxpayers $162 a day. In fact, his recent $51.31 meal cost them $14,580 to keep him in jail for his 90-day sentence. He has cost New York over $250,000 during the past five years. "Legal Aid lawyers," says *The New York Times,* have "seen a small but growing number of people who commit petty crimes with the intent of going to prison" for "refuge from poverty or hunger."

Ask Your Dentist

Recent speculation on the possibility of transmitting the AIDS virus through dental procedures is making people nervous. A study conducted by the American Dental Hygienists' Association revealed that 83 percent of dental patients



worry about contracting an infectious disease while receiving dental care. According to *American Health* magazine, patients should make sure not only that the dental staff wear gloves and masks but that they change them between patients. Reusable instruments should be heat-sterilized after each patient. *American Health* notes that "cold-sterilization techniques, such as cleaning the equipment with alcohol, are inadequate." The magazine adds that "if your dentist is unwilling to answer your questions, find another dentist."

Contaminated Travelers

Between 20 and 50 percent of the four billion people who travel each year are affected by diarrhea, usually because of contaminated food or water, estimates WHO (World Health Organization). Travel fatigue, jet lag, or a change in diet and climate may contribute to the problem by weakening the travelers' resistance. To reduce the likelihood of diarrhea, WHO recommends the following: Make sure that food is thoroughly cooked and is still hot when served. If drinking water may be unsafe, boil it or disinfect it with reliable tablets available in pharmacies. Avoid raw foods except for fruit or vegetables that can be peeled or shelled. "Remember the dictum," says WHO, "Cook it, peel it or leave it."

Catholic Transgressions

According to *The New York Times,* Pope John Paul II is urging Catholics to atone for their transgressions committed against humanity over the past 2,000 years. The pope said that the church should "become more fully conscious of the sinfulness of her children." Evidently these transgressions are related to the role Catholics played during the horrific Spanish Inquisition and the Nazi Holocaust. The *Times* notes that "the question of atonement for Catholic errors is sensitive because it implies fallibility in the church's depiction of its truth."

The newspaper added that some cardinals felt that "it was more important to examine modern ethical failures."

Guns in America

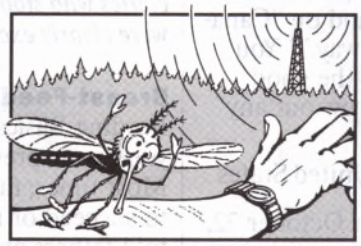
According to a recent report, there are about 200 million firearms circulating among the general public in the United States. On the average, someone is shot every two minutes. Every 14 minutes someone dies from a gunshot. Every six hours a child or a teenager commits suicide with a firearm. The report states that on any given day, American children bring to school about 270,000 firearms. *Redbook* magazine explains that "between 1979 and 1991, nearly 50,000 children were killed by guns —roughly equal the number of all Americans killed in the Vietnam War."

India's Couples Under Siege

In India, marriage "is under siege in what is rapidly turning into a 'me-first' society," states the magazine *India Today*. More and younger couples are streaming to the courts with their quarrels. Counselor Dr. Narayana Reddy reports that "the number of people coming in for professional counselling in the first few years of marriage has doubled in the last five years," according to *India Today*. Some couples have sought professional help within days of their wedding. For the most part, there is *nothing* new about the factors causing havoc among Indian marriages: adultery, alcoholism, financial and property disputes, difficulties with in-laws, and sex issues. Stress "has become the omnipresent, invisible and malevolent stranger in the Indian home."

Antimosquito Radio?

It is claimed that a radio station in Poland has introduced an innovative method to combat that age-old pest the mosquito. The French nature magazine *Terre Sauvage* reports that during a mosquito hatching season in Poland, thousands of radio listeners were able to fight these annoying insects without the use of pesticides. They



merely tuned in their radios to a station named Radio Zet. According to *Terre Sauvage,* the radio station broadcast a continuous signal that, while inaudible to humans, could be heard by mosquitoes. The broadcast was an electronic imitation of the high-frequency sounds emitted by bats that feed on mosquitoes —enough to drive off any mosquito within hearing distance.

More Are Growing Old

The human family is getting older. *World Health,* a journal of the World Health Organization, explains that "every month, the present world total of 360 million persons aged 65 and over increases by 800 000 individuals." During the next 30 years, the number of elderly is expected to reach an estimated 850 million. Europe and North America are experiencing a sharp growth in the percentage of older people because of "persistent low fertility and increasing life expectancy" in those countries, says *World Health.* The magazine notes that "Sweden now has the world's 'oldest' population, with more than 18% of its citizens aged 65 or over."

Food and Health in Britain

"Britons are among the unhealthiest of Europeans," claims the British magazine *The Economist.* A recent study revealed that about half the adult population in Britain is "clinically overweight or obese —which may explain why Britons are, after the Czechs, more liable to heart disease than any other nation," says *The Economist.* The government's Committee on the Medical Aspects of Food Policy has made a number of recommendations to improve the situation. Its suggestions included eating more "fish, bread, vegetables and potatoes" and reducing the intake of salt, sugar, and fat.

Ozone Depletion

OMM (World Meteorological Organization) in Geneva, Switzerland, predicts that despite efforts to reduce damage to the earth's ozone layer, the depletion of the protective layer will continue to accelerate at least until the end of the 20th century. According to the news service *France-Presse,* OMM's conclusions are based on the observations of 266 scientists over the last four years in 29 different countries. Measures taken thus far to reduce ozone-damaging industrial emissions are apparently beginning to have the desired effect. But the OMM report revealed that there is a "global and continuing decline" in the integrity of the earth's stratospheric ozone layer and warned that the most critical period "is still ahead of us."

FROM OUR READERS

Awake! Improved I recently found a copy of the April 8, 1994, *Awake!* in my screen door. Wow! What has happened? You have created an up-to-date, informative "90's" publication. I find the transition staggering, and for the first time, I actually read the articles. (I would normally think, 'Oh, they were here again,' and toss it.) There was something there for everyone. I particularly enjoyed the articles on cancer and on "Canada's Magnificent 'Moving Roadway.'" You are on the right track. Keep up the good work, and I promise I won't throw out any more copies until I read them.

D. G., United States

Geographic Mix-Up In your October 22, 1994, articles about missionaries, entitled "Moving West Into Europe," you state that Boniface "dared to fell the sacred oak of Thor" at Geismar, near Göttingen, Germany. As far as I know, the Geismar in question is not near Göttingen but near Fritzlar.

A. L., Germany

You are quite correct. It turns out that there are two places called Geismar, and we got them confused. Thanks for pointing out the error. —ED.

Religion and War Your October 22, 1994, series "When Religion Takes Sides in War" discussed what you perceive as a failure on the part of Catholic leaders to condemn war outright. But history reveals otherwise. At the outset of Hitler's persecution of German Jews, Cardinal Faulhaber of Munich preached sermons in which he defended the Jews. Other heroic clerics condemned outright the Nazi laws which forbade intermarriage between "Aryans" and Jews. After the outbreak of World War II in Europe, Hitler closed Catholic schools, suppressed the Catholic press, and, in Poland, closed all convents, monasteries, and seminaries.

J. L., United States

The articles were based on fair and reputable sources. For example, the book "German Catholics and Hitler's Wars" was written by Gordon C. Zahn, who is a Catholic professor. Frankly, the evidence is overwhelming that, at least in the early stages, the Catholic hierarchy gave overall support to the Nazi party. This does not mean that there were not some individual Catholic clerics who stood up against the Nazis. But these were clearly exceptions.—ED.

Breast-Feeding Your article "Breast-Feeding Basics" (August 22, 1994) went beyond your previous articles on the subject. Most times, fathers leave it up to their wives to succeed or not. But your article actually told fathers and other family members what they could do to help make breast-feeding a success.

D. D., United States

I had the wonderful experience of breast-feeding each of my two children. There were initial problems, such as soreness, but with encouragement from my sister and advice from my doctor, I overcame the difficulty. I would encourage every mother who can to breast-feed her baby, as the deep bonding between mother and child is a fascinating experience one never forgets.

U. B., Germany

Mystery Ailment Having been a reader of your magazines since age five, I really appreciated the article "Guam's Mystery Diseases." (August 8, 1994) My mother, who was a faithful servant of God up to her death in 1972, was a victim of this disease. I want to thank you for the information and the thorough explanation you gave. I have shared this issue with my family and friends to show the value of your magazine.

W. A., United States





A Crab With an Unusual Taste

By *Awake!* correspondent in the Solomon Islands

THE coconut crab—does that sound exotic?* It is found in just a few places, including the islands of New Georgia, part of the Solomon Islands.

"Coconut crabs? Yes, they are here," explain the local people, "but you will have to go looking at night." These nocturnal crabs spend the daytime deep in the hollow centers of rotting trees in the dense jungle undergrowth. Coming out at night, they feed on, yes, coconuts, from which they tear the husks with their mighty pincers, but they also eat a variety of soft green vegetation. To see this intriguing creature, one must look for the telltale signs of torn husks left at the entrance of black hollows in the rotting trunks of fallen trees.

The islanders explain that during June and July, the crabs burrow into the ground, and there, after shedding their outer casing, they grow a new, larger suit of armor before emerging. As some coconut crabs live up to 50 years, one can appreciate the huge sizes they can reach. As I watched, one emerged from its burrow, with a leg span of about 20 inches.

Sadly, the seeming safety of their molting burrow is no defense against the hunter, who can read the circular depression in the ground that marks the beginning of the burrow. In no time the defenseless creature is dragged out, destined for the gourmet's table. Restaurants in Asia highly prize this crab, especially the meat in its soft, round, vulnerable rear appendage.

So here in the Solomon Islands, the possibility of the coconut crab's extinction is a real concern. The Fisheries Department sets limits on the number of egg-bearing females and on the size of crab that can be exported. Some have suggested setting up farms from which the crabs could be released into their natural habitat. But much research would be needed, as not enough is known about their breeding habits.

The case of the declining coconut crab population further underscores the need for a world system that will establish a balanced environment. Under it, each one in the amazing spectrum of the Creator's earthly creatures can play its part in fulfilling the prophecy of Psalm 148:5-10: "Let them praise the name of Jehovah; for he himself commanded, and they were created. . . . Praise Jehovah from the earth, . . . you creeping things and winged birds."

* Also known as the robber crab.

Developing a Healthy Society





THE deputy editor of *New African* magazine wrote recently: "Go to any African country today and you will find a small elite living in luxury while the masses are suffering in grinding poverty. . . . How can we escape this poverty trap? The simplistic solution is: remove the elite and share the wealth. In practise this doesn't work. To begin with, there is just not enough to go around. Secondly, remove the elite and they will immediately be replaced by another. Thirdly, experiments in socialist ideals have only [succeeded] in distributing poverty equally.

"There is only one solution to development that has worked in all countries in all ages: the development of the individual. It is people who create societies. Well educated, healthy, positive and inventive people will inevitably produce healthy, vigorous societies."

Had the deputy editor been looking for an example, he would have found one in Jehovah's Witnesses. In Africa, indeed throughout the world, the Witnesses are working to help people to become educated, healthy members of a global society. Among other things, they teach illiterate adults to read and write. Through their publications, they offer instruction in hygiene, health care, and family relationships. At their meetings as well as on an individual basis, the Witnesses encourage one another to conform to Bible counsel to be honest, hardworking, and productive.

The result is a strong, vibrant society made up of nearly five million people worldwide. But the Witnesses do not take credit for this. They attribute their spiritual prosperity to the living God, who says: "I, Jehovah, am your God, the One teaching you to benefit yourself, the One causing you to tread in the way in which you should walk." —Isaiah 48:17.

Awake!

May 22, 1995



Killing Millions to Make Millions

Awake!

Average Printing 12,990,000
Published in 75 Languages



Killing Millions to Make Millions 3-13

Vincent van Gogh, Dutch painter and heavy pipe-smoker, produced this work, titled "Skull With a Cigarette." This series of articles shows the lives that tobacco takes today, especially in the developing nations, and the toll it takes among women and teenagers.

Cover and page 2 top: *Skull With Cigarette*: Collectie Vincent van Goghstichting; Van Goghmuseum, Amsterdam



Aquaculture —Fish as "Livestock" 14

With fishing resources being overtaxed, will farming the seas come to the rescue?

Photo: Vidar Vassvik/Norwegian Seafood Export Council



What If My Parent Falls Short? 24

How can I deal respectfully with someone who has hurt and disappointed me?

Millions of Lives Going Up in Smoke 3

Tobacco's Defenders Launch Their Hot-Air Balloons 8

The Termite—Friend or Foe? 17

My Successful Search for the Meaning of Life 19

Clergy Attempt to Reach Youths 27

Watching the World 28

From Our Readers 30

Nature's Tears 31

Do Not Miss the "Joyful Praisers" District Convention 32

Millions of Lives Going Up in Smoke



IT IS one of the best-selling consumer products in the world. It commands armies of loyal buyers and enjoys a rapidly expanding market. Its delighted companies boast impressive profits, political clout, and prestige. The only problem is, its best customers keep dying off!

The Economist observes: "Cigarettes are among the world's most profitable consumer products. They are also the only (legal) ones which, used as intended, turn most of their users into addicts and often kill them." This means big profits for the tobacco companies but huge losses for their customers. According to the U.S. Centers for Disease Control and Prevention, some five million years of life are sliced off the lives of American smokers *each year,* roughly a minute for each minute spent smoking. "Smoking kills 420,000 Americans a year," reports *Newsweek* magazine. "That's 50 times as many as illegal drugs."

Around the world, three million people a year—six every minute—die from smoking, according to the book *Mortality From Smoking in Developed Countries 1950-2000,* published by Britain's Imperial Cancer Research Fund, WHO (World Health Organization), and the American Cancer Society. This analysis of world smoking trends, the most comprehensive to date, covers 45 countries. "In most countries," warns Richard Peto of the Imperial Cancer Research Fund, "the worst is yet to come. If current smoking patterns persist, then by the time the young smokers of today reach middle or old age, there will be about 10 million deaths a year from tobacco—one death every three seconds."

"Smoking is like no other hazard," says Dr. Alan Lopez of WHO. "It will kill one in two smokers eventually." Martin Vessey of the Department of Public Health at Oxford University says similarly: "These findings over 40 years lead to the horrible conclusion that one-half of all smokers will eventually be killed by their habit—a truly terrifying thought." Since the 1950's, 60 million people have died from smoking.

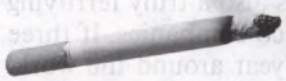
It is also a truly terrifying thought to the tobacco companies. If three million people each year around the world are now dying from smoking-related causes, and many others quit smoking, then more than three million new users must be found annually.

Its best customers keep dying off

One source has emerged because of what tobacco companies hail as the liberation of women. Smoking by women has been an accomplished fact for some years in Western lands and is now moving into places where it used to be viewed as a stigma. Tobacco companies intend to change all of that. They want to help women celebrate their newfound affluence and liberation. Special cigarette brands claiming lower tar and nicotine contents lure women who smoke and who find such smoke less harsh. Other cigarettes are perfumed or have a long, slender design —the look that women may hope to achieve by smoking. Tobacco advertisements in Asia

The Deadly Recipe —What's in a Smoke?

Up to 700 different chemical additives may be used by cigarette manufacturers, but the law allows the companies to keep their lists secret. On the lists, though, are heavy metals, pesticides, and insecticides. Some ingredients are so toxic that it is illegal to dump them in a landfill. That graceful swirl of cigarette smoke carries with it some 4,000 substances, including acetone, arsenic, butane, carbon monoxide, and cyanide. The lungs of smokers and of people nearby are exposed to at least 43 known cancer-causing agents.



feature young, chic Asian models dressed seductively in Western elegance.

Smoking-related death rates, however, are keeping pace with the "liberation" of women. The number of lung cancer victims among women has doubled in the last 20 years in Britain, Japan, Norway, Poland, and Sweden. In the United States and Canada, rates have increased 300 percent. "You've come a long way, baby!" proclaims one cigarette advertisement.

Some tobacco concerns have their own strategy. One Philippine company in that predominantly Catholic country distributed free calendars bearing a portrait of the Virgin Mary and their cigarette brand logos placed brazenly below the icon. "I had never seen anything like it before," said Dr. Rosmarie Erben, Asian health adviser for WHO. "They were trying to link the icon motif to tobacco, to make Philippine women comfortable with the idea of smoking."

In China an estimated 61 percent of the adult men smoke, whereas only 7 percent of the women do. Western tobacco companies have their eyes on the "liberation" of these lovely Oriental ladies, millions of whom were so long denied the "pleasures" of their glamorous Western sisters. One large fly in the ointment, though: The government-owned tobacco company supplies most of the smokes.

Western companies, however, are gradually prying open the door. With limited advertising opportunities, some cigarette companies look to groom their future customers in a stealthy way. China imports movies from Hong Kong, and in many of them, the actors are paid to smoke—a soft sell!

With hostility growing on the home front, the prosperous American tobacco companies are extending their tentacles to embrace new victims. The facts show that they have taken deadly aim at the developing nations.

Health officials worldwide sound the warning. The headlines declare: "Africa Battles a New Plague—Cigarette Smoking." "Smoke Turns to Fire in Asia as the Cigarette Market Soars." "Asian Smoking Rates Will Lead to

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Cancer Epidemic." "The New Third World Fight Is Over Tobacco."

The continent of Africa has been battered by drought, civil war, and the AIDS epidemic. Yet, says Dr. Keith Ball, British cardiologist, "Short of nuclear war or famine, cigarette smoking is the greatest single threat to the future health of Africa."

Multinational giants hire local farmers to grow tobacco. The farmers cut down trees

Asia, tobacco's newest killing fields

sorely needed for cooking, heating, and housing and use them as fuel to cure tobacco. They grow lucrative tobacco crops instead of less profitable food crops. Impoverished Africans commonly spend a large proportion of their scanty income on cigarettes. So African families wither from malnutrition while the coffers of Western tobacco companies grow fat from the profits.

Africa, Eastern Europe, and Latin America are all targeted by Western tobacco companies, who see the developing world as one gigantic business opportunity. But teeming Asia is by far the biggest gold mine of them all. China alone presently has more smokers than the entire population of the United States—300 million. They smoke a staggering 1.6 trillion cigarettes a year, one third of the total consumed in the world!

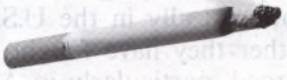
Nonsmokers at Risk

Do you live, work, or travel with heavy smokers? If so, you may be at increased risk for lung cancer and heart disease. A 1993 study by the U.S. Environmental Protection Agency (EPA) concluded that environmental tobacco smoke (ETS) is a Group A carcinogen, the most dangerous. The massive report analyzed the results of 30 studies implicating the spiraling smoke from the end of cigarettes as well as exhaled smoke.

The EPA blames passive smoke for 3,000 lung-cancer deaths each year in the United States. The American Medical Association in June 1994 corroborated the conclusions with a study it published showing that women who never smoked but were exposed to ETS have a 30 percent greater risk of developing lung cancer than other lifetime nonsmokers.

For young children, exposure to smoke results in 150,000 to 300,000 cases of bronchitis and pneumonia annually. Smoke aggravates asthma symptoms for 200,000 to 1,000,000 children each year in the United States.

The American Heart Association estimates that as many as 40,000 deaths a year occur from heart and blood vessel diseases precipitated by ETS.



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"Physicians say the health implications of the tobacco boom in Asia are nothing less than terrifying," reports *The New York Times.* Richard Peto estimates that of the ten million anticipated smoking-related deaths each year in the next two or three decades, two million will be in China alone. Fifty million Chinese children alive today may die from smoking-related diseases, Peto says.

Dr. Nigel Gray summed it up this way: "The history of smoking over the past five decades in China and Eastern Europe condemns those countries to a major tobacco disease epidemic."

"How can a product which is the cause of 400,000 premature deaths each year in the US, a product which the US Government is trying hard to help its citizens to quit, suddenly become different beyond American borders?" asked Dr. Prakit Vateesatokit of the Anti-Smoking Campaign of Thailand. "Does health become irrelevant when the same product is exported to other countries?"

90 percent of all new smokers—children and teenagers!

The developing tobacco interests have a powerful ally in the U.S. government. Together they have fought to gain footholds abroad, particularly in Asian markets. For years American cigarettes were locked out of Japan, Taiwan, Thailand, and other countries, some of whose governments had their own monopolies on tobacco products. Antismoking groups protested imports, but the U.S. administration brandished a persuasive weapon—punitive tariffs.

From 1985 on, under intense pressure from the U.S. government, many Asian countries have opened their gates, and American cigarettes have been flooding in. U.S. cigarette exports to Asia jumped by 75 percent in 1988.

Perhaps the most tragic victims of the tobacco wars are the children. A study reported in *The Journal of the American Medical Association* says that "children and teenagers constitute 90% of all new smokers."

An article in *U.S.News & World Report* estimates the number of teen smokers in the United States at 3.1 million. Every day 3,000 new recruits start smoking—1,000,000 a year.

One cigarette advertisement features a fun-loving, pleasure-seeking cartoon camel, often with a cigarette dangling from his lips. This cigarette advertisement is charged with luring youngsters into nicotine slavery before they comprehend the health risks. Within three years of running this advertisement, the cigarette company enjoyed a 64-percent increase in sales to adolescents. A study at The Medical College of Georgia (U.S.A.) found that 91 percent of six-year-olds surveyed recognized this smoking cartoon character.

Another popular cigarette icon is the free-wheeling macho cowboy whose message is, according to one teen, "When you're smoking, you're unstoppable." It is said that the biggest-selling consumer product in the world is a cigarette that corners 69 percent of the market among teen smokers and is the most advertised brand. As an added incentive, coupons come with each pack, to be redeemed for jeans, hats, and sportswear popular with youths.

Recognizing the tremendous power of advertising, antismoking groups have succeeded in having tobacco advertisements banned from television and radio in many countries. One way the savvy tobacco advertisers circumvent the system, however, is by strategically placing billboards at sports events. Therefore, a telecast game, with a vast

young audience, may show their favorite player poised for action in the foreground and a towering cigarette billboard lurking in the background.

At downtown locations or in front of schools, cleverly costumed women in miniskirts or in cowboy or safari outfits hand out free cigarettes to eager or curious teens. At video arcades, discos, and rock concerts, samples are passed around freely. One company marketing plan leaked to the press showed that a particular brand in Canada targeted French-speaking males from 12 to 17 years of age.

The glaring message is that smoking brings pleasure, fitness, virility, and popularity. "Where I worked," said one advertising consultant, "we were trying very hard to influence kids who were 14 to start to smoke." Advertisements in Asia depict healthy, young Western athletic types romping on beaches and ball fields—while smoking, of course. "Western models and life-styles create glamorous standards to emulate," remarked a marketing trade journal, "and Asian smokers can't get enough."

After spending billions of advertising dollars, the tobacco marketers have scored huge successes. A *Reader's Digest* special report showed that the rise in the number of young smokers is alarming. "In the Philippines," says the report, "22.7 percent of people under 18 now smoke. In some Latin American cities, the teen-age rate is an astonishing 50 percent. In Hong Kong, children as young as seven are smoking."

However, even as tobacco celebrates its conquests abroad, cigarette companies are painfully aware of gathering storm clouds at home. What are tobacco's chances of weathering the storm?



A glamorous Asian model and the targets

Tobacco's Defenders Launch Their Hot-Air Balloons

IN THE 1940's, London was a city under siege. German fighter planes and flying bombs rained down terror and destruction. But if the situation hadn't been so dire, the inhabitants might have been amused by a bizarre sight.

Tethered by long cables, thousands of large balloons floated overhead. Their purpose was to discourage low-level air raids and hopefully snag a few flying bombs in midair. The balloon barrage, ingenious as it was, met with minimal success.

They appear to be filled with a lot of hot air

Cigarette companies have likewise found themselves under siege. The sprawling tobacco empires, once impregnable bastions of political and economic might, are being attacked at every turn.

The medical community churns out page after page of incriminating studies. Crusading health officials maneuver for advantage. Outraged parents charge that their children are being victimized. Determined legislators have chased cigarette smoke out of office buildings, restaurants, military installations, and airplanes. In many countries, tobacco advertisements have been banned from television and radio. In the United States, entire states are suing for millions in health-care costs. Even lawyers are joining the fight.

So in an attempt to fend off their attackers, the tobacco companies have launched some defensive balloons of their own. However, they appear to be filled with a lot of hot air.

The U.S. public has, this past year, had a front-row seat as indignant legislators and government health officials mounted a vigorous offensive against the tobacco industry. In hearings before a U.S. congressional panel in April 1994, tobacco executives of seven large American companies were confronted with the incriminating statistics: more than 400,000 Americans dead each year and millions more sick, dying, and addicted.



What did they have to say for themselves? The embattled executives offered some interesting statements in their defense: "Smoking . . . has yet to be proven to have a causal role in the development of diseases," asserted a Tobacco Institute spokesman. What is more, the smoking hab-

it was portrayed as being as harmless as any other enjoyable activity, such as eating sweets or drinking coffee. "The presence of nicotine does not make cigarettes a drug, or smoking an addiction," said one tobacco company chief executive officer. "The premise that nicotine in cigarettes is addictive at any level is incorrect," asserted a tobacco company scientist.

If cigarettes are not addictive, countered the committee, why have tobacco companies tried to manipulate the nicotine levels in their products? "Taste," explained another tobacco company executive. Is there nothing worse than a tasteless cigarette? When shown stacks of research from his own company's files suggesting nicotine's addictiveness, he clung to his story.

Apparently, he and others will cling to that opinion no matter how much the cemeteries fill up with tobacco victims. Early in 1993, Dr. Lonnie Bristow, chairman of the American Medical Association Board of Trustees issued an interesting challenge. *The Journal of the American Medical Association* reports: "He invited executives of the major US tobacco companies to walk with him through hospital wards to see one of the results of smoking—lung cancer patients and other pulmonary cripples. There were no takers."

The tobacco industry boasts that it provides good jobs in a world economy of burgeoning unemployment. In Argentina, for example, one million jobs are created by the industry, with four million more jobs indirectly related. Massive tax revenues have earned tobacco companies the good graces of many governments.

One tobacco concern has specifically favored minority groups with generous donations—a seeming manifestation of civic-mindedness. Internal company documents, however, revealed the true motive of this "constituency development budget"—to create goodwill among potential voters.

This same tobacco company has also made friends among the arts with large contributions to museums, schools, dance academies, and music institutions. Officials of art organizations brace themselves to accept the badly needed tobacco money. Recently, members of the art community of New York City faced an awkward dilemma as this same tobacco company called on them to lend their voice to lobbying efforts against anti-smoking legislation.

And, of course, the wealthy tobacco giants are not timid about scattering money around to politicians, who can use their influence against any proposals unfriendly to tobacco interests. Government officials in high places have championed the cause of the tobacco companies. Some have financial ties to the industry or feel pressure to repay them for the generous campaign support from tobacco money.

A government study implicates passive smoke as carcinogenic

One U.S. congressman reportedly received over $21,000 in donations from cigarette companies and subsequently cast his vote against a number of antitobacco issues.

A former well-paid tobacco lobbyist, at one time a state senator and a heavy smoker, recently discovered that he has throat, lung, and liver cancer. Now he has keen regrets and laments that "lying there with something you caused yourself" makes a person feel like a fool.

With all the power that advertising dollars can buy, the tobacco giants are vigorously attacking the opposition. One advertisement waves the freedom flag, solemnly warning,

"Today It's Cigarettes. Tomorrow?" It implies that caffeine, alcohol, and hamburgers will be the next victims of supposedly fanatic prohibitionists.

Nicotine is one of the most addicting substances known

Newspaper advertisements have sought to discredit a widely quoted U.S. Environmental Protection Agency study that classified passive smoke as carcinogenic. The tobacco industry announced plans to do legal battle. A television program accused one company of toying with nicotine levels to encourage addiction. The network airing the show was promptly presented with a $10 billion lawsuit.

The tobacco companies have battled mightily, but the air is becoming still thicker with accusations. Some 50,000 studies have been conducted during the last four decades, resulting in an ever-growing mountain of evidence on the hazards of tobacco use.

How have the cigarette companies attempted to dodge the charges thrown at

50,000 Studies—What Have They Found?

Here is a small sampling of the health concerns raised by researchers in connection with tobacco use:

LUNG CANCER: Smokers make up 87 percent of lung-cancer deaths.

HEART DISEASE: Smokers have a 70 percent greater risk of cardiovascular disease.

BREAST CANCER: Women who smoke 40 or more cigarettes daily have a 74 percent greater chance of dying from breast cancer.

HEARING IMPAIRMENT: Infants of smoking mothers have greater difficulty processing sound.

DIABETIC HAZARDS: Diabetics who smoke or chew tobacco are at higher risk for kidney damage and have more rapidly progressing retinopathy (a disorder of the retina).

COLON CANCER: Two studies involving more than 150,000 people show a clear link between smoking and colon cancer.

ASTHMA: Secondhand smoke can worsen asthma in youngsters.

PREDISPOSITION TO SMOKE: Daughters of women who smoked during pregnancy are four times more likely to smoke.

LEUKEMIA: Smoking appears to cause myeloid leukemia.

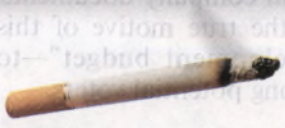
EXERCISE INJURIES: According to a U.S. Army study, smokers are more likely to suffer injuries while exercising.

MEMORY: High doses of nicotine may take a toll on mental dexterity while a person is performing complex tasks.

DEPRESSION: Psychiatrists are investigating evidence of a link between smoking and major depression as well as schizophrenia.

SUICIDE: A study of nurses showed that suicide was twice as likely among nurses who smoked.

Other dangers to add to the list: Cancer of the mouth, larynx, throat, esophagus, pancreas, stomach, small intestine, bladder, kidney, and cervix; stroke, heart attack, chronic lung disease, circulatory disease, peptic ulcers, diabetes, infertility, low birth weight, osteoporosis, and ear infections. Fire hazards may be added as well, as smoking is the chief cause of home, hotel, and hospital fires.



them? They have stubbornly held to one supposed fact: Smokers do quit. Thus, they say, nicotine is not addictive. Statistics, however, show otherwise. True, 40 million Americans have quit. But 50 million more still smoke, and 70 percent of these say they want to quit. Of the 17 million who attempt to quit each year, 90 percent fail within a year.

After lung cancer surgery, nearly 50 percent of U.S. smokers return to the habit. Of smokers who have had heart attacks, 38 percent light up even before leaving the hospital. Forty percent of smokers who have a cancerous larynx removed will try to smoke again.

Of the millions of teenage smokers in the United States, three fourths say they have made at least one serious attempt to quit but have failed. Statistics also show that for many youths, smoking tobacco is a stepping-stone to harder drugs. Adolescent smokers are more than 50 times as likely to use cocaine as are nonsmokers. A 13-year-old smoker agrees. "There's no doubt in my mind that cigarettes are a gateway drug," she wrote. "Almost everyone I know, except for three people, started smoking *before* doing drugs."

What about low-tar cigarettes? Studies show that they may, in fact, be more dangerous—for two reasons: One, the smoker often inhales more deeply to extract the nicotine his system craves, exposing more lung tissue to the toxic effects of the smoke; two, the misconception that he is smoking a "healthier" cigarette may keep him from making the effort to quit altogether.

More than 2,000 studies have been done on nicotine alone. They reveal that nicotine is one of the most addictive substances known to man, and one of the most harmful. Nicotine accelerates the heart rate and constricts blood vessels. It is absorbed into the bloodstream in seven seconds—even faster than an injection directly into a vein. It conditions the brain to want more, a craving that some say is twice as addictive as heroin.

Are the tobacco companies, despite their denials, aware of the addictive properties of nicotine? Indications are that they have known for a long time. For instance, a 1983 report shows that one tobacco company's researcher noted that laboratory rats exhibited classic symptoms of addiction, regularly self-administering doses of nicotine by hitting levers. Reportedly, the study was quickly suppressed by the industry and has come to light only recently.

The tobacco giants have not sat idly by while cannons fire salvos from all directions.

They have made millions; they have killed millions

The Council for Tobacco Research in New York City conducts what *The Wall Street Journal* calls "the longest-running misinformation campaign in U.S. business history."

Under the banner of conducting independent research, the council has invested millions of dollars in combating assailants. It all started in 1953 when Dr. Ernst Wynder of the Memorial Sloan-Kettering Cancer Center found that tobacco tars painted on the backs of mice caused tumors. The industry established the council to neutralize the clear evidence gathering against their product, by countering with scientific evidence of their own.

How could council scientists, though, produce results so contrary to the findings of the rest of the research community? Recently released documents reveal an elaborate web of intrigue. Many council researchers, shackled by written contracts and controlled by squads of sharp-eyed lawyers, found that the growing health fears were well-founded. But when faced with the facts, the council, according to *The Wall Street Journal,* "sometimes disregarded, or even cut off, studies of

its own that implicated smoking as a health hazard."

Behind the walls of secrecy, the search for a safer cigarette continued for years. To do so publicly would have been a tacit admission that smoking was indeed hazardous to health. By the end of the 1970's, a senior lawyer for a tobacco company recommended that efforts to produce a "safe" cigarette be abandoned as futile and that all related documents be stowed away.

Two things became clear from the years of experimenting: Nicotine is indeed addictive, and cigarette smoking does kill. Though vehemently denying these facts publicly, tobacco companies show by their actions that they know the facts all too well.

Charging deliberate manipulation, U.S. Food and Drug Administration (FDA) commissioner David Kessler said: "Some of today's cigarettes may, in fact, qualify as high-technology nicotine delivery systems that deliver nicotine in precisely calculated quantities . . . sufficient to create and to sustain addiction."

Kessler revealed that tobacco companies

Smokeless Tobacco—A Dangerous Substitute

The leader in the $1.1 billion snuff industry cagily reels in its small fry with flavored bait. It has flavored brands that are popular. The "little tobacco buzz" they deliver satisfies but not for long. A former vice chairman of this tobacco company said: "A lot of people may start on the more flavored products, but ultimately, they'll come to [the strongest brand]." It is advertised as, "A Strong Chew for Strong Men" and, "It Satisfies."

The Wall Street Journal, which reported on this strategy of the company, quoted its denial that "it doctors levels of nicotine." The *Journal* also stated that two former tobacco chemists of the company, speaking on the topic for the first time, said that "while the company doesn't manipulate nicotine levels, it does manipulate the amount of nicotine that users *absorb.*" They also say that the company adds chemicals to boost the alkalinity of its snuff. The more alkaline the snuff is, "the more nicotine is released." The *Journal* adds this clarification concerning snuff and chewing tobacco: "Snuff, which sometimes is confused with chewing tobacco, is shredded tobacco that users suck on, but don't chew. Users take a pinch, or 'dip,' and place it between the cheek and gum, shifting it about with their tongues and spitting occasionally."

Flavored brands made for beginners free only from 7 to 22 percent of their nicotine for absorption into the bloodstream. The strongest brand can make new users gag. It is in a finely chopped form for "real" men. Seventy-nine percent of its nicotine is "free," available for immediate absorption into the bloodstream. In the United States, users begin dipping on the average at the age of nine. And what nine-year-old will long resist moving up to stronger brands and joining the "real" men?

The resulting dose of nicotine is actually more powerful than that from a cigarette. Users are reportedly 4 times more likely to develop mouth cancer, and their risk of developing throat cancer is 50 times greater than for nonusers.

Public outcry in the United States temporarily flared up when a lawsuit was brought against a tobacco company by the mother of a former high school track star who died from mouth cancer. He got a free can of snuff at a rodeo at age 12 and became a four-can-a-week user. After he underwent a number of painful surgeries that carved up his tongue, jaw, and neck, his doctors gave up. The young man died at 19 years of age.

own a number of patents proving their intent. One is for a genetically altered strain of tobacco with the highest nicotine yield known. Another process treats filters and papers with nicotine for an additional boost. Yet another administers more nicotine in the smoker's first puffs than in the last. Additionally, industry documents show that ammonia compounds are added to cigarettes to free more nicotine from the tobacco. "Nearly twice the usual amount inhaled got into a smoker's bloodstream," says a *New York Times* report. The FDA has proclaimed that nicotine is an addictive drug and aims to regulate cigarettes more tightly.

Governments are dependent in their own way on cigarettes. The U.S. government, for instance, collects $12 billion a year in state and federal taxes on tobacco products. The federal Office of Technology Assessment, however, calculates a $68 billion a year price tag for smoking, based on health-care costs and lost productivity.

Claims of economic rewards and plentiful jobs, benevolent support of the arts, fierce denials of health risks—indeed, the tobacco industry has sent up some peculiar-looking balloons in self-defense. Whether they prove to be more effective than the balloon barrage over London or not remains to be seen.

But it is evident that the giant companies can no longer hide their true nature. They have made millions, and they have killed millions, but they seem unaffected that the bottom line is a terrible toll in human lives.

How to Become a Quitter

Millions of people have successfully broken their nicotine addiction. If you are a smoker, even a longtime one, you too can shed this harmful habit. A few tips that may help:

- Know beforehand what to expect. The withdrawal symptoms may include anxiety, irritability, dizziness, headaches, sleeplessness, stomach upsets, hunger, cravings, poor concentration, and tremors. Not a pleasant prospect, to be sure, but the most intense symptoms last only a few days and gradually fade as the body becomes free of nicotine.
- Now the mental battle begins in earnest. Not only did your body crave nicotine but your mind was conditioned by behaviors associated with smoking. Analyze your routine to see when you automatically reached for a cigarette, and alter that pattern. For example, if you always smoked right after a meal, determine to get up right away and take a walk or wash the dishes.
- When an intense craving strikes, perhaps because of a stressful moment, remember that the impulse will usually pass within five minutes. Be prepared to occupy your mind by writing a letter, exercising, or eating a healthy snack. Prayer is a powerful help toward self-control.
- If you are discouraged from failed attempts to quit, take heart. The important thing is to keep trying.
- If the prospect of gaining weight hinders you, keep in mind that the benefits of giving up cigarettes far outweigh the dangers of a few extra pounds. It may help to have fruit or vegetables handy. And drink plenty of water.
- To quit smoking is one thing. To stay off tobacco is quite another. Set time goals for being smoke free—one day, one week, three months, forever.

Jesus said: "You must love your neighbor as yourself." (Mark 12:31) To love your neighbor, stop smoking. To love yourself, stop smoking.

—See also "Smoking—The Christian View," in *Awake!*, July 8, 1989, pages 13-15.

AQUACULTURE
Fish as "Livestock"

BY *AWAKE!* CORRESPONDENT IN NORWAY

THOUSANDS of years ago, the Chinese and the Egyptians made freshwater ponds where they kept and perhaps also fed live fish. Nowadays the tending of fish has become an industry. It is called aquaculture. *Webster's Ninth New Collegiate Dictionary* defines it as "the cultivation of the natural produce of water." This involves the creating of proper growth conditions and the stocking and farming of aquatic animals and plants in salt water or fresh water.

So far, intensive farming and stocking of fish are the more common forms of aquaculture. In many countries, especially where freshwater temperatures are relatively high, farming of freshwater fish in vats and ponds is widespread. Other nations have concentrated more on utilizing their marine areas. Norway is an example of the latter. With one of the longest coastlines in the world, appropriate sea temperatures, and comparatively pure water, this country has a natural advantage in fish farming in seawater. Norway has been a pioneer country, especially in farming Atlantic salmon and trout in the sea.

From Roe to Fish for the Market

Production starts at the hatchery in the autumn. Females are "stroked" for their roe, and the roe is fertilized with sperm from selected males. The fertilized roe spends the winter under careful supervision in the hatchery, and hatching takes place in six months. For the first few weeks, the fry is nourished from the yolk sac on its stomach; then the first careful feeding begins. In the wild state, a salmon fry spends from two to five years in the river where it was hatched, before migrating to the more nutritious sea to graze. In a hatchery the fry develops into a smolt (a salmonid fish ready for migration) in one and a half years.

The fish are then moved from fresh water to salt water. Usually they are placed in installations, floating pens or cages, in the sea. After a year or two in the sea farm, the salmon have reached proper size and are taken up for processing. It all sounds so simple, so easy. However, having fish as "livestock" presents a number of challenges.*

Biological Puzzles and Variables

Early fish farmers started from scratch and had to gain a thorough knowledge of the propagation, food preferences, and instincts of the different species. There seemed to be an infinite number of unsolved biological puzzles and things that could go wrong. Would it ever be possible to satisfy the constantly varying requirements of fry and fish regarding water quality, temperature, food, and light?

Many of these problems have long been solved. A number of today's research programs focus on how growth and behavior of the different species might be controlled by such factors as exercise, manipulation of light, and proper quantity and quality of food.

Pollution and Algae Invasions

A clean environment is important in fish farming. Unbalanced ecosystems and pollu-

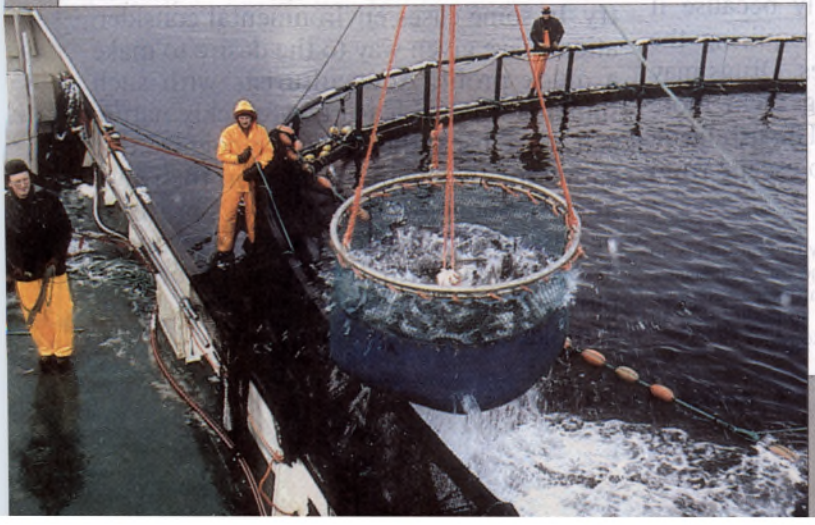
* Based on information in the brochure *Aquaculture in Norway*, published by the Norwegian Fish Farmers' Association.



Fish are placed in floating pens in the sea



Females are stroked for their roe



tion levels create problems in the aquaculture industry. Wild fish that detect toxicants in the water try to avoid the danger. Fish reared in sea farms cannot, being confined in pens. Oil spills or discharges of toxic chemicals are thus potentially disastrous for fish farms.

Some got quite a shock in 1988 when there was a staggering bloom of toxic algae along the southwestern coast of Sweden and off the shores of southern Norway. In vast areas algae killed fish and other life in the sea. Several fish farms were emptied, partly because of the algae itself and partly because of emergency butchering. But most installations were saved from the algal death as the fish farmers towed the pens into the safety of the fjords. Some called this algal disaster "the maritime Chernobyl," and experts claimed that increasing pollution was probably a contributing factor in causing the bloom.

Fish pens in the sea are exposed to all kinds of weather and must withstand ice, rough seas, and storms.

When the fish reach the proper size, they are taken up and processed

Photos: Vidar Vassvik/Norwegian Seafood Export Council

When an installation is wrecked and the fish escape, the fish farmer loses valuable property. Moreover, escaped fish might spread diseases to wild fish, and this has been a serious problem. Escaped fish will also compete with wild fish for food and spawning grounds, and there is a fear that this might have a negative influence on local stocks.

So there is complete agreement that sea installations must be better secured to prevent escapes. Advances have been made in this area too. *Aquaculture in Norway* says that in recent years "a great deal [has been achieved] when it comes to making aquaculture installations able to withstand extreme weather."

Management of Diseases

Everything that conflicts with the nature of the fish or deviates from their normal environment causes stress, and this harms their immune system. A combination of factors, such as high concentrations of fish, intensive feeding, accumulation of organic matter, and increased amounts of various fish pathogens, has generated far more serious disease problems among cultivated fish than among wild fish. This has caused great losses to the industry.

Indeed, many of these fish diseases might be treated with, for example, antibiotics, but prolonged use of antibiotics is a threat to the environment, primarily because it produces resistant bacteria, requiring the development of new medicines. Drugs may also weaken the fish, making them more vulnerable to other diseases. The fish farmers have, of course, wanted to escape from this vicious circle.*

* The Norwegian authorities have, with consumers in mind, established strict regulations on the use of medicine. Fish farmers can obtain medicine only through a veterinarian, and medicated fish are quarantined to ensure that all fish are drug free before they are marketed.

The old saying that prevention is better than cure therefore applies also to fish farming. Great effort has been expended to gain more knowledge on how to strengthen the natural defenses of the fish. This research is directed toward such areas as the optimization of feeding, the rearing environment and working routines, the breeding of particularly disease-resistant fish, and the development of effective vaccines and vaccination methods. This work has brought results, and it seems that the fish-farming industry has got the upper hand in the fight against disease.

A Growth Industry

Aquaculture is a typical regional industry of great importance to a number of coastal settlements. Since the aquaculture industry was established, amazing growth has taken place. In 1990, worldwide production had a total value of more than $23 billion. Norway supplies more than half of the world's farmed Atlantic salmon, exporting salmon to over 90 countries around the globe.

Although Atlantic salmon has been the main product from sea farming so far, already there are limited quantities of farmed cod and halibut on the market. The aquaculture industry wishes to become a reliable supplier of fresh, quality fish year-round.

Sadly, humans often allow themselves to be impelled by greed, and this has sometimes occurred in the aquaculture industry. In some cases environmental considerations have given way to the desire to make a quick profit. Aquaculturists with such thinking need to learn how quickly nature can strike back; they should recognize that caring for the environment is in their own interest. Sooner or later, it always proves to be wise to administer the earth's resources in agreement with the Creator's original purpose—in harmony with nature and its complex ecosystems.

THE TERMITE
Friend or Foe?

BY *AWAKE!* CORRESPONDENT IN KENYA

"*KUMBE! Mchwa!*" Thus exclaimed a Christian minister as he and a group of others lifted a portable wooden pool. They hoped to use it as a baptismal pool at a circuit assembly of Jehovah's Witnesses in Kenya. To their dismay, however, they discovered that much of the wood had been eaten away. Hence his expression of frustration. Translated, it means: "Oh! Termites!"

Perhaps no other insect is so often associated with property damage as the tiny termite. But is this bug truly an enemy of man? In answer, let us take a close look at the termite.

The Termite Fortress

In Kenya, one often sees towering termite homes. These are chimneylike structures that protrude as high as from 15 to 20 feet above ground. The mounds, resembling a concrete citadel, are built with such precision that termites have been called master architects. Does it not defy the imagination to think that tiny insects could erect such impressive fortresses, even though they are quite slow on their feet—and blind?



Inside the mound is an elaborate maze of chambers and tunnels. This bustling metropolis also boasts an efficient drainage system, ventilation, and even air-conditioning. Hot air escapes through the top of the mound by means of portholes. Cool air comes through the bottom. Further cooling is done by a simple evaporation system: The termites spray their walls with water by spitting on them. As the water evaporates, it cools the air and assists with circulation. The termite home thus stays at a pleasant 86 degrees Fahrenheit 24 hours a day!

Termite Society

Even more amazing is termite society. Some termite mounds house efficient communities, or colonies, numbering up to five million residents. Far from being chaotic, a colony is a study in efficiency. The termite family is made up of three castes, namely, workers, soldiers, and reproductives. Workers do the actual construction of the mounds, using their saliva for cement.

Soldiers are the more aggressive members of the family. Armed with strong jaws and sharp teeth, they guard the fortress from invaders, such as army

A typical castlelike termite mound
Inset: Worker termites

ants. They also act as bodyguards to protect the workers when they venture outside the mound in search of food. If needed, the soldiers resort to chemical warfare; a special gland acts like a squirt gun, releasing a lethal fluid.

How are the soldiers repaid for their services? Well, it seems their jaws are so large that they cannot chew food to feed themselves. So when a soldier is hungry, it simply rubs the head of a worker with its antennae. That means, "Feed me!" The worker responds by placing regurgitated food into the soldier's mouth.

In the royal chamber, cloaked in total darkness, live the reproductives—the king and queen. The queen is a giant compared with her diminutive mate. Her abdomen, swollen with eggs, is evidence of her prodigious reproductive powers. It is estimated that she can lay from 4,000 to 10,000 eggs a day. No wonder some have called the queen "an automatic egg-laying machine."

Not much privacy for the royal couple, though, as they are attended to by a team of termite workers. These surround the queen, seeing to her immediate needs and providing her with food. As the eggs are produced, the workers carry them off between their jaws to the nursery chamber.



The soldier termite, with its large head and glands that produce deadly chemicals, is equipped to defend the termite colony



The queen, her abdomen swollen with eggs



The queen with her crew of attendants

Friends or Foes?

While few people would deny that these insects are fascinating, most still view them as pests—enemies! Dr. Richard Bagine, head of the Invertebrate Zoology Department of the National Museum of Kenya, told *Awake!:* "It is true that termites are seen by people as one of the most destructive insects. But scientists see termites differently. In the wild, termites are useful members of the plant and animal community.

"First, they break down dead plant material into simple compounds. In this way, termites recycle nutrients that plants need. Second, they are an important food source. They are eaten by almost every kind of bird and by many mammals, reptiles, amphibians, and other insects. Many people in western and northern Kenya also enjoy their sweet, rich taste; they are very rich in fats and proteins. Third, they help to make soil. Termites mix subsoil and topsoil when they build and repair their nests. They break down large pieces of dead plant material into smaller pieces, forming humus. Moving through the soil, they make passages for air and water needed by plant roots. Thus termites improve soil texture, structure, and fertility."

Why, though, do termites invade human habitations? Says Dr. Bagine: "Actually, people have moved into the termites' habitats and removed most of the plant resources used by termites. Termites must eat to live, and they will usually feed on dead plants. When these are taken away from them, termites feed on man-made structures, such as houses and granaries."

So although the termite may at times seem to be a pest, it surely is not our enemy. Indeed, it is a striking example of Jehovah's creative brilliance. (Psalm 148:10, 13; Romans 1:20) And in God's coming new world, as man learns to live in harmony with the animal world, he will no doubt come to see the tiny termite as a friend, not a foe.—Isaiah 65:25.

MY SUCCESSFUL SEARCH *for the Meaning of Life*

IT WAS the year 1951. Crowds of people lined the streets to get a glimpse of many prominent stars of stage and screen as one limousine after another made its way to the Fine Arts Theatre in Beverly Hills, California. The occasion was the premier showing of *A Place in the Sun,* based on my cousin Theodore Dreiser's famous novel *An American Tragedy.* It was Paramount Pictures' Academy Award contender for the year and was directed by George Stevens, one of their top directors. It featured three of the outstanding stars of the day, Elizabeth Taylor, Montgomery Clift, and Shelley Winters. Why was I there in one of those big limousines, passing through crowds of screaming people? And why did I feel so out of place in that environment? Let's go back to the beginning to see how this all came about.

I was born in one of the most significant periods in all history—October 1914. On the 20th day of that month at about half past four in the afternoon, in our home in Seattle, Washington, I was delivered by the doctor.

In those days our family lived on Alki Beach in a section called Bonair. Soon our family grew to five, consisting of my parents, my older brother and a younger one, and me. We lived in a large, beautiful home facing the beach, which provided a most picturesque setting where one could watch the ships and ferries plying the waters of Puget Sound between downtown Seattle and other cities across the way.

Following the stock-market crash in 1929, the economic situation became so bad that we traded our home on Alki Beach for a food store in the Highland Park section of Seattle, which provided us a small income during the Depression years.

In 1938 my mother died, leaving my father all alone to run the store. I joined him in the business, and we turned it into a modern food market. Soon we had a thriving business.

Then came the attack on Pearl Harbor on December 7, 1941, and shortly afterward I found myself facing the draft and World War II. We had to sell the business, which



provided my father with a little money to live on, and I volunteered for the army just a few days before I would have been drafted. Going into the army disturbed my conscience, to say the least, and I remember how I prayed to God that I would not have to kill anyone. After basic training, I was assigned to the Transportation Corps. Eventually I was commissioned second lieutenant.

My Association With Theodore Dreiser

By now it was 1945, and I was assigned to the Los Angeles Port of Embarkation, where I served as a cargo security officer on ships that were chartered by the army to transport supplies and a few troops to locations in the Pacific. Between assignments I would some-

Going into the army disturbed my conscience, to say the least

times visit my cousin Theodore Dreiser and his wife, Helen. They had a spacious home in West Hollywood and were most hospitable to me on such occasions. Dreiser had a very searching mind and liked to sound me out as to what I thought of the places I visited.

Of course, Dreiser knew that I was also a cousin of Congressman Martin Dies of Texas, chairman of the Dies Committee, the forerunner of the Un-American Activities Committee. Many of the writers and other professionals in the movie industry were being raked over the coals for Communist leanings, and Dreiser was not spared, since he was known to be sympathetic to the Russians. So during one of my first visits, he asked me: "Do you go along with that cousin of yours, Martin Dies?" I assured him that I had no connection with Martin or any of his political aims, which made my relationship with Dreiser more amicable.

After Japan surrendered, on September 2, 1945, I decided to remain in the army a while, as I was getting to see many interesting parts of the world. Soon I was promoted to first lieutenant and assigned as officer in charge of the commissary aboard one of the large troop ships. While in Japan, I took some leave and traveled through Japan from Yokohama to Hiroshima, where the atom bomb had destroyed the city.

The morning I arrived in Hiroshima, I saw people still sleeping in the park for lack of housing. Needless to say, I felt most uncomfortable walking around there, since it was evident that just about anyone I met had lost relatives and friends in that terrible holocaust. The agony I saw in their faces, as well as the real or imagined hatred in their eyes toward those of us in uniform, was something sickening to the heart.

I Begin My Search for Meaning

Because of Hiroshima and the many cases of disease and poverty that I saw, I began reasoning on the meaning of life. Being aboard ships at sea provided a lot of time to think about such things. On occasion, I would talk to the chaplain on board to see if he could answer some of my questions concerning the injustices of life. None of those chaplains had any satisfying answers.

Theodore Dreiser died in December 1945, after spending a lifetime searching for the meaning of life. In his essay entitled "My Creator," he finally admitted that he was no closer to the solution then than at the beginning. Helen Dreiser, his widow, also a cousin of mine, was working on her autobiography, to be entitled *My Life With Dreiser.* She had been urging me to come to Hollywood to assist her with the editing of her manuscript and to handle some of the business affairs with various agents respecting the publication of Theodore's works, which were being produced in many countries. So in December 1947, I left the army and began living on the Dreiser estate in West Hollywood.

But I didn't give up in my quest for the meaning of life. Helen Dreiser was also seeking a spiritual understanding of life, and hence we began visiting various groups, searching for something that made sense. None of the groups had any satisfying answers.

Later, while we were in Gresham, Oregon, visiting Helen's mother, I was introduced to one of Jehovah's Witnesses who played the electric organ in some of the big hotels in Portland. We got into a discussion of religion, and many of the things he said seemed to make sense. When he suggested that one of their ministers call when we got back to Los Angeles, I readily agreed.

Upon returning to Los Angeles, we were promptly visited by one of Jehovah's Witnesses. He arranged for us to have a weekly Bible study with another Witness and his wife, both of whom were pioneers (full-time ministers). The study got off to a rather rocky start because of some of my preconceived ideas, but these were soon dislodged by logically reasoning on the Bible.

It was now early 1950, and there was a lot of interest in Dreiser's works at that time. Paramount Pictures was in the process of producing motion picture versions of two of Dreiser's most celebrated novels: *An American Tragedy,* to be called *A Place in the Sun,* for release in 1951, and *Sister Carrie,* for subsequent release under the title *Carrie* in the film version. These motion pictures were Paramount's Academy Award contenders two years in a row. So it was an important year for Helen, and having completed her manuscript entitled *My Life With Dreiser,* she left for New York City, where she was to meet with the officials of the World Publishing Company, which was to publish her manuscript.

I Was Convinced I Had Found the Meaning of Life

While she was away, I continued my study of the Bible, in time learning what it was like to go from door-to-door talking about the Bible. By the time Helen Dreiser returned from New York, I was sure that I had at last found the meaning of life, for which I had been searching. But what a surprise when Helen

IN OUR NEXT ISSUE

The Chains and Tears of Slavery

Forgive and Forget —How Possible?

Why Your Body Needs Sleep

announced that she wanted nothing more to do with the Bible study! Evidently her associations in New York convinced her that what she was learning from the Bible was not popular with the world. She put it plainly: "It rules out everything else." So she refused to study the Bible with us any longer.

By now it was clear that it would be out of harmony with the truth for me to remain in the army reserve. I was determined to be baptized as one of Jehovah's Witnesses. A special baptism was arranged for me at the home of a Witness who had a swimming pool. Having made my dedication to Jehovah, I was baptized on August 19, 1950. I then wrote the army advising them that since I was an ordained minister, I was no longer able to serve in the army reserve. While my resignation was at first refused, a few months later, I was granted an honorable discharge.

In the meantime, Paramount Pictures was about to release *A Place in the Sun,* and Helen and I were invited to a private dinner hosted by George Stevens, the director. We were advised that the world premier would be held at the Fine Arts Theatre in Beverly Hills, and arrangements were being made that upon our arrival at the theater, Helen, as wife of the author, would speak over a national radio hookup. This was to be my cousin's big night, and I was expected to accompany her. So at the appointed hour, we hired a limousine, and in all our finery, we headed for the theater. We slowly made our way through crowds of people, who lined the street hoping to see some of the famous movie stars expected to arrive for the showing.

How did I feel about my part in that ostentatious display? In times past, I had seen events of that kind in the movies and had wondered what it would be like to be in that kind of limelight. But now, having gained a knowledge of the truth, I felt out of place. Perhaps I sensed Jehovah's disapproval of such things in view of what the Bible says 1 John 2:16: "The showy display of one's means of life . . . does not originate with the Father, but originates with the world." It was easy to see that such glitter and glamour were out of harmony with my new Christian way of life. While I enjoyed the excellent motion picture, I felt relieved when it was all over.

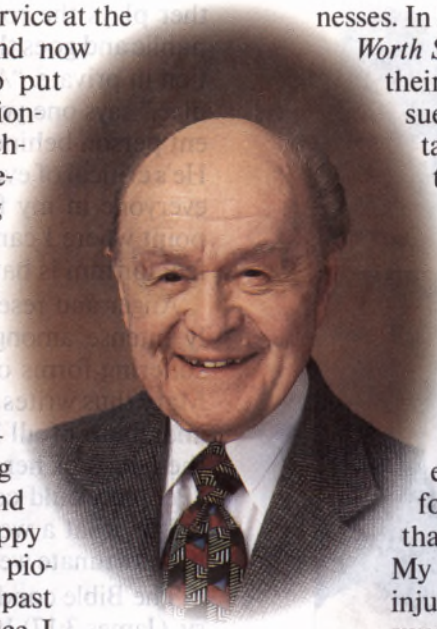
Shortly afterward, Helen Dreiser suffered a stroke that left her partially paralyzed. A second one made it impossible for her to cope with business affairs any longer. Her sister Myrtle Butcher applied for permission to be her guardian and wanted to take her to her own home in Gresham, Oregon. I did not contest the application, since I felt it would be best for Helen, who would be in need of much care, which her sister could provide. So now I was out of a job. What was I going to do? I had confidence in Jesus' promise at Matthew 6:33: "Keep on, then, seeking first the kingdom and his righteousness, and all these other things will be added to you."

Since I now had only myself to look after, my father having died a few months earlier, I wanted to serve Jehovah full-time. Almost at once, I was rewarded with an offer of part-time work, which gave me just what I needed to start serving Jehovah as a full-time preacher of the good news of God's Kingdom. As Jesus said would be the case, Jehovah has taken care of me all these more than 42 years that I have been in his full-time service.

In the summer of 1953, I attended my first international convention of Jehovah's Witnesses, at Yankee Stadium in New York City, and what a thrilling experience that turned out to be! I had by then nearly completed my first year as a pioneer, and while I was very happy in that evangelizing work, I had the desire to reach out for an even greater share in Kingdom service. Earlier I had put in an

application for full-time service at the Society's headquarters, and now at this convention I also put in an application for missionary training at the Watchtower Bible School of Gilead. Shortly after returning to Los Angeles, how surprised I was to receive an invitation to serve at the Society's headquarters, called Bethel!

With mixed emotions I entered Bethel on October 20, 1953, wondering what it would be like and whether I would be as happy there as I had been as a pioneer. But throughout the past 41 years of my Bethel service, I have never once regretted making that decision. The many privileges that I have enjoyed while here at Bethel have brought me far greater joy and happiness than I could ever have experienced in any other form of Kingdom service.



Serving at Bethel since 1953

In 1955, Helen Dreiser died, and I was appointed as an executor and eventual trustee of her estate. In making out his will, Theodore Dreiser had left everything to his wife, and the handling of her estate involved the rights to all his copyrighted works. Helen had told me that Dreiser was a regular reader of the Bible, and in going through his library, I noted that he would sometimes make notes in the margin of his Bible about an alternate rendering in one of the other Bible translations.

Dreiser and Jehovah's Witnesses

Of course, I knew nothing about Jehovah's Witnesses when I had discussions with Dreiser, but I found out later that he was aware of the neutral stand of Jehovah's Witnesses. In his book entitled *America Is Worth Saving,* he praised them for their stand on the flag-salute issue. Dreiser was not afraid to take a firm stand on something he believed in, and if I had known the Bible as I do now, most likely we would have had some very interesting discussions.

Looking back over the 45 years since I began to study the Bible with Jehovah's Witnesses, I can honestly say that I have indeed found the meaning of life that I had been searching for. My questions concerning the injustices of life were well answered by learning that the god and ruler of this world is Satan the Devil, rather than the loving, almighty God, Jehovah. (John 14:30; 2 Corinthians 4:4; 1 John 4:8) And what a cause for rejoicing to learn that God's Kingdom was established in the heavens in October 1914 and to know that it will soon take over the rule of the earth and break up the works of the Devil!—1 John 3:8; Revelation 20:10.

In the meantime, to know the Sovereign Lord Jehovah, to have a personal relationship with him, and to have a meaningful life in his Kingdom service might well be likened to the pearl that a merchant found in his travels. That pearl was of such high value that he promptly sold everything he had just to possess it.—Matthew 13:45, 46.

Having found such a treasure, I appreciate the words of the psalmist David: "That I may dwell in the house of Jehovah all the days of my life, to behold the pleasantness of Jehovah and to look with appreciation upon his temple." (Psalm 27:4)—*As told by Harold Dies.*

Young People Ask...



What If My Parent Falls Short?

"My father has been a Christian for ten years. Now he is inactive. He doesn't study the Bible, and he doesn't attend the meetings regularly. He is constantly criticizing his Christian brothers in the congregation. He has worldly views on race and many, many other subjects. I think of him as having many shortcomings."
—A teenage girl.

NO PARENT is perfect. "All have sinned and fall short of the glory of God," says the Bible. (Romans 3:23) But it is another thing entirely when one's mother or father plays the role of a *model* Christian in public and goes through an ugly transformation in private. "Around others, my father is nice," says one young girl. "But he's a different person behind closed doors—he's *mean!* He's critical of everything I do, and he makes everyone in my family feel bad. I'm at the point where I can't find any joy in life. All I feel for him is hatred."

Anger and resentment may be particularly intense among youths who are secretly suffering forms of abuse. A woman named Mary thus writes of the "violence, profanity, and abuse of all kinds" that she suffered at the hands of her father—a closet alcoholic. "People would come up to us children and tell us what a wonderful father we had and how fortunate we were," she bitterly recalls.

The Bible condemns all forms of hypocrisy. (James 3:17) It warns us that even among true worshipers of God, there would be some who "hide what they are." (Psalm 26:4; compare Jude 4.) Knowing this may not make things any easier, though, when the one practicing hypocrisy is your own parent—someone you are supposed to love and respect. Some youths are overwhelmed by the conflicting emotions that arise. "I need help," laments one young girl. "The Bible says to 'honor thy father,' but I can't."

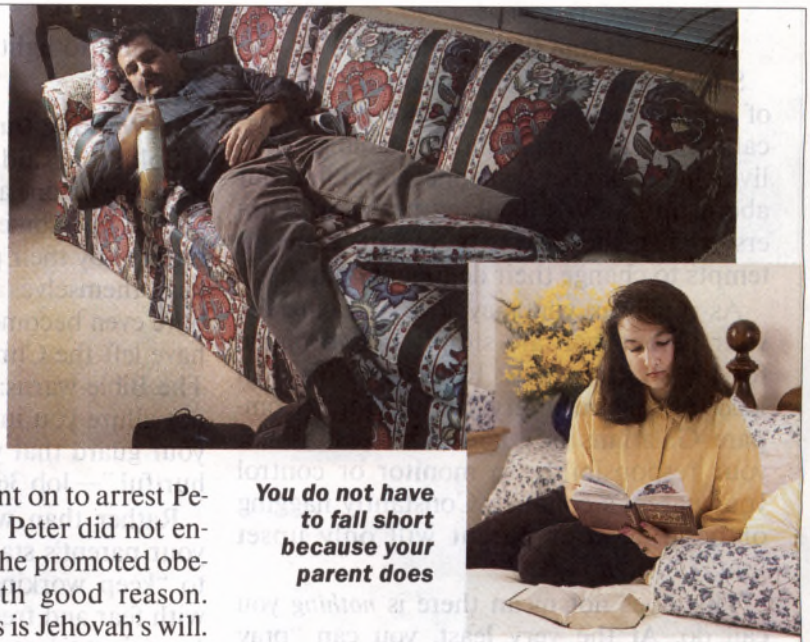
What Honoring Them Really Means

It is true that the Bible's command to honor one's parents contains no 'escape clause' for youths who feel their parents are undeserving. (Ephesians 6:1, 2) However, honoring a parent does not necessarily mean that you approve of his life-style or that you are happy with the way he treats you.* In the Bible, "honor" can simply mean recognizing duly constituted authority.

For instance, the apostle Peter wrote that Christians should "have honor for the king."

* For the sake of simplicity, we will refer to parents in the male gender.

(1 Peter 2:17) Peter knew firsthand that kings were often unsavory characters. King Herod Agrippa I, for example, was an extravagant and reckless man. After being appointed king of Palestine by Rome, he launched a persecution against Christians. He "did away with James the brother of John by the sword. As he saw it was pleasing to the Jews, he went on to arrest Peter also." (Acts 12:1-3) Yet, Peter did not encourage rebellion. Rather, he promoted obedience to kings. And with good reason. Obedience to secular rulers is Jehovah's will. And in Peter's day some kings had absolute power and authority. Solomon said: "All that he delights to do he will do, because the word of the king is the power of control; and who may say to him: 'What are you doing?' "—Ecclesiastes 8:3, 4.



You do not have to fall short because your parent does

In a similar way, your parent—whatever his shortcomings—is still in charge and has considerable power over your life. It simply isn't a wise move, then, to rebel or to treat him with disdain. Not only might doing so make life more difficult for you but it also could cause you to lose favor with God. (Compare Proverbs 30:17; Ecclesiastes 10:4.) On the other hand, cooperating as best you can may help you to maintain at least some semblance of peace and calm in your relationship with your parent.—Colossians 3:20.

Dealing With Anger and Resentment

How, though, can you deal respectfully with someone who has hurt and disappointed you? This is not easy. But constantly dwelling on his errors and shortcomings will only nurture your resentment. Could it be that you need to think more positively of your parent, giving him due credit for any good qualities he may possess?

Note what Proverbs 19:11 says: "The insight of a man certainly slows down his anger." Trying to understand your parent may give you a fresh perspective on things. Is he truly behaving wickedly? Or could it simply be that he is weak, discouraged, and in need of help? Could his behavior be a result of illness, depression, loneliness, or job stress? If so, understanding these problems may help you feel more compassion toward your parent and perhaps less anger.

Whatever the case, it helps to talk about your feelings with someone. (Proverbs 12: 25) "My Dad used to drink," recalls one girl. "I couldn't tell my parents how I felt, so I kept it all inside of me." You do not have to suffer alone, however. While not replacing parents, mature ones in the Christian congregation can do much to offset any lack of care at home. (Compare Mark 10:30.) Proverbs 17:17 says: "Friends always show their love. What are brothers for if not to share trouble?"—*Today's English Version.*

'I Can Change Him'

Some youths suffer emotionally because of a misguided sense of responsibility. Recalls Mary of herself and her siblings: "We lived in terror that someone would find out about my father's drinking problem." Others exhaust themselves by making futile attempts to change their delinquent parent.

As much as you may love and care for your parent, you are simply not to blame for his shortcomings. He 'carries his own load' of responsibility before God. (Compare Galatians 6:5; James 5:14.) It is not your responsibility to monitor or control your parent's conduct. Constantly nagging or berating your parent will only upset him.

This does not mean there is *nothing* you can do. At the very least, you can "pray incessantly" that your parent undergo a change of heart. (1 Thessalonians 5:17) Regularly expressing your love for him and offering sincere commendation, where appropriate, may also help soften his attitude. Beyond this, you may have little choice but to endure the situation as best you can.*

Of course, if you and your parent are Christians and he is engaging in serious wrongdoing, such as alcohol abuse or fits of anger, you will naturally feel obliged to make sure matters are discussed with the congregation elders. (James 5:14) This would not be an act of disloyalty but would be a loving attempt to see that your parent gets the help he so sorely needs. Granted, some parents have angrily denied any wrongdoing and meted out retribution secretly, but youths who "suffer for the sake of righteousness" in this regard can be assured that Jehovah approves of their courageous course and that in his due time, he will bring the truth to light.—1 Peter 3:14; 1 Timothy 5:24, 25.

* This does not mean that a youth must tolerate physical or sexual abuse. A youth in such a situation should seek help, even if that means going outside of the family to get it.

Working Out Your Own Salvation

Solomon said: "Mere oppression may make a wise one act crazy." (Ecclesiastes 7:7) Sad to say, some youths have become embittered by their parent's poor example and have themselves begun misbehaving. Some have even become enraged against God and have left the Christian way! (Proverbs 19:3) The Bible warns: "Take care that rage does not allure you into spiteful [actions]. Be on your guard that you do not turn to what is hurtful."—Job 36:18-21.

Rather than worrying excessively about your parent's standing with God, you need to "keep working out your own salvation with fear and trembling." (Philippians 2:12) In ancient times, a young prince named Hezekiah did so under similar circumstances. His father, King Ahaz, claimed to be a worshiper of Jehovah. (Isaiah 7:10-12) He was really a worshiper of pagan deities, even offering up one of his own sons as a human sacrifice! (2 Kings 16:1-4) Imagine how distressing this prevailing apostasy must have been to young Hezekiah! Psalm 119:28, which some believe was penned by this young prince, says: "My soul has been sleepless from grief. Raise me up according to your word."

Jehovah did just that! As Hezekiah applied himself to prayer and the study of God's Word, his own spirituality grew despite his surroundings. (Psalm 119:97) He also carefully guarded his associations. (Psalm 119:63) The result? In spite of the sad example set by his hypocritical father, Hezekiah himself "kept sticking to Jehovah." (2 Kings 18:6) So can you! Maybe your parent is behaving hypocritically, but there is no need for you to follow suit. Keep sticking to Jehovah, and perhaps your quiet example of faithfulness will one day move your parent to change.

Clergy Attempt to Reach Youths

"McGill University chaplaincy . . . was invaded by a pack of greasy-haired, leather-jacketed punks," *The Gazette* of Montreal, Canada, reported. The "punks," though, were not of the usual sort. They were members of the clergy—university chaplains—and were part of what the paper called "a new wave of theologians working directly with university students seeking spiritual enlightenment."

The chaplains had dressed up as "punks" for a poster designed to advertise their services on the campus. One of them, a Presbyterian minister named Roberta Clare, explained: "We decided to do a punk poster because we want to get away from that holier-than-thou, judgmental image people often have of us."

She noted, though, that far more students than in the past are interested in studying religion in school. Many are struggling with profound questions and look to university teachers and chaplains for answers. The paper interviewed one student who was curious about why religion exerts such a powerful influence in the community, why so many religions exist, and why these seem to cause so much strife in the world. He was grappling with the real identity of Jesus Christ as well as with the question of the origin of the universe.

Do these chaplains use the Bible to help the students find God's answers to such profound questions? Rarely, it seems. These New Wave theologians agreed among themselves not to proselytize, which they view as "sheep-stealing."

Well-intentioned though they may be, such clerics have strayed far afield from the teaching methods that Christ and his followers used. Early Christians did not worry about "sheep-stealing," nor did they hold back from teaching the Word of God and helping sincere truth-seekers to understand it. (Luke 24: 44, 45; Acts 20:20) After all, accurate knowledge of Jehovah God and his Son, Jesus Christ, is required to attain everlasting life. (John 17:3) God's will is that all sorts of men should "come to an accurate knowledge of truth" in order to be saved.—1 Timothy 2:3, 4.

The work of Jehovah's Witnesses includes conducting free home Bible studies with those who wish to have their Bible questions answered. Jehovah's Witnesses in your community will be pleased to assist you.

"The Unknown Planet"

Three previously unknown species of monkeys were found in the Amazon rain forest in just two years. Worldwide, an average of three new species of birds are discovered each year. Some 1,200 species of beetles turned up in a study of 19 trees in Panama, and 80 percent of them were not known before. Notes the magazine *UNESCO Sources:* "Vast numbers of life forms remain unknown to us." For instance, "an estimated 40 percent of South America's fresh water fish remain to be classified. . . . And what will we find in the largely unexplored ocean depths?" The problem intensifies when you consider the vast numbers of smaller life forms: the bacteria, fungi, nematodes, arachnids, insects, and plants that have yet to be discovered. Just "one gram of tropical soil, for example, can contain up to 90 million bacteria and microbes." Some estimate that the number of species on earth may be "as high as 200 million," says *UNESCO Sources.* Despite extensive exploration, earth still remains "the unknown planet."

Canada's Rapid Change of Values

"In less than a generation, Canadians—both English and French—have rejected the authority of the church, the state and the monopolies and oligopolies that used to provide comfort and order in the marketplace and in society," reports *The Toronto Star.* Why? They want immediate material gratification. There is an attempt to "have it all" now. "The Judeo-Christian moral code has been replaced by secular humanism, Catholic orthodoxy by material hedonism. Few are willing to defer gratification to the next life, let alone one's old age," adds the *Star.* God is no longer viewed as a supernatural being. Thus, there is no fear, no guilt. Spiritual interests suffer as all efforts are directed toward maximizing the rewards of the material world.

20th-Century Foresight

Could anyone living in the last century have imagined such modern-day developments as automobiles, mass transportation, electronic music, and fax machines? In 1863, French novelist Jules Verne, well-known for such works as *Around the World in 80 Days* and *20,000 Leagues Under the Sea,* predicted those developments and more in a



previously unpublished novel entitled *Paris in the 20th Century.* Although Verne's publisher rejected it as being too farfetched and unbelievable, the recently discovered work paints an amazingly accurate picture of life in our 20th century, including advanced weaponry, the electric chair, pollution, and traffic jams. Verne foresaw a harried population that had lost interest in past classical achievements and culture, a society enslaved by commercialism and addicted to technology. The Paris *International Herald Tribune* noted: "Not only did Verne predict many feats of modern technology, but he also discerned some of the most frightening consequences."

Japan's Crime Surge

Japan, until recently considered relatively crime free, is experiencing a surge in crime that police blame on the recession, increased gun smuggling, and the dwindling power of organized crime. According to police official Takaji Kunimatsu, gun-related crimes have reached record levels and, if unchecked, will "shake the foundation of public order" in Japan. According to the *Mainichi Daily News,* crimes committed by "ordinary people" are also on the rise, caused in part by "the unrelieved stress from congested urban living." To help city dwellers survive, sociology professor Susumu Oda made the following suggestions: Maintain minimal courtesies, such as acknowledging greetings, saying "excuse me" when appropriate, and smiling "to diffuse any perceptions of enmity." Learn the art of polite refusal. Make a habit of using the security chains on doors. Regard the police as allies. And "do not regard martial arts training as being a means of protecting yourself from crime—it is more likely to get someone badly injured."

Blood Transfusion Risks

"Canada's blood supply could be scrutinized a millennium from now and blood transfu-

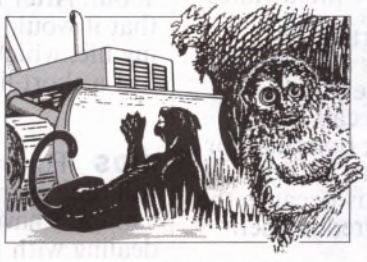
sion risks would still exist," reported *The Toronto Star.* Testifying before a commission investigating the safety of Canada's blood supply, Dr. William Noble of St. Michael's Hospital said: "They (the risks) exist and they will always exist." The blood transfusion risks include "everything from allergic reaction to contracting AIDS from donated blood," says the *Star.* Experts in administering blood transfusions claim that more and more patients today are worried about contracting AIDS from blood. Says Dr. Noble: "There never is a day that goes by that we don't have a conversation concerning 'Should I give a transfusion or should I not?'"

Bear Parts

"Illegal trafficking in black bear parts from Canada can be more lucrative than participating in the international drug trade," claims *The Toronto Star.* There is an unusual demand for the gallbladder and paws of the black bear by practitioners of traditional medicine in the wealthier countries of Asia, such as China, South Korea, Japan, Taiwan, and Hong Kong. "A California enforcement official has estimated the 'street value' (the cost to the end user) of a kilogram of bear bladder in Asia escalated to more than $1 million (U.S.) by the time the bile was 'stepped on' (diluted) with bile from cows or pigs," adds the *Star.* "By comparison, the street value of cocaine in Metro Toronto has been estimated at $100,000 per kilogram." Endangered species specialist Carole Saint-Laurent, of the World Wildlife Fund/Canada, says: "It is an enormously big business." There is fear that the demand for bear parts will continue to escalate. The bear population has already been largely wiped out in Asia.

Brazil's Endangered Species

"Brazil has three times more tropical forests than any other country, is the world's leader in biological diversity, and still has the most varied fauna of mammals, 460 species, in its territory," says the newspaper *O Estado de S. Paulo.* "But Brazil is also the leader of endangered species, 310, of which



58 are mammals." Although no mammal so far has become extinct, "12 percent of the Brazilian mammals are in danger," such as "the lion tamarin, which exists only in Brazil." Some endangered species "live in such restricted areas that any interference in their habitat can lead to their extinction." According to the newspaper, a species is considered extinct if 50 years pass without any specimen being found in the wild.

People on the Planet

According to statistics by UNFPA (United Nations Population Fund), the number of people on the planet reached 5.66 billion in mid-1994. Projections estimate that figure to increase to 6 billion by 1998, 8.5 billion by the year 2025, and 10 billion by 2050, with nearly all the growth occurring in Asia, Africa, and Latin America. Africa, with an annual population growth rate of 2.9 percent, is the fastest growing region in the world. Europe is lowest—0.3 percent. UNFPA also states that by the turn of the century, just five years from now, half of the world's people will live in urban areas. By then, 300 cities in developing countries will contain over one million people, compared with 125 cities today.

Quality Relationships the Key

"It's the kind of relationship adolescents have—and not the type of family—that predicts whether adolescents will use drugs or have behavior problems," states *The Toronto Star.* A study by the Addiction Research Foundation of 2,057 youths in Ontario revealed that "the nature of family relationships has a stronger influence than the structure of the family itself," said scientist Ed Adlaf. Adolescents in good family relationships, even though with adoptive or stepparents or single mothers, fared better than those in intact families where poor relationships existed. "Those who regularly talk about their problems with parents had the lowest rates of delinquency," said the *Star.* "Those who never talk with either parent about problems had the highest rates of heavy drinking, drug use and delinquency." How much time adolescents spend with their families, the quality of the relationships, and whether or not parents keep track of their children's whereabouts and activities are primary factors in reducing problems. Said Adlaf: "It is important to spend time and make some time with children."

FROM OUR READERS

Supportive Parents A very special thank you for the series "Parents—Be Supportive!" (August 8, 1994) Recently, the principal of my youngest daughter's school discussed the matter of good parent-teacher communication with a group of parents. I took the magazine to the principal, and she read it immediately. Two weeks later my daughter brought me the monthly school newsletter. The portion of the article on good communication had been reprinted so that the whole community could benefit from the information.

W. B., United States

Wholphins I enjoyed the article "A Whale? A Dolphin?—No, It's a *Wholphin!*" (February 22, 1994), about the dolphin/whale hybrid. At the end you call this a "glimpse into the astonishing potential for variety that God has built into his creation." I took exception to this because the mating would not have occurred in their normal environment.

K. G., United States

We did not mean that such a mating was normal or that God was responsible for it. Nevertheless, man cannot be given the credit for the existence of such a fascinating creature. Hybrids exist only because of the "potential for variety that God has built into his creation." Our article thus gave God due credit. —ED.

Thrill Sports In the article "Young People Ask . . . Thrill Sports—Should I Take a Chance?," you did well in warning youngsters of the possible dangers of bungee jumping. (July 8, 1994) Less than a week after I read it, the British Broadcasting Corporation reported that four youths suffered severe eye damage because of bungee jumping. Thank you for your wonderful magazine.

D. F., England

The article on death-defying sports left me feeling wide awake! I once climbed a steep rock cliff and found myself unable to go backward or forward. To this day I shudder at how close I came to dying. What a stupid waste it would have been!

L. T., United States

I appreciated the article very much. Where I live, the kids participate in many of these thrill sports. They are always trying to get me to join them. In the news, though, I often see reports of people dying or getting seriously hurt from the same supposedly fun sports that they tell me about. After reading the article, I realized that it would be unwise for me to endanger my life, which Jehovah God gave me, for just a short-lived thrill.

J. S., United States

AIDS For over three years I served as a full-time evangelizer. Now, however, I cannot. I have AIDS. Thank you for openly dealing with this difficult subject in the article "Helping Those With AIDS." (March 22, 1994) I can see that you have everyone's interests at heart. It seems, though, that many have missed the parts of the article that encouraged sympathy for the afflicted and have focused on the mentioned "reasonable precautions." It's as if the article gave some a license to be standoffish. I can't help but wonder what will happen when I'm much worse and really need the love and support of my brothers. Will some refuse to visit me because they're afraid of contracting the virus?

M. N., United States

We appreciate these candid comments. It was not our intent to discourage the giving of support to AIDS victims. Indeed, we stated: "Based on the current consensus, casual contact does not transmit AIDS. . . . One need not be unduly fearful of being around people with AIDS." The suggested precautions can help others to feel a measure of protection as they deal compassionately with AIDS victims.—ED.

Nature's Tears

IT IS early morning, and the air is cool and still. Every leaf and blade of grass shimmers with droplets, glittering in the first light of day. In a way, it seems as if the greenery has shed tears of joy in greeting the sunrise. Little wonder that dew has inspired poets—and photographers.

However, dew does more than refresh the human spirit. This atmospheric phenomenon, common all over the planet except in the polar regions, is a blanket of life-sustaining moisture. Jehovah God has so designed the atmosphere that when it cools during the night under certain conditions, it reaches what is known as the dew point. This is the temperature at which the air can no longer hold on to its moisture and deposits it onto surfaces that are cooler than the surrounding air. Through their leaves, thirsty plants have been known to absorb as much as their own weight in dewdrop water, much of which they expel through their roots for storage in the soil.

In Bible lands, where there is a long dry season, dew may at times be virtually the only source of water for plants. Thus in the Bible, dew is often associated with the yield of crops—and the lack of dew, with famine.

Dew can also have a more personal meaning. In his farewell song to God's people, Moses wrote: "My instruction will drip as the rain, my saying will trickle as the dew, as gentle rains upon grass and as copious showers upon vegetation." (Deuteronomy 32:2) Moses spoke words that were life-giving like dew. Since he was the meekest of men, it is certain that he was habitually gentle and considerate in his speech as well. (Numbers 12:3) Like dew or gentle rain, his words nourished without causing damage.

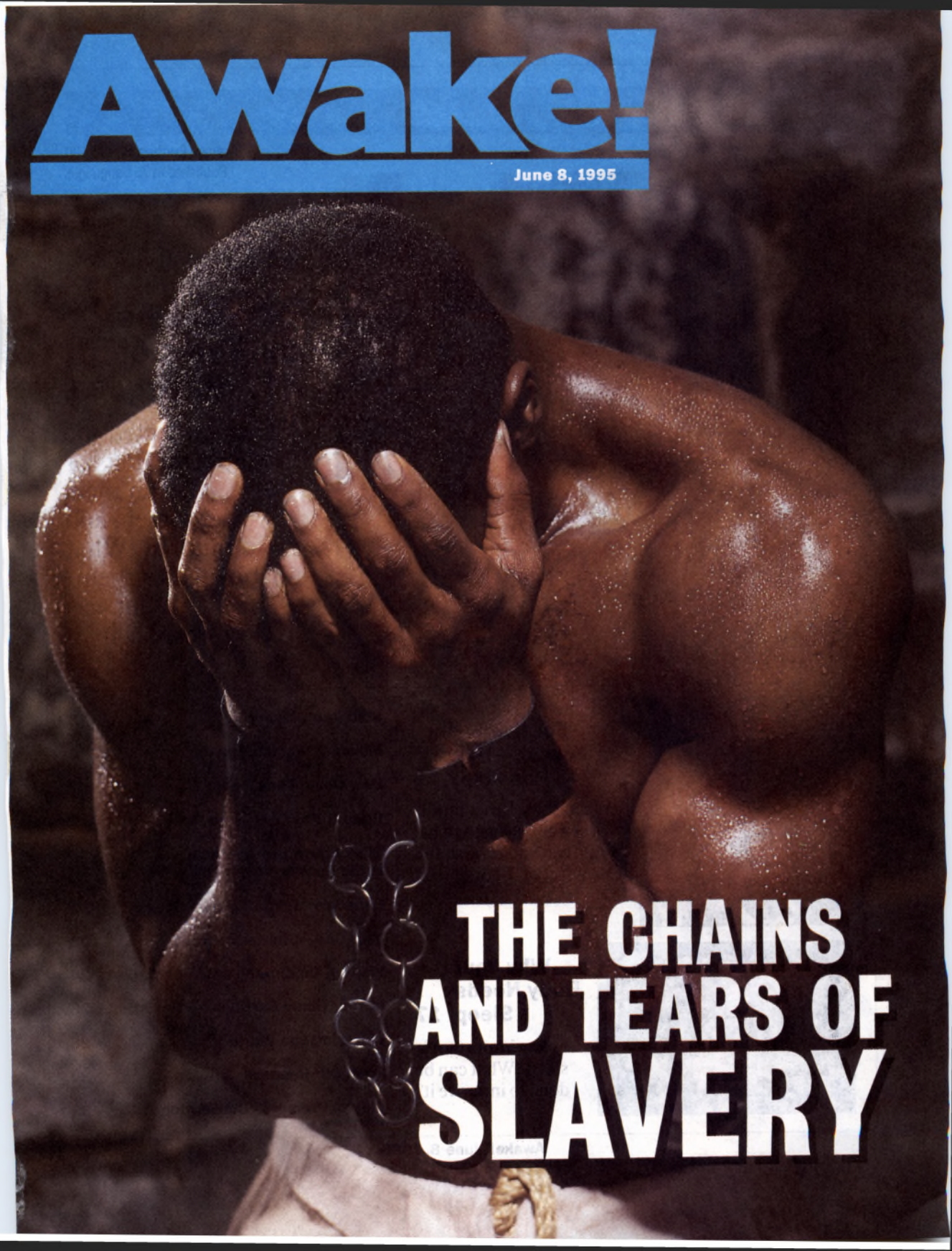
The next time you wonder at the gentle beauty of the morning dew—nature's own tears—you may want to ponder the awesome wisdom of dew's Creator.





Awake!

June 8, 1995



THE CHAINS AND TEARS OF SLAVERY

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The Chains and Tears of Slavery 3-8

Slavery affected the lives of millions of African men, women, and children. What happened to them? Who was responsible?



Forgive and Forget—How Possible? 9

When someone commits a serious wrong against you, can you forgive and forget? Should you?



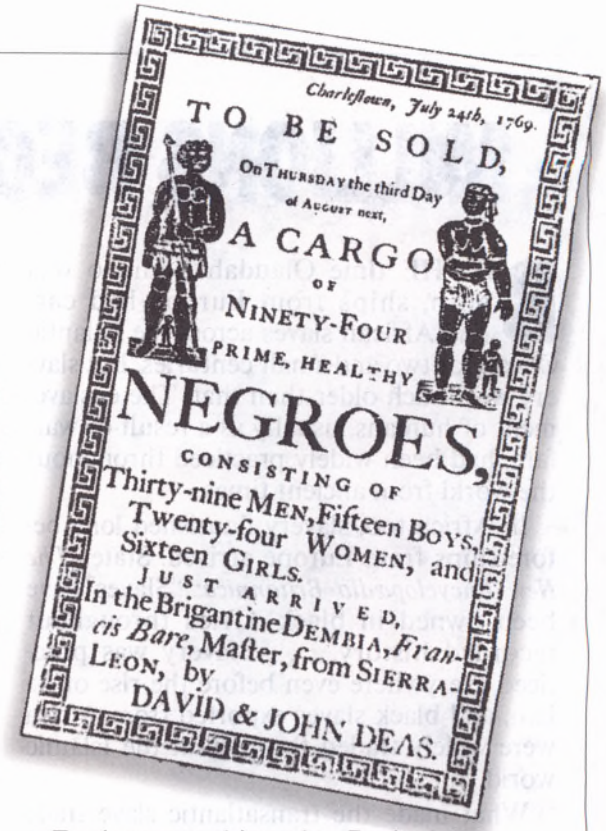
Why Your Body Needs Sleep 17

How important is sleep? What can be done to improve it?

Sold Into Slavery	3
Millions Become Slaves	4
How Could They Do It?	7
Does It Pay to Go Into Debt?	12
Bible Literature Appreciated in the Former Soviet Union	15
Canada's "Tainted Blood" Inquiry	20
Your Car—Shelter or Trap?	23
Visiting Omdurman's Camel Market	24
Is Your Home Earthquake Resistant?	26
Watching the World	28
From Our Readers	30
"Joyful Praisers" Convention	32

SOLD INTO SLAVERY

By *Awake!* correspondent in Africa



OLAUDAH EQUIANO was born in 1745 in what is now eastern Nigeria. Life in his village was typical of the times. Families worked together to cultivate corn, cotton, yams, and beans. Men herded cattle and goats. Women spun and wove cotton.

Equiano's father was a distinguished clan elder and judge in the community. It was a position that Equiano was in line to inherit one day. That never happened. Equiano, when a boy, was kidnapped and sold into slavery.

Sold from trader to trader, he did not meet Europeans until he reached the coast. Years later, he described his impressions: "The first object which saluted my eyes when I arrived on the coast was the sea, and a slave ship which was then riding at anchor and waiting for its cargo. These filled me with astonishment, which was soon converted into terror when I was carried on board. I was immediately handled and tossed up to see if I were sound by some of the crew, and I was now persuaded that I had gotten into a world of bad spirits and that they were going to kill me."

Looking about him, Equiano saw "a multitude of black people of every description chained together, every one of their countenances expressing dejection and sorrow." Overwhelmed, he fainted. Fellow Africans revived him and tried to comfort him. Equiano says: "I asked them if we were not to be eaten by those white men."

Equiano was shipped to Barbados, then to Virginia, and later to England. Purchased by a ship's captain, he traveled widely. He learned to read and write, eventually bought his freedom, and played a leading role in the movement to abolish slavery in Britain. In 1789 he published the story of his life, one of the few accounts (and possibly the best) written about the slave trade by an African victim of it.

Millions of other Africans were not so fortunate. Torn from their homes and families, they were shipped across the Atlantic in conditions of great cruelty. They, along with the children they bore, were bought and sold like cattle and forced to toil without pay to increase the wealth of strangers. Most had no rights and could be punished, abused, or even killed at the whim of their owners. For most of those oppressed, the only deliverance from slavery was death.

MILLIONS BECOME SLAVES

BY THE time Olaudah Equiano was born, ships from Europe had carried African slaves across the Atlantic Ocean for two and a half centuries. But slavery was much older than that. The enslavement of humans, usually as a result of warfare, had been widely practiced throughout the world from ancient times.

In Africa too, slavery flourished long before ships from Europe arrived. States *The New Encyclopædia Britannica:* "Slaves have been owned in black Africa throughout recorded history. . . . Slavery was practiced everywhere even before the rise of Islām, and black slaves exported from Africa were widely traded throughout the Islāmic world."

What made the transatlantic slave trade different was its scale and duration. According to the best estimates, the number of slaves that crossed the Atlantic Ocean from the 16th to the 19th century was between 10 million and 12 million.

The Triangular Route

Soon after the voyage of Christopher Columbus in 1492, European colonists established mining operations and sugar plantations in the Americas. In addition to enslaving the local people, Europeans began to import slaves from Africa.* The shipping of slaves across the Atlantic began as a trickle in the mid-1500's, but by Equiano's day, in the mid-1700's, it had become a flood —about 60,000 captives each year.

Ships from Europe generally followed a triangular route. First they traveled south from Europe to Africa. Next they sailed the middle passage (the middle link in the triangle) to the Americas. Finally they sailed back to Europe.

At each point of the triangle, captains traded. Ships set out from European ports heavily laden with goods—textiles, iron, guns, and alcohol. Upon reaching the western coast of Africa, captains exchanged these wares for slaves supplied by African dealers. The slaves were crammed into the ships, which then set sail for the Americas. In the Americas, the captains sold the slaves and then loaded goods produced by slave labor—sugar, rum, molasses, tobacco, rice, and, from the 1780's, cotton. The ships then sailed back to Europe, the final leg of the journey.

For the European and African traders, as well as for colonists in the Americas, the

* The main European nations directly involved in the transatlantic trade were Britain, Denmark, France, the Netherlands, Portugal, and Spain.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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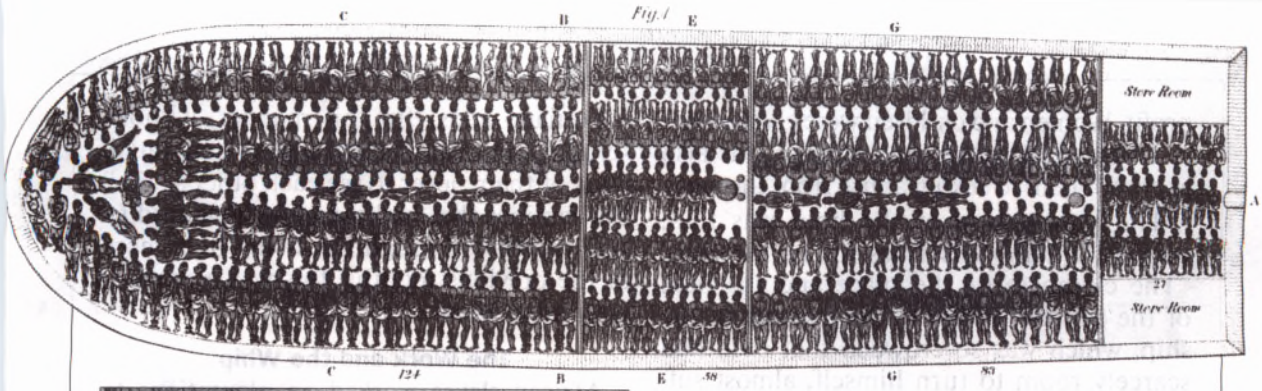

Schomburg Center for Research in Black Culture / The New York Public Library / Astor, Lenox and Tilden Foundations

As many slaves as possible were packed into the hold



Culver Pictures

The dead were thrown overboard

trade in what they called live cargo meant business, a means to make money. For those who were enslaved—husbands and wives, fathers and mothers, sons and daughters—the trade meant brutality and horror.

Where did the slaves come from? Some were kidnapped, as was Olaudah Equiano, but most were captured in wars fought between African states. The suppliers were African. Historian Philip Curtin, a specialist on the slave trade, writes: "Europeans soon learned that Africa was far too dangerous to their own health to make direct slave raiding possible. Enslavement came to be a function performed by Africans alone . . . The stream of people fed into the slave trade at its point of origin were mainly captives."

The Middle Passage

The journey to the Americas was a terrifying experience. Marched to the coast fettered in groups, Africans languished, sometimes for months, in stone forts or in smaller wooden compounds. By the time a slaving ship arrived bound for the Americas, the captives were often already in poor health from the abuse they had suffered. But worse was to come.

After being dragged aboard ship, stripped naked, and examined by the ship's surgeon or captain, the men were shackled and taken below deck. Shipmasters packed as many slaves as possible into the hold to maximize their

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profit. Women and children were given greater freedom of movement, though this also exposed them to sexual abuse from the crew.

The atmosphere of the hold was foul, putrid. Equiano describes his impressions: "The closeness of the place and the heat of the climate, added to the number in the ship, which was so crowded that each had scarcely room to turn himself, almost suffocated us. This produced copious perspirations, so that the air soon became unfit for respiration from a variety of loathsome smells, and brought on a sickness among the slaves, of which many died . . . The shrieks of the women and the groans of the dying rendered the whole a scene of horror almost inconceivable." Captives had to endure such conditions throughout the crossing, which took about two months, sometimes longer.

In the appallingly unhygienic conditions, disease flourished. Epidemics of dysentery and smallpox were frequent. Mortality was high. Records suggest that until the 1750's, 1 in 5 Africans on board ship died. The dead were thrown overboard.

Arrival in the Americas

When the slave ships neared the Americas, the crew prepared the Africans for sale. They loosed the captives from their chains, fattened them up, and rubbed them with palm oil to make them look healthy and to disguise sores and wounds.

The captains usually sold their captives by auction, but sometimes they organized a "scramble," which required buyers to pay a fixed price beforehand. Equiano writes: "On a signal given, (as the beat of a drum) the buyers rush at once into the yard where the slaves are confined, and make choice of that parcel they like best. The noise and clamour with which this is attended and the eagerness visible in the countenances of the buyers serve not a little to increase the apprehensions of the terrified Africans."

Equiano adds: "In this manner, without scruple, are relations and friends separated, most of them never to see each other again." For families that had somehow managed to stay together through the living nightmare of the previous months, this was a particularly bitter blow.

The Work and the Whip

African slaves worked on plantations to produce coffee, rice, tobacco, cotton, and especially sugar. Others labored at mining operations. Some worked as carpenters, metalworkers, watchmakers, gunsmiths, and sailors. Still others were domestic workers —servants, nurses, dressmakers, and cooks. Slaves cleared land, constructed roads and buildings, and dug canals.

Yet, despite the work that they did, slaves were regarded as property, and by law a master had absolute rights over his property. Slavery, however, did not survive merely by the denial of rights and freedoms. It survived by the lash. The authority of owners and their supervisors depended on their ability to inflict pain. And they inflicted plenty of that.

To discourage rebellion and to keep their slaves in check, owners administered degrading physical punishment for even minor offenses. Equiano writes: "It was very common [in the West Indies] for the slaves to be branded with the initial letters of their master's name, and a load of heavy iron hooks hung about their necks. Indeed on the most trifling occasions they were loaded with chains, and often instruments of torture were added. The iron muzzle, thumbscrews, etc. . . . were sometimes applied for the slightest faults. I have seen a negro beaten till some of his bones were broken for even letting a pot boil over."

Sometimes the slaves chose to revolt. Most revolts, though, were unsuccessful and were punished with ruthless ferocity.

HOW COULD THEY DO IT?



HOW did people justify the slave trade? Historians point out that until the 18th century, few questioned the morality of slavery. The book *The Rise and Fall of Black Slavery* observes: "At the time when Columbus stumbled on the West Indies, neither the church nor the writings it accepted had given future settlers an indication that their use of forced labour could be considered immoral, though isolated

churchmen had hinted at misgivings. . . . There was no suggestion that the institution of slavery, entwined as it was with the whole of European society, should be challenged."

After the transatlantic trade was in full swing, many clergymen used religious arguments to support slavery. The book *American Slavery* states: "Protestant ministers [in America] played a leading role in the defense of slavery . . . Probably the most widespread and effective religious argument was the simple suggestion that slavery was part of God's plan to expose a hitherto heathen people to the blessings of Christianity."

But the often cruel and vicious treatment meted out to slaves required more justification than the pretense of offering "the blessings of Christianity." So colonial masters as well as writers and philosophers in Europe told themselves that blacks were not the same as whites. Edward Long, a planter who was to write *History of Jamaica,* observed: "When we reflect on the nature of these men, and their dissimilarity to the rest of mankind, must we not conclude that they are of a different species?" The consequences of such thinking were expressed by a governor of Martinique: "I have reached the stage of believing firmly that one must treat the Negroes as one treats beasts."

Eventually economic self-interest and humanitarian concerns worked to end the transatlantic slave trade. From the beginning African people resisted their enslavement, and by the late 18th century, rebellions were common. Fearful owners found their situation increasingly precarious. They also came to question whether, instead of supporting slaves, it might be cheaper to buy labor when it was needed.

At the same time, moral, religious, and humanitarian arguments against slavery found growing support in Europe and the Americas. Abolition movements became strong. Despite the legal abolition of the slave trade in many countries from the year 1807 onward, the effects of slavery remained.

A television series, *The Africans: A Triple Heritage,* poignantly gave voice to the sons and daughters of Africa: "Long before slave days, we lived in . . . Africa. And then strangers came and took some of us away. Today, we are scattered so widely that the sun never sets on the descendants of Africa." The presence of millions of people of African descent in North and South America, the Caribbean, and Europe is an obvious result of the slave trade.

People still debate the question of who bears the blame for the transatlantic slave trade. Basil Davidson, a specialist in African history, writes in his book *The African Slave Trade:* "Africa and Europe were jointly involved."

"Let Your Kingdom Come"

There is something to be learned—something that concerns human rulership. The wise man wrote: "I considered all the oppressive deeds which were done under the sun,—and lo! the tears of the oppressed, and they have no comforter, and on the side of their oppressors is power."—Ecclesiastes 4:1, *Rotherham.*

Sadly, those words, written long before the African slave trade began, continue to ring true today. The oppressed and the oppressors are still with us, and in some lands so are the slaves and their masters. Christians know that soon, by means of God's Kingdom government, Jehovah "will deliver the poor one crying for help, also the afflicted one and whoever has no helper." (Psalm 72:12) For that reason and others, they continue to pray to God: "Let your kingdom come."—Matthew 6:10.

Forgive and Forget—How Possible?

"I SHALL FORGIVE THEIR ERROR,
AND THEIR SIN I SHALL REMEMBER NO MORE."—JEREMIAH 31:34.

THOSE words recorded by the prophet Jeremiah reveal something remarkable about Jehovah's mercy: When he forgives, he forgets. (Isaiah 43:25) The Bible further states: "Even as Jehovah freely forgave you, so do you also." (Colossians 3:13) So as Christians we should imitate Jehovah's forgiveness.

However, some important questions arise. When Jehovah forgives, does he actually not remember our sins anymore? And when we forgive, must we forget in the sense of being unable to recall? Can it be said that unless we forget in that way, we have not really forgiven?

How Jehovah Forgives

To forgive involves letting go of resentment. When Jehovah forgives, he does so completely.* The psalmist David wrote: "[Jehovah] will not for all time keep finding fault, neither will he to time indefinite keep resentful. As far off as the sunrise is from the sunset, so far off from us he has put our transgressions. As a father shows mercy to his sons, Jehovah has shown mercy to those fearing him."—Psalm 103:9, 12, 13.

The completeness of God's forgiveness is further explained at Acts 3:19: "Repent, therefore, and turn around so as to get your sins blotted out." The expression 'get blotted out' comes from a Greek verb (*e·xa·leiʹpho*) that means "wipe out, erase." (See Revelation 7:17; 21:4.) *The New International Dictionary of New Testament Theology* explains: "The image expressed by the verb here and perhaps elsewhere is most probably smoothing the surface of a wax writing-tablet for re-use ([compare] 'wiping the slate clean')." When we repent of our sins, Jehovah wipes the record clean. Does that mean that he no longer remembers our sins? Let us consider an example recorded in the Bible.

When King David committed adultery with Bath-sheba and later tried to cover it over by arranging for the death of her husband, Jehovah sent the prophet Nathan to reprove David. (2 Samuel 11:1-17; 12:1-12) With what result? David sincerely repented, and Jehovah forgave him. (2 Samuel 12:13; Psalm 32:1-5) Did Jehovah forget David's sins? Not at all! The



Joseph and his brothers

* See the article "The Bible's Viewpoint: How Complete Is God's Forgiveness?" in the December 8, 1993, issue of *Awake!*, pages 18-19.

Bible writers Gad and Nathan later recorded the whole incident in the book of 2 Samuel (completed about 1040 B.C.E.) shortly before David's death.

So the record, or memory, of David's sins —as well as the record of his repentance and subsequent forgiveness by Jehovah—lives on, for the benefit of Bible readers to this day. (Romans 15:4; 1 Corinthians 10:11) In fact, since "the saying of Jehovah [as contained in the Bible] endures forever," the record of David's sins will never be forgotten! —1 Peter 1:25.

How, then, can it be said that Jehovah wipes the slate clean when we sincerely repent of our sins? How can we understand Jehovah's words: "I shall forgive their error, and their sin *I shall remember no more*"?—Jeremiah 31:34.

How Jehovah Forgets

The Hebrew verb rendered "I shall remember" (a form of *za·khar'*) does not mean simply to recall the past. According to the *Theological Wordbook of the Old Testament,* it can mean "mention, declare, recite, proclaim, invoke, commemorate, accuse, confess." The *Theological Dictionary of the Old Testament* adds: "Quite often, in fact, [*za·khar'*] implies an action or appears in combination with verbs of action." Thus, when Jehovah says of his wayward people that he "will remember their error," he means that he will *take action* against them for their lack of repentance. (Jeremiah 14:10) Conversely, when Jehovah says, "Their sin I shall remember no more," he is assuring us that once he forgives our sins, he will not bring them up again in order to accuse, condemn, or punish us.

Through the prophet Ezekiel, Jehovah explained the sense in which he forgives and forgets: "Now as regards someone wicked, in case he should turn back from all his sins that he has committed and he should actually keep all my statutes and execute justice and righteousness, he will positively keep living. He will not die. All his transgressions that he has committed—they will not be remembered *against him.* For his righteousness that he has done he will keep living." (Ezekiel 18:21, 22; 33:14-16) Yes, when Jehovah forgives a repentant sinner, he wipes the slate clean and forgets in the sense that he will not take action against that one for those sins at some future time.—Romans 4:7, 8.

Being imperfect, we can never forgive in a perfect sense as Jehovah does; his thoughts and ways are infinitely higher than ours. (Isaiah 55:8, 9) To what extent, then, can we reasonably be expected to forgive and forget when others sin against us?

How We Can Forgive and Forget

Be "freely forgiving one another," urges Ephesians 4:32. According to lexicographer W. E. Vine, the Greek word rendered "freely forgiving" (*kha·ri'zo·mai*) means "to bestow a favour unconditionally." When offenses committed against us are minor in nature, we may have little difficulty granting the forgiveness. Keeping in mind that we too are imperfect enables us to make allowances for the shortcomings of others. (Colossians 3:13) When we forgive, we let go of resentment, and our relationship with the offender may not suffer any lasting harm. In time, the memory of any such minor offense may well fade away.

What, though, if others sin against us in a more serious way, deeply injuring us? In extreme cases, such as incest, rape, and attempted murder, forgiveness may involve a number of issues. This would be particularly true when there is no acknowledgment of the sin, no repentance, and no apology on the part of the offender.* (Proverbs 28:13) Je-

**Insight on the Scriptures,* Volume 1, page 862, says: "Christians are not required to forgive those who practice malicious, willful sin with no repentance. Such become God's enemies."—Published by Watchtower Bible and Tract Society of New York, Inc.

hovah himself does not forgive unrepentant, hardened wrongdoers. (Hebrews 6:4-6; 10:26) When a wound is deep, we may never succeed in completely putting what happened out of mind. However, we can be comforted by the assurance that in the coming new world, "the former things will not be called to mind, neither will they come up into the heart." (Isaiah 65:17; Revelation 21:4) Whatever we remember then will not cause us the deep hurt or pain that we may now feel.

In other instances we may need to take some initiative to settle matters, perhaps by talking to the offender, before we can forgive. (Ephesians 4:26) In this way any misunderstanding can be cleared up, appropriate apologies made, and forgiveness extended. What about forgetting? We may never completely put out of mind what was done, but we can forget in the sense that *we do not hold it against the offender or bring the matter up again at some future time.* We do not gossip about it, nor do we completely avoid the offender. However, it may take some time for our relationship with the offender to mend, and we may not enjoy the same closeness as before.

Consider an illustration: Suppose you confide a deeply personal matter to a trusted friend, and you later learn that he divulged it to others, to your great embarrassment or hurt. You approach him to talk things over, and he is very sorry; he apologizes and asks for forgiveness. Hearing his sincere apology, your heart is moved to forgive him. Do you easily forget what happened? Likely not; you would no doubt be very cautious about confiding in him in the future. Yet you do forgive him; you do not continually rehash the matter with him. You do not harbor resentment, nor do you gossip about it with others. You may not feel as close to him as you did before, but you still love him as your Christian brother.—Compare Proverbs 20:19.

What, though, if despite your efforts to settle matters, the offender does not admit his wrong and apologize? Can you forgive in the sense of letting go of resentment? Forgiving others does not mean that we condone or minimize what they have done. Resentment is a heavy burden to carry; it can consume our thoughts, robbing us of peace. Waiting for an apology that never comes, we may only get more and more frustrated. In effect, we allow the offending person to control our emotions. Thus, we need to forgive others, or let go of the resentment, not only for *their* benefit but also for our own so that we may get on with our life.

Forgiving others is not always easy. But when there is sincere repentance, we can try to imitate Jehovah's forgiveness. When he forgives repentant wrongdoers, he lets go of resentment—he wipes the slate clean and forgets in that he will not hold those sins against them in the future. We too can work to let go of resentment when the offender is repentant. There may, however, be instances where we are not even obligated to forgive. No victim of extremes in unjust or cruel treatment should be forced to forgive an unrepentant wrongdoer. (Compare Psalm 139: 21, 22.) But in most cases when others sin against us, we can forgive in the sense of letting go of resentment, and we can forget in the sense of not holding the matter against our brother at some future time.

IN OUR NEXT ISSUE

Is the Foretold End of the World Near?

What Does It Mean to Be Aged?

How I Benefited From God's Care

DOES IT PAY TO GO INTO DEBT?

"NEVER spend your money before you have it." Since going into debt is for many people a way of life today, does this advice given by former U.S. president Thomas Jefferson sound old-fashioned?

In many lands wages remain low in comparison with prices, and inflation eats away savings. Also, the economic climate affects people's sense of values. Yet, honesty is important. Because such things as cheating on taxes and failing to repay debts are widespread, it is indeed a challenge to maintain a good conscience. No wonder, then, that the economy is often the talk of the day, and stories on saving or making money abound in newspapers and magazines and on television as people try to figure out how to deal with economic complexities. At the same time, you are rightfully concerned about how to provide for yourself and your family.—1 Timothy 5:8.



Thomas Jefferson

Painting by Gilbert Stuart. Courtesy Bowdoin College Museum of Art/*Dictionary of American Portraits*/Dover

Since relatively few people enjoy economic stability, what can you do to avoid hardships for your family? For one thing, there is a vital lesson to keep in mind.

Avoid Too Much Debt

Why do some go into debt? Borrowing is not always due to a dire situation, such as illness. The desire to possess certain material things may be very strong. On the other hand, the inducement to go into debt may not in itself be wrong. In fact, it may be better to pay a mortgage on a house than to pay rent, or it may be necessary to buy a car. A breadwinner wants his family to be happy. He wants to be a success as a husband and father. Likely, he feels that his family is entitled to enjoy many of the material things that others possess.

Admittedly, it may be tempting to borrow money to purchase a desired but nonessential item. Acquiring things makes one feel good, does it not? Who does not enjoy a beautiful dress, a new pair of shoes, or even something like a brand-new car? And who would not like to have a more attractive home? Yet, beware! Businessmen can be persuasive, and a lot of money is made selling items to people who do not need them and cannot afford them.

Remember, too, that keeping up on payments can cause a strain on family relationships. Disagreement and bitterness may result. Playwright Henrik Ibsen was right when he said: "Home life ceases to be free and beautiful as soon as it is founded on borrowing and debt." If



Going heavily into debt can put a strain on your marriage

you do not make your payments on time, your good name may be tarnished. Since it is much easier to spend the borrowed money than to pay it back with interest, many discover that what they bought does not bring the joy they had anticipated.

Commonly, governments persist in borrowing more and more, increasing their interest payments. Although this may be normal, why imitate the debt-ridden nations? Rather than creating riches for the people, too much debt can increase poverty and insecurity. As a Danish proverb puts it, "it is hard to pay for bread that has been eaten."

Happily, stress due to the burden of debt decreases greatly when you learn to spend wisely. So take the time to plan your shopping carefully to avoid pressures to borrow. Even in countries with hyperinflation, there are ways to save money—by shopping for bargains and by buying only necessities. It requires living within your means, being willing to wait or to do without.

Ask yourself: Will my going into debt cause hardship for my family? What about my reputation if I cannot repay the loan? It may take a long time to be trusted again! In this regard, practical, solid counsel is available. Why not examine the Bible to see whether it can help you and your family to deal with the matter of debt?

Can the Bible Help You?

Most important, the Bible can help all of us to cultivate implicit trust in Jehovah. Surely we need help in these "times hard to deal with." (2 Timothy 3:1) We are admonished: "Let your manner of life be free of the love of money, while you are content with the present things. For he has said: 'I will by no means leave you nor by any means forsake you.' So that we may be of good courage and say: 'Jehovah is my helper; I will not be afraid. What can man do to me?'" (Hebrews 13:5, 6) How vital it is to develop strong faith in God as our Provider!

Although the Bible does not tell each person how to make a living, it does provide sound guidelines. Jesus Christ urged his listeners to care first for their spirituality: "Happy are those conscious of their spiritual need." (Matthew 5:3) We are also told to set goals: "Make it your aim to live quietly and to mind your own business and work

with your hands, just as we ordered you; so that you may be walking decently as regards people outside and not be needing anything." (1 Thessalonians 4:11, 12) To live quietly and enjoy a measure of tranquillity, does it not require living within our means?

God's Word can help us to adjust our thinking. The writer of Proverbs showed a balanced viewpoint in requesting of God: "Give me neither poverty nor riches. Let me devour the food prescribed for me, that I may not become satisfied and I actually deny you and say: 'Who is Jehovah?' and that I may not come to poverty and I actually steal and assail the name of my God." (Proverbs 30:8, 9) So do not feel ashamed if you have to get along with a little less, at least temporarily. Never let your happiness depend on material things, as many do, comparing themselves with others or unduly worrying about material possessions. —Matthew 6:31-33.

In addition, the Bible can help you to cultivate good habits. Learn to be thrifty without being stingy, finding satisfaction in the things you can afford. If you are a youth, do not expect to get instantly what adults have obtained by years of work. Avoid being enslaved by materialism. Aptly, the Bible warns us about, not money, but "the love of money," saying: "Those who are determined to be rich fall into temptation and a snare and many senseless and hurtful desires, which plunge men into destruction and ruin. For the love of money is a root of all sorts of injurious things, and by reaching out for this love some have been led astray from the faith and have stabbed themselves all over with many pains." (1 Timothy 6: 9, 10) How essential that you recognize the difference between what you really need and what you merely want!

Do you feel, however, that your income is too low? True, it is not easy to bear privations without becoming frustrated. Nevertheless, be willing to go without some nonessentials rather than going into debt for them, which may cause you heavy burdens and even financial loss. Plan carefully, and be economical. You may get practical suggestions by talking with an experienced friend. Would it help to learn a new skill? Remember: Following Bible principles, putting spiritual matters first, and trusting fully in Jehovah are vital—whatever the circumstances.—Philippians 4:11-13.

Yes, going into debt may not pay. It has been said: "A man in debt is caught in a net." The burden of debt can be damaging to family life, health, and spirituality. Debt may make the borrower even more poor. Says Proverbs 22:7: "The rich is the one that rules over those of little means, and the borrower is servant to the man doing the lending." Hence, avoid unnecessary debt. We can still benefit from the principle involved in what the apostle Paul recommended to Christians: "Do not you people be owing anybody a single thing, except to love one another; for he that loves his fellowman has fulfilled the law."—Romans 13:8.

Regardless of the condition of the economy in your country, look forward confidently to God's new world. Soon mankind will no longer be divided into lenders and borrowers. Under God's Kingdom, no one will be poor. Jehovah's promise will come true: "He will deliver the poor one crying for help, also the afflicted one and whoever has no helper. He will feel sorry for the lowly one and the poor one, and the souls of the poor ones he will save." (Psalm 72:12, 13) Rather than struggling merely to survive, earth's inhabitants will then "find their exquisite delight in the abundance of peace." —Psalm 37:11.



Bible Literature Appreciated in the Former Soviet Union

By *Awake!* correspondent in Russia

EARLY in 1991 the then existing Soviet Union was made up of Russia and 14 other republics. Since then, the republics have become independent countries. However, Russia has a greater population than the other 14 countries combined and has well over three times the land area that they do. By September 1994, there were 117,276 of Jehovah's Witnesses in the former Soviet Union who were sharing Bible truths with their neighbors.

Today large quantities of the *Watchtower* and *Awake!* magazines in Russian are printed each month for use in the former Soviet Union. In addition, many tracts and bound books are being distributed there. That this Bible literature has been deeply appreciated is clearly seen from letters received at the Russia office of Jehovah's Witnesses near St. Petersburg.

Colorful Magazines Appreciated

A man from central Siberia wrote: "By complete chance I saw *The Watchtower* in the hands of my fellow worker. I asked her to show it to me. First I simply glanced at the bright, full-color illustrations. Then I read more and more . . . Before I realized it, I had read the magazine from cover to cover. The questions were asked in an interesting, lively, and conversational manner."

Another man from Siberia explained: "By chance I received an issue of your magazine. I do not want to flatter you, but this is the best information that I have ever read about faith."

A nurse from St. Petersburg, Russia's second-largest city, wrote: "Thank you very much for the wonderful series of articles in the January 8, 1995, *Awake!* on burnout. These articles did not take away my

problems but gave me the support for which I had been waiting and seeking."

A 17-year-old school student wrote: "I am very grateful to all who are publishing such wonderful literature. When my friends and I were leaving a movie theater, we saw a few of the magazines left on an empty seat. We picked them up.... As I read *The Watchtower,* I could not believe my eyes. Will the future really be so? Now I am reading the Gospels and trying to understand them. Your magazines very thoroughly explain what the Bible says."

A 26-year-old man said: "I am very grateful for the article 'Is Suicide the Answer?' in the April 8, 1994, *Awake!* Because of my inclination toward depression and the habit of masturbation, I have many times considered suicide. But God's Word and prayers to Jehovah held me back from ending my life. This article strengthened my belief in God's mercy and my belief that God will help me handle my problems. He sees my repentance. He wants me to live. I thank him for his support given by means of this article."

Regarding the same *Awake!* article, a 15-year-old girl explained: "This magazine has played a big role in my life. When I was eight years old, I started feeling that nobody needed me. My parents did not have time to speak with me, and I tried to solve my problems by myself. I withdrew into myself. I quarreled constantly with my relatives. Then the thought of suicide came into my mind. How happy I was to meet Jehovah's Witnesses!"

A woman from the European part of Russia said: "I once overheard a Bible discussion between two young men at a bus stop. I became interested and approached them. These young men gave me a copy of *The Watchtower.* With pleasure and interest, I read the magazine, and I want to know more about the Bible. I would like to have contact with you by means of your magazines, and I want to learn and study the Bible regularly."

Other Literature Appreciated

A young woman from the Caucasus wrote: "A woman came to our office and began telling about some kind of an assembly. I saw the joy and the enthusiasm that she had, and I became interested. The next day she gave me the book *You Can Live Forever in Paradise on Earth.* I devoured it. It was something stupendous. I felt that after wandering in darkness, I had found the door that leads to light. After seeking for so long a time, I found answers to all my questions in just one book. This is a joy that is impossible to describe."

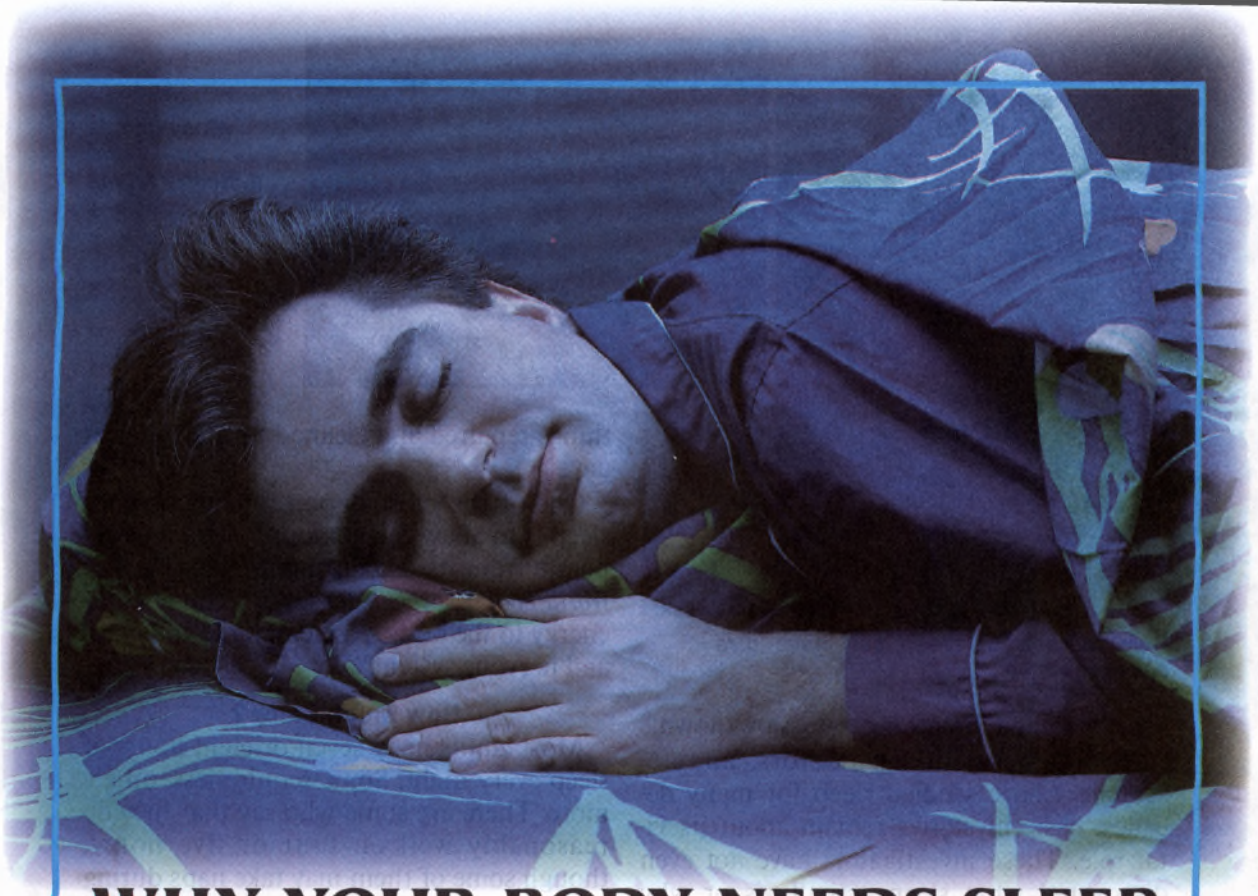
A man from Central Asia noted: "I am a parishioner of the evangelistic Good News Church. We feel an acute shortage of spiritual literature. We urgently ask you to send us books, brochures, and booklets for study and further distribution."

A person from Armenia, near the Black Sea, wrote: "I read the brochure *Does God Really Care About Us?,* and it was like a breath of fresh air. At last I have found literature that will help me to study the Bible. I kindly ask you to send me books for such a study."

A woman from Siberia said: "One of Jehovah's Witnesses visited our house and left a copy of the book *The Greatest Man Who Ever Lived.* Although I have been an atheist since school, what I read encouraged me to meditate deeply and to start studying the Bible."

A mother of two children expressed her gratitude for this same book about the life of Jesus Christ and explained: "It is understandable to children and of interest to them. It arouses a further desire to study the Bible and read religious literature. The book is splendidly published and made."

Last year, 34,608 people in the former Soviet Union showed their appreciation for what they were learning by being baptized. May the Bible-based literature published by Jehovah's Witnesses receive a full and liberal distribution in this part of the world, and may many thousands more respond to the Bible truths that it contains!



WHY YOUR BODY NEEDS SLEEP

"WHAT I would give for a good night's sleep!" That complaint is common these days. Many people constantly push themselves, and the daily stress and tension of modern life takes its toll.

Doctors, police officers, fire fighters, truck drivers, workers on rotating shifts, mothers with young children, and many others are among those who are vulnerable to being robbed of the sleep their bodies need. The millions of people who experience the frustrations associated with lack of sleep are keenly interested in knowing how to get sound, refreshing sleep.

The Role of Sleep

Sleep, or at least a period of rest, seems to be universal among living creatures. If you have had pets such as cats, dogs, or birds, you have no doubt observed that cats and dogs regularly curl up and drop off to sleep and that birds become quiet and go to sleep when darkness comes. Just about all animals, birds, and insects have a need for sleep, or at least periods of reduced activity. For humans, sleep is an absolute must.

Some people think sleep is simply a period of rest. But it is more than that. "Sleep is actually a complicated process of muscles tensing and relaxing, pulse and blood pressure rising and falling and the mind churning out its own home movies," says *The Toronto Star.* "When a person falls asleep," states *The World Book Encyclopedia,* "all activity decreases and the muscles relax. The



Many people have great difficulty falling asleep



Chronic lack of sleep can have dire consequences

heartbeat and breathing rate slow down."

Although scientists, doctors, and researchers have studied sleep for many decades, basic mysteries remain about its vital role. These investigators have not even discovered what sleep actually is or why we sleep. Says Dr. Eliot Phillipson of

Most adults need seven or eight hours of sleep every night

the sleep research laboratory at Toronto's Queen Elizabeth Hospital: "We don't know the critical biological events that occur in sleep that restore us."

During sleep, changes occur in the body that affect our immune system. Body parts relax and get rest, counteracting the wear and tear of the day's activity. The general clean-up work carried on through the bloodstream operates efficiently, and the chemical balance is restored. So sleep may be compared to a night crew that comes in to get things repaired and cleaned up for the next day.

One of the most important functions of sleep is to allow the nervous system to recuperate from its use during the day. As *The World Book Encyclopedia* says, "sleep restores energy to the body, particularly to the brain and nervous system."

How Much Sleep?

Most adults need seven or eight hours of sleep every night. Some require less, others more. There are some who say that they do reasonably well on four or five hours, though some of them may take naps during the day. Infants need much more sleep than adults.

Particularly when people get older, they may find that they awaken several times during the night. Some may feel that this is a sign of the onset of serious sleep problems. However, while older people may not have the same quality of sleep that they did when they were younger, experiments have shown that waking up a few times during the night is not a cause for alarm. Usually, the waking time for most who do this is brief, perhaps only a few minutes, before they fall asleep again.

No matter what one's age is, though, one should not expect to have the same soundness of sleep all night. Sleep works in cycles of deeper sleep alternating with lighter sleep. In the course of a night, a person may have a number of these cycles.

Dangers From Lack of Sleep

"Researchers are becoming increasingly concerned about the number of people who get far too little sleep. Chronic lack of sleep, they warn, can have dire consequences both for ourselves and the people around us," reports *The Toronto Star.*

"People deprived of sleep lose energy and become quick-tempered. After two days without sleep, a person finds that lengthy concentration becomes difficult. . . . Many mistakes are made, especially in routine tasks, and attention slips at times. . . . People who go without sleep for more than three days have great difficulty thinking, seeing, and hearing clearly. Some have periods of *hallucinations,* during which they see things that do not really exist," relates *The World Book Encyclopedia.*

Tests have found that after four days of sleeplessness, a test subject could perform only a few routine tasks. Those tasks requiring attention or even minimum mental agility became unbearable. Loss of concentration and mental agility were not the worst factors. After four and a half days, there were signs of delirium, and the person's visual world became quite grotesque.

Lack of sleep can lead to major problems. More than one sleepy person has fallen asleep at the wheel while driving a car and has become involved in a fatal accident. Sleeplessness can also lead to family and marriage problems, since persistent lack of sleep makes one more irritable and harder to get along with. Getting a good night's sleep is more important than some may realize.

Getting a Good Night's Sleep

Sleep specialist Dr. Jeffrey J. Lipsitz of the Sleep Disorders Centre of Metropolitan Toronto suggests the following for getting a good night's sleep. Sleep in secure, quiet, dark surroundings and on a comfortable bed. Do not nap late in the day, even if you slept poorly the night before; try to stay awake and to go to bed at your usual time. Avoid caffeine before bedtime. Do not use the bed for reading or watching TV. Avoid heavy exercise and large meals just before bedtime. Maintain regular sleeping hours, as this will help the body acquire a constant sleep-wake rhythm.

Get into the routine of winding down before you go to bed. Avoid doing things that may tend to get you wound up and wider awake. For instance, avoid exciting movies, TV programs, or reading material. Having stimulating discussions just before going to bed may also tend to keep you awake.

For some, taking a warm (not hot) bath or reading light material that is not stimulating is helpful. So may be sleep-inducing helps, such as warm milk, buttermilk, a *little* wine, or herb teas of hops, mint, or chamomile—but not teas with caffeine.

It is generally agreed, however, that just winding down before going to bed may not be enough in itself. A sound, balanced life with regular exercise and that is free from the anxieties and frustrations caused by greed, jealousy, hostility, and ambition contributes to the ability to get a good night's sleep. So does a life free from overindulgence in food and drink and a life free from the unhappiness caused by immorality.

Satisfying our spiritual need can play an important role in getting sound, restful sleep. It will help us to understand the complex world in which we live and to pursue a balanced, satisfying way of life. A wise servant of God encourages us to develop insight and to hold on to the wisdom of Jehovah, for this will lead to "a pleasant and happy life." Then he adds: "You will not be afraid when you go to bed, and you will sleep soundly through the night."—Proverbs 3:21-24, *Today's English Version.*

CANADA'S "TAINTED BLOOD" INQUIRY

By *Awake!* correspondent in Canada

VICTIMS of contaminated blood in Canada are dying from AIDS in growing numbers. Why the increase? More than a thousand Canadians contracted the AIDS virus from "tainted blood" and blood products in the 1980's. These disturbing facts moved the federal government to set up a Commission of Inquiry on the Blood System in Canada. A public inquiry would determine the safety of Canada's blood system.

One of the country's most highly respected senior judges was named commissioner of the inquiry. The commission is holding hearings across Canada. Hearings began in Toronto on February 14, 1994, and the Honorable Mr. Justice Horace Krever of the Ontario Court of Appeal was commissioned to report his findings in due course and to recommend improvements.

CANPRESS PHOTO SERVICE (RYAN REMIROZ)



Justice Horace Krever, head of the commission

A bereaved mother whose son died of AIDS from contaminated blood appealed to the judge: "They took my son and all I got was this inquiry. Please make it count." She was anxious to see that a thorough investigation would be made so that the necessary steps would be taken to avoid the dangers associated with blood transfusions. She was not the only mother who lost a son in death from tainted blood. The commission heard heartbreaking testimony concerning this tragedy that shattered the lives of many Canadians.

Headlines in Toronto's *Globe and Mail* have reported: "Anger, Tears as Victims Tell of Blood Horror"; "Blood Inquiry Hears Chilling Testimony"; "Ignorance of MDs Detailed"; and "Officials Judged AIDS Risk to Be Tiny, Blood Inquiry Told."

Victims who contracted HIV from blood have said they were not warned about the risks. In several cases they did not know they had received a blood transfusion until they learned they were infected with the AIDS virus.

A teenager with AIDS got HIV from a blood transfusion during open-heart surgery when he was three years old. An HIV-positive man with mild hemophilia used blood products prior to 1984 at a time when he was playing hockey. He would have changed his life-style had he known the risks. A mother was transfused with HIV-contaminated blood in 1985, and now she, her husband, and their four-year-old daughter are all infected.

There have been heartbreaking accounts of people infected from only one or two units of blood. "Just to put a little red in his cheeks," said one woman bitterly of the transfusion that infected her husband with HIV. Now she has the virus too.



William and Margaret Hall drove 230 miles to appear before the Commission of Inquiry

As more witnesses testified, attention has turned to another tragedy of great proportions—hepatitis from blood. According to *The Globe and Mail,* it is estimated that "as many as 1,000 Canadians a year die of hepatitis C." The newspaper adds that "up to half of them may have contracted the disease from blood transfusions."

One man told how he contracted hepatitis C from a blood transfusion during back surgery in 1961. After his surgery, he became a regular blood donor. He found out in 1993 that he has cirrhosis of the liver. "What about the people who received blood I donated all those years when I didn't know I had this disease?" he asked the inquiry.

Justice Krever listened intently to more than a hundred Canadians whose lives have been shattered by HIV and other tragedies resulting from tainted blood. Medical experts have testified that it is impossible to make the blood supply totally safe from disease transmission and other dangers. They have admitted serious risks and misuse associated with blood. Dr. J. Brian McSheffrey, medical director of a regional blood transfusion service, testified that he draws attention to the problem by saying in lectures: "If you have to give a transfusion, you've either failed in diagnosis or failed in therapy."

There have been accusations of politics and rivalry among those whom the government committee called "major stakeholders" in Canada's $250-million-a-year blood system. The Red Cross and government agencies have come under fire. No one seems to be in charge of the complex national blood system.

Happy Contrast

In contrast with the disheartening evidence, a happier account was put before Justice Krever on May 25, 1994, in Regina, Saskatchewan. William J. Hall, a 75-year-old man with severe hemophilia, told how he successfully manages his condition using alternatives to blood products. And he does not have AIDS. As one of Jehovah's Witnesses, Mr. Hall has avoided blood and blood factors because of his religious conscience.—See box on page 22.

HEMOPHILIA MANAGED WITHOUT BLOOD

William J. Hall of Nipawin, Saskatchewan, told the commission how and why he manages his severe hemophilia without blood products. Here are excerpts from the court transcript of his testimony:

□ "My parents became aware that I was a hemophiliac when I swelled up from my toe to hip one time, and the doctors diagnosed it as hemophilia. . . . I would guess I was about one year old."

□ "I have never taken blood or any blood product of any kind. . . . It is against my religious beliefs to take blood because I feel it is sacred."

□ About his brother who also had hemophilia: "He didn't have the same faith [religion] as I have, so he took a blood transfusion and he died from hepatitis."

□ For a duodenal ulcer in 1962: "The doctor said that, if I didn't use blood, I would die. . . . I was treated fine [without blood] in the hospital." The bleeding was brought under control.

□ Regarding surgery in 1971 to pin a broken hip: "It was just a careful operation without blood. . . . The operation was successful." Repeated blood tests at the time found no Factor VIII (clotting factor) present in his blood.

□ How he manages: "Lifestyle . . . , being careful." He includes diet, rest, exercise, and careful treatment of swellings, bruises, and bleeds.

□ "I believe in relaxation and to meditate on the good things that our God has supplied us with and forget about our worries. This seems to help a lot."

William Hall is 76 years old and is one of Jehovah's Witnesses.

More is yet to come. The government has extended the inquiry to the end of 1995. The commission could have time to examine effective nonblood treatment used in thousands of cases for adults and children who are Jehovah's Witnesses. These alternatives apply to other patients as well.

Doctors using such alternatives have expert evidence they could share with the commission. Dr. Mark Boyd of McGill University told *The Medical Post* in 1993: "We really should be somewhat grateful to Jehovah's Witnesses because they have shown us how well we can do without blood transfusions." A U.S. presidential commission noted in 1988: "The surest preventive measure with regard to the blood supply is to eliminate the exposure of a patient to the blood of others, whenever possible." By obeying God's law to "keep abstaining . . . from blood," Jehovah's Witnesses have been blessed with the "surest preventive measure" against tainted blood and other dangers of blood transfusions.—Acts 15: 20, 29.

Education Needed

Sadly, most victims of the tainted blood transfusions were not informed about alternatives that could have prevented their tragedies. Patients were not given the choice of informed consent—to accept the risks of blood or use safer alternatives.

Evidence before the commission reveals a need to educate doctors and the public about alternatives to blood transfusions. Such a high-level government inquiry could have a great impact in Canada. Justice Krever's recommendations could set the stage for needed changes in attitudes and education in Canadian medicine about transfusion practices. The findings of the Commission of Inquiry will be of interest to all who want to avoid the dangers that go with blood transfusions.



YOUR CAR
Shelter or Trap?

"After almost every disaster," warns FEMA (U.S. Federal Emergency Management Agency), "rescue teams find victims who might have survived if they had known whether to stay with or leave their cars." Yes, a wrong decision can cost you your life. Do you know what to do in case of a disaster? Take the following quiz, and then compare your answers with those given below.

1. EARTHQUAKE
- ☐ **Stay in the car**
- ☐ **Get out of the car**

2. TORNADO
- ☐ **Stay in the car**
- ☐ **Get out of the car**

3. BLIZZARD
- ☐ **Stay in the car**
- ☐ **Get out of the car**

4. FLOOD
- ☐ **Stay in the car**
- ☐ **Get out of the car**

ANSWERS:

1. Earthquake: STAY IN THE CAR.

Although the car's suspension system will cause it to shake violently, you are probably safest inside—provided you are not near buildings, overpasses, or utility wires.

2. Tornado: GET OUT OF THE CAR.

In a car is likely the most dangerous place to be in a tornado. But what if there are no safe shelters nearby? FEMA says: "Lie flat in a ditch or other ground depression with your arms over your head."

3. Blizzard: STAY IN THE CAR.

Unless you see a safe haven within a reasonable distance, it is best to await rescue. The engine may be turned on for brief periods to provide heat, but keep a window slightly open to prevent carbon monoxide poisoning. Leave on an inside light as a signal for rescuers.

4. Flood: GET OUT OF THE CAR.

"If a car stalls in floodwater," warns FEMA, "get out quickly and move to higher ground. The floodwaters may still be rising, and the car could be swept away at any moment." Do not take chances. Water can be deeper than it appears, and levels can rise rapidly.

FEMA advises that you keep this information in the glove compartment of your car. And it recommends that in *all* situations, "the most important rule is: Don't panic."



Visiting Omdurman's Camel Market

"WHERE is the *Mowaleeh?*" we ask. Our four-wheel-drive vehicle has taken us from the capital city, Khartoum, to the western edge of old Omdurman, the largest city in Sudan.

There are no road signs, only a maze of sand tracks. So we make the above inquiry of some men who are riding their donkeys. Their beasts of burden are laden with drums of drinking water. The riders are helpful and point us in the right direction. After five more miles, we drive our vehicle over a high sand barrier and see a remarkable sight, Omdurman's camel market, the *Mowaleeh.*

Why Here?

This is a far cry from the air-conditioned shopping malls in the West. The market operates outdoors under the hot sky of the Sahara Desert. About one square mile in size, with no clear boundaries, it has no trees or plants. In fact, there is sand as far as the eye can see. But you can also see camels by the hundreds and shepherds clad in the traditional national costume called *jalabeeya.*

As we watch fine yellowish dust blow across the unrelenting desert, we wonder, 'Why did they put the market *here?*' The answer soon becomes obvious. Breaking the monotony of the flat horizon, a huge suspended water tank that is fed from an artesian well can be seen. This source of precious water makes this an ideal location for such a market. From here, most of the beasts will be exported to Egypt and Libya.

As we approach, we are welcomed by smiling Arab shepherds. Each camel owner groups his camels together. We notice that many of the animals have their left front leg tied up in a bent position. Why do they inflict this temporary lameness on their animals? There is a superstition that the left leg belongs to Satan! Superstition notwithstanding, tying one leg does keep the animal from moving about and makes it easier for customers to examine them.

Much Sought After

Why is the camel such a sought-after commodity? Because it is superbly equipped for the hard desert conditions; it serves well as transportation in this arid region. Its long, slitlike nostrils quickly close in a desert storm. Its ears are toward the rear of its head and are filled with hair fringes that keep sand out. Its large hump, composed mainly of fat, serves as food storage during long journeys. Callous pads on its chest and knees protect it from the hot sand and the harmful insects. Furthermore, camels are able to eat the toughest and thorniest desert plants one can find and can journey for several days without drinking water.*

Interestingly, many camels do not serve as transportation. Some are bought simply as investments. Why, until recently, camels were used to pay the bride-price for marriages! Many of these beasts will even end up on the dinner plate. Right in Omdurman itself, a number of eating establishments specialize in grilled camel meat. Another popular dish, a salted camel dish called *basturma,* is often made from camel meat and is viewed as a delicacy in Egypt and other Middle Eastern countries.

Little wonder, then, that the Omdurman camel market becomes a flurry of activity when these one-humped Arabian camels are brought in twice a week, mostly from western Sudan. Buyers are virtually mobbed by Arab shepherds who are bent on displaying their respective flocks.

Intense Bargaining

A prospective purchaser will first look the animals over with a trained and critical eye. He will touch the hump to see if there is a healthy store of fat. However, camels are priced according to their size and age. One-year-olds are called *heowar,* two-year-olds are called *mafrood,* and *wad laboon* is the designation for three-year-old camels. The most valuable animals, though, are those that have reached puberty. Females do so at about four years of age, and males at about eight. These are called *heek* and *sudaies* respectively. Upon being shown one of these full-grown beasts, the prospective buyer will examine them to determine whether the animal has indeed reached puberty.

Once a camel has won the buyer's fancy, the bargaining begins. The ability to bargain is an indispensable skill in the Middle East! *"Be esm Allah"* (By the name of God) are the first words spoken. Now the war of prices begins. The discussions are carried on calmly, without any shouting, and at leisure. If buyer and seller fail to come to an agreement, they conclude simply by saying *"Yeftaah Allah"* (God will open another opportunity).

We have come to observe, not buy, however. Having stayed but a short time in the blazing noonday heat, we are ready to go home. The camels, though, seem unperturbed by the heat. We are reminded, therefore, of how well adapted these 'ships of the desert' are to their environment. No doubt this will mean continued business here at Omdurman's fascinating camel market!



*See the article "The Arabian Camel—Africa's All-Purpose Vehicle" in the June 8, 1992, issue of *Awake!*

IS YOUR HOME EARTHQUAKE RESISTANT?

By *Awake!* correspondent in Japan



"HELP me! Help me!" In the early morning darkness of January 17, 1994, a man cried out from the first floor of an apartment house into which the top two stories had collapsed and lay like a stack of pancakes. An earthquake measuring 6.6 on the Richter scale had struck Los Angeles, California, U.S.A., taking the lives of 16 people in that building. The death toll in the area was over 50.

On September 30, 1993, an earthquake of slightly lower magnitude hit the state of Maharashtra in western India. It killed as many as 30,000 people. "If it had happened someplace else where . . . the houses were well-built, there would not have been so great a tragedy," said Sri Krishna Singh, a seismologist. Most of the houses in the affected area were made of mud bricks.

On the other hand, a quake of about the same magnitude as that in India struck Tokyo, Japan, in 1985. It was the strongest to hit the area in 56 years. Yet, there were no deaths, no fires, no large-scale destruction of property. What made the difference?

One answer lies in the construction methods used for the buildings. Many countries in earthquake-prone areas require structural engineers to adhere to strict building codes to make structures earthquake resistant. As an example, let us see how earthquake-resistant structures are built in Japan.

Earthquake-Resistant Features

Traditional Japanese buildings had earthquake-resistant features unwittingly built into them. Since most houses were constructed of wood, a variety of joints were used. This allowed the house to give and flex under the shock of a temblor and yet not collapse. Pagodas and castles using these principles have survived from medieval times. Studies of these structures reveal that the secret lies in their being flexible rather than rigid. This idea is being put to use in modern buildings.

In high-rise buildings, the effective use of steel determines whether a building will resist earthquakes or not. Not only may steel girders and beams be used but steel reinforcing rods are laced through concrete pillars, floors, and walls to form a strong but flexible structure. Steel supplies the flexibility that helps hold the building together when an earthquake strikes.

New research has also made it possible to learn how an earthquake moves a building. This has led to a very important consideration in designing an earthquake-resistant building: its rate of vibration. A small building or a rigid structure has a higher, thus more destructive, rate of vibration than a taller or more flexible building. In addition, it is important that the building be designed to vibrate at a rate different from that of the ground on which it stands. This will reduce the effect of resonance, which amplifies the force of the shock.

Another consideration is the foundation. A company has successfully tested a structure built on rubber pads that use viscous dampers. These act as shock absorbers and actually decrease the seismic effects by some 60 percent in the upper part of the structure. In some cases, pilings have to be driven down to the more firm subsoil layer. Even a basement may supply enough stability to keep a building from tilting.

Putting Up an Earthquake-Resistant Building

The Watch Tower Society's Japan branch built a new addition to its printing plant in 1989. The building is 220 feet long, 150 feet wide, and six stories high, with a full basement. To make the building earthquake resistant, 465 concrete pilings were drilled into the ground.

At the site a noiseless, nonvibrating method was used to drive piles into the ground. The pilings, measuring 30 inches in diameter and 40 feet in length, were tubes. After an auger with drill bits at its tip was inserted into the piling, it was hoisted to a vertical position over the spot into which it was to be driven. As the auger was turned, it removed earth through the center of the piling, and the piling was gradually forced into the tight-fitting hole. For greater depth, another section of piling could be welded onto the piece already driven.

Once at the desired depth, the drill bits at the tip of the auger were spread out, and a larger hole was excavated at the bottom of the piling. After the auger was removed, concrete was forced down the piling and into this cavity, and the piling was secured in place when the concrete solidified.

After all the pilings were thus set in the foundation, they were tied together with beams on which the floor and walls of the basement would rest. With such a foundation, the building should be able to withstand a reasonable amount of shock.

Is your home safe in an earthquake? No design strategies or other precautions can guarantee that a building will remain unscathed in a temblor. An earthquake might be of such magnitude that even the best-designed buildings would not withstand its devastation, as the severe earthquake in Kobe, Japan, in January demonstrated. Still, by choosing to live in a building that was conscientiously built, you can feel safer when an earthquake hits your area.

Counting the Stars

Have you ever gazed up at a star-filled night sky and wondered how many stars you could see? *Sky & Telescope* magazine recently addressed this age-old question, and the answer is not as simple to find as one might assume. The magazine noted that according to astronomy reference works, the average observer can see 2,862 stars in the skies over a fairly dark suburb in northern latitudes. But not all these stars are above the local horizon at any given time; many rise and set. Furthermore, many stars that are easily visible when directly overhead are invisible when nearer the horizon. That is because at such low altitudes, the star's light must pass through more of earth's atmosphere in order to reach an observer's eyes. *Sky & Telescope* concludes that for an observer at a latitude of 40 degrees north, some 1,809 stars would be visible throughout the year.

The Leading Killers in the United States

What are the leading causes of death in the United States? A recent study published in *The Journal of the American Medical Association* sought out the main external, or nongenetic, factors that contributed to deaths in one year. After an extensive survey of statistics, the study concluded that of the 2,148,000 deaths in the United States in 1990, about 400,000 were caused by tobacco; 300,000 by diet and exercise habits; 100,000 by alcohol; 90,000 by microbial agents; 60,000 by toxic agents such as environmental pollutants or contaminants in food or water; 35,000 by firearms; 30,000 by sexual behavior; 25,000 by motor vehicles; and 20,000 by illicit drug use. In all, the study found that such external factors contributed to half of all deaths in one year.

Children and War

During the past ten years, war has proved far more dangerous for civilians—particularly children—than for soldiers, according to a recent report from the British relief agency Save the Children. The agency's overseas spokesman was quoted in an Associated Press report as saying: "Nine out of 10 casualties of war



are civilians. Children are very often the main casualties—and they are indeed much more likely to be casualties of war than are soldiers." The 25-page report tallies the past decade's toll on the world's children, providing the following grim statistics. Over 1.5 million children were killed in wars around the world; over 4 million were disabled, blinded, brain damaged, or maimed; over 12 million lost their homes; 10 million became refugees; 5 million were forced to live in refugee camps, and 1 million were separated from their families. One out of every 200 children in the world was traumatized by war in the past decade and needed help to overcome the emotional distress.

Iodine in the Salt

Lack of iodine in the diet affects the well-being of at least 600 million people, estimates the United Nations Children's Fund. Among those affected, the deficiency is believed to cause about 100,000 infants a year to be born as cretins (physically stunted and mentally deficient because of severe thyroid deficiency) and to impair the physical and mental development of another 50 million children. A lack of iodine also causes goiter, a swelling of the thyroid gland. It is easy and inexpensive to guard against iodine deficiency—simply use iodized salt. Efforts are underway to iodize the world's salt supplies during the year 1995 and to eliminate iodine-deficiency disorders by the year 2000.

Stadium "Reblessed"

A football team in Pescara, Italy, recently sought help from a Catholic bishop to fight off the "bad luck" that was plaguing them, reports the newspaper *La Repubblica*. Tired of a long run of "bad luck" commonly attributed to the stadium, the team president requested a forceful intervention by the clergy. Some time before, a priest had blessed the stadium, and the team won its next match. Staff, supporters, and players who attended a "reblessing"—a celebration of Mass by the bishop himself right in the stands of the stadium—hope that this time the team will do even better. When the stadium first opened, it was blessed too, but "evidently the sprinkling of incense at the inauguration has

lost its power," says *La Repubblica.*

80,000 Earthquakes in 40 Years

"The seismological station at Bensberg near Cologne [Germany] has registered more than 80,000 earthquakes in all parts of the world," reports *Frankfurter Allgemeine Zeitung.* This was announced by Professor Ludwig Ahorner, head of the station, which has been tracing the earth's quakes and tremors for 40 years. How is the station able to register earthquakes that occur in other parts of the world? By employing instruments so sensitive that they detect even the faint vibrations in the earth caused by winter storm waves breaking on the North Sea Coast, some 120 miles away. The strongest earthquake in Germany ever registered by the station struck in April 1992. It measured 5.9 on the Richter scale.

The Great Green Wall

The Great Wall of China, which was only partly successful in repelling invading Mongol forces centuries ago, may have come into its own at last. According to *Science News,* ever since the 1950's, great belts of trees have been planted along the path of the wall. This Great Green Wall, as it has been dubbed, consists of some 300 million trees. Its purpose: to act as a barrier to the dust storms that sweep into China from the Gobi Desert and other arid areas. The results? In the 1950's, the city of Beijing was beset by 10 to 20 dust storms every spring, reducing visibility to less than half a mile for 30 to 90 hours each month. But by the 1970's, the number of storms had dropped to fewer than five each spring, causing milder reductions of visibility for less than ten hours a month. *Science News* quotes one atmospheric chemist as saying that these vast belts of forest "are probably one of the most aggressive weather modification programs in the 20th century."

Satanism in Prison

Prison officials in Colorado, U.S.A., had denied an inmate the right to perform satanic rituals in his cell. A Federal prison rule forbade Devil worship; furthermore, the officials reasoned that some of the items that the inmate had requested for worship —including a short wooden staff,



a gong, a black robe, candles and candle holders, a chalice, and incense—might be used as weapons. However, a Federal judge in Denver recently reversed the decision, ruling that the inmate has the constitutional right to practice his religion in prison. The judge further concluded that the rule against Devil worship was unconstitutional. According to an Associated Press report, the judge wrote in his ruling: "We ought to give the devil his due." The inmate is serving a ten-year sentence for kidnapping.

Undercurrents in the South Seas

A report for the Fiji-based Pacific Conference of Churches reveals that mainstream church authorities are disturbed by the growth of what they call NRGs (New Religious Groups) in the South Pacific. Mainly, the NRGs in question are the Assemblies of God, the Seventh-Day Adventists, the Mormons, Jehovah's Witnesses, and members of the Baha'i faith. Already about 20 percent of the islanders have joined these religions, says the report by Manfred Ernst. The churches complain that NRGs prevent political change because some among them do not join political parties or protest movements; others will not join unions. "According to Ernst," said *Mainichi Daily News,* "NRGs are becoming more popular because of the unattractiveness of the traditional mainline Christian churches."

Argentine Study on Rape

From January to October 1994, a single Argentine province, Córdoba, reported 254 cases of rape. The Buenos Aires newspaper *Clarín* noted that a police report from Córdoba "threw out the myth that surrounds sexual violations." Rapists are not always just degenerates who stalk anonymous victims under cover of darkness; according to this report, 4 of every 10 persons raped are violated in their own homes by their own fathers, stepfathers, or other relatives. Other statistics in the police report show that 'of the 254 cases reported this year, 36 percent took place in the homes of the victims; 23 percent on leaving dance halls; 13 percent on the public streets; 10 percent in vacant lots; 6 percent on construction sites; and 3 percent on football fields, in bus-station rest rooms, in prison cells, and on excursion buses.' The report concludes by mentioning that the police have solved 66.54 percent of the cases.

FROM OUR READERS

Eye Surgery I had the pleasure of reading your article "Radial Keratotomy —What Is It?" (September 22, 1994) As a refractive surgeon, having had the procedure on my own eyes and having performed over 2,000 procedures, I was very impressed with the quality and correctness of your article. Unfortunately, the information given to the public through the nonmedical media is often inaccurate and misleading. I felt your article did an excellent job of explaining the pros and cons of radial keratotomy.

R. F. B., United States

Death I want to tell you how much I appreciated the "Young People Ask . . ." articles "Why Did Daddy Have to Die?" (August 22, 1994) and "How Can I Get Over Daddy's Death?" (September 8, 1994) Even though I still have my parents, I was recently overwhelmed by the death of two loved ones. These articles brought me great comfort and showed me how to cope with such calamity.

T. H., France

My father died at the Kingdom Hall after delivering a talk. Since then I have been battling grief and anger. I reasoned that it was not fair that anyone so well loved and so devoted to Jehovah should die so suddenly. Reading through those articles, I felt that Jehovah was reaching out to heal my broken heart.

S. A., Nigeria

My father died of cancer, and I had the most difficult time trying to deal with it. It was amazing to see how this article so clearly coincided with my own feelings. What pains me is that my father is missing everything that is going on in my life right now. I just started my lifelong dream: a career as a full-time evangelizer. I so much wanted him to see me do that. Missing out on his wonderful guidance and wisdom is difficult at times, but knowing that there are others who care is a great comfort.

C. T., United States

Watching the World I want to congratulate you on the careful manner in which *Awake!* is prepared. I especially appreciate the feature "Watching the World." Although it deals with different topics briefly, its helpful advice, curiosities, and observations have helped me to change many of my habits. "Watching the World" provides pleasant reading.

T. C. C., Brazil

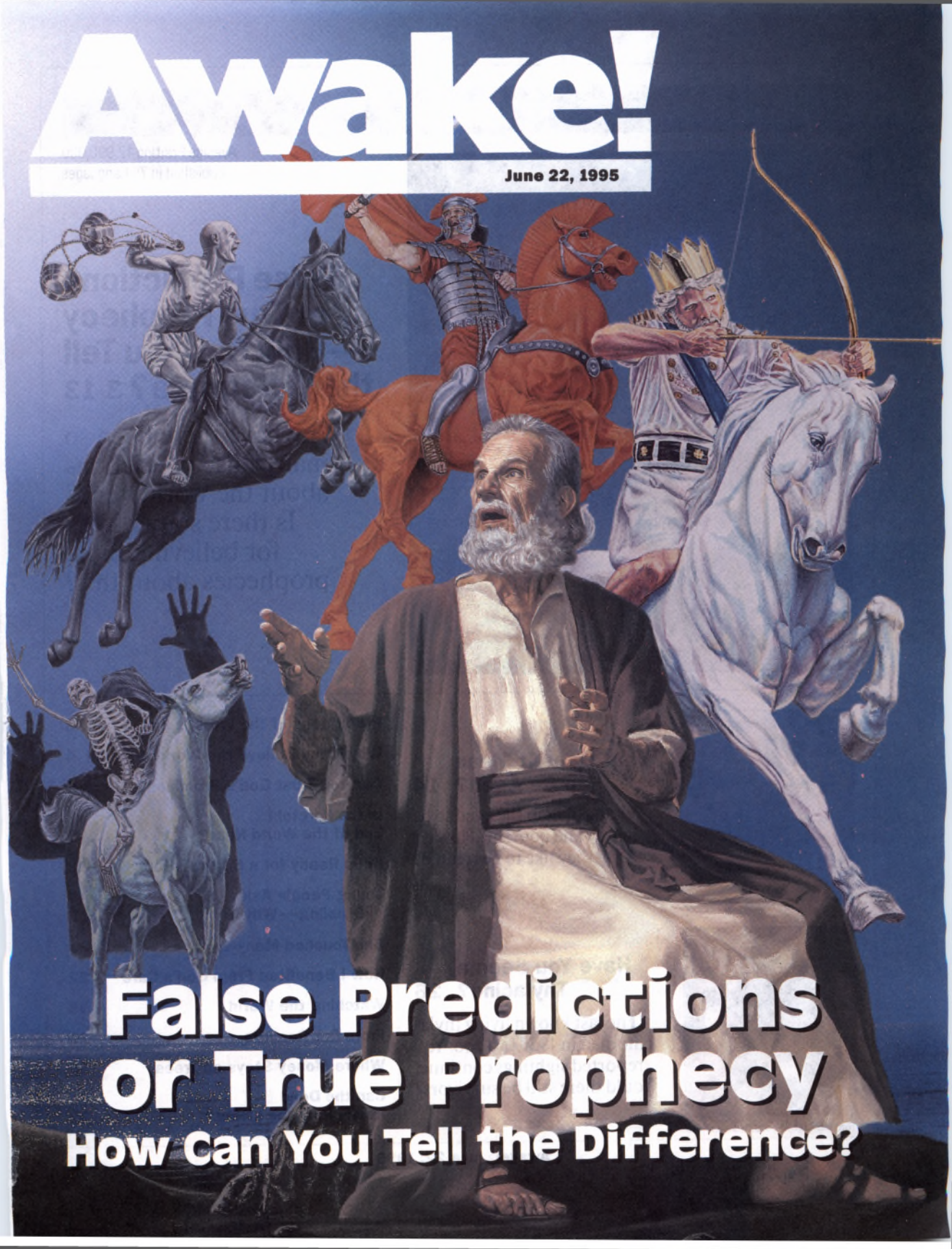
Heimlich Maneuver I have been a qualified first-aid instructor for 11 years and would like to comment on the "Watching the World" item "Choking on Food." (August 22, 1994) You mention the so-called Heimlich maneuver. It is common knowledge, however, that a blow to the solar plexus can take the breath away. The Heimlich maneuver could thus make matters worse in a first-aid situation.

G. B., Austria

Some European medical authorities view the Heimlich maneuver as risky and recommend it only be used as a last resort. Doctors in the United States, however, generally feel that when it is properly administered, the Heimlich maneuver is superior to all other methods of aiding choking victims. The risk of suffering internal injuries is considered small when compared with the risk of choking to death. For example, one U.S. study claimed that only four gastric perforations related to the maneuver had been documented. Whether European and U.S. doctors will reach a consensus on this matter any time soon remains to be seen.—ED.

Awake!

June 22, 1995



False Predictions or True Prophecy

How Can You Tell the Difference?

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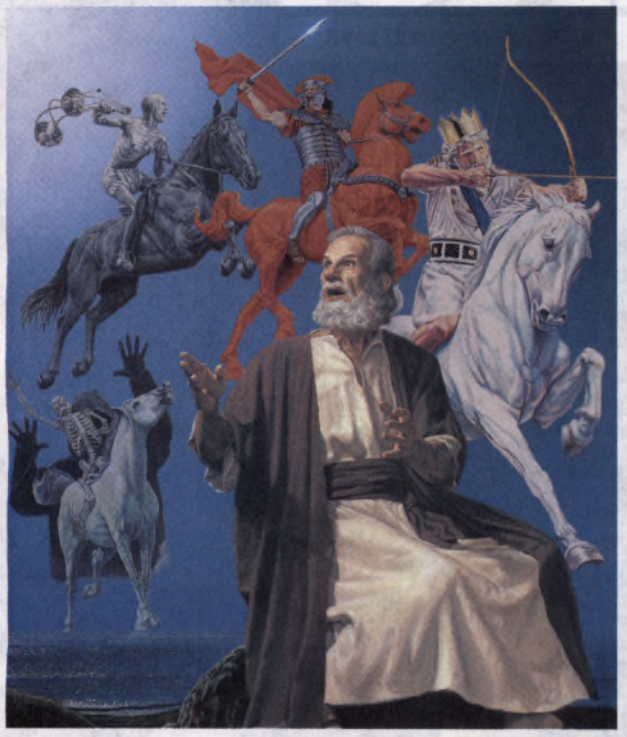

False Predictions or True Prophecy —How Can You Tell the Difference? 3-13

Why have there been so many false predictions about the world's end? Is there sound basis for believing Bible prophecies about this?



What Does It Mean to Be Aged? 14

What can help the aged to be happy and content? How do they like to be treated?



Tom McHugh/Photo Researchers

Have You Seen a Thylacine? 26

The last known living thylacine died in 1936 in a zoo. Yet, reported sightings continue. Could there still be survivors?

Predictions of the World's End	3
Why Many Believe the World Will End	4
Can You Trust God's Promises?	6
Is the Foretold End of the World Near?	10
Keep Ready for a Bright Future	13
Young People Ask . . . Stealing—Why Not?	17
She Touched Many Lives	20
How I Benefited From God's Care	22
Watching the World	28
From Our Readers	30
Where Money Stays on Trees	31
Can the Dead Really Help the Living?	32

PREDICTIONS
OF THE WORLD'S END

IN 1033, just 1,000 years after the death of Christ, the inhabitants of Burgundy, France, were in great fear because it was predicted that the world would end that year. Expectations of doom were heightened when an unusual number of destructive thunderstorms and a severe famine occurred. Large crowds engaged in public displays of repentance.

> "For thousands of years prophets of gloom have been predicting that the world was about to end."
>
> —*Premonitions: A Leap Into the Future.*

A few decades earlier, as the thousandth year from Christ's birth approached (according to the chronology then accepted), many believed the world's end was at hand. Artistic and cultural activity in Europe's monasteries is said to have nearly ground to a halt. Eric Russell observed in his book *Astrology and Prediction:* "'Seeing that the end of the world is now approaching' was a fairly common formula in wills executed during the second half of the tenth century."

Martin Luther, who started the Protestant Reformation in the 16th century, predicted that the world's end was near in his day. According to one authority, he stated: "For my part, I am sure that the day of judgment is just around the corner." Another writer explained: "By correlating historical events with Biblical prophecies Luther could announce the nearness of the final cataclysm."

In the 19th century, William Miller, who is generally credited with the founding of the Adventist Church, predicted that Christ would return sometime between March 1843 and March 1844. As a result, some then expected to be taken away to heaven.

In more recent times, a Ukraine-based religion called the Great White Brotherhood predicted that the world would end on November 14, 1993. In the U.S.A., a radio evangelist, Harold Camping, said the end of the world would come in September 1994. Obviously, these predictions of dates for the world's end have been wrong.

Has this caused people no longer to believe that the world will end? On the contrary. "The approach of a new millennium in the year 2000," noted *U.S.News and World Report* of December 19, 1994, "is unleashing a flood of doomsday prophecies." The magazine reported that "nearly 60 percent of Americans think the world will end sometime in the future; almost a third of those think it will end within a few decades."

Why have there been so many predictions regarding the end of the world? Is there good reason to believe it will end?

WHY MANY BELIEVE THE WORLD WILL END

THE world truly is in a desperate situation, as many today quickly acknowledge. "I have asked people from various parts of the world what they think of our chances for the future," the evangelist Billy Graham wrote. "Most of them have a pessimistic view. . . . Constantly the words 'Armageddon' and 'Apocalypse' are used to describe events on the world scene."

Why are the words "Armageddon" and "Apocalypse" often used to describe today's situation? What is their significance?

Biblical Origins

The Bible speaks of "the war of the great day of God the Almighty" and relates this war to the place "called in Hebrew Har-Magedon," or Armageddon. (Revelation 16:14-16) *Webster's New Collegiate Dictionary* defines Armageddon as "a final and conclusive battle between the forces of good and evil."

Although "apocalypse" is from a Greek word that means "revelation," or "unveiling," it has taken on another meaning. The Bible book of Revelation, or Apocalypse, highlights God's destruction of the wicked and the Thousand Year Reign of his Son, Jesus Christ. (Revelation 19:11-16; 20:6) Thus, *Webster's New Collegiate Dictionary* defines "apocalypse" as "an imminent cosmic cataclysm in which God destroys the ruling powers of evil and raises the righteous to life in a messianic kingdom."

When people today speak of the world and its situation, they are obviously influenced by what is said in the Bible. What does the Bible actually say about the end of the world?

The Bible and the World's End

The Bible clearly foretells the end of the world. Jesus Christ and his disciples spoke about the time of the end. (Matthew 13:39, 40, 49; 24:3; 2 Timothy 3:1; 2 Peter 3:3; *King James Version*) However, they did not mean that the earth itself would be destroyed. Of the literal earth, the Bible says: "It will not be made to totter to time indefinite, or forever." (Psalm 104:5) The expression "end of the world" means simply "conclusion of the system of things."—*New World Translation.*

The apostle Peter spoke of the world before the Flood in Noah's day and said: "The world of that time [consisting of ungodly people] suffered destruction when it was deluged with water." Peter then went on to say that our present world is "reserved to the day of judgment and of destruction of

Awake!

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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the ungodly men." (2 Peter 3:5-7) The apostle John also wrote: "The world is passing away and so is its desire, but he that does the will of God remains forever."—1 John 2:17.

During the end of this world, its invisible ungodly ruler will also be put out of the way. (Revelation 20:1-3) The apostle Paul wrote about this evil ruler: "The god of this world hath blinded the minds of them which believe not." Jesus said of him: "Now shall the prince of this world [Satan the Devil] be cast out."—2 Corinthians 4:4; John 12:31; *KJ*.

Will it not be a blessing to be rid of this world and its wicked ruler? Christians have long prayed for this to happen, asking for God's Kingdom to come and for his will to be done on earth. They are praying for Jesus Christ to act in obedience to his Father's command to rid the earth of all wickedness! —Psalm 110:1, 2; Proverbs 2:21, 22; Daniel 2:44; Matthew 6:9, 10.

However, this raises a question: Could false, or erroneous, predictions of the world's end have resulted because people predicted a date for this event based on a misunderstanding or misapplication of true Bible prophecies? Let us see.

First-Century Misunderstandings

Consider what occurred in the first century. When Jesus was about to ascend to heaven, his apostles eagerly asked: "Lord, are you restoring the kingdom to Israel at this time?" They wanted to enjoy all the blessings of the Kingdom right away, but Jesus said: "It does not belong to you to get knowledge of the times or seasons which the Father has placed in his own jurisdiction."—Acts 1:6, 7.

Just three days before his death, Jesus had spoken similarly: "Keep on the watch, therefore, because you do not know on what day your Lord is coming." He added: "Concerning that day or the hour nobody knows, neither the angels in heaven nor the Son, but the Father. Keep looking, keep awake, for you do not know when the appointed time is." (Matthew 24:42, 44; Mark 13:32, 33) A few months earlier, Jesus had also encouraged: "Keep ready, because at an hour that you do not think likely the Son of man is coming."—Luke 12:40.

Despite such cautions provided by Jesus, early Christians, eager for Christ's presence and the blessings it would bring, began speculating about when Kingdom promises would be fulfilled. Thus, the apostle Paul wrote the Thessalonians: "Respecting the presence of our Lord Jesus Christ and our being gathered together to him, we request of you not to be quickly shaken from your reason nor to be excited either through an inspired expression or through a verbal message or through a letter as though from us, to the effect that the day of Jehovah is here."—2 Thessalonians 2:1, 2.

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Paul's words indicate that some early Christians had developed erroneous expectations. Although the Christians in Thessalonica may not have predicted a particular date for their 'being gathered to Christ in heaven,' they clearly thought that event was at hand. They needed to have their views corrected, and Paul's letter did this.

Others Also Need Correction

As we noted in the first article, after the first century, others also expected the fulfillment of God's promises at a particular time. Some made predictions that the end of a thousand years, counting either from Jesus' birth or from his death, would see the end of the world. But their predictions likewise proved false, or erroneous.

This raises the questions: Have mistakes regarding the fulfillment of Bible promises meant that the promises themselves were wrong? Are God's promises reliable? And how have modern Christians accepted correction on this matter?

CAN YOU TRUST GOD'S PROMISES?

JEHOVAH GOD, our Creator, has always been true to his word. "I have even spoken it," he said. "I shall also do it." (Isaiah 46:11) After leading the Israelites into the Promised Land, God's servant Joshua wrote: "Not a promise failed out of all the good promise that Jehovah had made to the house of Israel; it all came true."—Joshua 21:45; 23:14.

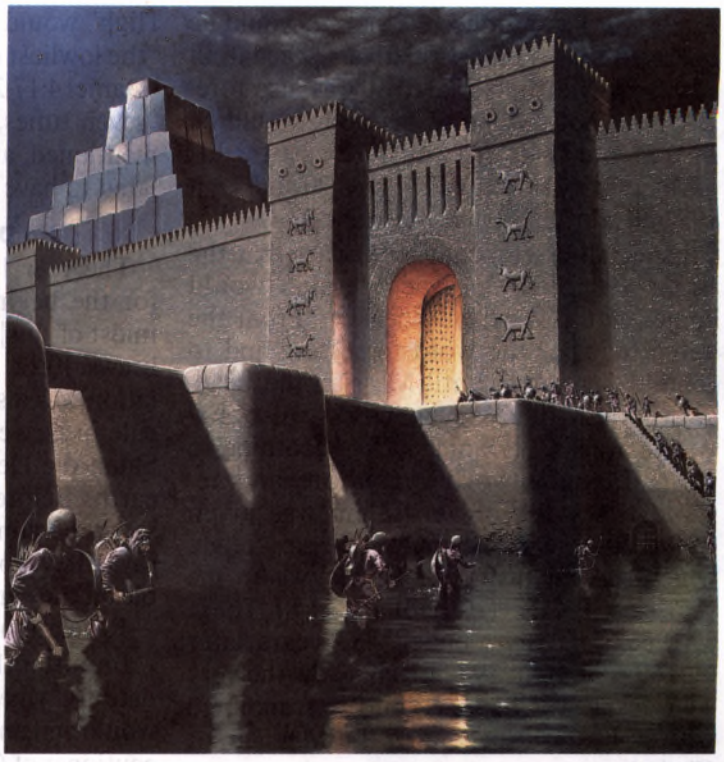
From Joshua's day until the coming of the Messiah, hundreds of prophecies inspired by God were fulfilled. An example is when the rebuilder of Jericho suffered a penalty foretold centuries in advance. (Joshua 6:26; 1 Kings 16:34) Yet another is the promise, seemingly impossible to fulfill, that the starving inhabitants of Samaria would receive plenty of food to eat on the day following the prediction. In 2 Kings chapter 7, you can read how God fulfilled that promise.

Rise and Fall of World Powers

God inspired Bible writers to record details about the rise and fall of world powers. For example, God used his prophet Isaiah to foretell the overthrow of mighty Babylon nearly 200 years before it happened. In fact, the Medes, who became aligned with the Persians, were named as the conquerors. (Isaiah 13:17-19) Yet more remarkable, God's prophet named the Persian king Cyrus as the one who would take the lead in the conquest, even though Cyrus had not even been born when the prophecy was recorded! (Isaiah 45:1) But there is more.

The prophet Isaiah also foretold *how* the conquest of Babylon would be accomplished. He wrote that the city's protecting waters, the river Euphrates, 'must be dried up' and that "the gates [of Babylon] will not be shut." (Isaiah 44:27–45:1) These specific details were fulfilled, as the historian Herodotus reported.

While Babylon was still supreme, God also used his prophet Daniel to tell about the world powers that would follow her. Daniel had a vision of a symbolic two-horned ram that succeeded in



Specific details were foretold about the fall of Babylon

conquering all other "wild beasts." Leaving no question as to whom the two-horned ram represented, Daniel wrote that it "stands for the kings of Media and Persia." (Daniel 8:1-4, 20) Indeed, just as foretold, Medo-Persia became the next world power when it conquered Babylon in 539 B.C.E.

In this vision from God, Daniel next saw "a male of the goats [with] a conspicuous horn between its eyes." Daniel continued his description: 'I saw it coming into close touch with the ram, and it struck down the ram and broke its two horns, and the ram proved to have no deliverer. And the male of the goats put on great airs; but as soon as it became mighty, the great horn was broken, and there came up four instead of it.' —Daniel 8:5-8.

God's Word does not leave any question as to what all of this means. Note the explanation: "The hairy he-goat stands for the king of Greece; and as for the great horn that was between its eyes, it stands for the first king. And that one having been broken, so that there were four that finally stood up instead of it, there are four kingdoms from his nation that will stand up, but not with his power."—Daniel 8:21, 22.

History shows that this "king of Greece" was Alexander the Great. After his death in 323 B.C.E., his empire was eventually split up among four of his generals—Seleucus I Nicator, Cassander, Ptolemy I, and Lysimachus. Just as the Bible had foretold, "there were four that finally stood up instead." As also foretold, none of these ever had the power that Alexander had. Indeed, so remarkable have been the fulfillments that such Bible prophecies have been called "history written in advance."

The Messiah Promised

God not only promised a Messiah to deliver humans from the effects of sin and death but also provided scores of prophecies to identify that Promised One. Consider only a few of these, prophecies that Jesus could not have arranged to fulfill.

It was foretold hundreds of years in advance that the Promised One would be born in Bethlehem and that he would be born of a virgin. (Compare Micah 5:2 and Matthew 2:3-9; Isaiah 7:14 and Matthew 1:

22, 23.) It was prophesied that he would be betrayed for 30 pieces of silver. (Zechariah 11:12, 13; Matthew 27:3-5) It was also foretold that not a bone of his body would be broken and that lots would be cast for his garments.—Compare Psalm 34:20 and John 19:36, Psalm 22:18 and Matthew 27:35.

Especially significant is the fact that the Bible foretold *when* the Messiah would come. God's Word prophesied: "From the going forth of the word to restore and to rebuild Jerusalem until Messiah the Leader, there will be seven weeks, also sixty two weeks." (Daniel 9:25) According to the Bible, the word to restore and rebuild the walls of Jerusalem was given in the 20th year of King Artaxerxes' reign, which secular history indicates was in the year 455 B.C.E. (Nehemiah 2:1-8) These 69 weeks *of years* ended 483 years later (7 x 69 = 483), in 29 C.E. That was the very year Jesus was baptized and was anointed with holy spirit, becoming the Messiah, or Christ!

Significantly, the people in Jesus' day were *expecting* the Messiah to appear at that time, as the Christian historian Luke noted. (Luke 3:15) Roman historians Tacitus and Suetonius, Jewish historian Josephus, and Jewish philosopher Philo Judaeus also testified to this state of expectation. Even Abba Hillel Silver, in his book *A History of Messianic Speculation in Israel,* acknowledges that "the Messiah was expected around the second quarter of the first century C.E." This, he said, was because of *"the popular chronology of that day,"* derived in part from the book of Daniel.

In view of such information, it should not be surprising that the Bible would also indicate when the Messiah would return to begin his kingly rule. Chronological evidence contained in the prophecy of Daniel pinpointed the very time that "the Most High" would hand earth's rulership over to "the lowliest one of mankind," Jesus Christ. (Daniel 4:17-25; Matthew 11:29) A period of "seven times," or seven prophetic years, is mentioned, and this period has been calculated to have run out in the year 1914.*

No Date Given for the End

The year 1914, however, is the date only for the beginning of Christ's rule "in the midst of [his] enemies." (Psalm 110:1, 2; Hebrews 10:12, 13) The Bible book of Revelation reveals that at the time that Christ's rule in heaven would begin, he would hurl Satan the Devil and his angels down to the earth. Before he would put these wicked spirit persons out of existence, the Bible says, they would cause a great deal of trouble on the earth for "a short period of time." —Revelation 12:7-12.

Importantly, the Bible does not provide a date for when this "short period of time" would end and when Christ would act as Executioner of God's enemies at Armageddon. (Revelation 16:16; 19:11-21) In fact, as noted in the preceding article, Jesus said to keep ready because no human knows the date for that event. (Mark 13:32, 33) When someone goes beyond what Jesus said, as did early Christians in Thessalonica and others after them, there will be false, or inaccurate, predictions.—2 Thessalonians 2:1, 2.

Correction of Viewpoint Needed

Prior to the latter part of the year 1914, many Christians expected Christ to return at that time and to take them away to heaven. Thus, in a discourse given on September 30, 1914, A. H. Macmillan, a Bible Student, stated: "This is probably the last public address I shall ever deliver because we shall be going home [to heaven] soon."

* See the book *You Can Live Forever in Paradise on Earth,* pages 138-41, published by the Watchtower Bible and Tract Society of New York, Inc.



Jesus could not have arranged to fulfill many of the prophecies about himself

Clearly, Macmillan was mistaken, but that was not the only unfulfilled expectation he or his fellow Bible Students had.

Bible Students, known since 1931 as Jehovah's Witnesses, also expected that the year 1925 would see the fulfillment of marvelous Bible prophecies. They surmised that at that time the earthly resurrection would begin, bringing back faithful men of old, such as Abraham, David, and Daniel. More recently, many Witnesses conjectured that events associated with the beginning of Christ's Millennial Reign might start to take place in 1975. Their anticipation was based on the understanding that the seventh millennium of human history would begin then.

These erroneous views did not mean that God's promises were wrong, that he had made a mistake. By no means! The mistakes or misconceptions, as in the case of first-century Christians, were due to a failure to heed Jesus' caution, 'You do not know the time.' The wrong conclusions were due, not to malice or to unfaithfulness to Christ, but to a fervent desire to realize the fulfillment of God's promises in their own time.

Consequently, A. H. Macmillan explained later: "I learned that we should admit our mistakes and continue searching God's Word for more enlightenment. No matter what adjustments we would have to make from time to time in our views, that would not change the gracious provision of the ransom and God's promise of eternal life."



Indeed, God's promises can be trusted! It is humans who are prone to error. Therefore, true Christians will maintain a waiting attitude in obedience to Jesus' command. They will keep awake and ready for Christ's inevitable coming as God's Executioner. They will not allow false predictions to dull their senses and cause them to ignore the true warning of the world's end.

What, then, about the belief that this world will end? Is there really evidence that it will occur shortly, within your lifetime?

IS THE FORETOLD END OF THE WORLD NEAR?

THE *Detroit Free Press Magazine* of February 6, 1994, noted: "Apocalyptic dreams became an obsession with the dawn of the nuclear age. After the incineration of Hiroshima on Aug. 6, 1945, it was obvious to everyone: Now the world *really could end!*"



U.S. National Archives photo

Last December, Charles B. Strozier, a New York psychoanalyst and professor of history, said: "We no longer need poets to tell us it could all end with a bang, or a whimper, or in the agony of AIDS." In fact, he added: "It now takes an active imagination *not* to think about human endings."

Since Jesus Christ taught that the world would end, can we determine from his teachings whether the end is really near?

The End—When?

Jesus' disciples asked him for a "sign" to identify when this world, or system of things, would end. "When will these things be," they inquired, "and what will be the sign of your presence and of the *conclusion of the system of things?*" (Matthew 24:3) You can check "the sign" Jesus gave in answer to this question. It is recorded in the Bible in Matthew chapter 24, Mark chapter 13, and Luke chapter 21. Some of the major events making up that sign are as follows:

WHO/E. Hooper



GREAT WARS: *"Nation will rise against nation and kingdom against kingdom."* (Matthew 24:7) We have certainly seen this part of the sign fulfilled. "The First World War [beginning in 1914] was the first 'total' war," noted one historian. Yet, World War II was many times worse, claiming some 50 million victims. And war continues to ravage the earth.

FOOD SHORTAGES: *"There will be food shortages."* (Matthew 24:7) World War I was followed by terrible famine, and since then famine has continued to run rampant in many parts of the earth. Even in wealthier nations, hunger and malnutrition are widespread.

GREAT EARTHQUAKES: "*There will be great earthquakes.*" (Luke 21:11) Consider only a few major ones: 1920, China, 200,000 killed; 1923, Japan, 143,000 lives lost; 1970, Peru, 66,800 killed; and 1976, China, 240,000 (some say 800,000) casualties. A specialist in earthquake-proof engineering called the 1976 China quake "the greatest earthquake disaster in the history of mankind."

DISEASE: "*In one place after another pestilences.*" (Luke 21:11) Right after World War I, some 21 million people died of the Spanish flu. *Science Digest* reported: "In all history there had been no sterner, swifter visitation of death." Since then, heart disease, cancer, AIDS, and many other maladies have killed hundreds of millions.



CRIME: "*Increasing of lawlessness.*" (Matthew 24:12) In many lands crime is out of control. Murder, robbery, rape, terrorism, corruption —daily we hear about such crimes or we experience them ourselves.

Other Bible prophecies also foretold conditions that would exist in the last days. For example, in the book of Revelation, there is the vision of the ride of four horsemen. (Revelation 6:1-8) The first horseman pictures Jesus himself as conquering King. The other riders with their steeds picture happenings on earth that mark the beginning of Jesus' reign: war, famine, and untimely death through various means.



WHO photo by W. Cutting

Still other Bible prophecies describe attitudes and situations that would be prevalent during "the final age of this world." Consider what an apostle of Jesus wrote. When you read this prophecy, ask yourself: Does this not describe exactly the troubled times of today?

"The final age of this world," the apostle wrote, "is to be a time of troubles. Men will love nothing but money and self; they will be arrogant, boastful, and abusive; with no respect for parents, no gratitude, no piety, no natural affection; they will be implacable in their hatreds, scandal-mongers, intemperate and fierce, strangers to all goodness, traitors, adventurers, swollen with self-importance. They will be men who put pleasure in the place of God, men who preserve the outward form of religion, but are a standing denial of its reality."—2 Timothy 3:1-5, *The New English Bible.*



Another important prophecy regarding the world's end is the one that promises that God will "bring to ruin those ruining the earth." (Revelation 11:18) Humans in previous generations never had the technological capacity to ruin the earth, but they do now. And today new technologies are playing a major part in polluting the environment. In November 1992, newspapers carried headlines like this: "Top Scientists Warn of Earth's Destruction."

Recognize True Prophecy

There can be no question about it. All the things that the Bible foretold would happen during "the final age," or "the conclusion of the system of things," are occurring right now. We are seeing true prophecy in the course of fulfillment, and it is vital that we give heed to it. Jesus showed

this in describing the situation in the days of Noah, "a preacher of righteousness," shortly before the world of that time ended.—2 Peter 2:5.

Jesus explained: "As they were in those days before the flood, eating and drinking, men marrying and women being given in marriage, until the day that Noah entered into the ark; and *they took no note* until the flood came and swept them all away, so the presence of the Son of man will be." (Matthew 24:38, 39) When true prophecy is ignored, the consequences are disastrous.

Perhaps you say, 'Yes, I believe these Bible prophecies; the end will come someday, but it's quite some time off.' Yet, are you sure? Should you not heed the warning now?

Warnings That Should Be Heeded

Obviously, some warnings are without basis, and it would be foolish to heed them. But others are not. Just because many, including prominent members of a community, belittle a warning, that is no reason to ignore it. Consider an example.

It was March 1902, and on the beautiful Caribbean island of Martinique, volcanic Mount Pelée became active. By April, smoke, ash, and bits of rock belched forth along with acrid fumes. The citizens of St. Pierre, located about five miles away, became apprehensive. "The city is covered with ashes," one resident wrote. "Many of the people are obliged to wear wet handkerchiefs to protect themselves from the strong fumes."

Early in May the volcanic activity increased. The local newspaper said: "The rain of ashes never ceases . . . The passing of carriages is no longer heard in the streets. The wheels are muffled." The heat was suffocating.

Then, on May 5, the volcano sent forth a flow of scalding material that killed dozens of people in its path. But what did city leaders say?

The sugarcane harvest was approaching, and businessmen assured the people that there was no great danger. The politicians too, concerned with the upcoming election on May 10, did not want the people to flee. So they also tried to squelch the people's fears. Moreover, the clergy cooperated with the business and political groups and persuaded their parishioners not to leave.

Then it happened. On May 8, shortly before 8:00 a.m., Mount Pelée exploded with a stupendous roar. Gigantic, superheated black clouds raced with unbelievable speed down toward St. Pierre. The hot gas quickly extinguished thousands of lives. Practically everyone in St. Pierre died—some 30,000 or more persons. The lone person to survive was a young prisoner in a dungeon at the bottom of the prison.

The Situation Today

Similarly today, there are many who belittle the evidence that Bible prophecies are in the course of fulfillment. They refuse to heed evidence that should be convincing to any reasonable person that the end of this system is near. Yet, the Bible even foretold their attitude, saying: "In the last days there will come ridiculers with their ridicule, proceeding according to their own desires and saying: 'Where is this promised presence of his? Why, from the day our forefathers fell asleep in death, all things are continuing exactly as from creation's beginning.'" —2 Peter 3:3, 4.

But today's ridiculers are mistaken. The fact is, *things have changed.* Bible prophecies *are* being fulfilled. The evidence that the end is near is overwhelming.

Wisely, you should not put off lifesaving action. But what do you need to do?

KEEP READY
FOR A BRIGHT FUTURE

"KEEP ready," Jesus urged. (Luke 12:40) If we do, when Christ comes "with power and great glory," we can respond with joy to his command: "Raise yourselves erect and lift your heads up, because your deliverance is getting near."—Luke 21:27, 28.

What kind of deliverance? Why, the kind of deliverance Noah and his family enjoyed—yes, through the end of this world! "The world is passing away," the apostle John wrote, "but he that does the will of God remains forever."—1 John 2:17.

In Jehovah's new world, earthly subjects of the King, Jesus Christ, will enjoy everlasting life. "The righteous themselves will possess the earth," the Bible says, "and they will reside forever upon it." (Psalm 37:29) What a marvelous future God promises for his people! "God himself will be with them," his Word says. "He will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore." This is true prophecy! —Revelation 21:3, 4.

Yet, to enjoy this future, you must act. Obtaining knowledge is the first essential. The Bible explains: "This means everlasting life, their taking in knowledge of you, the only true God, and of the one whom you sent forth, Jesus Christ." —John 17:3.

You also need to meet together regularly with the others who are seeking this knowledge, as the apostle urged: "Let us consider one another to incite to love and fine works, not forsaking the gathering of ourselves together . . . and all the more so as you behold the day drawing near." (Hebrews 10:24, 25) Indeed, Jehovah's people behold the day of deliverance into God's new world drawing ever closer, and so they have become known for their meeting together.

Commenting on one gathering at a large stadium, the London *Sunday Telegraph* reported: "There is none of the gloom traditionally associated with those who declare that 'The End Is Nigh.' Nigh it may be. In the meantime everyone seems to be enjoying himself in a sober, upright, Godly but cheerful manner." The paper then added: "If the present world order really is about to break down, the Witnesses at Twickenham seem well prepared to organise the new one."

Keeping ready means keeping busy, doing a work like that done by Noah, who served in the days before the Flood as "a preacher of righteousness." (2 Peter 2:5) Keeping ready also means engaging "in holy acts of conduct and deeds of godly devotion." You are invited, yes, urged, to join with Jehovah's people in "awaiting and keeping close in mind the presence of the day of Jehovah."—2 Peter 3:11, 12.

What Does It Mean to Be Aged?

"OLD AGE ISN'T SO BAD WHEN YOU CONSIDER THE ALTERNATIVE."
—Maurice Chevalier.

THE aging process eventually affects everyone. It is inescapable. It begins almost imperceptibly—a little ache here, a little wrinkle there, and a few gray hairs—but eventually it engulfs a person in its unrelenting grip. Never in history have so many felt the effects of old age.

A major reason for the increase in the number of older ones is the success of medical science in controlling death-dealing diseases. In the United States, for example, those over 65 represent about 12 percent of the population, and in Japan roughly 11 percent. Americans over the age of 85 increased from 700,000 in 1953 to 2.1 million in 1978. Indeed, about 50,000 Americans and some 3,700 Canadians are a hundred years old or older!

Although the aged are leading more productive lives than they did in the past, a person's later years are invariably marred by a decrease in certain abilities. Hearing, vision, muscle tone, and mobility are all affected as one ages. Some older ones suffer loneliness and even senility. Others feel they are losing their attractiveness and become depressed.

Often it is how one adjusts to the process of aging that determines one's happiness or lack of it. When someone says: "I'm too old to do that," it is at times the attitude, more than anything physical, that closes the door to possible activities.

A youth showed considerable insight when he said: "Old, to me, seems anybody that has stopped living life to the fullest, anybody who doesn't love and have fun with life anymore. It isn't really possible to put an age on 'old' as there are teenagers who seem old, yet there are senior citizens who seem young."

Aged Yet Happy and Content

For some the later years of life prove to be, in certain ways, golden years. These happy aged ones enjoy freedom from the pressures and restrictions of regular employment. For them old age means more time to enjoy their grandchildren. They realize that their happiness does not depend on what others think of them. They may feel freer to speak their minds, and they may be more relaxed and contented.

Furthermore, such ones may look beyond their personal needs and find joy in volunteering to help those in need. They assist the blind by reading to them, take orphans on trips, or help the disabled to feel better about themselves. Others learn new skills and do things they were not able to do while raising a family or making a living. The famed American painter Grandma Moses started her painting career in her late 70's and completed 25 pictures after the age of 100!

Of course, one does not have to do unusual things to achieve joy. At the age of 86, a world-famous stage actress commented: "I'm having the best time, now! So late? you wonder. The advantage of being at this



Do you visit the elderly?

point in my life is that I look neither back nor forward—more than a few days at a time. I just enjoy *now.*" She added: "To feel really good about yourself, your life, you don't have to make the front page or make a million dollars."

Another advantage of being aged is the wisdom and experience that are usually acquired along the way. Do you appreciate these assets? One woman who does said: "I appreciate the wisdom I've attained over the years. Learning what's really important has helped me cope with life's problems. In fact, many younger women seek me out for advice. They usually say afterward: 'I'm so glad I talked to you. I never thought of it that way before.' I wouldn't trade that for anything. I'm so thankful I can be of help, especially to younger ones."

View of the Aged

At one time the aged were highly respected, and their advice was followed. In many lands this has changed. Now the aged are often ignored and even ill-treated. This is sad, since the aged represent a rich resource of wisdom and experience that younger persons can tap to their advantage. Of course, this does not give a license for older ones to interfere in the lives of others.

Happily, in some cultures the aged are still given due respect. In Japan and most African countries, for example, they often remain the core of the family and tribal unit. In the Abkhaz Republic, Georgia, in the former Soviet Union, where people commonly live more than a hundred years, centenarians are respected by the younger generations. The word of the aged ones is often considered to be law within the family.

When youngsters tap this resource of wisdom, the family unit benefits. There can be a special relationship between grandparents and grandchildren. It is through this affinity of the two age groups that children often learn patience, compassion, empathy, and respect for their elders. When they lose this contact, young ones can be adversely affected.

How Do They Want to Be Treated?

The aged want to be respected. They need to make decisions and feel that they are in charge of their lives. Although their physical abilities diminish with age, those who keep their minds active often remain sharp mentally. True, they may not think as rapidly as when they were younger or learn new things as fast. But they should not be pushed aside and their role in the family

usurped, nor should others take over chores the aged would prefer to do for themselves. Doing this would frustrate and discourage them and make them feel inadequate and even useless.

Productive activity for the aged is vital; it helps give them a sense of worth. Significantly, centenarians in the Abkhaz Republic often have many daily chores to handle, such as working in the fields, feeding the poultry, doing the laundry, cleaning the house, and caring for small children—all of which no doubt contribute to their longevity. Indeed, when the aged have meaningful work to do, they thrive. Why? Because they have a purpose in life.

Even when the aged are incapacitated by a stroke or other illness, they still want to be treated with dignity. They do not appreciate being talked down to or scolded like a child. If they cannot speak, they can usually hear, and their feelings are understandably sensitive. Sometimes, because of excessive medication, they may appear to be senile when in reality they are not. So empathy more than any other emotion can be the key to caring for them properly.

Since the aged may be confined to their homes, they need to feel they are not forgotten. They appreciate visitors. How sad it is when members of a Christian congregation fail to visit or call on incapacitated elderly members who in the past may have contributed significantly to the expansion of the Kingdom work! Really, such visits or phone calls take relatively little time and effort compared with the great benefit they can be to the elderly!

However, no matter how others treat them, much depends on how the aged view themselves. As a 75-year-old woman declared: "The thing that really keeps me going is always having something to do. I couldn't function if I didn't have plans and goals. Of course I have physical problems. But so do most people my age."

The aged should avoid becoming chronic complainers and being uncooperative. This may not be easy to do when one is suffering. "Even though I have physical problems," one elderly man said, "my ailments have not diminished my joy in living. I think attitude is all-important. The experience of living all these years has been enriching to me. And I feel the key to staying young is to associate with young people. They benefit from my wisdom, and I tap their energy. You see, I'm really young at heart."

Self-Examination for the Aged

- ☐ Do I look to the future with hope?
- ☐ Am I still curious and eager to learn new things?
- ☐ Do I try to stay as active as possible?
- ☐ Do I take each day as it comes and make the necessary adjustments?
- ☐ Am I cheerful and encouraging around others?
- ☐ Do I try to maintain my sense of humor?
- ☐ In simple terms—am I growing old gracefully?

What Can Be Done?

If you are young, do you need to improve your view of old age and your treatment of the elderly? If you are aged, why not ask yourself the questions outlined in the accompanying box? Are there things you can do to improve your situation?

If you answer all the questions in the affirmative, you will rarely lack friends, old or young. Others will naturally want to be around you. Best of all, you will enjoy your own company and find that life, at any age, can be interesting and full.

Young People Ask...



Stealing —Why Not?

"I'm 16 years old and have a very big problem. Lately, I've been stealing a lot. I just went to the shopping mall and stole seven pairs of earrings. I'm afraid to tell anyone about my problem. Please help me!"

SO WROTE one distraught teenage girl to a magazine advice column. One writer reported: "An estimated ten billion dollars' worth of consumer goods are . . . thieved, raided, ripped off, or otherwise stolen from retail stores each year [in the United States]. Teenagers account for nearly half of all shoplifting arrests."

According to one recent poll, over one third of high school (secondary school) students admit to shoplifting. And according to another poll, conducted by researchers Jane Norman and Myron Harris, "almost all [youths] admit having taken something without paying for it at one time or another."

Why They Steal

A thief is someone who deliberately takes something belonging to someone else without permission. At times thievery may seem justified by personal need. "I was in a tough situation," recalls one impoverished youth. "I would go to the back of a [fast food restaurant] and kick open the door and take some chicken. But that's all. I only did it because I was hungry."

Says a Bible proverb: "People do not despise a thief just because he commits thievery to fill his soul when he is hungry." Even so, stealing is morally wrong. The next Bible verse thus showed that even a hungry thief had to "make it good" by payment of a severe penalty.—Proverbs 6:30, 31.

Incredibly, though, only a minority of teenage thieves steal because of any legitimate need. Typical is young Mary Jane who admitted: "Yes, I have shoplifted and it was really weird, because I don't know why I did it. My parents give me money for everything. I didn't need anything."* *Seventeen* magazine similarly reported: "In a survey conducted by the National Crime Prevention Council, the most common reason given by offenders was that they wanted something for free." Some youths even justified their sticky fingers by arguing that the stores 'charged too much'!

For many youths, stealing is simply a means of alleviating boredom. "It was just something to do after school," explained a former thief named Jeremy. Stealing also

* Some of the names have been changed.

seems to serve as a kind of high-risk sport; some seem to love the rush of adrenaline that comes as they stuff a purloined blouse into a purse or slip a compact disc into a knapsack.

Masking Pain?

Of course, there are far safer ways of fighting boredom than risking a jail sentence. Could it be, then, that more is behind such thrill seeking than a desire for a little fun? Many experts believe that there is. The *Ladies' Home Journal* observed that some youths "find it difficult to cope with the pressures of growing up. A fight with their parents, the breakup of a friendship, a low mark on a test, can make them feel out of control; breaking the rules gives them back a sense of power."

Yes, behind the bravado of a thief may be a lot of hurt and pain. As the Bible puts it, "even in laughter the heart may be in pain." (Proverbs 14:13) Evidence indicates that repeated shoplifting may be a sign of depression. Some young thieves have even been found to have a history of child abuse. Whatever the cause of the pain, the thrill of stealing may seem to block it out—for a while, at least.* Take, for example, one American youth who gets his fun out of stealing cars and taking them for a wild joyride. "It feels good," he says. "You get this feeling like you are scared, like you feel high."

Peers and Their Pressure

The Bible says: "Bad associations spoil useful habits." (1 Corinthians 15:33) This truth is widely recognized. Writer Denise V. Lang observed: "Rarely does a young person get into trouble all by himself or herself." Oftentimes, peers will dare one another to steal something. Sad to say, many a youth gives in to the pressure.



Shoplifters often suffer the humiliation of being caught

"I got involved with a bunch of girls in junior high," says young Kathy. The price of membership in their exclusive club? Stealing an expensive sweater. "I wanted to be in that club, so I went into a store and got my sweater," she confesses.

Getting God's Viewpoint

The prospect of owning things you can't afford, of enjoying high-risk thrills, or of being accepted by peers may make stealing seem attractive. Nevertheless, one of the Ten Commandments in the Bible is: "You must not steal." (Exodus 20:15) The apostle Paul wrote that 'thieves will not inherit God's kingdom.' (1 Corinthians 6:10) God's viewpoint should be of particular concern to youths who have been raised as Christians. How hypocritical it would be to put on the appearance of righteousness and secretly carry on as a thief! The apostle Paul put it this way: "Do you, however, the one teaching someone else, not teach yourself?

* We are not discussing kleptomania—a mental disorder characterized by a compulsive urge to steal. Doctors say that kleptomania is rare, afflicting less than 5 percent of known shoplifters. The disorder is often treated with medication.

You, the one preaching 'Do not steal,' do you steal?"—Romans 2:21.

The humiliating prospect of being arrested is reason enough to avoid the vice of stealing. After being apprehended, one young thief said: "I wanted to die." Knowing that Jehovah 'hates robbery' is the strongest reason to avoid giving in to the impulse—or pressure—to steal. (Isaiah 61:8) Even if one is able to conceal thievery from store officials, police, and parents, one cannot hide it from Jehovah. Exposure is inevitable.—Isaiah 29:15.

Remember, too, that sin hardens a person. (Hebrews 3:13) Petty thefts tend to escalate to more brazen and reckless acts. Young Roger, for example, started his life of crime by stealing money from his mother's purse. In time he was knocking elderly women to the ground and stealing their purses!

Fighting the Temptation

Admittedly, if one has begun stealing in secret, quitting may not be easy. "It was kind of an addiction," admitted one youth. What can help a youth to change his or her ways?

Confess your sin to God. He will "forgive in a large way" those who repent of their wrongs and openly confess to him.—Isaiah 55:7.

Get help. Many readers of this magazine are acquainted with the Christian congregation of Jehovah's Witnesses in their area. Such ones can seek out the local Christian overseers and request spiritual help and correction. (James 5:14, 15) Parents who have good moral principles can also prove to be a source of help and support. If hurt, pain, or simple boredom is behind the misconduct, talking about things with a compassionate listener may prove very helpful.—Proverbs 12:25.

Make restitution. Under the Mosaic Law, thieves were required to pay back stolen goods with interest. (Leviticus 6:4, 5) Doing similarly not only helps clear one's conscience but also impresses upon one the hardship stealing causes others. The Bible promises that when a person "pays back the very things taken by robbery, and actually walks in the very statutes of life . . . , he will positively keep living. He will not die." —Ezekiel 33:15.

Stifle feelings of envy and greed. The last of the Ten Commandments is, "You must not desire . . . anything that belongs to your fellowman." (Exodus 20:17) If there is something that you really need—or want—but cannot afford, perhaps you can find a way to earn the money to purchase it. The apostle Paul advised: "Let the stealer steal no more, but rather let him do hard work, doing with his hands what is good work."—Ephesians 4:28.

Watch your associates. "If you are with a friend or a group of friends who do something wrong or commit a crime," reminds writer Denise Lang, *"you* will also be considered guilty simply for being at the scene with them." Have the strength to say no if peers suggest doing something illegal. —Proverbs 1:10-19.

Consider the harm stealing does to others. A thief thinks only of himself. But Jesus counsels us: "All things, therefore, that you want men to do to you, you also must likewise do to them." (Matthew 7:12) When one learns to care about other people, one is less inclined to do something that could cause others harm.

Think of the consequences to you. (Galatians 6:7) Instead of thinking about how nice it would be to own that shiny trinket or gadget that you cannot afford, think about how embarrassing it would be to be caught and prosecuted; think of the reproach you would bring on your parents and on God himself! You will surely conclude that stealing is not such a good idea after all.

She Touched Many Lives

ON NOVEMBER 19, 1994, Kathy Roberson died at the age of 26. She faithfully attended Christian meetings right up to the week of her death. Her struggle against cancer since the age of nine had been recorded in *Awake!* of August 22, 1994, under the title "When Life Is Not Easy." After reading the article, many from around the world responded by mail and described how Kathy's courageous example deeply touched them.



Kathy Roberson

Youths Encouraged to Serve God

Loida, from Spain, wrote: "I am 16 years old, and I wept when I read the experience about the endurance of Kathy. I used to be afraid of dying, but thanks to this article, I understand that, as she said, 'what is truly important is, not whether we live or die now, but whether we gain the blessing of Jehovah God, the One who can give us everlasting life.'"

Mari, from Japan, wrote: "Because I am close in age to Kathy and was baptized on the same day, reading her experience seemed like reading an encouraging letter from a close friend. Her hope that her story would move many to use their health, not in vain pursuits, but wisely in Jehovah's service caused my heart to burn, as I am just about to start regular pioneering [full-time ministry]."

Noemi, from Italy, wrote similarly, saying that Kathy's wish for youths to use their health, not in vain pursuits, but wisely in Jehovah's service "will be an encouragement for thousands of youngsters, including me." Noemi added: "I cannot wait to see her in the new world when all of this will have passed. As soon as I have finished high school, I am going to start pioneering."

"I am 18 years old," Rachelle from Florida, U.S.A., wrote, "and I have been considering the pioneer work for quite some time now. As I read the article 'When Life Is Not Easy,' I found it a great encouragement to see someone young like me endure such hardship. Kathy has moved me to use my health, as she said, 'not in vain pursuits, but wisely in Jehovah's service.'"

Some missionaries from the island of Chuuk, in Micronesia, wrote: "Our pioneers here are poor materially. However, Sister Roberson's experience helped them appreciate what they have. They realized that although poor materially they are blessed with strong bodies that enable them to serve Jehovah full-time. It was a good reminder for them to be thankful for what they have and use their strength in Jehovah's service."

A group of 16 students attending pioneer school in France were moved to send a photograph of lilies to Kathy with the encour-

agement: "We won't forget your exhortation to use our time for our great Creator."

Another youth from France wrote: "Being young and prime targets of Satan, we sometimes feel it difficult to remain loyal to Jehovah. Yet, when we read such beautiful and moving stories, we receive renewed strength and zeal, knowing that other youths, like Kathy, keep their integrity despite suffering. What a beautiful example!"

"I am about your age and have very good health," wrote Nadine from Ohio, U.S.A. "Many times I let minor things get in the way of my service to Jehovah. Reading your story made me take a good long look at my life, realizing how much precious time I have wasted. You have been an inspiration to me."

A young woman from Brazil said: "She talked directly to my heart and increased my desire to serve our God more fully."

A Canadian youngster wrote: "I am 15 years old. Two years ago, I learned that I was suffering from autoimmune hepatitis. Thanks to the experience of Kathy Roberson, I realized that in spite of my health condition, I can also serve Jehovah faithfully while there is yet time and that I must patiently await God's promised new system for a complete recovery."

Jennette from New Jersey, U.S.A., wrote: "All the obstacles she went through and the faith that she showed help all of us to be resolved to continue to reach out to do more in Jehovah's service despite any difficulties we may have. I am planning to use her experience with some of my Bible students to motivate them to set goals of pioneer service as they graduate from school."

Older Ones Encouraged Too

A woman from California, U.S.A., wrote: "You certainly have cut through all the minor issues in our lives and brought life down to its basic, essential element—our relationship with Jehovah." She added: "Though I am far beyond my youth, I was deeply moved and motivated by your experiences and your outlook. It has helped me to review my priorities."

Another letter from California said: "What you have gone through is as big a test as any put on the brothers and sisters in Germany or Malawi or any other place I've read of. I'm 68 now, so I've seen, heard, and read a lot of experiences. Your story will be a blessing to young and old alike."

A woman from South Carolina, U.S.A., acknowledged: "I am not a kid. I am almost 70 years old." She wrote in appreciation: "You are another Job. I hope all the young and the old will take note of your endurance."

Another letter said: "Kathy's faith and determination touched my heart. I'm almost 57 years old, and one of my goals was to put more time in Jehovah's service when I retire, but recently I was diagnosed with cancer. How I regret that when I was younger and had my health, I didn't do more for Jehovah! None of us can predict when a serious illness will take that privilege away."

A Christian elder wrote: "I am going to keep this article in a special file for my reading when life takes the unexpected turns that could test my faith. I'm also going to keep this article in my shepherding file for use to encourage the dear friends who are bombarded by hardships as this system draws to a close."

Indeed, we are strengthened by the faith and courage of all members of our worldwide brotherhood. (1 Peter 5:9) All of us look forward, as Kathy did, to the fulfillment of the Bible's promise of a time when "death will be no more." (Revelation 21:3, 4) What a grand time it will then be when "no resident will say: 'I am sick.'"—Isaiah 33:24.

How I Benefited From God's Care

ON THE morning of May 18, 1963, I awoke much happier than usual. It was the start of a beautiful, warm sunny day. But before I explain why that day was so special to me, let me tell you a little about myself.

I was born in Philadelphia, Pennsylvania, U.S.A., on May 20, 1932, the youngest girl in a family of four daughters. My mother died when I was two, and Father remarried when I was five. In time, six younger brothers and sisters were added to our family. We were Baptist, and at one point I even thought about becoming a Sunday-school teacher.

I was born with rheumatoid arthritis, which contributed to a very difficult childhood. When I was nine, a doctor told me I would get worse as the years went by. Sadly, his prediction proved true. By the time I was 14, I was no longer able to walk. Eventually my hands, feet, and legs were completely crippled, and my hips fused. My fingers became so deformed that I had a hard time writing or just picking things up. Because of my condition, I was not able to return to public school.

When I was admitted to a hospital at age 14, I was happy because the nurses allowed me to do little things to help them. I enjoyed this work very much. Later, I reached the point where I could not sit up alone. The doctors told my parents that there was nothing they could do for me, so after spending three months in the hospital, I was sent home.

For the next two years, until I was 16, I did not do much of anything except lay in bed. Some home tutoring was provided, but then my condition deteriorated. I developed an ulcer on my right ankle, as well as rheumatic fever, which required a return to the hospital. I turned 17 there. Once again I remained in the hospital for three months. When I returned home, I was no longer eligible for home tutoring.

As I approached 20, I was very miserable and spent much of my time crying. I knew there was a God, and many times I prayed for him to help me.

A Hope for the Future

While in Philadelphia General Hospital to receive further treatment for my ankle, I shared a room with a young girl named Miriam Kellum. We became friends. When Miriam's sister Catherine Miles visited, Catherine would share information from the Bible with me. After I was discharged from the hospital, I somehow always managed to keep in touch with Catherine, who was one of Jehovah's Witnesses.

Unfortunately, my stepmother did not like me very much. When I was 25, I moved in with one of my older sisters, and Catherine happened to move into a house around the corner. I called her, and she began to study the Bible with me using the book *Let God Be True* as a study aid. What a joy it was to learn that I would not always be crippled and that one day all wickedness would be done away with! (Proverbs 2:21, 22; Isa-

iah 35:5, 6) These truths appealed to me, along with the resurrection hope and the prospect of seeing my mother again.—Acts 24:15.

I started attending meetings of Jehovah's Witnesses right away. Catherine's husband would carry me to their car and take me to the Kingdom Hall. When I went to the meetings, I felt encouraged by the love I was shown.

Overcoming Obstacles

Sadly, my sister and her husband separated, which required that I once again live with my father and stepmother. Since my stepmother was very opposed to Jehovah's Witnesses, I had to study the Bible secretly from 1958 to 1963. She would not permit any of Jehovah's Witnesses to come into the house. I would study with different ones on the telephone or when I was in the hospital.

Another obstacle was that my stepmother would at times refuse to feed and bathe me. Once she did not wash my hair for eight months. She also did not allow me to read any mail that she did not first approve. However, Jehovah's care was evident, since my brother allowed me to have my mail sent to his house. This arrangement enabled Pat Smith, a Christian sister with whom I corresponded, to keep in touch with me and supply me with Scriptural encouragement. My brother would smuggle her letters in to me; I would answer them, and he would smuggle my letters out.

In 1963, I had to return to the hospital, and Pat Smith continued to study with me there. One day she asked me: "Would you like to get baptized at our circuit assembly?"

"Yes!" I replied.

I was in the rehabilitation ward and could obtain a day's pass. On the day of the circuit assembly, Pat, along with other Witnesses, came to get me. The brothers had to lift me over a partition and let me down into the water in order for me to be baptized. Now I was one of Jehovah's servants! That was May 18, 1963, a day I will never forget.

In and Out Of Nursing Homes

In November, I was to leave the hospital. I did not want to go back home because I knew my service to Jehovah would be limited there. So I made arrangements to enter a nursing home. There I began to share in the ministry by writing letters to people whom the Witnesses had difficulty contacting in the house-to-house ministry. I also read the obituary columns and wrote to relatives of those who had recently died, enclosing comforting scriptures from the Bible.

Then, in May 1964, I moved to New York City to live with my oldest sister and her husband. He bought me my first wheelchair, and I began attending the meetings. What a joy it was to give my first talk in the Theocratic Ministry School while in New York City!

Early in 1965, some friends from Philadelphia asked me to spend two weeks with them. While I was staying in Philadelphia, my sister wrote and told me that she did not want me anymore and that I should stay where I was. I arranged to reenter a nursing home. While living there, I continued to attend meetings and to witness to people by writing letters. It was at this time that I was able to expand my ministry by sharing in what is known as the auxiliary pioneer work.

Recipient of Loving Care

A further indication of Jehovah's care was the assistance given me by the West Congregation of Jehovah's Witnesses in Philadelphia. In addition to taking me to Christian meetings, they provided me with the stationery and the other supplies I needed for my ministry.



I called this area where I engaged in the ministry paradise corner

In 1970 a further evidence of Jehovah's care occurred when arrangements were made for me to move in with Maude Washington, a Christian sister and retired nurse. Though she was approaching 70 at the time, she willingly cared for me over the next two years until she could no longer do so.

While I was with Maude, the brothers of the Ridge Congregation in Philadelphia worked diligently to make sure I was able to attend all the meetings. This required that they carry me up and down three flights of stairs three times a week. How grateful I am to those who worked so faithfully to help me get to the meetings!

In 1972, when Sister Washington could no longer care for me, I decided to obtain an apartment of my own. This adjustment would not have been possible without the self-sacrificing help and love of Christian sisters in the Ridge Congregation. They made arrangements to feed me, bathe me, and care for my personal needs. Others helped by doing shopping and by caring for other necessary business.

Every morning the sisters arrived early to feed and dress me for the day. After assisting me to get into my wheelchair, they would roll me up to my desk in a little corner of the apartment, near a window. There I would sit, engaging in the ministry by using the telephone and by writing letters. I called this area of my apartment paradise corner, as I had it decorated with many theocratic scenes. I would spend the entire day in my ministry until someone came at night to put me to bed.

In 1974 my health required that I enter the hospital. While I was there, the doctors tried to pressure me into taking blood. About a week later, after my condition had improved, two of the doctors came to visit me. "Oh, I remember you two," I said to them. "You tried to talk me into taking blood."

"Yes," they replied, "but we knew it wouldn't work." I had opportunity to give the doctors a witness about the Bible's promise of the resurrection and about the Paradise earth.—Psalm 37:29; John 5:28, 29.

During the first ten years that I lived alone, I was able to attend Christian meetings. I never missed them unless I was ill. If the weather was bad, the friends would wrap my legs with a blanket and cover them

to keep them dry. Occasionally a traveling overseer would come to see me. During his visits, he would "accompany" me on a Bible study that I conducted by using the telephone. These were times of great joy for me.

Coping With a Worsening Situation

In 1982, I reached the point where I could no longer get out of bed. I couldn't attend meetings, nor could I pioneer, which I had done continuously for 17 years. These circumstances made me very sad, and I would often cry. However, Jehovah's care was evident—Christian elders arranged to have a Congregation Book Study in my small apartment. How grateful I still am for this provision!

Since I was confined to my bed all day and could not get to my desk, I began to practice writing on a piece of paper that I would lay upon my chest. At first, my writing wasn't legible, but with lots of practice, it became readable. For a time I was again able to give a witness by writing letters, and this brought me a measure of joy. Unfortunately, my condition has deteriorated further, and I am no longer able to share in this aspect of the ministry.

Although I have not been physically able to attend a district convention since 1982, I try to get into the spirit of the occasion at convention time. A Christian sister brings me a lapel card and attaches it to my gown. Also, I turn the television on to a baseball game at Veteran's Stadium in Philadelphia and think about where I used to sit during our conventions there. Usually, someone records the convention program so that I can listen to all of it.

Not Giving Up

Though I am not able to do as much as I formerly did in the ministry, I am still conscious of talking to people about Bible truths. Having been able to pioneer and to help a number of interested ones study the Bible has been a source of joy. While it has not been easy living alone for the past 22 years, I have enjoyed the freedom to serve Jehovah without hindrance, which I would not have been able to do if I had remained at home.

I have also seen the need to work diligently to adjust my own personality. At times my utterances have not always been offered with graciousness when providing direction to those who have volunteered to help me. (Colossians 4:6) I continue to pray to Jehovah to help me to improve in this area. I am truly grateful for the patient and forgiving spirit displayed by those who have put up with me in love over the years. Their loving assistance is a blessing for which I thank them and Jehovah.

Although physically unable to attend the meetings for years—I haven't been out of my apartment in all that time except once to go to the hospital—I am still joyful and happy. Admittedly, I get depressed at times, but Jehovah helps me to come right out of it. I now enjoy listening to the meetings over a telephone hookup to the Kingdom Hall. By relying on Jehovah through prayer and trusting in him, I have never felt alone. Yes, I can truly say that I have benefited from Jehovah's care.—*As told by Celeste Jones.*

IN OUR NEXT ISSUE

Do You Appreciate Grandparents?

'Thank You for Bringing Me Home, Mom'

What Can You Do About Bad Breath?

Have You Seen a THYLACINE?

BY *AWAKE!* CORRESPONDENT IN AUSTRALIA



Tom McHugh/Photo Researchers

'HAVE I seen a *what?*' you may ask. 'I don't even know what a thylacine is.'

Actually, "thylacine" is the shortened form of the full zoological name *Thylacinus cynocephalus* and is the name of a fascinating animal from down under, the Tasmanian tiger, or Tasmanian wolf.

Thylacinus cynocephalus literally means "pouched dog with a wolf's head," but the animal was given a variety of much simpler names by early European settlers of Tasmania, Australia's small island state. Names such as zebra opossum, hyena, zebra wolf, and dog-headed opossum were common. The Aborigines, who were in Tasmania long before the white man arrived only about 200 years ago, called the thylacine by the name corinna.

The Tasmanian tiger is now considered extinct, but stuffed specimens can be found in museums. The last known living thylacine died in 1936 in a zoo in Hobart, Tasmania's capital. There are, however, those who claim there are still some living thylacines hiding out in the Tasmanian wilderness, and reports of sightings continue.

Although not really of the tiger family, the name Tasmanian tiger doubtless arose both because the animal is striped and because it is a meat eater. Distinctive, dark-brown, almost black, stripes run across its back and down its long, rigid tail. A further fascinating fact is that the thylacine is a marsupial—that is, the female has a pouch. The young are born tiny, immature, and sightless but then find their way to their mother's pouch, where they are suckled until fully grown and strong enough to leave. The tiny newborn stays in mother thylacine's pouch for about three months before venturing out. Once out of the pouch, though, it is not long before junior thylacine begins following mother in her quest for food.

It is claimed that the thylacine is the largest meat-eating marsupial known in recent times. Unlike marsupials such as the kangaroo, the female thylacine has a rearward-facing pouch. She can carry and suckle four young at a time.

How Widespread?

Though Aboriginal rock-paintings, fossils, and dried, mummified specimens of the thylacine have been found in many parts of Australia, the main habitat of the thylacine seems to have been Tasmania. Even there it may never have been plentiful. Humans have mainly been responsible for its extinction. The Tasmanian tiger was itself a predator, yet it was no match for the cunning and greedy hunters that some white settlers proved to be. Being curious and largely unafraid of man, the thylacine was easy prey to the gun and the snare.

Many farmers claimed that the Tasmanian tiger was a sheep killer, so attractive bounties were offered by large pastoral interests as well as by the Tasmanian government. Live specimens that were trapped were readily acquired by overseas zoos. Although the thylacine population was no doubt affected by a serious unknown disease that ravaged much of Tasmania's wildlife many years ago, by far the greatest decimation of its numbers was by man.

Unique Hunting Methods

The thylacine usually hunted alone but sometimes in pairs. Its method was to target an animal, such as a small kangaroo, then just trot after it, running it down. Once the prey slowed, exhausted, the thylacine would leap in and kill it with its powerful jaws. Another unique feature of this unusual animal was the opening gape of its jaws, an astonishing 120 degrees!

Their habit of eating only certain parts of the carcass—usually just the internal organs—led some to regard them as wanton killers. But to offset this seeming waste, another smaller, meat-eating marsupial, the scavenging Tasmanian devil (which is still in existence) would follow up the tiger and soon clean up all the leftovers—bones, fur, and all.

Apparently the thylacine was no threat to man. There is no evidence that they ever hunted humans. One old-timer recalls that late one evening, many years ago, he was sitting in front of his campfire, reading, when through the flames he suddenly saw a Tasmanian tiger crouched low, stalking and edging menacingly toward him. Fearing an attack, he quietly reached for his rifle, took careful aim through the flames, and fired. The thylacine did an ungraceful backward somersault but was apparently not badly injured, for it jumped up and disappeared into the darkness. The man then went to inspect for any blood, in order to see how badly he had wounded the tiger. Just in front of the fire, he found a large opossum with the bullet in it. That was what the thylacine had been stalking!

What About Reported Sightings?

There have been scores of reported sightings of the thylacine since the last one in captivity died in 1936, but so far little has been produced to convince zoologists that any are still alive. It seems that nothing short of an actual photograph or a live capture will convince officials that thylacines still exist.

Many older people living in Tasmania's country areas say they would not report a Tasmanian tiger if they saw one. They are troubled over the fact that early in their lifetime, other humans were responsible for the apparent extinction of this unique animal. If any thylacines do still exist, such people want them left in peace.

So if they were asked, "Have you seen a thylacine lately?" their answer—truthful or not—would be, "No!"

Gambling More Than Money

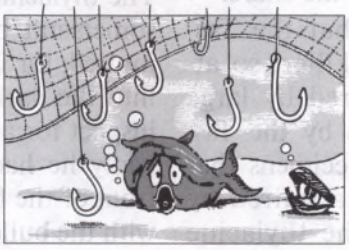
According to the Australian newspaper *The Sydney Morning Herald,* with the opening of new casinos, the authorities are facing an unexpected problem: "parents who abandon their children to gamble." Several children have been found locked in cars while their parents spent hours at the gambling tables. One notorious case was that of a five-year-old boy and his 18-month-old sister who were locked in a car for five hours until they were freed by police at seven o'clock in the morning. Prominent signs in several languages have now been placed outside one casino warning parents that they face a $5,000 fine and possible jailing for abandoning their children in this way. According to *The Herald,* a social worker noted that gambling addictions have also led to "marriage break-ups, crime, job losses and suicides."

Tampering With the Bible

Oxford University Press has prepared a new version of the Bible with unprecedented changes. In an attempt to be "politically correct," the version avoids statements that could allegedly be interpreted as sexist, racist, or tainted with anti-Semitism. For example, the new version refers to God as "Father-Mother." Jesus will be not the "Son of man" but, rather, the "Human One." The version has no reference to the Jews' having killed Jesus Christ. Even alleged bias against left-handed persons will be eliminated when God's "right hand" becomes his "mighty hand," says *The Sunday Times.*

Fishing Imperiled

As the fishing fleets of different nations wrangle over territory and fishing rights, a report by the Worldwatch Institute warns that the world's fish harvest has reached its upper limits and is now actually in decline in most parts of the earth. While acknowledging that environmental pollution has been a factor in global depletion of marine life, the report says that overfishing



by the commercial fishing industry is the primary cause for the diminishing number of fish taken in the Atlantic and Pacific oceans and the Black and Mediterranean seas. The Agence France-Presse news service says that according to the Worldwatch report, the catch has fallen off by as much as 30 percent in some regions and that if the present mismanagement of the oceans' resources continues, literally millions of fishermen will soon be unemployed.

The Rising Cost of Bird's-Nest Soup

In the restaurants of Hong Kong and other Asian cities, a favorite dish is an edible bird's nest, which is often made into a soup. According to the *International Herald Tribune,* many Chinese view the cooked nests not only as a delicacy but also as a health tonic. Conservation groups estimate that Hong Kong alone absorbed about 17 million swiftlet nests in 1992. Overharvesting, however, has pushed the wholesale cost of nests to a record $230 per pound, and premium-grade nests can fetch over eight times that much. The cost to the swiftlets that produce the nests is far higher. The destruction of eggs and chicks when the nests are harvested has resulted in the decline of some populations of swiftlets and the extinction of others.

Police Crack Down on Heavy Schoolbags

"The weight of schoolbags cannot exceed 15 percent of [the pupil's] body weight," says the mayor of Cantù, a town in the province of Como, northern Italy. The mayor is worried about the risk of scoliosis. The parents of children who break the rule can face a 400,000 lire [$250, U.S.] fine and up to six months' imprisonment. To demonstrate that he was serious, the mayor sent the city police, armed with a weighing scale, to mount checkpoints outside of schools, reports *Corriere della Sera.* Only two students stopped during the first checks were within the limit. In fact, one boy weighing 75 pounds was carrying a bag weighing 26 pounds. His schoolmates rallied to his defense, complaining that the anthology and math books alone weighed 11 pounds, and they needed to carry books for a minimum of four subjects each day. The mayor placed the blame on the publishing houses, whose interest is "in selling heavier and

more expensive books." He suggested that they publish the textbooks in parts.

Commendation Counters Stress

Each year heart attacks take the lives of 200,000 persons in Germany. What is the main cause? "Stress," reports the newspaper *Süddeutsche Zeitung,* since working in Germany demands "total commitment, constant stress." Stress at work results in a high rate of absenteeism through illness and can lead to burnout. Every second nurse suffers from symptoms of stress, and 1 teacher in 3 takes early retirement, many because of "nervous strain." Health insurance companies are studying how to diminish stress at work. One study, carried out among several hundred medium-sized firms, pinpoints what appears to be a contributing factor: Of the workers surveyed, 44 percent never received any commendation at work.

Runaway Children

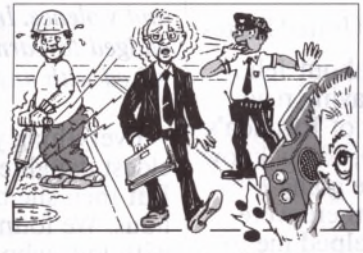
Each year 98,000 children in Britain run away from home, notes the newspaper *The Independent.* Many leave to escape violence in the family. More than 10,000 flee at least ten times before they are 16 years old. Too young to receive welfare benefits, many of these runaways turn to crime and prostitution. Ignore the problem, warns Ian Sparks, chief executive of the Children's Society, and these youngsters will grow up to become "homeless adults detached from society." If "society as a whole" placed more emphasis on supporting and helping the parents, he noted, then "a lot of problems would not happen in the first place."

Staggering Water Shortage

"South Africa is facing a water crisis of staggering proportions," reports the newspaper *The Star.* Unless alternative sources are exploited, current water sources will be depleted "within the next 15 years." One factor is the rapidly increasing population. Low rainfall, about half the world average, is another cause. An unusually high rate of evaporation exacerbates the problem. The largest water-storage dam in the country loses on average 130,000,000 gallons annually through evaporation. The quality of the existing water is also declining as a result of pollution. *The Star* states: "There are now 12 million people without access to clean drinking water and over 20 million without adequate (water-borne) sanitation."

Noise Pollution

At least 10 percent of the world's population suffers some degree of hearing deficiency. Brazilian magazine *Globo Ciência* explains that "the human ear was not made to tolerate the noises



made by civilization." Daily exposure to unhealthy noise levels may also contribute to poor concentration, low productivity, aggression, and accidents on the job.

Prison Rates Increasing

As crime increases worldwide, so does the rate of imprisonment. Russia now has an imprisonment rate of 558 for every 100,000 people, followed by the United States with 519 per 100,000. Next comes South Africa with 368, Singapore with 229, and Canada with 116. Since the breakup of the former Soviet Union, murders and other crimes have greatly increased in Russia, and the incarceration rate there soared past the United States, the former leader. Why do many European nations imprison people at rates that are one sixth that of the United States? "One explanation is that while overall crime rates differ little across borders, violence is more prevalent in the United States, Russia and South Africa," says *U.S.News & World Report.* "Whatever the reasons, the imprisonment gap is likely to grow."

Children Who Read and Write Better

"Reading to youngsters enhances writing skills," reports the Canadian newspaper *Globe and Mail.* According to results of recent tests conducted by the Ministry of Education of Ontario, Canada, students who said they often had stories read to them when they were growing up performed at a higher level than those who rarely or never had books read to them. The *Globe* added that "students who performed well in reading also fared well in writing" and that "students who read out of school performed better both in reading and writing." According to the president of the Ontario Teachers Federation, the test results revealed that "students who don't read or aren't in the practice of being read to by age 14 won't after that."

FROM OUR READERS

Religion and War I want to express my appreciation for the October 22, 1994, series "When Religion Takes Sides in War." Although I lived through the time of the slaughter of Serbs in Croatia, I was too small to remember it. This complex and tragic situation is thus very close to my heart. I appreciated the way you illuminated the role of religion and its relentless efforts in exacerbating division and hatred among these national groups.

M. K., United States

I was touched by the article "We Did Not Support Hitler's War." It was so well told I almost cried. I am 15 years old, and I feel encouraged to know that whatever small persecution I may face at school or in the preaching work, I can deal with it.

A. M., United States

I couldn't help but shed a few tears over the trials faced by the Wohlfahrt family. Their trials make my little discouragements seem so unimportant. The article encouraged me to continue pressing on, knowing that as Christians, we may face similar opposition as this system comes to its end.

M. S., United States

Relief Efforts I was worried about Jehovah's Witnesses in Rwanda. Having read the article "Caring for Victims of Rwanda's Tragedy" (December 22, 1994), I now know something about what they are going through. The article said that there were many there who died. What helped me to feel a little better about this was having the hope of meeting them in Paradise. In the meantime, I'll pray for my fellow believers in Rwanda.

J. D., Japan

The Elusive Wolf Thanks for the many informative and often amusing articles you publish about Jehovah's creation. The article "An Elusive Creature—Hated and Loved" about *Canis lupus* (September 8, 1994) was most interesting. But in the picture on the first page of the article, the animal appears to be too small to be a wolf.

S. W., Germany

We appreciate the observation of this sharp-eyed reader. It turns out that the silhouetted figure was actually based on a photo of a coyote, not a wolf. We apologize for the mistake. —ED.

Satanism I find the stereotypes and generalizations made about heavy-metal music throughout your series "The Lure of Satanism" (September 22, 1994) to be appalling. While it is true that there are bands that fit this stereotype, your article fails to mention other positive messages in heavy-metal music.

C. C., United States

It may be true that not all heavy-metal music directly promotes Satanism. Nevertheless, the outrageous appearance and behavior of even mainstream heavy-metal bands is well-known. So is the long-standing association this genre of music has had with drugs and violence. In view of these facts, we felt obliged to warn readers about getting involved with any form of this music.—ED.

Everything you wrote was accurate. Our eldest daughter was raised as a Christian. But then she became increasingly rebellious. We found out she was associating with kids who listened to heavy-metal music. She would hide heavy-metal tapes and listen to the songs at night with headphones. Some of the lyrics were satanic chants! We later discovered satanic symbols hidden about her room. Eventually she moved out of our home and continues to be dead spiritually. And it all began with heavy-metal music.

D. B., United States

Where Money Stays on Trees

SUPPOSE that money grew on trees and that you owned such a tree. Now imagine that your tree was planted alongside a path traveled by dozens of your neighbors each day. How long do you think the money would remain on your tree?

If all your neighbors were Jehovah's Witnesses, your money tree would be secure. Why do we say so? Because Jehovah's Witnesses follow the Biblical injunction to conduct themselves honestly in all things. (Hebrews 13:18) A recent incident illustrates this.

In Nigeria, West Africa, a five-naira note was found on the road a hundred yards from the nearest building of the Watch Tower Society's branch office complex. The finder tied it to the frond of a nearby coconut palm, thinking that the person who had lost the money might return to look for it.

Though the money could be clearly seen by dozens of Jehovah's Witnesses who passed daily, no one claimed it. After many days it was removed and put in the Society's contribution box.







Can the Dead Really Help the Living?

People who drove by the Mother of Good Counsel Catholic Church in Louisville, Kentucky, U.S.A., in the spring of 1994 might have drawn that conclusion. For there they could have read the sign seen here: "PRAY TO YOUR BELOVED DECEASED. THEY CAN HELP."

Does the Bible teach that the dead can help the living? Do the dead only appear to die but live on in another form? Are they really living somewhere, and are they able to help us?



What Hope for Dead Loved Ones?

Awake!

July 8, 1995



DO YOU APPRECIATE GRANDPARENTS?

Awake!

Average Printing 12,990,000 Published in 75 Languages



Do You Appreciate Grandparents?

3-11

In recent times there has been a tendency to relegate grandparents to the role of outsiders. How are grandparents treated in your family? How should they be viewed?



'Thank You for Bringing Me Home, Mom' 12

Todd survived a plane crash but with terrible injuries. His fight to regain a normal life, with the help of his mother, is an inspiring story.



What Can You Do About Bad Breath? 21

Bad breath affects everybody. Find out why, and learn what you can do about it.

What Is Happening to Grandparents? 3

What Are Some of the Problems? 5

Living Together in Love 7

Costa Rica —Small Country, Abundant Variety 16

The Bible's Viewpoint Does It Matter What You Believe? 25

Drowsy-Driver Alert 27

Watching the World 28

From Our Readers 30

Toad or Frog —What Is the Difference? 31

The Teacher Enjoyed It 32

WHAT IS HAPPENING TO GRANDPARENTS?

BY *AWAKE!* CORRESPONDENT IN ITALY

"I did not believe that as a grandfather I could be the object of such tenderness on the part of my grandchildren. They are a gift—sweet, innocent ambassadors for the strengthening of the bonds of affection."—Ettore, the grandfather.

IN SPITE of the above wholesome relationship, grandparents, parents, and grandchildren do not always get along these days. Rather than cooperating, the three generations often clash. With what results? Increasing solitude and unhappiness among the elderly, the grandparents—those members of the family who are often the most vulnerable and isolated, those to whom family members may turn when they have economic difficulties. What is the situation in your family? Are the grandparents truly appreciated?



In the last few decades, notable worldwide social changes have affected the family and the relationships within it, resulting in the almost complete disappearance of the patriarchal family. In Europe, only 2 percent of elderly people live with their children. Even so, in industrialized nations, as a result of the current increase in average life expectancy and the decrease in births, the proportion of grandparents to the general population is ever larger. Grandmothers and grandfathers constitute 26 percent of the population of Europe, and according to a survey published by the European Union, the figure is "destined to

increase." Japan, says the *Asahi Evening News,* "is proud of its tradition of taking care of its senior citizens." Yet, there is an increasingly widespread habit, especially in the cities, of leaving grandparents in hospitals and specialized clinics even when there is no real need for hospitalization. In South Africa too, where the elderly have traditionally been treated with dignity, there is now the deplorable tendency to reject the aged, according to Cape Town newspaper *The Cape Times.* The report points out that families want to get "as much out of life as possible" and are "deluding themselves that once they have put granny safely in a home, they have done all that's expected of them."

The same newspaper speaks of a specific case in which an elderly grandmother is placed in an efficient rest home for the aged by her three children, "with promises of support and regular visits." But what becomes of her? "At first the visits are daily. After some weeks they drop to three times a week. Then it becomes once a week. After a year twice or three times a month, eventually five or six a year and finally hardly any at all." How did this grandmother pass her interminable days? The heart-rending description relates: "Her room had a window with a view of a tree, and her only living companions were the doves and the starlings that perched in it. She waits for their arrival as anxiously as if they were close relatives."

As a result of the Westernization of South African life-styles, which induces many to seek work in the cities, the same thing is happening in tribal families. Besides changing social conditions, other reasons for the abandonment of grandparents are the disappearance of those humanitarian qualities that promote happy social and family living—goodness, respect for one's neighbor, family affection—and the prevalence of the spirit of selfishness, hedonism, pride, and rebellion. According to the Scriptures, such moral degradation is a sign that we are living in "the last days." (2 Timothy 3:1-5) Thus, rather than esteem their grandparents as a source of enrichment and stability, children and grandchildren often consider them to be a cumbersome hindrance, out of step with rapid social change.*

The generation gap is becoming increasingly accentuated, and it causes considerable tension, even more so when the elderly live with their families. Yet, the grandparents' contribution can be of such great benefit! What, then, are some of the principal problems between generations that impede affectionate relationships between grandparents, children, and grandchildren? And how can grandparents reestablish their valuable role within the family circle?

* It must be recognized that in some cases of senility and extreme health problems, a nursing home with professional staff may be the most loving and practical provision for some elderly parents.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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WHAT ARE SOME OF THE PROBLEMS?

Grandparents, parents, and grandchildren—three generations separated by just a few decades, yet often in spirit by an abyss.

MANY grandparents lived through the frightful experience of the second world war, with all its devastating consequences. Their children were probably young during the time of the protests and the economic boom of the '60's. Their grandchildren today live in a world devoid of values. With today's rapid change in public role models, it is not easy for one generation to impart to the next an appreciation for its own experience. Something is lacking, something to persuade people of different generations to cooperate and respect one another. But what could it be?

Often, well-intentioned grandparents interfere in the family affairs of their married children, complaining that the parents seem either too strict or too lax with the grandchildren. On the other hand, a Spanish proverb says: "Punishment from grandparents does not make for good grandchildren" —since grandparents tend to be indulgent. Perhaps they intervene because they would like their children to avoid certain errors that, thanks to their own experience, they can see clearly. However, they may be unable to reappraise and interpret the changing relationships with their married children in a balanced way. The children, who with marriage have obtained long-yearned-for independence, are not prepared to tolerate interference. Now that they work to support the family, they cannot accept infringements on their right to make their own decisions. The grandchildren, who may think they already know it all, resent rules and regulations and perhaps consider their grandparents to be out of touch. In modern society, grandparents seem to have lost their appeal. Their experience is very often ignored.

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When Conversation Ceases

At times an impenetrable wall of lack of mutual understanding isolates the grandparents from the rest of the family even when they live with their children. Unfortunately, this occurs at precisely the time when, because the years begin to weigh heavily, the grandparents have even greater need for affection. A person does not have to be alone to feel alone. When conversation ceases, when respect and affection are replaced by condescension or irritation, the results are complete alienation and deep disappointment on the part of the grandparents. They hurt in their innermost feelings. Educator Giacomo Dacquino writes: "Love in the family, which someone recently likened to an old, superseded model, is still the best geriatric medicine. An understanding facial expression, a kind smile, a good word, or a caress helps more than many medicines."—*Libertà di invecchiare* (Freedom to Grow Old).

Your Example Can Make a Difference

The tension that results from deteriorating family relations also causes continual complaints of one generation against the other. One member of the family may feel that whatever another does is wrong. But the ill effects are felt by all. The children observe how their parents treat the grandparents and, in turn, how their grandparents react. Though the older ones, for the most part, may suffer in silence, the grandchildren hear, see, and remember. Thus their own future patterns of behavior are influenced. As adults, they may well treat their parents much as these treated the grandparents. There is no getting away from the Bible principle: "Whatever a man is sowing, this he will also reap."—Galatians 6:7.

If grandchildren see the parents treating the grandparents in a condescending way—making fun of them, rudely silencing them, or even exploiting them—this is the way they, in turn, may act toward their parents when they get older. It is not enough to keep the grandparents' framed photo on the sideboard—they have to be respected and loved as persons. In due course, the same treatment may be meted out by the grandchildren. It is said that the phenomenon of mistreated grandparents is becoming more and more widespread. In some European countries, telephone distress lines have been set up for intervention in behalf of mistreated elderly people, similar to those already operational for the protection of children.

Selfishness, pride, and lack of love feed and aggravate lack of understanding. Thus, the number of those who try to rid themselves of grandparents by placing them in rest homes is on the increase. Some spare no expense to free themselves of the problem of caring for the elderly, entrusting them either to specialized centers equipped with all the latest technology or to retirement villages like those in Florida or California, U.S.A., served by an abundance of supermarkets and entertainments but still lacking the smile and caress of loved ones and the embrace of grandchildren. Particularly during vacation times, many look for a place to "park" grandma and grandpa. In India the situation can sometimes be even worse when some grandparents are just abandoned and left to fend for themselves.

"The awful thing about getting old is not being listened to."

—Albert Camus, French novelist

Difficulties in keeping close family relationships are aggravated by divorce.

Only 1 British family out of 4 has both parents still living in the household. Divorce is on the increase worldwide. In the United States, there are over a million divorces each year. Grandparents thus unexpectedly find themselves face-to-face with their children's marriage crises and consequent drastic changes in relationships with their grandchildren. To the embarrassment of dealing with an ex-son-in-law or an ex-daughter-in-law is added the problem "of the sudden arrival of 'acquired' grandchildren" if, as reported by Italian newspaper *Corriere Salute,* "their son or daughter's new partner should have children from a previous marriage."

"A Spark to Our Lives"

Yet, a warm, affectionate relationship with one's grandparents, whether they are living with the rest of the family or not, is of great benefit to all. "Doing something for our children and grandchildren," says Ryoko, a grandmother from Fukui, Japan, "is enough to give a spark to our lives." According to the results of research published by *Corriere Salute,* a group of U.S. experts is reported to have said: "When grandparents and grandchildren have the good fortune to enjoy an intense and affectionate relationship, the benefit is great not only to the children but also to the whole family."

What can be done, then, to overcome personal differences, generation gaps, and innate tendencies toward selfishness that exert such a negative influence on family relationships? This subject will be considered in the next article.

LIVING TOGETHER IN LOVE

Dear Grandma and Grandpa,

Are you well? I think I'm catching a cold.

Thank you for playing with me the other day. You took me to the park and to the public bath. I enjoyed it very much.

Next year on February 11, we have our school concert. If you can come again, please come.

We are very happy when you come, Grandma and Grandpa.

Please take care of yourselves, and always stay well. It's going to get cold, so take care not to catch colds.

I am looking forward to the next time you come and play with me. Please say hello to Yumi and Masaki for me.

Mika (Japanese)



DID your grandchild ever write you a letter like this one? If so, when you received it, it undoubtedly gave you a lot of joy. Such letters are evidence of a beautiful and affectionate kinship between grandparents and grandchildren. But what is needed to establish, maintain, and strengthen this kind of relationship? And how may it prove beneficial to all three generations?

Love
—"A Perfect Bond of Union"

Roy and Jean, two British grandparents, say: "The main

principles, we feel, are recognizing headship and getting along with one another in love." These two Witnesses of Jehovah specifically cited the scripture at Colossians 3:14, which describes Christian love as "a perfect bond of union." Love generates respect, thoughtful attention, affection, and family unity. When dad comes home from work, the whole family runs to meet him to give him a warm welcome. If there is love in the family, the same thing happens when the grandparents arrive. "Grandma and Grandpa are here!" cries an excited child. That evening, the extended family sits down to dinner, and granddad, following the local tradition, takes the place reserved for him at the head of the table. Can you picture yourself and your family in this loving scene? Do you enjoy this blessing?



A family reunion can contribute to family unity

"Gray-Headedness Is *a Crown* of Beauty"

Obviously, love and respect for grandparents must be manifest continually, not just on special occasions. For this reason it is necessary to educate children constantly. Within the family children learn to love relatives and others, following the model set by their parents. Their example is fundamental, as pointed out by many who were interviewed on this subject. Macaiah, a father from Benin City, Nigeria, says: "I think my example of respecting my parents-in-law has also helped my children to be humble and respectful. I address my parents-in-law as 'Daddy' and 'Mummy.' My children hear and see that I respect them like my own parents."

If grandchildren fail to respect their grandparents, these may get upset, not so much for the shortcoming itself but for the fact that the parents do not correct them. Demetrio, a grandfather from Rome, Italy, says: "I can see the love my daughter and son-in-law have for us by the way they educate our grandchildren to honor and respect us." On occasion, grandchildren may treat grandparents in an overly familiar way, as though they were mere playmates of the same age, or else with an air of superiority. It is the parents' responsibility to correct any such tendency. Paul, a Nigerian Witness, says: "About a year ago, the children started looking down on my mother. When



Your grandparents are encouraged when you write to them

I noticed this, I read them Proverbs 16:31: 'Gray-headedness is a crown of beauty,' and I also reminded them that Granny is my mother. Just as they respect me, they should respect her too. I also studied with them chapter 10 of the book *Your Youth—Getting the Best Out Of It,** entitled 'How Do You View Your Parents?' Now, they do not have any problems in respecting their grandmother."

The Benefits of Cultivating Family Relations

Mutual affection can be cultivated even when family members live far away from one another. Stephen, a Nigerian grandfather, says: "We write to each of our grandchildren individually. This task is demanding, but the reward in building up and maintaining close kinship with the grandchildren has been very great." Parents' efforts are essential in this regard. Others, according to their circumstances, keep in touch by phone.

Giuseppe, a grandfather from Bari, Italy, who has 11 grandchildren, explains how he cultivates a warm friendship with his closest family members: "At the moment, three of the six families that compose my 'tribe' live far away. But that is no obstacle to pleasant dealings and gatherings among us. We have the custom of meeting together at least once a year, all 24 of us."

When grandparents live alone, if the exchange of visits, phone calls, or letters with family members is not regular, relations can become impersonal. Affection has to be manifested constantly. Some grandparents who are middle-aged or in good health want to be on their own while they are still energetic and self-sufficient. However, if they totally isolate themselves from family members, they may also find that when their need for affection is greater, it could be slow in coming.

Another useful suggestion comes from Michael, a Nigerian grandfather: "I apply Jesus' Golden Rule—to do to others as you would have them do to you. For that reason my children love me greatly. We enjoy good communication." He adds: "If any of my grandchildren do something that upsets me, I speak to them if necessary. But if it is something I can overlook, I usually just forget about it."

Small gifts and small gestures on the part of grandparents produce a positive reaction. Kind, encouraging words, rather than constant complaints, make family life pleasant. Dedicating time to the grandchildren, teaching them amusing games and useful little jobs, telling them Bible stories or family anecdotes, create warm and lasting memories.

* Published by the Watchtower Bible and Tract Society of New York, Inc.

Such small but important things make life *more* enjoyable.

The Benefits of Mutual Respect

"Grandparents," says physician Gaspare Vella, "need to be careful not to oppose or compete with the child-raising authority of the parents." "Otherwise," he adds, "they exceed their field of action as grandparents and become grandparent-parents." This suggestion is in harmony with what the Scriptures say, that the parents have the primary responsibility of training their children.—Proverbs 6:20; Colossians 3:20.

Because of their experience in life, it is easy for grandparents to give advice. However, they must exercise caution in not giving unwanted and sometimes unwelcome counsel. Roy and Jean say: "It is important to appreciate that parents have the prime responsibility to train and discipline their children. At times one may feel that they are a little too strict and in other instances not strict enough. Hence the need to fight the real temptation to interfere." Michael and Sheena, two other British grandparents, confirm the same point: "If the children ask our advice, we will give it, but we do not necessarily expect them to accept it, nor do we get upset if they do not." It is good for elderly parents to have confidence in their married sons and daughters. Such confidence improves relations among the three generations.

Vivian and Jane, who live in the south of England, make an effort to uphold at all times the discipline imparted to their grandchildren by their son and daughter-in-law, with whom they live: "We don't try to impose our own ideas where perhaps we feel different. Realizing that we back up their mum and dad, the children don't ever try to 'play one off against the other.'" Even when parents are absent, grandparents must be cautious about disciplining grandchildren. Harold, from Britain, says: "Any discipline seen by the grandparent to be needed in the absence of the parents should have been discussed *beforehand* with the parents." Harold adds that a kind, yet firm, word to the grandchildren or simply a reminder of "what the parent would require" is often sufficient.

When Christopher, a Nigerian grandfather, notes some shortcoming on the part of his own children, he avoids speaking about it in the presence of his grandchildren: "I give any necessary counsel when alone with the parents." The parents, in turn, need to do their part in ensuring that the role of grandparents is respected. "It is fun-



Leafing through a family album with your grandchildren can be an enriching experience

damental," says Carlo, a father who lives in Rome, Italy, "never to complain about the failings of the grandparents or other family members in front of the children." Hiroko, a Japanese mother, says: "When a problem arises with my in-laws, I discuss it first with my husband."

The Educational Role of Grandparents

Each family has its own history, customs, and experiences that distinguish it from all others. Generally, grandparents are the historic memory link of the family. According to one African saying, "every old man that dies is a library that burns." Grandparents transmit the memories of relatives and important family events, as well as family values that often unite the family at its roots. Not counting the moral guidance the Bible gives, one expert said that if "young people have no historic memory, they grow without the foundation of experience that has preceded them, devoid of values, uncertain and insecure."—Gaetano Barletta, *Nonni e nipoti* (Grandparents and Grandchildren).

Grandchildren like to hear the story of when mom and dad and other relatives were young. Looking at a photograph album can be very instructive and entertaining. What tenderness and warmth can be generated as grandparents tell the story of past events as depicted in the photographs.

Reg and Molly, two British grandparents who are Jehovah's Witnesses, say: "Happiness has come for us in being able to be with the grandchildren and do things with them, without intruding on their close bond with Mum and Dad, answering their many questions, playing together, reading together, showing them how to write, hearing them read, following their schooling with loving interest."

A grave error that many grandparents and parents commit is worrying only about the physical well-being of children and grandchildren. Reg and Molly, mentioned above, say: "The greatest inheritance we can give our children and grandchildren is to see them reared in the true knowledge of the Word of God."—Deuteronomy 4:9; 32:7; Psalm 48:13; 78:3, 4, 6.

Acting in Harmony With Divine Teaching

The Holy Bible, the Word of God, "exerts power" on people. It has the ability to help them control or eliminate divisive characteristics, such as selfishness and pride. (Hebrews 4:12) Those who put its teachings into practice, therefore, enjoy peace and unity in the family. One of the numerous scriptures that help the three generations to eliminate any gap that may exist between them is Philippians 2:2-4, which encourages all to manifest love and lowliness of mind, to maintain unity, 'keeping an eye, not in personal interest upon just their own matters, but also in personal interest upon those of the others.'

Acting in harmony with divine teaching, parents and grandchildren alike take very seriously the exhortation to "keep paying a due compensation to their parents and grandparents," materially, emotionally, and spiritually. (1 Timothy 5:4) With a healthy fear of Jehovah, they manifest deep respect for grandparents, bearing in mind his words: "Before gray hair you should rise up, and you must show consideration for the person of an old man, and you must be in fear of your God." (Leviticus 19:32) Grandparents manifest goodness by working for the well-being of their descendants: "One who is good will leave an inheritance to sons of sons."—Proverbs 13:22.

Grandparents, parents, and grandchildren, whether they live together or not, can find mutual benefit in affectionate relations based on love and respect, just as Proverbs 17:6 says: "The crown of old men is the grandsons, and the beauty of sons is their fathers."

'Thank You for Bringing Me Home, Mom'

I WAS always nervous when Glen, my husband, went out flying, and I couldn't wait till he came home. He usually flew for pleasure. This time he had been hired to take some aerial photographs. Our younger son, Todd, accompanied him. Glen was always a careful pilot and never took unnecessary risks.

When the phone rang that Sunday afternoon, April 25, 1982, I answered it with a sense of foreboding. It was my brother-in-law. "Glen and Todd have been in a plane accident," he said. "We'll meet you at the hospital."

My 13-year-old son, Scott, and I said a prayer and rushed to the hospital. Upon arriving, we learned that Glen's plane had crashed some 60 miles north of New York City. (The exact cause of the crash was never determined.) Glen and Todd were alive but in critical condition.

I signed the legal forms giving the hospital permission to administer necessary treatment. But as one of Jehovah's Witnesses, I would not agree to the use of a blood transfusion. To do so would have violated the Bible's command to 'keep abstaining from blood.' (Acts 15:28, 29) Glen carried a medical document that clearly stated his convictions in this regard. We did give the doctors permission to use nonblood volume expanders, however.*

* For information on the Biblical view of blood transfusions and the use of nonblood products, see the brochure *"How Can Blood Save Your Life?"* published by the Watchtower Bible and Tract Society of New York, Inc.

Glen had massive head and chest injuries. He died within a few hours. The hardest thing I ever had to do in my life was to walk into the waiting room and tell my son Scott that his father had died. He just clung to me and said: "What am I going to do now? I've just lost my best friend!" Yes, Glen had been a best friend to both of his sons, spending time with them in recreation and in worship. He was also my best friend and my husband. His death was a terrible loss.

Holding To Our Convictions

Todd had a broken leg and finger, crushed cheekbones, and severe brain trauma. He lapsed into a coma. How hard it was to look upon my nine-year-old son, who just hours ago had been full of life! Todd had always been a delightfully active little boy. He was talkative and loved to sing and play. Now he was not even aware of our presence.

Fearing that Todd might need surgery, the doctors demanded that I agree to a blood transfusion. I refused. They responded by obtaining a court order allowing them to use blood. It turned out, though, that surgery was not necessary, and Todd had suffered no internal bleeding. A few days later, however, I was told by the doctors that they were going to give him blood anyway. We were stunned! "We just need to do it!" was the only explanation his doctor gave us. They cast our religious beliefs aside and gave Todd three units of blood. I felt utterly helpless.

For several days following the accident, we were front-page news. The local paper led readers to believe that Glen had died because he had refused blood and even quoted a local physician to that effect! This was *not* true. The medical examiner later confirmed that Glen simply could not have survived his massive head and chest injuries. Fortunately, several Witness ministers were invited by the local radio station to explain our Bible-based stand. This resulted in some fine publicity, and the stand of Jehovah's Witnesses on blood became a common topic for discussion in our door-to-door ministry.

Efforts to Revive Todd

Todd remained in a coma. Then on May 13, a nurse rolled him over, and he finally opened his eyes! I hugged him and tried to talk to him, but there was no response. He couldn't even blink or squeeze my hand. But from then on he began to make steady progress. When we walked into the room, his head would turn toward the door. When we spoke to him, he would look at us. Did Todd really know we were there? We didn't know. So we started working to keep him mentally and physically stimulated. From day one we spoke to him, read to him, and played musical and Bible-related tapes for him. I even played my guitar for him; it was therapy for both of us.

We received much help from the local congregation of Jehovah's Witnesses. My older son, Scott, recently recalled: "Two families virtually took me in as their own son, taking me on vacations with their family." Furthermore, some mowed our lawn, did our laundry, and made us meals. Friends and family members also took turns staying all night with Todd at the hospital.

For weeks, though, Todd could not respond to such attention—not even with a smile. Then he developed pneumonia. The

The hardest thing was to tell my son Scott that his father had died

doctor asked my permission to put Todd back on a respirator. The risk was his becoming permanently dependent on it. Just imagine: This life-and-death decision was placed in my hands! Yet, when it came to a blood transfusion, my wishes had been totally ignored! At any rate, we opted for the respirator and hoped for the best.

That afternoon I went home to freshen up. Standing on my front lawn was a government official. He informed us that we must sell our home to make way for road expansion. Now we had one more major crisis to contend with. I had always told others that Jehovah would never let us bear more than we were able to handle. I would quote the words of 1 Peter 5:6, 7: "Humble yourselves, therefore, under the mighty hand of God, that he may exalt you in due time; while you throw all your anxiety upon him, because he cares for you." Now my faith and trust in God were being put to the test as they had never been before.

Weeks came and went, with Todd developing one infection after another. Days were filled with blood tests, spinal taps, bone scans, brain scans, lung taps, and endless X rays. By August, Todd's temperature finally returned to normal. August saw the removal of Todd's feeding and tracheal tubes! Now we faced the biggest challenge of all.

Homecoming

Doctors had told us that an institution would be best for Todd. One doctor reminded us that Scott and I had our own lives to live. Even well-meaning friends reasoned similarly. What they failed to realize,

though, was that Todd was very much a part of our lives! And if we could manage to care for him at home, he would be surrounded by those who loved him and shared his faith.

We purchased a wheelchair and a hospital bed. With the help of some friends, we knocked out the wall in my bedroom, installed some sliding glass doors, and built an outdoor deck and ramp that would allow Todd to be wheeled directly to his bedroom.

On the morning of August 19, it was time to bring my still semicomatose son home. Todd could open his eyes and slightly move his right leg and arm, but his doctor predicted that he would improve no further. A few weeks later, we took Todd to a highly recommended neurologist, only to hear those words repeated. Still, what a wonderful feeling it was to bring him home! My mom and a few close friends were there waiting for us. That evening, we even went to the Kingdom Hall together. This gave us our first taste of the enormous effort that would be involved in caring for Todd.

Caring for Todd at Home

Caring for a disabled person proved to be unimaginably time-consuming. It took Todd over an hour to eat a meal. It still takes me almost an hour to give him a sponge bath, dress him, and wash his hair. A whirlpool bath can take him a good two hours. Traveling is a major production, requiring considerable physical effort. Though recently he has improved greatly, Todd has had much difficulty sitting upright, even with the help of an adjustable wheelchair; he usually has had to stretch out on the floor. For years I sat with him on the floor in the back of the Kingdom Hall. Nevertheless, we did not let this stop us from attending Christian meetings, and we generally made it on time.

Our patient efforts have paid off. For a while the doctors thought the accident had rendered Todd deaf and blind. However, before the accident I had begun teaching my boys sign language. During that first week home, Todd started to sign yes or no to questions we would ask. Later he developed the ability to point. We would show him pictures of friends and ask him to point to identify certain ones, and he did so accurately. He could also correctly identify numbers and letters. Later we moved on to words. His cognitive skills were intact! In November, just seven months after the accident, a long-awaited event occurred.

Todd smiled. By January his smile was accompanied by laughter.

As you'll recall, we were forced to sell our home. But it was a blessing in disguise, since our two-story home was small and greatly limited Todd's mobility. With little cash, it was going to be difficult to find a home that met our needs. A kind real-estate agent, though, found one. The house was owned by a widower whose wife had been confined to a wheelchair; it had been laid out with her needs in mind. Just perfect for Todd!

Of course, the house needed cleaning and painting. But when we were ready to paint, over 25 friends from our congregation arrived, rollers and paintbrushes in hand.

Coping With Day-to-Day Life

Glen had always taken care of the family business, the bills, and so forth. I was able to take over this aspect of life with little trouble. However, Glen had not felt it was important to have a will or proper insurance. We would have been spared much financial hardship—problems that persist to this day—had he taken the time to care for these matters. After our experience, many of our friends began putting their affairs in order.

Another challenge was dealing with our emotional and spiritual needs. After Todd came home from the hospital, some acted as

if the crisis were over. Scott, though, continued to need help and encouragement. The cards, letters, and phone calls we received will always be cherished memories. I remember a letter from one person who gave us financial assistance. The letter said: "I will not sign this letter, since I do not want you to thank me but to thank Jehovah, since he is the one that moves us to extend love to one another."

Still, we have learned not to be totally dependent upon others for encouragement but to take positive steps in our own behalf. When I feel low, I often try to think of others. I enjoy baking and cooking, and from time to time, I will entertain friends or just bake a few things and give them away. When I'm really stressed out or need a break, there always seems to be an invitation to dinner, to lunch, or for a weekend away with friends. At times, someone will even offer to stay with Todd for a while so I can go on errands or shop.

My older son, Scott, has also been a wonderful blessing. Whenever possible, Scott took Todd with him to social gatherings. He was always there to help in one way or another with Todd's care, and he *never* complained about having too much responsibility. Scott once said: "If I sometimes found myself wishing I had a more 'normal' life, I quickly recalled how my experience had drawn me closer to God." I daily thank Jehovah for allowing me to have such a loving, spiritually-minded son. He serves in his congregation as a ministerial servant and enjoys being a full-time evangelizer with his wife.

And Todd? He has continued to make steady gains. Within a couple of years, he began speaking again. First it was little words, then sentences. Now he can even express himself at Christian meetings. He is working hard on speaking more fluently, and speech therapy has helped. He still loves to sing —especially at the Kingdom Hall. He also continues to be ever optimistic. He can now stand with a walker. Some time back, we had opportunity to tell some of our story at a convention of Jehovah's Witnesses. When asked what he would like to say to all the friends in attendance, Todd said: "Don't worry. I will get better."



With my sons

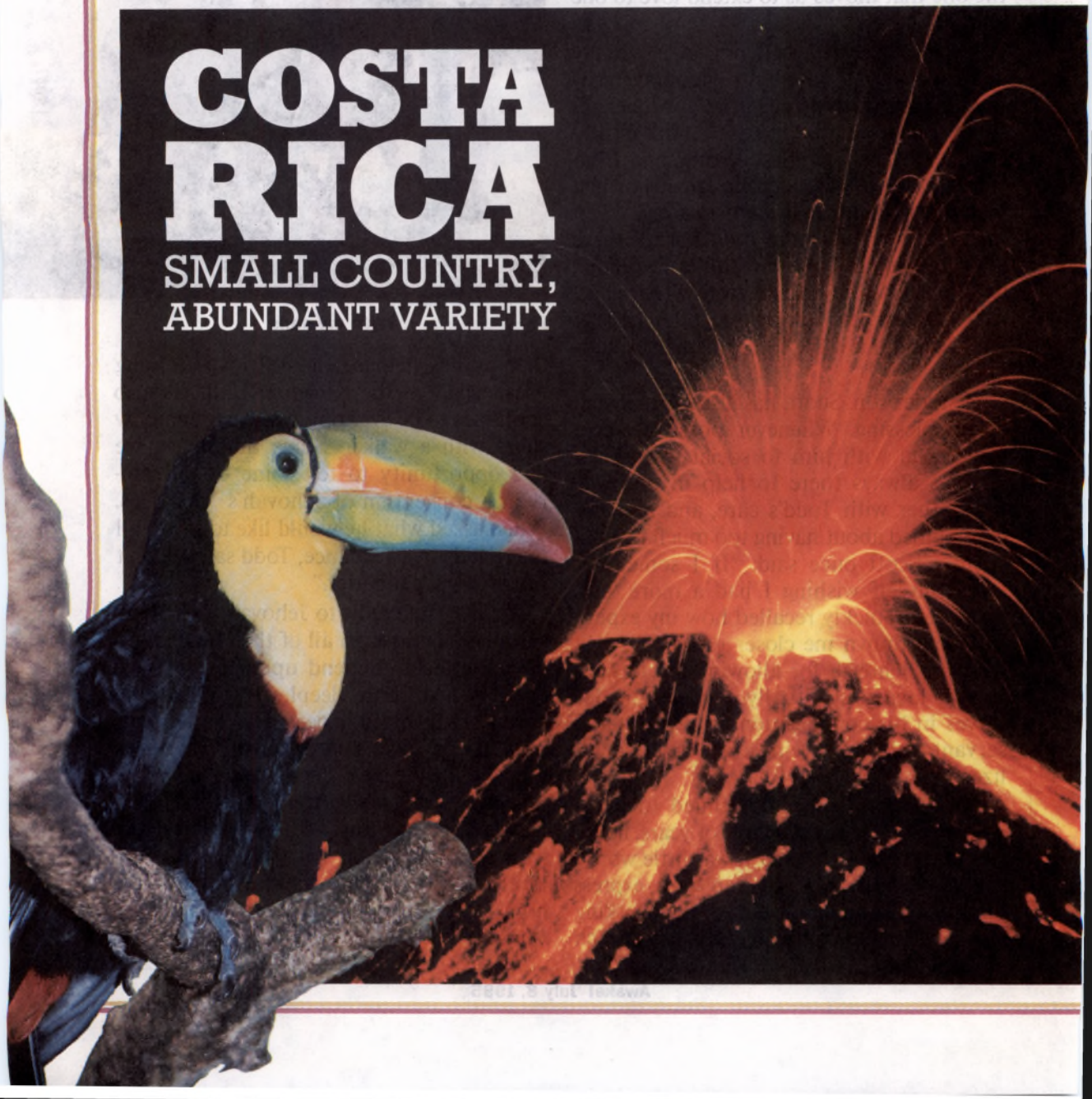
We give full credit to Jehovah for having sustained us through all of this. Indeed, we have learned to depend upon him as never before. All those sleepless nights, all the hard work involved in caring for Todd's personal needs and comforts, all the sacrifices we have made have been worth it. Some time ago, when we were enjoying breakfast, I looked up and found Todd staring at me with a big smile on his face. He said: "I love you, Mom. Thank you for bringing me home from the hospital."—*As told by Rose Marie Boddy.*

COSTA RICA

SMALL COUNTRY, ABUNDANT VARIETY

THAT Costa Rica is a small country is soon evident when you fly in to the San José Airport, a few miles outside the capital. One minute you are over the Caribbean Sea, and minutes later you are swooping over the Pacific, preparing to land. Costa Rica, a country of some three million inhabitants, is a narrow strip of mountainous and volcanic terrain separating Nicaragua from Panama. It is one of the seven nations that form Central America, including the Isthmus of Panama, the land link between Mexico in North America and Colombia in South America.—See map, page 17.

BY *AWAKE!* CORRESPONDENT IN COSTA RICA



















Page 16:
Toucan and Arenal volcano

Page 17:
1. Crater of Poás volcano
2. Macaw
3. Folklore dancing
4. Bromeliad
5. Parasol plant
6. Iguana
7. Ocelot





"Godly Fear" Convention in San José; 681 were baptized, including Digna (far right)



Once you get your bearings, you are struck by the lush, green beauty of the countryside. It seems that everywhere you look, you see palm trees, banana plants, and sugarcane as well as coffee plantations and many kinds of exotic plants, bushes, and flowers. Costa Rica is a botanist's paradise. But before we get enthralled by this fascinating country, let's find out a little of its history.

Another Columbus Discovery

In 1502, Christopher Columbus, on his fourth voyage, was caught with his fleet in a storm off the coast of what is today known as Honduras. Seeking shelter, he made his way along the part of Nicaragua now called the Mosquito Coast and landed at a small native village called Cariari. He was impressed by the warmth of the people and by the luxuriant vegetation. He was even more impressed by the gold ornaments that some of the natives wore. Columbus, in his lust for gold, assumed that this would be a coast rich in valuable minerals. As it turned out, his hopes were dashed, but not before the Spanish explorers had called the land Costa Rica, or Rich Coast.

In the course of history, Costa Rica broke away from Spain and achieved its independence. In 1949, after a brief civil war, the country became unique in modern history—the interim president, José Figueres, drafted a constitution that abolished the army! This radical move encouraged some American Quakers to move to Costa Rica, where they established a cheese factory, in Santa Elena. In the context of some of the troubled countries of Central America, Costa Rica has truly been an oasis of peace.

Land of Lush Variety

Traveling through a small area of the country to visit the Poás and Arenal volcanoes, we were impressed by the lush variety of plants and trees, the tropical flowers, the cultivated flower nurseries protected by black netting, and the intensive strawberry farming. We felt small beside the huge leaves of the *sombrilla del pobre* (poor per-

son's parasol) plant. The hillsides were covered with dark green coffee bushes loaded with their reddish berries.

In Costa Rica, butterflies are everywhere. Within easy reach of San José, there are a couple of butterfly farms where you can see and photograph butterflies in a natural setting. One guidebook says that "there are more butterflies in this tiny country than in the entire United States." It also states that "scientists now know that Costa Rica is one of the most biologically diverse areas in the world." Little wonder that botanists and biologists flock to study the variety of life in compact Costa Rica.—See accompanying box.

Another example of variety in the wild is the birdlife of Costa Rica. You have to be alert to see some of the birds and even faster to photograph them! Flocks of green parakeets make noisy entries and exits wherever they go. Soaring above were the *zopilotes,* or black vultures, searching keen-eyed for their next meal. In the forest canopy, you might get a glimpse of the ungainly toucans, with their huge beaks. We saw the yellow thigh finch and the yellow-breasted kiskadee flycatcher flitting through the trees. We also caught a fleeting glimpse of a hummingbird hovering over nearby flowers for its next taste of nectar. At the ZooAve (Bird Zoo), we feasted our eyes on every kind of Costa Rican bird. There were the multicolored, raucous macaws making their presence known. Alas, too many other birds had to be kept in cages, including a family of four owls, sitting side by side, looking so sage.

Costa Rica is famous for its wide variety of national and private parks, Indian reserves, and wildlife refuges. In fact, almost 27 percent of the land is protected, the largest proportion of any country in the world. So if you are willing to travel, you can take your choice of terrain and ecological setting.

If you do go to Costa Rica, there is at least one small warning worth noting. If you drive a vehicle there, you might be excused for thinking that many drivers in front

Costa Rica's Rich Diversity

The book *Costa Rica—A Natural Destination* states: "Costa Rica is species rich. This small country that covers less than three ten-thousandths [0.03%] of the earth's surface is home to 5 percent of all the plant and animal species known to exist." There are, for example:

A minimum of 830 bird species, including toucans and quetzals

A minimum of 35,000 insect species

A minimum of 9,000 vascular plant species

A minimum of 208 mammalian species, including ocelots

A minimum of 220 reptile species, including large iguanas

A minimum of 160 amphibian species, including poison arrow frogs

A minimum of 130 freshwater-fish species

Some scientists speculate that there could be one million species in Costa Rica.

Volcanoes

There are known to be 112 craters that range from extinct to active. Impressive Arenal volcano, which rises to over 5,000 feet is one of the most active in the world. If you want to see it, you had better check the weather forecast before you make the arduous journey over potholed roads. Arenal is often covered with clouds.

Irazú volcano rises to over 11,200 feet. It was active from 1963 to 1965.

Poás volcano, rising to over 8,800 feet, is a mountain with two eyes—one white and boiling in the active crater and the other, a blue lake surrounded by luxuriant jungle.

of you are inebriated. Why? Because they will often wind and twist without warning. What are they doing? They are avoiding the large potholes that plague the road system of the country. Thus, one tourist brochure stated regarding the famous Monteverde Cloud Forest Reserve: "[It] can only be reached by suffering through several hours of dreadful road conditions; a visit of several days is recommended rather than a quick trip in and out." Of course, if you travel in a vehicle with good suspension and tough tires, you may be less affected by these cavities.

Really, there is so much to see and absorb in Costa Rica that a two-week vacation will allow you to scratch only the surface of the beauty and variety of that fascinating land. One hotel had a few exhibits in a minizoo. The guard kindly allowed us into the cages to photograph a toucan and a lithe ocelot. Variety also applies to Costa Rica's hospitable people.

A Unique Gathering of *Ticos*

What are *ticos?* That is the familiar name given to the people of Costa Rica. It comes from the custom of using the diminutive suffix *-ico* in the Spanish language. For example, *chiquitico* for small, *bonitico* for cute or pretty, and *jovencitico* for young. Out in the country town of Sarchí, the *tico* artisans are famous for their original hand-painted *carretas,* or ox carts. Each one is a distinctive work of art. Tourists buy the small replicas by the hundreds.

At the end of 1994, the *ticos* had the opportunity to see something very special in their Catholic land. December 30 to January 1, 1995, were the dates for a religious convention of Jehovah's Witnesses that took place in the national soccer stadium in Sabana Park, San José. It was held under the Biblical theme of *Temor Piadoso* (Godly Fear), and Witnesses came from all over the land, while small delegations arrived from other Central and South American countries. Costa Rica has over 15,000 active Witnesses. What would be the attendance on this special occasion? On Friday 21,726 people came—young, old, parents, children, all were neatly and modestly dressed. Saturday the crowd grew to 25,539, and 681 were baptized in three large pools set up at one end of the field. On Sunday the attendance figure grew to 27,149! What a thrill for the missionaries, the pioneers (full-time evangelizers), and the humble men, women, and children who work so hard to cover Costa Rica's territory from house to house. And how encouraging to see so many families in the open-air stadium, sheltered from the sun under their multicolored umbrellas!

When the program ended, thousands took out their handkerchiefs and waved good-bye to one another. It was a touching moment.

Costa Rica Needs God's New World

Even though there is much in this land to remind one of a paradise—its varied flora and fauna and its pleasant climate—the *ticos,* just like the people of any other country, need the 'new heavens and the new earth' that Jehovah has promised through Christ Jesus. (Isaiah 65:17; 2 Peter 3:13; Revelation 21:1-4) Even as seen worldwide, there are signs of poverty, with families living in inadequate housing. Then too there are sickness and death, which afflict all humankind. Therefore, Jehovah's Witnesses are zealously preaching the good news of God's Kingdom rulership, the Kingdom that all sincere Christians request in the famous Our Father, or Lord's Prayer. Under that promised righteous rulership, Costa Rica's abundant variety will shine even more brightly, to God's everlasting praise.

WHAT CAN YOU DO ABOUT BAD BREATH?

It is said to be one of the world's most common complaints, afflicting more than 80 percent of the adult population at one time or another. It can cause embarrassment, frustration, and anguish.



Life

IN THE professional fields, it is widely known as halitosis, from the Latin word *halitus,* meaning "breath," and the suffix *-osis,* which refers to an abnormal condition. Some also call it oral malodor. But most people know it as plain old bad breath!

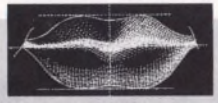
Do you have bad breath? While you may not have any difficulty identifying bad breath in other people, it may be impossible for you to detect your own. A journal for the American Dental Association, *JADA,* explains that we tend to get used to our own bad breath and that even people "with extremely bad breath may not be personally aware of the problem." Hence, most of us become aware of our own bad breath only when someone else brings it to our attention. How embarrassing!

The fact that it is a common problem is no consolation. Bad breath is generally considered offensive and unacceptable. In some cases, it can even cause serious emotional trauma. Dr. Mel Rosenberg, head of the Laboratory of Oral Microbiology at Tel Aviv University in Israel explains: "Oral malodor, whether real or perceived, can lead to social isolation, divorce proceedings, and even contemplation of suicide."

What Is Known About Bad Breath?

Health professionals have long recognized bad breath as a potential indicator of bad health. For that reason, since ancient times doctors have studied the odors of the human mouth.

About two hundred years ago, renowned



What Causes Bad Breath?

The following are among the many conditions, illnesses, and habits that can cause bad breath:

Bronchitis
Chronic gastritis
Diabetes
Drinking alcoholic beverages
Dryness of the mouth
Empyema
Eructations (belches)
Gum disease
Hiatal hernias
Kidney failure
Liver disease
Menstruation
Mouth sores
Ovulation
Poor oral hygiene
Sinusitis
Smoking tobacco
Some types of cancer
Some types of medication
Tooth decay
Tuberculosis
Wounds from dental surgery

French chemist Antoine-Laurent Lavoisier invented a breath tester to study the components of human breath. Since then, scientists have developed improved models. Today, laboratories in Canada, Israel, Japan, and the Netherlands are using the halimeter, which measures the level of offensive odors in the mouth. In New Zealand, scientists have developed plaque-growth stations, also known as artificial mouths. These duplicate the environment in the typical human mouth, with saliva, plaque, bacteria, and even bad breath.*

* Plaque is a sticky material that develops on the surface of teeth. It is composed largely of bacteria that can harm your teeth and gums.

With the help of modern technology, scientists have learned much about our breath. For example, according to the magazine *Scientific American,* "researchers have now isolated nearly 400 volatile organic compounds in normal human breath." Not all these compounds produce offensive odors, though. The main culprits in bad breath are hydrogen sulfide and methyl mercaptan. It has been said that these gases give our breath an odor very similar to the odor of a skunk.

The human mouth is home to more than 300 species of bacteria. The *Tufts University Diet & Nutrition Letter* says: "Dark, warm, and moist, the mouth reigns as the perfect environment for odor-causing bacteria to thrive." But only four species are primarily responsible for bad breath. They live in your mouth, but most likely you do not yet know them by name. They are *Veillonella alcalescens, Fusobacterium nucleatum, Bacteroides melaninogenicus,* and *Klebsiella pneumoniae.* They feed on particles of food, dead cells, and other matter in the mouth. This bacterial activity in turn produces foul-smelling gases. The process is similar to what happens when garbage rots. Appropriately, the dental journal *J Periodontol* explains: "In the great majority of cases, halitosis originates in the mouth itself, as the result of microbial putrefaction [decomposition of organic matter]." Left unchecked, this process can lead to tooth decay and gum disease.

"Good Morning! How Is Your Breath?"

This process of putrefaction in the mouth accelerates during sleep. Why? During the day, the mouth is constantly rinsed with oxygen-rich and slightly acidic saliva, washing bacteria away. However, the hourly production of saliva is reduced to about 1/50 the normal rate during sleep. As one magazine puts it, a dry mouth "becomes a

stagnant pond of more than 1,600 billion bacteria," creating the well-known "morning breath" with its accompanying bad taste.

Reduced salivary flow can also be triggered by stress while you are awake. For example, a nervous public speaker may get a dry mouth while speaking and finish up with a bad case of halitosis. Oral dryness is also a side effect or symptom of a number of diseases.

But bad breath is not always a result of bacterial activity in the mouth. In fact, oral malodor is often a symptom of a variety of conditions and illnesses. (See box on page 22.) For this reason, in cases of unexplained persistent bad breath, it is best to seek medical attention.

Bad breath may also originate in the stomach. However, contrary to popular belief, this happens rarely. More often, some unpleasant odors reach your mouth from the lungs. How? After some foods, such as garlic or onions, are digested, they enter the bloodstream and are transported to the lungs. The associated odors are then exhaled through the respiratory tract into and out of your mouth and nose. According to the magazine *Health,* "studies have shown that people get garlic breath even when the cloves are simply rubbed on the soles of their feet or swallowed without chewing."

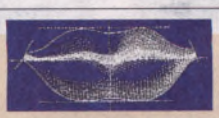
Drinking alcoholic beverages will also charge your blood and lungs with the odor of alcohol. When this happens, there is virtually nothing you can do to correct the situation other than wait. Some food smells will linger in your body for up to 72 hours.



Good oral hygiene includes flossing as well as brushing the teeth and the tongue

How to Prevent Bad Breath

Bad breath cannot be corrected by simply chewing on a candylike breath freshener. Remember that bad breath is often a result of bacterial activity in the mouth. One must always keep in mind that tiny pieces of food that remain in the mouth provide a banquet for millions of bacteria. Therefore, one important way to fight bad



Your Tongue Needs Attention Too

Go to the closest mirror, and take a good look at your tongue. Is it covered with countless little crevices? This is normal. But those crevices on your tongue's surface can provide a haven for millions of bacteria. When left undisturbed, the bacteria can create a persistent bad-breath problem and other unhealthy conditions. However, people often overlook the tongue when practicing oral hygiene.

Dentists recommend regular brushing of the tongue's upper surface with a soft-bristled toothbrush as a remedy for halitosis. Some experts recommend using a tongue scraper. In India, people have used tongue scrapers for generations as a way to get rid of bad breath. Years ago they were made of metal, but today plastic scrapers are more common. In some places, you may have to consult your dentist in order to obtain a scraper.

breath is to keep your mouth clean, hence reducing its population of bacteria. This is done by regularly removing food particles and plaque from your teeth. How? Brushing your teeth after meals and at bedtime is important. But brushing is only one of the steps.

There are tooth surfaces unreachable with a brush. So flossing at least once a day is vital. Experts also recommend gently brushing your tongue, which is a favorite hiding place and breeding ground for bacteria. Periodic examinations and teeth scaling by a dentist and a dental hygienist are also necessary. Bypassing any of these steps can result in bad breath and, in time, in serious tooth and gum diseases.

There are some temporary measures that can also be taken to freshen your breath. Take a drink of water, chew sugarless gum —do something that will increase your salivary flow. Remember that saliva acts as a natural mouthwash that rinses away bacteria and creates an inhospitable environment for them.

Commercial mouthwashes can help, but recent studies show that you should not rely entirely on them when combating bad breath. In fact, frequent gargling with alcohol-containing mouthwashes can cause oral dryness. Some of the most effective mouth-rinsing products available to the consumer reduce plaque by only 28 percent. So after a good rinse with your favorite mouthwash, you may still have in your mouth more than 70 percent of the original bacteria population. The magazine *Consumer Reports* explains that in a series of experiments, "bad breath typically returned sometime between 10 minutes and an hour after rinsing" with a mouthwash. Even the more powerful mouthwashes, available in many countries by prescription only, reduce plaque by only 55 percent. In a matter of hours, the bacteria grow back to their former numbers.

Clearly, when it comes to preventing bad breath, a casual attitude must be avoided. Rather, you should treat your mouth and teeth as precious tools that need constant maintenance. Responsible carpenters and mechanics protect their tools against rust, corrosion, and other damage by following specific maintenance procedures after the completion of each job. Your teeth and mouth are more precious than any man-made tools. So give them the maintenance and care that they deserve. By doing this, you will diminish bad breath, with its accompanying frustration and embarrassment. More important, your mouth will be cleaner and healthier.

Does It Matter What You Believe?

"MAN PREFERS TO BELIEVE WHAT HE PREFERS TO BE TRUE."
—FRANCIS BACON, 1561-1626, ENGLISH ESSAYIST AND STATESMAN.

WHEN it comes to religious doctrines, many people feel that as long as one sincerely believes that 'there's Someone up there' and loves his fellowman, it does not really matter what else one believes. Some may look at the conflicting notions that religious groups advocate regarding God, his purpose, and how to worship him and conclude that the differences are merely superficial, like different styles of clothing worn by the same man. They may even feel that those who make a big issue of such differences have entirely missed the spirit of true Christianity.

The Scriptures acknowledge that not all discussions of religious teachings are worthwhile. For example, in his inspired letters to Timothy, the apostle Paul referred to men who fomented "violent disputes about trifles." Paul described them as "mentally diseased over questionings and debates about words." (1 Timothy 6:4, 5) He instructed Timothy to "turn down foolish and ignorant questionings, knowing they produce fights," and to instruct the congregations "not to fight about words, a thing of no usefulness at all." (2 Timothy 2:14, 23) Much religious debate in our time has fit this description and has proved to be a pointless waste of time.

Does that mean, though, that *all* discussions of religious beliefs are pointless? Well, we would not give up wearing clothing altogether simply because *some* clothes are unfit to be worn, would we? So why give up as unimportant the entire subject of religious beliefs just because *some* doctrinal questions are unworthy of consideration? The context of Paul's words quoted above shows that he considered the matter of doctrines to be one of vital concern. He repeatedly warned that false teachings could result in one's being led away from the faith, and he instructed Timothy to "command certain ones not

The Pharisee's self-righteousness reflected his beliefs



to teach different doctrine." (1 Timothy 1: 3-7; 4:1; 6:3-5; 2 Timothy 2:14-18, 23-26; 4: 3, 4) Certainly, he would not have made such emphatic statements unless it was important what those first-century Christians believed.

Why, then, the counsel to turn down questions on doctrine? It was because in Paul's day certain men—described by him as "corrupted in mind and despoiled of the truth"—were raising doctrinal issues solely with the intent of subverting the faith of others. (1 Timothy 6:5) It was only with respect to the questions raised by those corrupt men that Paul advised Timothy to avoid discussions about religious beliefs.

Do Beliefs Affect Conduct?

Some might question, though, whether our religious beliefs have much effect on the kind of people we become—our personal qualities and conduct. They may view beliefs and conduct as two separate and unrelated items, like a jacket and slacks that can be mixed or matched according to the wearer's preference. In the Bible, however, beliefs and conduct are more like a suit that comes only as a matched set.

The Bible reveals a direct connection between what we believe and what kind of persons we become. The self-righteous Pharisees of Jesus' day were an example of misguided beliefs affecting conduct. (Matthew 23:1-33; Luke 18:9-14) On the other hand, Colossians 3:10 admonishes: "Clothe yourselves with the new personality, which through *accurate knowledge* is being made new according to the image of the One who created it." Notice that the power to lead a godly life is linked to having an *accurate knowledge* of God.

The Greek term translated "accurate knowledge," which appears 20 times in the Christian Greek Scriptures, refers to exact, accurate, or full knowledge. Greek scholar Nathanael Culverwel describes it as becoming "better acquainted with a thing I knew before; a more exact viewing of an object that I saw before afar off." Thus in the way a jeweler examines a precious gem in order to appraise its qualities and value, a Christian must examine God's Word in order to come to an exact, accurate, and full knowledge of the God he serves. This includes coming to know God's personality, his purposes, his standards, and all the teachings that make up "the pattern of healthful words"—a far cry from merely believing that 'there's Someone up there.'—2 Timothy 1:13.

An example of the kind of fruitage that results when one knows God only from afar is recorded in the first chapter of the inspired letter to the Romans. There, reference is made to certain men who, "although they knew God, . . . did not approve of holding God in *accurate knowledge.*" The consequences of their erroneous beliefs are related by the apostle Paul: "God gave them up to a disapproved mental state, to do the things not fitting, filled as they were with all unrighteousness, wickedness, covetousness, badness, being full of envy, murder, strife, deceit, malicious disposition, being whisperers, backbiters, haters of God, insolent, haughty, self-assuming, inventors of injuri-

IN OUR NEXT ISSUE

Will Man Ever Cope With Disaster?

Women of India —Moving Into the 21st Century

The Family That Truly Loved Me

ous things, disobedient to parents, without understanding, false to agreements, having no natural affection, merciless."—Romans 1:21, 28-31.

Unquestionably, the beliefs held by those men directly affected their ability to lead Christian lives. Likewise today, beliefs and conduct can be compared to a seamless garment, inseparably woven together. It is, therefore, essential that all desiring to gain God's favor make sure their religious beliefs are genuinely true, soundly based on God's Word. For "[God's] will is that all sorts of men should be saved and come to an *accurate knowledge* of truth."—1 Timothy 2:4.



Drowsy-Driver Alert

IT CAUSES an estimated 600,000 accidents and 12,000 highway deaths each year in the United States. It is blamed for 40 percent of the fatal crashes in recent years on the New York State Thruway. All this wreckage was caused by driving under the influence, not of drugs or alcohol, but of drowsiness. Some experts believe that the problem is rooted, not in sleep disorders, such as apnea or insomnia, but simply in the 1990's life-style. "Americans are more sleep-deprived than a few years ago," says Dr. William Dement of the Stanford University Sleep Research Center. Dave Willis, executive director of the American Automobile Association Foundation for Traffic Safety, says: "People are just burning the candle at both ends."

Especially disturbing is the fact that many drowsy drivers drift in and out of sleep without knowing it. A "microsleep," as experts term it, may last just a few seconds, but the cumulative effects can be frightening. "I'd remember passing exit 17, then seeing signs for exit 21," relates one driver. "I'd think, where was I for the exits in between? You realize it's a miracle you even got where you were going."

The best way to combat driving fatigue is to stop and rest. A 10- to 20-minute nap in a safe place may be all that is needed. Better yet, be realistic when planning a trip. Don't try to cover more distance than you can handle. Also, respect your body's inner clock by avoiding extensive night driving and by getting plenty of rest before starting a trip. Most of all, never underestimate the danger of driving while drowsy. Says Mark Hammer of New York's Institute for Traffic Safety Management and Research: "[It] is just as bad as having five drinks and getting in the car."

'The Last Absolutist System'

"Discontent in the German Catholic Church toward the conservative orientation of the Vatican is rising," reports the Rome daily *La Repubblica* after the recent appointment by John Paul II of 30 new cardinals. The well-known dissident theologian Hans Küng maintains that to elect the next pope, there is "urgent need for a body of electors that is truly representative of the whole Catholic Church." Küng believes that "the pope has simply lost the confidence of a large part of the faithful." Continues Küng: "It cannot be ignored that, after the collapse of Stalinism, the Roman system is the last remaining absolutist system in the Western world."

Prevent Early Aging

"People adapt houses for children. Why not adapt them for older persons?" asks gerontologist Wilson Jacob Filho of São Paulo University, Brazil. Besides safer homes for the elderly, he suggests that they exercise to strengthen the muscular system in order to reduce the risk of falling. What are the greatest enemies of longevity? According to plastic surgeon Rogério Izar Neves, also of São Paulo University, the enemies are "a sedentary way of life, unbalanced nutrition (especially diets rich in fat), smoking, excessive use of alcoholic beverages, stress, lack of sleep." *Jornal da Tarde* explains that extreme stress weakens the immune system, "which is intimately related to the onset of various diseases and consequently also of old age." Dr. Neves further claims: "Disinterest in life is the major cause of early aging."

Body-Piercing Health Risk

"People are having parts of their body pierced that weren't pierced years ago," says John Pelton, director of environmental health for Calgary Health Services in Canada. This includes eyebrows, lips, tongues, and navels, according to a report in *The Vancouver Sun*. Fears that this growing fad could pass



on AIDS and hepatitis B and C have prompted Environmental Health Services at Alberta Health to introduce guidelines to control body piercing. "New standards will eventually cover a whole range of unregulated personal services, such as branding, waxing, tattooing, electrolysis and sensory deprivation," and a draft of these regulations will be reviewed by public health officials and the industry, adds the report. As for the use of ear-piercing equipment to do body piercing, one who does the procedure admits: "We have seen people go to hospital with infections. It's really scary actually."

Church in Demise

Canada's largest Protestant denomination, the United Church of Canada, "has a rapidly aging and shrinking membership, and its leaders and parishioners are at odds over what its priorities should be," says *The Toronto Star*. While over 3,000,000 identify with the church, only 750,000 are on the church register. The majority of its best supporters are over 55, whereas children and grandchildren of members are not attracted to it. The church was warned that it must take immediate action to correct its approach or die. Members want priority given to worship and spirituality, while the leaders of the church want to give more attention to social and global issues. If the church collapses, "it will also mean that what has been important to the United Church has not been important to Canadians," warns Alberta sociologist Reginald Bibby. "It has not been worth their time, money or attention."

The Legacy of War

Seven thousand veterans of the Allied invasion of Europe, 51 years ago, returned to the Normandy beaches in June 1994. But the memories were too much for hundreds of them who had to be given psychiatric help to cope with anxiety brought on by the celebration. "Some veterans became extremely distressed after D-Day," explained Dr. Graham Lucas, speaking on behalf of Combat Stress, a charity that assists ex-servicemen. "They had feelings of guilt, that they didn't deserve to be spared when others had died, and were suffering from nightmares and

impaired sleep." Such feelings suppressed over the years have led to ulcers, asthma, and skin complaints, reports *The Sunday Times* of London. One old soldier, whose memories still give him nightmares, put it this way: "You can overdo these things. People who weren't there can't understand what it was like."

Parasitic Fish

The candiru is a parasitic fish that breeds in the rivers of the Amazon basin. This translucent eellike creature, measuring about an inch in length, is usually found in the gills of larger fishes, where it feeds on their blood. It can also enter human orifices and cause inflammation, hemorrhage, and sometimes death to the victim. Recently a smaller and more voracious version of this fish, barely half as long, has been discovered in Brazil. It has two hook-shaped teeth at the back of its mouth that give it a powerful grip, making it impossible to shake off. For "riverside communities, with little or no medical facilities, it can lead to serious infections," reports *New Scientist.*

Universities in Trouble

"Africa's neglected universities are on the verge of collapse," reports the *Weekend Star* of Johannesburg. Because of lack of funds, there are few computers, and in some cases telephones have been disconnected. One university has 35,000 registered students, but it was originally designed for just 5,000. Only half the lecturing posts are filled at one formerly prestigious university in Uganda. A lecturer's salary on this campus is evidently about $19 a month. Some universities have been closed for months as a result of striking lecturers or students. A Kenyan professor observed: "Academic self-destruction in Africa is going from bad to worse."

Who Does the Housework?

"It would seem that equality [between men and women] has still not entered the family environment," says *Corriere della Sera,* reporting on a Central Statistics Institute survey of Italian families' use of time. Whether she has an outside job or not, it is still the woman who has to "take on



the weight of family organization," dedicating—if she has children—an average of 7 hours and 18 minutes to housework, compared with the 1 hour and 48 minutes of her partner. Paradoxically, single mothers seem to do better, managing to dedicate two hours less to housework each day. "From tender years, mothers 'destine' their little girls to household chores," adds *La Repubblica.*

Losing the Tuberculosis Battle

In the war against disease, the battle with tuberculosis has been a "complete failure on a worldwide scale," according to Professor Jacques Grosset, head of the bacteriology-virology department of La Pitié-Salpétrière Hospital in Paris. If patients are untreated, the mortality rate for tuberculosis is about 50 percent. While diagnosis and treatment are unavailable for about half the world's TB sufferers, Professor Grosset pointed out, the real disaster is that in technologically developed countries, where antibiotics are freely available, only half of those who have the disease continue their treatment until they are fully cured. "The other half do not take their treatment, or take it very irregularly, which causes a much higher mortality rate (25 percent of those treated) and also produces a strain of tubercle bacillus that is resistant to antibiotics."

Venezuela and AIDS

Venezuela has the third greatest incidence of AIDS in Latin America, after Brazil and Mexico, says *El Universal* of Caracas, Venezuela. Dr. Arellano Médici estimates that there are 350,000 people in the country infected with the deadly virus, although the Ministry of Health will only admit to 3,000. The fact that for every infected person, there are probably a hundred more who are infected but not aware of it is attributed, according to Médici, to the "marked promiscuity in our society." Médici points out that infected persons should live a morally clean life, not just because of the risk of infecting others but because of the existence of various AIDS viruses. They can easily become infected with a different virus, worsening their existing health problem. One source calculates that by the year 2000, every family in the world will have a member with AIDS.

FROM OUR READERS

Difficult Children It was with heartfelt thanks that I read the November 22, 1994, articles "Understanding Difficult Children." My son has ADHD (Attention Deficit Hyperactivity Disorder). For years I wondered what I was doing so wrong to have such a very difficult boy. I studied the Bible with him and cared for all his needs, but each day I dreaded waking him up in the morning and later picking him up from school. Hopefully the information will help all those in contact with children who have ADHD.

E. W., United States

I have a very difficult ten-year-old son. I have at times felt helpless, depressed, alone, and misunderstood. Thank you so much for giving me hope—and many practical suggestions.

H. S., South Africa

I cried and cried reading the articles. My son has ADD (Attention Deficit Disorder). Life is so very hard for these children. Still, they are worthy and deserving of dignity and, most of all, love.

B. W., United States

We discovered six months ago that our son suffers from ADHD. At two years of age, he is a real tornado, cannot sit still at Christian meetings, pushes others, runs around, and is always hurting himself. Some have kept their distance from us, and even good friends cannot help but give hurtful comments at times. Thanks for describing the problems in such an understanding way.

R. F., Germany

I am 15 years old and have ADHD. It is very comforting to know that Jehovah understands us and can help us. I am on medication, and it helps a lot. I can concentrate better on my schoolwork, housework, and Bible study. I appreciated the articles because you showed others that this disorder is real and not some fad.

S. K., United States

These articles have helped both of us to put to rest our feelings of inadequacy as parents. Well-meaning friends have suggested that my son, who suffers from ADHD, is spoiled or "just needs to be spanked." The articles may help such ones to understand the fix that so many parents are in.

T. G., United States

Creating Jobs Thank you for the article "Creating Jobs in Developing Countries." (October 22, 1994) Right now I am attending school and plan to become a pioneer (full-time evangelizer) when I graduate. The biggest problem will be finding work. Up till now I had wanted a sedentary job where I wouldn't have to exert myself physically, but I felt ashamed of myself when I learned of how my Christian brothers in developing lands do any work they can. Now I will work at any job that allows me to pioneer.

Y. T., Japan

1914 I have just read your articles "1914—Gunshots That Still Shake Our World." (November 8, 1994) I would like to say that I have never read information that was so clear and simple on such a controversial topic. The schools in my country do not go deeply into the history of the world wars, but gaining an understanding of this subject is of great benefit in understanding world events.

W. S., Venezuela

Crossword Puzzles I want to mention how much I enjoy your crossword puzzles, particularly the one in the December 8, 1994, issue. They incite me to do extra Bible research. The clues are written in such a way as to prompt me to look up the cited scripture—even though I might already know the answer. Thank you for those wholesome and enjoyable puzzles!

D. S., United States

Toad or Frog
What Is the Difference?

FOR centuries toads and frogs have had a bad reputation. "They cause warts." "Witches can turn people into toads and frogs." Who has not heard the fairy tale of the ugly frog that turns into a handsome prince when kissed by a princess? However, since the popularity of Kermit the Frog in the children's TV program "Sesame Street" and in "The Muppet Show," frogs have been getting a more favorable press. What is the truth about frogs and toads? How do they differ?

Let us set the record straight—viruses, not toads, cause warts. And fairy tales are just that—fairy tales, fiction and myth. And although witches do exist, they cannot change a person into a frog or a toad.

Frogs and toads are found in most parts of the world, but there are no frogs in Antarctica, nor are there toads in the Arctic. There are about 3,800 species of frogs and toads, of which over 300 are toads. So how can you distinguish a toad from a frog? *The World Book Encyclopedia* answers: "Most true toads have a broader, flatter body and darker, drier skin than do most true frogs. True toads are commonly covered with warts, but true frogs have smooth skin. Unlike most true frogs, the majority of true toads live on land. The adults go to water only to breed." Frogs are usually found near water, ready to jump in when they hear you coming. Most frogs have teeth only on their upper jaw. Toads are toothless. Thus, both swallow their prey whole.

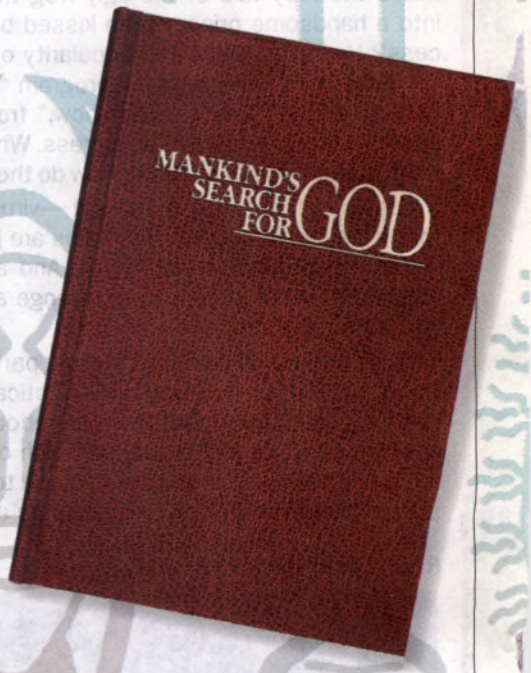
Many frogs and toads produce powerful poisons. The reddish-colored Costa Rican poison arrow frog (*Dendrobates pumilio*) is one example. Some frog poisons can easily kill a person. The book *Biology* states: "Native tribes in the tropics often poison their arrow tips by rubbing them on these frogs." In the Bible book of Revelation, "unclean inspired expressions" are likened to frogs. Why would that be? Because in the Mosaic Law, frogs were unclean for food. Toads are not mentioned in the Bible.—Revelation 16:13; Leviticus 11:12.

Right: Toad. Below: Frog



The Teacher Enjoyed It





"LAST year in my tenth-grade English class, we spent a few days studying the wide diversity of religions in the world," wrote a youth from Michigan, U.S.A. The boy brought a copy of the book *Mankind's Search for God* to school. He explained:

"I mainly thought my teacher would find it interesting for himself. I was happy to see him reading the book while the students were working. You can imagine, though, how surprised I was when, before the hour was over, my teacher stopped the class from what they were doing and read the whole first chapter out loud to us. He even had us take notes on it.

"A few days later, he used the book again in classroom instruction, assigning students to do another report, telling them they could use the book *Mankind's Search for God* as a basis. The book was put to use for the entire hour."

Awake!
July 22, 1995

Will Man Ever Cope With Disaster?



Awake!

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Will Man Ever Cope With Disaster? 3-9

Floods in Europe! Earthquake in Japan! Hurricanes! Volcanic eruptions! It seems man's fight against disasters will never end. What are governments doing about it? What will God do about it?



Can I Really Be a Friend of God? 13

Some who have made mistakes and feel unworthy wonder if it is possible.



The Family That Truly Loved Me 21

Twice I was thrown out of my home, but I was taken in by a spiritual family—parents, brothers, sisters, children.

When Disaster Strikes	3
Man's Fight Against Disasters	4
The Fight Against Disasters Won	9
Where AIDS Is Pandemic	10
Women of India —Moving Into the 21st Century	16
Ordination of Women Infuriates Anglican Clergy	20
The Water Buffalo —Faithful and Useful	25
Watching the World	28
From Our Readers	30
An "Electronic Assault on the Brain"	31
"Thank You for Your Existence"	32

When Disaster Strikes

THE 20th century has been marked by great disasters, and most of them have been man-made. Some, though, have not. Foretelling our days, Jesus Christ said: "Nation will rise against nation and kingdom against kingdom, and there will be food shortages and earthquakes in one place after another." (Matthew 24:7) True, man is to blame for wars and food shortages, but he is not responsible for earthquakes. In a similar way, while some disastrous floods have been caused by man's activity, he cannot be blamed for earthquakes. Neither are hurricanes or volcanic eruptions the fault of man.

Whatever their cause, natural disasters show the smallness of man, his impotence in the face of awesome natural forces. This earth, our home, usually feels so secure and solid. But when it shakes in an earthquake, gets inundated by flooding waters, or is swept by violent winds that bear down relentlessly as if with the force of an explosion, that feeling of security vanishes.

Natural disasters have caused immense damage and great loss of life during the 20th century. Could this have been avoided? Can anything be done to reduce the catastrophic effects? As individuals, what can we do to protect ourselves? Are we completely helpless when disaster strikes? Will mankind always be victimized in this way? The following articles will discuss these questions.





Man's Fight Against Disasters

THREE years had passed, and UN secretary-general Boutros Boutros-Ghali was not cheering. "We have not moved fast enough," he told a group of experts early in 1993. "In asking you to meet now rather than later, my aim was to see whether we could make up for lost time." Lost time? What was on his mind? Five letters: IDNDR. What do they mean? And why the haste?

One of the experts attending that meeting was Frank Press, a geophysicist and the "father" of the IDNDR. Eleven years ago, Dr. Press began rallying the worldwide scientific community to step up its fight against natural disasters. Five years later, in December 1989, the United Nations responded to his call for an end to passivity by designating the years from 1990 to 2000 as the International Decade for Natural Di-

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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saster Reduction, or IDNDR. What is its aim?

A Change of Mind Needed

Brazilian geology professor and member of the IDNDR's Scientific and Technical Committee, Umberto G. Cordani, told *Awake!* that the IDNDR is an appeal to the international community to pool its knowledge and resources and work together in reducing the suffering, destruction, disruption, and loss of life caused by natural disasters. "Reaching that objective," stressed Professor Cordani, "requires a worldwide shift of focus from post-disaster reaction to pre-disaster action."

Changing global thinking is, however, far more difficult than naming a decade, for "decision makers," states *UNESCO Environment and Development Briefs,* "tend to focus on relief to the exclusion of prevention." Of all money spent today on natural hazard management in Latin America, for example, over 90 percent goes to hazard relief and less than 10 percent to prevention. After all, notes the IDNDR's newsletter *Stop Disasters,* politicians "obtain more support consoling disaster victims than from requesting taxes for the undramatic measures that would have avoided or reduced the disaster."

Setting the Targets

To alter this spending pattern, the United Nations defined three targets for the decade. By the year 2000, all countries should have in place their (1) assessment of the risks posed by natural hazards, (2) long-term preparedness and prevention plans, and (3) warning systems. National committees were formed to translate the IDNDR's philosophy and good intentions into concrete plans, and in May 1994, Japan was host to a UN-sponsored World Conference on Natural Disaster Reduction. With all these activities planned or under way, why was Boutros-Ghali not content? Because of a disturbing trend.

Troublesome Trend

On the one hand, the efforts of the IDNDR are paying off. Scientists' awareness about disaster reduction has increased, and some measures, like improved warning systems, are saving lives and reducing losses. However, despite these gains, notes Dr. Kaarle Olavi Elo, director of the IDNDR's secretariat, "the number and the magnitude of disasters *continues* to grow, affecting more and more people." We have seen "a 3-fold increase from the 1960's to the 1980's," confirms another UN expert, "and a further major rise in the 90's." Indeed, in 1991, 434 major disasters killed 162,000 people worldwide, and in 1992, losses exceeded $62 billion (U.S.). The world, concludes UNDP (United Nations Development Program) administrator James G. Speth, has become "a disaster machine, producing crises with distressing

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Are You Prepared?

THE U.S. Federal Emergency Management Agency recommends a number of ways to cope with hazards. The following are some highlights.

Get *information.* Contact your local emergency management office and find out which disasters could strike your community. You may be aware of some, but others may surprise you. If you learn that your home is exposed to natural hazards:

☐ Meet with your family and discuss the types of hazards that could threaten you. Explain what to do in each case.

☐ Plan how your family will maintain contact with one another if separated by such an event. Pick two meeting places: one outside your home in case of a sudden emergency, like a fire, and the other outside your neighborhood in case you can't return home.

☐ Ask a friend to be your family contact so that if you cannot reach your arranged meeting places, *all* family members can call this contact and tell where they are. Choose a friend who lives away from your area because after a disaster it's often easier to call long-distance than to call within the affected area. Teach children how to call this friend. Discuss what to do when you have to evacuate. Consider how you would help your neighbors who may need special assistance. Plan how to take care of your pets.

☐ Post emergency telephone numbers by every phone.

☐ Locate the main electric fuse box, water main, and natural gas main. Show responsible family members how and when to turn these off, and keep necessary tools near the main switches.

☐ Prepare for fire. Install smoke detectors, especially near bedrooms.

regularity." (*UNDP Update,* November 1993) What is behind this disturbing trend?

Why the Increase?

To answer, first note the difference between a natural hazard and a natural disaster. The first is a natural event—such as a flood or an earthquake—which has the *potential* to become a disaster yet does not always do so. For instance, floods in Brazil's uninhabited Amazon basin are natural events doing little harm. However, floods striking Bangladesh in its densely populated Ganges delta cause widespread human, material, and environmental losses. Often such losses are so disastrous that stricken communities cannot cope without help from outside. In that case, the natural hazard has become a natural disaster. Why, though, are these disastrous collisions between man and nature on the increase?

Disaster expert James P. Bruce notes that "a trend towards more severe and frequent hazards" may be "a contributing cause." He and other scientists concur, however, that the main cause for the increase in disasters is not an increase in natural hazards but an increase in man's *exposure* to these hazards. This increased exposure, points out *World Health* magazine, is caused by a "mix of demographic, ecological and technological conditions." What are some components of this disaster-triggering mix?

For one, the expanding world population. As the size of the human family keeps growing, the likelihood that a natural hazard will find some of the world's 5.6 billion people in its path is growing as well. Moreover, population pressure keeps forcing millions of poor people to settle in unsafe buildings in areas notorious for receiving regular assaults from nature. The result is not surprising: Since 1960, the world population has doubled, but disaster losses have increased almost tenfold!

Environmental changes add to the problems. From Nepal to the Amazon and from the North American plains to the islands of the Pacific, man is cutting down forests, overcultivating the land, destroying coast-



In some places man is recklessly cutting down forests, opening the way for more natural disasters

al barriers, and leaving a trail of other ecological footprints—but not without a price. "As we stress the bearing capacity of our environment and modify its character," says a former IDNDR director, Robert Hamilton, "the greater the likelihood that a natural hazard might become a disaster."

If man's actions, however, are contributing to the increasing appearance of disasters in today's headlines, then the opposite would be true as well: By taking preventive measures, man can change tomorrow's headlines. Death and destruction can be minimized. For example, 90 percent of deaths from earthquakes, say experts, can be avoided. Nevertheless, although the arguments for prevention are compelling, many people continue to regard disasters as inevitable. This fatalistic view, reports *UNESCO Environment and Development Briefs,* is "the single greatest barrier to disaster reduction." On what side of that barrier are you?

Inevitable or Reducible?

Especially in the developing world, this feeling of helplessness is widespread—and no wonder! Of all the people killed by natural disasters during the last 50 years, 97 percent lived in the developing world! In some of these countries, notes *Stop Disasters,* "the frequency of disasters is so high that it is difficult to delineate between the end of one disaster and the beginning of another." In fact, 95 percent of all disasters occur in the developing world. Add to this an endless cycle of personal disasters—poverty, unemployment, cruel living conditions—and you can see why helplessness engulfs the poor like a rising tide. They accept the losses caused by recurrent disasters as a bitter but

fated part of life. However, are these losses inevitable?

What You Can and Cannot Do

True, you *cannot* control the frequency or intensity of natural hazards, but that does not make you completely helpless. You *can* reduce your exposure to these events. How? Think of this comparison.

Let us say a person wants to limit his exposure to the sun (the natural event) to prevent getting skin cancer (the disaster). What measures can he take? Obviously, he *cannot* control the rising and setting of the sun (the frequency of the event). Nor can he diminish the amount of sunshine reaching his environment (the intensity of the event). But does that make him helpless? No, he *can* reduce his exposure to the sun. For instance, he can stay inside during the hottest part of the day, or if that is not possible, he can wear a hat and protective clothing while outside. This *increases* his *protection* against the sun (the event) and lowers his risk of becoming a victim of skin cancer (the disaster). His preventive actions can make a difference!

Likewise, you too can take steps that *increase* your *protection* against the impact of some natural hazard. In that way, you will reduce your vulnerability and losses when a disaster strikes. For those living in the developed world, the tips in the box "Are You Prepared?" may be useful. And if you live in the developing world, the examples in the box "Low-Cost Improvements That Work" may give you an idea of the type of simple measures now available. They may go a long way in saving lives and reducing losses. With today's available technology, reminds geophysicist Frank Press, "fatalism is no longer acceptable." No doubt, when it comes to natural disasters, prevention is definitely better than cure.

Low-Cost Improvements That Work

JUST under half the world population, reports the World Bank, survive on five dollars a week or less. Even if you are in that position, say experts, there are proven measures that you can apply. Inform yourself about them, because education, stresses Peruvian disaster expert Alberto Giesecke, "is a key low-cost mitigation measure." Here are two examples from South America:

The UN manual *Mitigating Natural Disasters* explains what can be done to build better adobe, or mud, houses:

- In mountainous terrain, excavate the land to form a platform for the house.
- Square houses are strongest; if you need a rectangular shape, build one wall two and a half times longer than the other.
- Use rock or concrete foundations to dampen *seismic* forces.
- Build parallel walls with the same weight, strength, and height. Keep them thin and low. Houses built in this manner incurred less damage during earthquakes than standard mud houses.

Traditional latticework (*quincha*) construction is another proven technique. *Quincha* houses, says *Stop Disasters,* have a framework of woven reeds and small branches supported by horizontal and vertical poles and have only a small amount of earth-fill. This type of structure, with 4- to 6-inch-thick walls, allows the houses to shake during an earthquake, and when the earthquake stops, the buildings adjust to their original positions again. When an earthquake hit in 1991, all such houses remained standing while 10,000 other houses, with solid 40-inch-thick walls, were shaken to the ground, killing 35 people. According to UNESCO architect John Beynon, earthquakes don't kill people; collapsing buildings do.



The Fight Against Disasters Won

THE efforts of the United Nations and of individual governments to mitigate the effects of natural disasters are surely laudable. Projects such as the International Decade for Natural Disaster Reduction suggest that mankind need not be helpless in the face of such calamities. If individuals, communities, and governments take appropriate steps, lives can be saved.

This is very interesting, because the Bible tells us that soon there will be a change in the governmental oversight of mankind. Since the days of Jesus, Christians have prayed the Lord's Prayer (the "Our Father"), which includes the expression: "Let your kingdom come. Let your will take place, as in heaven, also upon earth." (Matthew 6: 9, 10) God's Kingdom is an actual government. According to Bible prophecy, very soon it will "crush and put an end to all [human] kingdoms, and it itself will stand to times indefinite." (Daniel 2:44) Imagine all mankind under one perfect government. What a change that will be!

If present-day governments see the need to take steps so that natural hazards do not become natural disasters, we can be confident that God's government will ensure that its subjects never suffer in this way. God's Kingdom will bring lasting peace to this planet for the first time since Cain killed Abel. Under that Kingdom, "the meek ones themselves will possess the earth, and they will indeed find their exquisite delight in the abundance of peace." (Psalm 37:11) The Kingdom will educate mankind so that in a very real sense 'all persons will be taught by Jehovah, and their peace will be abundant.' —Isaiah 54:13.

Today, most victims of natural disasters are among the poor. However, with perfect oversight and proper education, under God's Kingdom, mankind will not suffer the pangs of poverty. Foretelling such conditions in a way that people of his day would understand, the prophet Isaiah wrote: "Jehovah of armies will certainly make for all the peoples, in this mountain, a banquet of well-oiled dishes, a banquet of wine kept on the dregs, of well-oiled dishes filled with marrow, of wine kept on the dregs, filtered." (Isaiah 25:6) Yes, a banquet of good things! Further describing life under Kingdom rule, the psalmist wrote: "There will come to be plenty of grain on the earth; on the top of the mountains there will be an overflow. His fruit will be as in Lebanon, and those who are from the city will blossom like the vegetation of the earth."—Psalm 72:16.

Clearly, man's fight against natural disasters will be over. With the guidance of God's spirit and the oversight of God's Kingdom, God-fearing humans will have won that fight. What a relief that will be!

Where AIDS Is Pandemic

IN LESS than 15 years, AIDS has cast its shadow over every continent on earth. In just a few years, this biological bomb has exploded to pandemic proportions. WHO (World Health Organization) has estimated that throughout the world 5,000 people are being infected every day. That is more than three people every minute! The countries affected the most have been the poorer ones, those of the so-called developing world. WHO predicted that these countries will, by the year 2000, account for 90 percent of all HIV infections and eventually 90 percent of all AIDS cases.



A father takes his son, who died of AIDS, to be buried

WHO/E. Hooper

Those Hardest Hit

Rose was 27 years old and married with three children when her husband suddenly fell sick. He died some months later. The cause of her husband's death was not certain at the time. Doctors diagnosed tuberculosis. Relatives said he had been bewitched. The relatives of her husband started grabbing Rose's property. Her in-laws forcibly took her children while she was out. Rose was compelled to return to her own village. Two years later she developed bouts of vomiting and diarrhea. That was when she realized that her husband had died of AIDS and that she too had been infected. Rose died three years later, at 32 years of age.

Tragic stories such as this one are now common. In some areas whole families and even villages have been wiped out.

"The Greatest Health Problem of Our Time"

Governments in developing countries are severely handicapped when trying to cope. Because of lack of financial resources and the presence of other urgent and costly priorities, AIDS is proving to be the proverbial last straw. The worldwide recession, food shortages, natural disasters, wars, cultural practices, and superstitions only compound the problem. Providing special care involving equipment and medication for the frequent infections of AIDS patients is expensive. Many of the major hospitals are now overcrowded, run-down, and understaffed. The majority of patients with AIDS are now sent home to die in order to make room for an ever-growing number of other needy patients. Related to AIDS has been an alarming increase in secondary infections such as tuberculosis. Some countries have reported that tuberculosis deaths have doubled in the last three years, and up to 80 percent of hospital patients with AIDS have tuberculosis.

The Social Impact of AIDS

The AIDS pandemic impacts not only the health-care system but also all sectors of the economy and of society. As much as

80 percent of those infected are between 16 and 40 years of age, the most productive age-group in society. The majority of family wage earners are in this age bracket. Most families are dependent on them, but as they fall sick and eventually die, the very young and elderly are left without support. In any African society, when the parents of a child die, traditionally the child is adopted and absorbed into the extended family system. Today, however, when the parents die, the grandparents or other surviving relatives are often too old or are already loaded down trying to provide for the needs of their own children. This situation has led to an orphan crisis and an increase in the number of street children. WHO predicts that in sub-Saharan Africa alone, over 10 million children will be orphaned by the end of this century.

Women are finding the AIDS scourge doubly distressing and burdensome. It is women who are primarily called upon to provide the 24-hour-a-day nursing care needed by the sick and dying—this on top of all the other household duties they have to perform.

What Is Being Done

In the early 1980's, many government officials, prejudiced by the stigma associated with AIDS and unaware of the rapidity with which it would spread, were apathetic and complacent. However, in 1986 the Ugandan government declared war on AIDS. Over the last nine years, Uganda has been credited with having "the most innovative AIDS efforts developed to date."

Today, there are over 600 national and international organizations and agencies in Uganda that are concerned with trying to control the spread of AIDS. These humanitarian agencies have set up a network of AIDS education centers throughout the country. Public awareness of the AIDS scourge is being brought to people's attention through dramas, dances, songs, radio and TV programs, newspapers, and telephone. Along with home care and material assistance, counseling is provided for those with AIDS as well as for widows and orphans.

Among Jehovah's Witnesses, care for orphans and widows is viewed as part of Christian worship. (James 1:27; 2:15-17; 1 John 3:17, 18) The congregation does not take over the responsibility of family members to care for their own. But if there are no close family members, or if orphans and widows are just unable to provide for themselves, the congregation lovingly comes to their assistance.

Joyce, for example, was one of Jehovah's Witnesses living in Kampala, the capital of Uganda. She was a victim of AIDS and died in August 1993. Before she died she wrote the following account: "I grew up as a Protestant and later married a Catholic. However, I could see many in my church behaving immorally, and so I stopped going. My eldest sister was studying the Bible with Jehovah's Witnesses, and when she came to visit, she told me about the things she was learning from the Bible.

"My husband was very much opposed to my studying the Bible. Even my parents started to oppose me, especially my father. This opposition went on for two years, but it did not discourage me, as I was convinced that I was learning the truth. When I told my husband that I wished to be baptized, he was furious. He physically abused me and told me to leave the house. So I left and lived alone in a small rented room.

"Some time later my husband asked me to return. It was not long after I returned that he started to become weak and sickly.

I was surprised, as he had always enjoyed such good health. Eventually we came to understand that he had AIDS. He died in 1987. By this time I was a regular pioneer [full-time evangelizer], and even though I was now widowed with five children, I continued in the pioneer service.

"Four years later, in 1991, I realized that I had contracted AIDS from my husband. I started to degenerate physically and suffered from a skin rash, rapid weight loss, and constant bouts of the flu. I still continued pioneering and was conducting 20 Bible studies, but as my strength deteriorated, I had to reduce them to 16. Seven of these students eventually got baptized.

"I never felt isolated or depressed, as the congregation was a real support to me. Eventually, I had to miss some meetings because of physical weakness. The brothers recorded them for me on an audiocassette, and I was continually fed spiritually. The congregation elders made up a roster so that my spiritual sisters could take turns tending to my needs and even staying by my side overnight. One thing though was bothering me—my children. 'What will happen to them when I am gone?' I wondered.

"In Africa the property of a dead person is often taken by the relatives, so I constantly prayed to Jehovah about this. I decided to sell my house and build smaller rental units so that my children would always have a place to live and some regular income. The brothers in the congregation sold my house for me and managed to buy another plot of land, and they built the units for me. I lived in one of them and felt peace of mind knowing that my children would be taken care of.

"My relatives were very angry that I had sold the house, and they started a legal battle against me. Once again, the brothers came to my assistance and dealt with the matter for me. We won the legal case. Although I now feel much weaker, Jehovah's loving organization and the Kingdom hope keep me going. Because of my condition I have now been admitted to a hospital. I still have my spiritual sisters at my side tending to my needs day and night, as the hospital cannot provide adequate food and bedding."

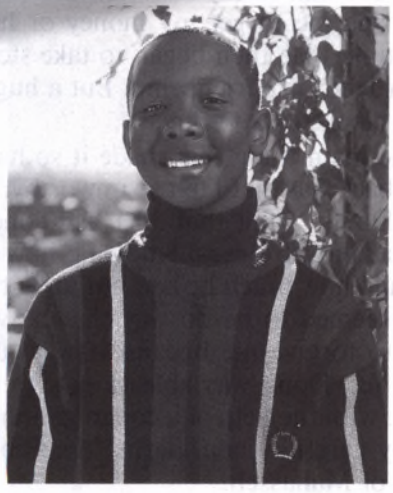
After spending six months in the hospital, Joyce was sent home. Two days later she died. Her five children are now being cared for by a pioneer sister in the congregation who also has three children of her own.

The Solution

In Uganda, where AIDS is already pandemic, President Yoweri Kaguta Museveni stated: "I believe that the best response to the threat posed by AIDS and other sexually transmitted diseases is to reaffirm publicly and forthrightly the reverence, respect and responsibility every person owes to his or her neighbour." In short, there is a need for a return to monogamous morality within the marriage arrangement. Everyone agrees that this is the only way to be safe and the only way AIDS can be controlled. Few, however, believe such a moral standard to be attainable.

Jehovah's Witnesses are among those who not only believe such morality is possible but practice it. Further, they believe, as did Joyce, in God's promise of new heavens and a new earth in which righteousness is to dwell. (2 Peter 3:13) In a world wiped clean of all wickedness, Jehovah God will then fulfill the promise recorded at Revelation 21:4: "He will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away."

Young People Ask...



Can I *Really* Be a Friend of God?

BE A friend of God? No way, believes 20-year-old Doris. "I feel so inferior and so unworthy of anyone's liking me," bemoans this young woman. "I even avoid praying to Jehovah God because I don't think I deserve being in his presence." Deep inside, some youngsters feel totally unworthy of God's friendship. While they may cherish the idea of being a friend of God, they feel such is unattainable for them. Have you ever felt that way?

At times, his own weaknesses may make a youth feel unworthy of even approaching God. Take young Michael, for instance. He says that before coming to appreciate godly ways, he was "infested with nearly every sinful and hurtful thought and deed there is." However, what he learned from his study of the Bible made him realize the grief and disappointment he was causing God. He explained: "Each congregation meeting made at least one more of my flaws apparent to me. . . . I could not foresee Jehovah's forgiveness of my seemingly endless sins when I could not even forgive myself."

In other cases, the way a youth is treated by others may make him feel unworthy of Jehovah's friendship. For instance, Doris, quoted previously, was abandoned as a small child by her mother. She revealed: "I don't think anybody loves me. If my own mother and family have left me alone, what chances are there of anybody else caring for me?" When a youth has been treated in a demeaning and abusive way since childhood, he may sincerely believe that God could never want him as a friend.

On the other hand, a young person may have had a friendship with God but, because of weakness, falls into serious sin. This happened to Tracy. "I feel so ashamed," laments this 21-year-old, "my pain and guilt are unbearable. I have hurt my Father, Jehovah, so much."

Perhaps you find yourself in a situation similar to one of the foregoing. But there is hope: You can have God as your friend!

Why You Can Be God's Friend

It is true that sinful acts can prevent one from being God's friend. Fortunately, our loving Father has taken the initiative to help us. "God recommends his own love to us in that, while we were yet sinners, Christ died for us," writes the apostle Paul. (Romans

5:8) By his death, Jesus paid a ransom to redeem appreciative ones from total domination by sin. (Matthew 20:28) Thus, the apostle adds: "We were God's enemies, but he made us his friends through the death of his Son."—Romans 5:10, *Today's English Version.*

Before coming to appreciate Jehovah's standards, some youths, like Michael mentioned earlier, may have engaged in gross wrongdoing. Yet, through Jesus' ransom sacrifice, one can be forgiven for past sins, no matter how serious these may have been. The Bible gives this heartwarming assurance: "If we confess our sins, he is faithful and righteous so as to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9) Nevertheless, a person must take steps to show God that he appreciates such cleansing. The apostle Paul states a principle that can be applied: '"Quit touching the unclean thing," says Jehovah, "and I will take you in. And I shall be a father to you."' (2 Corinthians 6:17, 18) How touching it is to know that if a person turns from such wrongdoing and is genuinely repentant, God is willing to receive him into His favor as a friend.

What about youths who have been reared in an abusive environment? Realize that God does not consider people guilty because things were done to them against their will. Such ones were *victims* rather than participants in sin. Remember, too, that your worth as a person does not depend on the judgment of another human. Jehovah can become your Friend despite your circumstances. Maureen was reared by a Christian mother in a home full of violence because of her alcoholic father. Yet she said: "In the middle of all this mess, somehow I was able to develop a relationship with Jehovah. I came to know him as the One who would never abandon me."

What If You Fall Into Serious Sin?

Doug, who was reared by godly parents, became involved in sexual immorality at age 18. This was due to his bad associations. "I knew it was wrong, but I kept doing it because I wanted to have a good time," confessed Doug. Some time later, Doug saw the futility of his course. He admitted: "I began to see that all my so-called friends were just using me to get my money or have a good time." He then began to take steps to regain Jehovah's friendship. But a huge obstacle blocked his progress.

"The main thing that made it so hard to come back was that I felt so unworthy," confided Doug. "I felt that all I had done was bad in Jehovah's eyes. Knowing how good he is and how much he had put up with me, there seemed to be no way that he would want to forgive me because I was just so bad." Yet, Doug was able to get over this hurdle with the help of a congregation elder and by carefully considering the Bible account of Manasseh.

Who was Manasseh? A king of ancient Judah. The Bible indicates that he had been taught by his godly father, Hezekiah, to love Jehovah. But after his father died and he became king at age 12, he thought he could now do as he pleased. He forsook Jehovah for the worship of Baal. Such worship was marked by grossly immoral and unrestrained sex orgies. Manasseh "did on a grand scale what was bad in the eyes of Jehovah, to offend him." Through faithful spokesmen, "Jehovah kept speaking to Manasseh and his people, but they paid no attention." Then, as an expression of Jehovah's judgment, Manasseh was taken to Babylon as a shackled prisoner.—2 Chronicles 31:20, 21; 33:1-6, 10, 11.

When Manasseh reflected on his past deeds and compared them with what he remembered about Jehovah's laws, he was



Some youths may feel unworthy to be God's friend

overwhelmed with guilt and begged for forgiveness. He humbled himself before God and "kept praying to Him." And God "let himself be entreated by him and He heard his request for favor and restored him to Jerusalem to his kingship." Yes, "the Father of tender mercies" was willing to allow this repentant sinner to draw close to him again. After receiving such mercy, Manasseh, by personal experience, now "came to know that Jehovah is the true God."—2 Chronicles 33:12, 13; 2 Corinthians 1:3.

If Jehovah could take Manasseh back, surely he would also allow a wayward youth today to regain a relationship with Him if the youth shows a repentant attitude. Doug responded to the help of the spiritual shepherds in his congregation. He was helped to see clearly that God "will not for all time keep finding fault, neither will he to time indefinite keep resentful."—Psalm 103:9.

Stay God's Friend

Once God becomes your Friend, you must cherish this relationship in order to keep it. One 18-year-old baptized girl became an unwed mother. Even so, she was helped to set matters straight with Jehovah. (See Isaiah 1:18.) The turning point in her recovery? "I learned that Jehovah was a loving Father and not an executioner," she explained. "I realized that he was hurt by what I had done. It is so important to look upon God as a Friend, someone with emotions, and not merely an abstract Spirit to be paid homage but never truly loved." Like Manasseh, she was impelled to become fully involved in Jehovah's worship. (2 Chronicles 33:14-16) This has proved to be a protection to her. She advises other youths: "Keep striving to praise Jehovah even if the going gets rough. Jehovah will lovingly straighten your paths once again."

It is also important that you seek friendship with those who are God's friends. Avoid like the plague, however, those who clearly have no respect for godly principles. (Proverbs 13:20) Young Linda became involved in sexual immorality with a youth whose friendship became "more important than *anything.*" After her spiritual recovery, Linda admitted: "You can destroy your whole life by not having that personal bond between Jehovah and you."

Do you have such a bond? If not, work to obtain it. Linda sums up the value of having God's friendship by saying: "The most important thing in the whole world is a good personal relationship with Jehovah. No boy or girl or anything else in this world is greater than that. If friendship with Jehovah is not there, then *nothing else matters.*"

WOMEN OF INDIA
MOVING INTO THE 21ST CENTURY

BY *AWAKE!* CORRESPONDENT IN INDIA

They are tall, they are short. They are slim, they are stout. They are humorous, they are dour. They are immensely rich, they are absolutely poverty-stricken. They are highly educated, they are totally illiterate. Who are they? The women of India. And where are they going? They are moving into the 21st century.

TO MOST people living outside India, the image of an Indian woman is one of grace, beauty, mystery, and charm. Many men turn to India to look for wives, partly because of the view that Indian women are more inclined to be submissive, to please their husbands, and to be good homemakers than their more independent sisters in the West. However, it is misleading to speak of a typical Indian woman in this vast melting pot of varied ethnic, religious, and social backgrounds. All types of women live in this fascinating land.



Carrying bricks to a building site

The history of India is one of many cultures merged either peacefully or by force. There is speculation about where the early settlers, the Dravidians, came from. Their origin seems to be through a mixture of Australian and southern Mediterranean peoples, with particular connections to Crete. As the Aryans and Persians moved into India from the northwest and the Mongols from the northeast, the Dravidians withdrew to the south. So we find, generally, that the women of south India are of a smaller build and are darker skinned than the women of the north, who tend to be taller and fairer skinned but still have dark hair and eyes. People in the northeast often have Oriental features.

Religion has played a major role in establishing the status of women in India. Because modern India is a secular state, every effort is being made to change traditional views that have kept women from progressing. Great steps are being taken to increase educational opportunities, not for just wealthy or influential women but for all. Literacy classes, job-oriented training in villages, and free schooling for girls

are changing the face of Indian womanhood.

On June 22, 1994, in the state of Maharashtra, a big step forward was taken when a government policy on women was released. Described by India's vice president, K. R. Narayanan, as "historic" and "revolutionary," it addressed basic problems of women, such as joint-ownership rights, guardianship, housing benefits, and equal opportunities in employment.

As more women attend colleges and enter the job market, no longer restricted to the home, the question of changes in the moral climate has been raised. Reports appear of drug abuse and declining morals in colleges. The media play a major role in the metamorphosis of some younger Indian women. Comparing Indian motion pictures of 30 years ago with today's, many find that the portrayal of women has vastly changed. One Indian woman commented: "The former demure, gentle, self-sacrificing heroine of movies when I was in school has given way to the modern girl who, when unhappy, walks out on her husband and in-laws and fights for her rights and her independence."

But India is still, on the whole, restrained in conduct and dress compared with many countries. The most commonly worn dress, the beautiful sari, modestly covers most of the body. With younger women, especially in the north, the *shalwar-kameez,* a loose dress worn over pajama-type slacks, is popular. Western fashions, seen mainly in Bombay, Goa, and Calcutta, are usually of a modest style and length.



Drawing water for home use

New Openings in Employment

What sort of employment is open to Indian women as they move toward the 21st century? A large proportion of India's population live in villages, and their work is agricultural. Millions work in the fields. Women work alongside the men doing all types of farm work. They also carry water long distances from rivers and wells and laboriously collect wood for fuel. During work, babies are perched on the hip or laid in hammocks strung from trees.

Since the turn of the 20th century, rural Indian families have flooded into urban areas seeking employment. Women have worked in textile mills and factories. Modernization of industry, however, affected women workers more than men. Men were trained to operate the machinery, but women were not. This caused much hardship for women. They were reduced to carrying materials on building sites, pulling handcarts loaded with heavy sacks, selling used clothing, or doing other low-paying work.

Social reformers made efforts to improve the lot of women. Movements such as SEWA (Self-Employed Women's Association) sprang up, their goal being to help the uneducated women workers to take care of their health so that they could work, to be sufficiently literate to escape being trapped in corrupt practices, to improve their working skills, and to learn to save so as to build their own capital and avoid the high interest rates exacted by unscrupulous moneylenders. When asked about using feminism

as a social tool, prominent sociologist Zarina Bhatti stated: "In India feminism means to listen to the problems of women, organise them, try to impart technical education to them along with health and nutrition."



In conference with men

At the same time, views have been changing about the situation of educated women from wealthy families considered higher on the social scale, as well as women from middle-class families. Now women from both backgrounds can be found in all fields of activity, not just teaching or medicine. They have careers as airline pilots, models, air hostesses, and police and are found in top executive posts. For many years India had a woman as prime minister, elected in the world's largest democracy. Indian women hold commissions in the armed forces and are lawyers and chief justices, and thousands have gone into business as entrepreneurs.



Operating a computer

Changes in the Marriage Field

With this trend toward independent employment, how does the modern Indian woman feel about marriage? The 19th and 20th centuries brought great changes for married Indian women. The ancient custom called suttee, in which a widow voluntarily burned herself on her husband's funeral pyre, was abolished under British rule. Child marriage has been banned by legislation so that now a girl under the age of 18 cannot legally marry. Demanding dowry from a girl's family has also been legally banned, but this evil still exists. Many thousands of young brides have been murdered in one way or another, either because their family failed to provide sufficient dowry or because more money could be obtained from a second marriage.

Gradually, the underlying causes of dowry deaths are being addressed. Traditionally, at marriage an Indian girl went to her husband in his parents' home and remained there until her death. Under no circumstances would her parents take her back into their home. Lacking a formal education, most women could not leave their husband's home and work to support themselves. So young women were often tortured and had the threat of death hanging over them, and if their parents could not provide more money or goods to satisfy greedy in-laws, the brides simply waited in mute agony for their eventual fate, usually a staged fatal accident in which a cookstove would explode or a flimsy sari would catch fire.

Now legislation, women's police units, and women's courts and support groups offer a married woman a place to turn for help if she feels her life is in danger. With more education available and job opportu-

nities opening up to them, some women choose not to marry or to marry much later in life after making a career for themselves. Thus, dependence on males, often leading to harsh domination, is not as great.

Girl Babies Getting More Attention

Another problem that affects women, and that is changing as the 21st century approaches, is the inordinate desire for male children. Based on ancient religious teachings, along with economic considerations, this concept has often led to infanticide of female babies and mistreatment of girls by giving them less food, education, and health care than that given to boys.

In recent times the use of amniocentesis to determine the sex of the fetus, frequently leading to abortion of females, has become widespread. Although regulated by law, the procedure is still quite a common practice. Earnest efforts are being made to change the view that a male child is to be preferred.

Man-made philosophies have downgraded women in many ways. The treatment of widows is an example. In ancient India, remarriage of widows was acceptable. But from about the sixth century C.E., lawgivers opposed this, and the lot of widows became pitiable. Refused remarriage, often robbed by relatives of the possessions of their dead husbands, treated as a curse on the family, many widows chose immolation on their husband's funeral pyre rather than a life of abuse and indignity.

From the late 19th century, reformers tried to ease the burden of such women, but deeply embedded emotions die hard. In many communities the lot of the widow, sometimes a very young woman whose aged husband has died, is truly a miserable one. Says Dr. Saharada Jain of the Institute for Development Studies: "The trauma of widowhood mainly stems from the fact that women are so conditioned that their entire psyche is built upon the husband's identity." Efforts are being made to help widows move toward the 21st century with dignity.

Rural and Urban Differences

There is a vast difference between urban women and those in the rurals. It is estimated that 25 percent of rural women are literate; in cities a much higher percentage benefit from schools and colleges. To help rural women, social workers arrange literacy classes, health-care training, and employment schemes. Some state governments have reserved 30 percent of the openings in the public sector, cooperative societies, and local self-government for women. Women's movements seek to alleviate the pain and misery that is the lot of millions in India. To some extent these have had success. So, what can we say about the future of the women of India?

On Into the 21st Century!

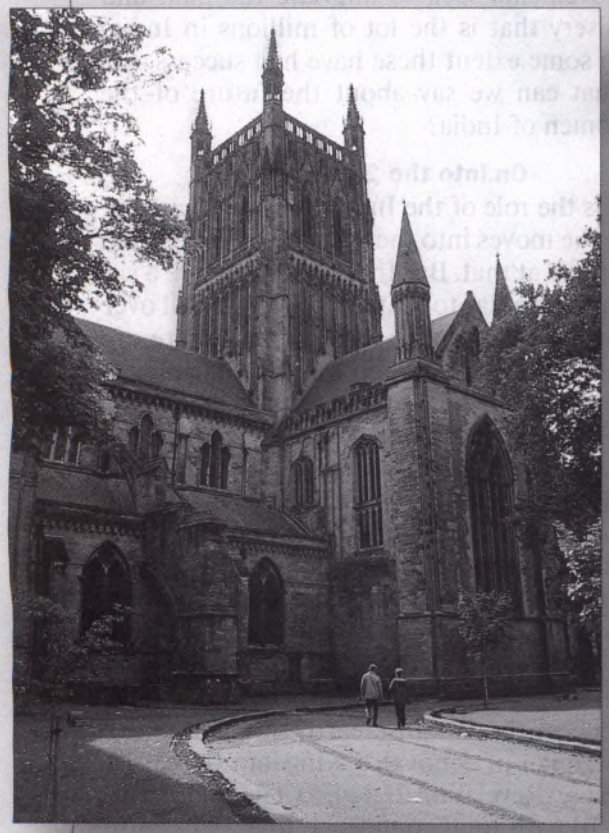
Is the role of the Indian woman changing as she moves into the 21st century? Yes, and rapidly at that. But Indian women face a situation similar to that of their sisters all over the world. There is progress, but there are setbacks. There is hope, but there is despair. There are beautiful homes and luxurious life-styles, but there are slums, grinding poverty, and numbing hunger. For millions anything more than bare subsistence is beyond reach. Others appear to possess all the world has to offer. For most the future is uncertain; they have dreams but also reservations.

For some, however, the future is bright with promise, especially for those who have hope in the Paradise earth to come under the reign of Jehovah's Kingdom by Christ Jesus. (Revelation 21:1, 4, 5) These look forward with total confidence to a 21st century in which women will enjoy life to the full.

Ordination of Women Infuriates Anglican Clergy

BY *AWAKE!* CORRESPONDENT IN BRITAIN

IN November 1992, the General Synod of the Church of England adopted a proposal to ordain women as priests. As a result, about 150 disgruntled Anglican clergymen have announced their intention to resign by 1995. Many of them plan to defect to the Roman Catholic Church. One senior clergyman wants to take his entire parish along—including the church building! *The Sunday Times* of London anticipated that the ordination of the first group (which eventually took place in March 1994) would be "the most controversial ceremony of the Church of England's 450-year history."



Why are many clergymen enraged? Some simply feel that it is not proper for women to officiate as priests. Others fear that the synod's decision damages recent efforts to unite the Church of England with the Catholic and Orthodox religions. Indeed, a Vatican spokesman declared that the pope himself regards the Church of England's ruling to be "a profound obstacle to every hope of reunion."

However, individual parishes of the Church of England may still vote to bar women priests. They can even decide to reject their bishop in favor of a traveling clergyman who will, according to the *New York Times,* "give pastoral care to those who refuse to accept it from female priests."

How different from Paul's counsel to first-century Christians that "you should all speak in agreement, and that there should not be divisions among you, but that you may be fitly united in the same mind and in the same line of thought." (1 Corinthians 1:10) As the controversy rages on, many parishioners are making decisions of their own. "We don't seem to have anything left to believe in here in the Church of England any more," said one woman. "I have only a sense of joy and relief to be leaving."

The Family That Truly Loved Me

TO A child, any child, a family is so important. A warm, loving family helps meet a child's physical and emotional needs. It plays a vital role in training, education, and development. It makes a child feel secure. What a blow it is to be cast off by your family, as I was!

I was born into a big family in eastern Nigeria. My father was a chief with seven wives. He fathered 30 children, and I was the 29th.

One day in 1965, when I was ten, I came home from school and met my dad sitting on the veranda. Two men came into the compound carrying briefcases, and after a cheerful greeting, they identified themselves as Jehovah's Witnesses. My father listened attentively to them. When they offered him two magazines, my dad looked at me and asked if I wanted them. I nodded, so he got them for me.

The Witnesses promised to call back, and they did. For the next two years, they came to discuss the Bible with me. However, their visits were not regular, since it was a six-mile walk from my village to the place where they lived.

My Family Rejects Me

I was 12 years old when my father became ill and died. Eight days after the burial, my oldest brother summoned the family for a meeting. About 20 people were there. We all thought he was going to talk about the funeral expenses. To my astonishment, however, he said that he had called the meeting to discuss his younger brother—me! He told them that I was interested in going about "begging" for four pence as though the family had no money to feed me. He added that to go around peddling magazines for four pence was to rub the family's name in the mud. He said that I must choose whom I wanted to belong to—the Witnesses or my family.

My mother had died, but one of my stepmothers wept and pleaded for me. She begged that they not use this as an excuse to deprive me of my share in the inheritance. But to them a woman's opinion meant little. The family sided with my brother and demanded a decision from me.

I asked for time to think over the matter. They agreed to give me until the following evening. Alone in my room, I began to cry. I felt weak, rejected, and afraid. I wondered what would happen to me.

Up to that time, I had never attended a Kingdom Hall and had never shared in preaching with the Witnesses. I had only a shallow knowledge of Bible teachings, and there were no Witnesses in my village for me to talk to.

I prayed to Jehovah, calling on him by name for the first time in my life. I told him that I had been learning that he was the true God. I begged that he stand by me and help me to make the right decision, one that would not displease him.

The next evening the family reconvened and demanded my decision. I explained that my father, who had given me life, was the one who initiated my study with

the Witnesses. He had paid for my magazines and Bible. Since he was not offended that I was studying with the Witnesses, I could not understand why my older brother should use this against me. Then I said that I didn't care what they did to me, I had to serve Jehovah.

They were not happy with this speech. One of them said: "Who is this little rat that he should speak to us like this?" Immediately my brother stamped into my room, grabbed my clothes, my books, and my small cardboard suitcase and threw them on the ground outside.

I found shelter with a schoolmate who lived in the village, and I stayed with his family for about five months. Meanwhile, I wrote to my uncle in Lagos, who invited me to come stay with him.

For several months I saved money by collecting and selling palm kernels. My stepmother who had spoken up for me gave me some money too. When I had enough, I set out for Lagos. Part of the way, I rode in the back of a sand truck.

Thrown Out a Second Time

When I arrived in Lagos, I rejoiced to learn that my uncle was studying with the Witnesses. Immediately I began attending congregation meetings at the Kingdom Hall. However, my uncle's interest in serving Jehovah quickly vanished when my senior brother came to visit. He told my uncle that it was the decision of the family that I should be neither supported nor allowed to go to school, since I continued to associate with Jehovah's Witnesses. He threatened my uncle and then went back home.

A week after my brother's departure, my uncle awakened me at midnight and thrust a paper at me with writing on it. He put a pen in my hand and demanded that I sign my name. When I looked at the scowl on his face, I knew this was something serious. I said: "Uncle, why don't you allow me to sign it in the morning?"

He said that I should not "uncle" him but that I should sign the paper immediately. I replied that even a murderer had a right to know the charges against him. Surely I had the right to read the paper before signing it.

He then agreed, with annoyance, to let me read it. It began something like this: "I, U. U. Udoh, have vowed not to be one of Jehovah's Witnesses. I have agreed to burn my bags and books and promise never to have anything to do with Jehovah's Witnesses. . . ." After reading the first few lines, I began to laugh. I quickly explained that I did not mean to be disrespectful to him but that there was no way that I could sign such a document.

My uncle was very angry and ordered me to get out. I quietly packed my clothes and books in my case, went into the hallway outside his apartment, and lay down on the floor to sleep. When my uncle saw me there, he said that since the rent he paid extended to the hallway too, I had to leave the building.

A Tempting Offer

I had been in Lagos for only two weeks and did not know where to go. I did not know where the brother lived who used to come to take me to the Kingdom Hall. So when dawn came, I started walking and wandering, praying to Jehovah to help me.

By the end of the day, I found myself by a gasoline station. I approached the owner and asked if he would lock my case in the office overnight so that thieves would not steal it from me. This request made him curious enough to ask why I did not go home. I told him my story.

The man was sympathetic and offered to employ me as his houseboy. He even said he

would send me to school if I helped him in his house. It was a tempting offer, but I knew that being a houseboy involved working every day from early in the morning till late at night. Also, houseboys were discouraged from mixing with people outside the household, for fear that they might conspire with thieves to rob the house. At best, I would probably have only one Sunday a month off. So I sincerely thanked him for his interest but declined his offer. I said that if I worked as a houseboy for him, it would be difficult for me to attend meetings at the Kingdom Hall.

The man said: "How can you be talking of meetings when you don't even have a place to stay?" I replied that if I were willing not to attend meetings, I could live at my father's home. It was because of my religion that I was driven out. All I needed from him was to have a place for my case. With that, he agreed to keep it safe for me.

Finding Another Family

I slept outside the filling station for three days. I had no money to buy food, so I had absolutely nothing to eat during that time. The fourth day, as I was wandering around, I saw a young man offering the *Watchtower* and *Awake!* magazines to people along the street. I ran to him with joy and asked him if he knew Brother Godwin Ideh. He wanted to know why I asked, so I explained all that had happened to me.

When I finished, he immediately put his magazines in his bag and asked: "Why should you be suffering so when there are thousands of Jehovah's Witnesses here in Lagos?" He flagged down a taxi and took me to the filling station to pick up my case. Next he took me to his apartment and fixed a meal for me. Then he sent for Brother Ideh, who lived nearby.

Udom and Sarah Udoh



When Brother Ideh came, they argued about which of them I should stay with. Both wanted me! Eventually they agreed to share me—part of the time I would stay with one and part of the time with the other.

Shortly after that I got a job as a messenger boy. When I received my first pay, I spoke with both brothers and asked them how much they wanted me to contribute toward food and rent. They laughed and said that I didn't have to pay anything.

Soon I registered for evening classes as well as private lessons, and eventually I completed my basic education. Things improved for me financially. I got a better job, as a secretary, and in time secured a place of my own.

I was baptized in April 1972. I was 17 years old. I wanted to enter the pioneer service to show my appreciation to Jehovah for all he had done for me, especially during that difficult period. I enrolled as a temporary pioneer when I could, but it took

some years to become established. Finally, in 1983, I enrolled as a regular pioneer.

By then I fully appreciated my spiritual family. These words of Jesus certainly proved true for me: "Truly I say to you, There is no one who has left house or wife or brothers or parents or children for the sake of the kingdom of God who will not in any way get many times more in this period of time, and in the coming system of things everlasting life."—Luke 18:29, 30.

The Witnesses had really shown love to me and cared for me. They had taken me in when I was penniless. With their help and the help of my heavenly Father, I had prospered spiritually. Not only had I received a secular education but I had also learned the ways of Jehovah.

These were the people whom my natural family pressured me to reject. When I refused, my family rejected me. Did my spiritual brothers and sisters now encourage me to reject my natural family? Not at all. The Bible teaches: "Just as you want men to do to you, do the same way to them."—Luke 6:31.

Helping the Family That Rejected Me

Soon after I left home, the Nigerian civil war broke out. My village was devastated. Many of my friends and relatives lost their lives, including my stepmother who had pleaded in my behalf. The economy was in ruins.

When the war was over, I traveled home and visited one of my brothers who had shared in driving me away when I was a boy. His wife and two daughters were sick and had been hospitalized. So I sympathized with him and asked what I could do to help.

Perhaps because of a guilty conscience, he told me that there was nothing he needed. I explained that he should not think that I might seek revenge for what the family had done to me. I told him that I knew that they had acted in ignorance and that I really wanted to help him.

He then started crying and confessed that he had no money and that his children were suffering. I gave him the equivalent of $300 (U.S.) and asked him if he would like to work in Lagos. When I returned to Lagos, I found him a job and invited him to come and live with me. He stayed with me for two years, earning money to send home to his wife and children. During that time I happily paid for his room and board.

He said that he knew that Jehovah's Witnesses were practicing the true religion. He also said that if he had not gone so far into the world, he too would become a Witness. But he promised he would arrange for his wife and children to have a Bible study.

In 1987, I was invited to take up circuit work. In April 1991, I married Sarah Ukpong. In 1993, we were invited to leave circuit work and serve at the Nigeria branch. We accepted that invitation and served there until my wife became pregnant.

Though in my youth my family threw me out, I was embraced by a spiritual family—parents, brothers, sisters, and children. What a joy it is to belong to this unique global family, one that I truly love and that truly loves me!—*As told by Udom Udoh.*

IN OUR NEXT ISSUE

The Theory That Startled the World —What Is Its Legacy?

Adultery —To Forgive or Not to Forgive?

Premenstrual Syndrome —Myth or Reality?

THE WATER BUFFALO
FAITHFUL AND USEFUL

BY *AWAKE!* CORRESPONDENT IN BRAZIL

'Flee, flee! A tiger!' shout the boys. They rush to their buffalo, jump on their backs, and gallop away. Suddenly, Saïdjah, one of the boys, loses his balance and plunges into the rice field—prey for the approaching tiger. Saïdjah's buffalo, however, sees what happened. It turns back, places its broad body as a roof over its little friend, and faces the tiger. The big cat attacks, but the buffalo stands firm and saves Saïdjah's life.

THIS encounter, described by Eduard Douwes Dekker, a 19th-century writer living in Asia, shows an endearing trait of the water buffalo: faithfulness. Today, fidelity is still its earmark. "The water buffalo," says one expert, "is like a family dog. It gives you its lifelong affection as long as you treat it well."

Children in Asia, even at four years of age, know how to do that. Every day, they lead their bulky friends into the river, where they wash them down and, with their tiny hands, clean the animals' ears, eyes, and nostrils. The buffalo, in response, sighs in contentment. Its dark skin absorbs much heat, and because the buffalo has far fewer sweat glands proportionately than cattle, it has a problem cooling off. No wonder it loves these daily dips! "Immersed in water or mud, chewing with half-closed eyes," notes one source, buffalo "are a picture of bliss."

Their love of water, though, is only part of the picture. What other traits do they have? Why are they useful? To start with, what do they look like?

Muscular Globe-Trotter

The water buffalo (*Bubalus bubalis*) looks like an oversize ox and weighs 2,000 pounds or more. It has an almost bald, slate-gray skin. Standing up to six feet high at the shoulder—with sweeping horns, a straight back, a long body, a droopy neck, and a muscular frame—it is the picture of strength. Its sturdy legs end in footwear ideal for mud treaders: large boxy hooves attached to extremely flexible joints. That suppleness enables the buffalo to bend back its hooves, step over obstacles, and plod through boggy fields where cattle lose footing.

The world's 150 million domesticated water buffalo come in two varieties: the swamp type and the river type. From the



Philippines to India, the swamp buffalo, with its four- to six-foot-long backswept horns, forms a favorite postcard model. When not posing, it is slushing knee deep through paddies or hauling carts over trails that would make any truck driver shiver.

The river buffalo is similar to the swamp type. Its body is slightly smaller and its horns more modest—tightly coiled or drooping straight. But weighing in at 2,000 pounds, it also looks impressive. In the past, Arab traders brought this variety from Asia to the Middle East; and later, returning Crusaders introduced it into Europe, where it is still thriving.

Though you will not find water buffalo in the fast lane—they trudge along at a steady two miles per hour—both swamp and river buffalo are circling the globe. They have settled along the coast of northern Australia, have walked ashore on the islands of the Pacific, and are even making trails in the Amazon forest. Amazon?

Thriving Immigrants

Ecotourists plying the Amazon often scan the riverbanks in vain for elusive jaguars or king-size anacondas. However, they do not need binoculars, or even glasses, to see the jungle's new arrivals—water buffalo, by the thousands.

If you feel that these Asian immigrants wallowing in the Amazon are threatening the ecosystem, you may consider demurring to the police on Marajó, an island in the river delta. But beware! You will not get an impartial hearing when you arrive at the station, for the officer on duty may be about to leave for street patrol on the back of an intimidating federal worker. That's right, a water buffalo—and a swamp type at that! Who wants to complain anyway?

Actually, the water buffalo is an asset to the Amazon region, says Dr. Pietro Baruselli, a veterinarian working for one of the two water-buffalo research centers in Brazil. He told *Awake!* that buffalo have a superb digestive system that enables them to fatten on pastures that leave cattle emaciated. Cattle farmers continually need to clear forest to create new pasture, but buffalo thrive on pastures that are already there. Dr. Baruselli says that water buffalo "can help to conserve the rain forest."

To survive in the jungle, however, the buffalo has to be an improviser—and it is. The book *The Water Buffalo: New Prospects for an Underutilized Animal* relates that in the rainy season, when the Amazon drowns pastures, the buffalo adapts to its wet surroundings. While cattle, marooned on patches of high ground, look on with envious eyes and empty stomachs, buffalo around them, treading water, feast on floating plants and even graze underwater. When the pastures emerge again, the buffalo looks as sleek as before.

Queen Mother

Water buffalo in other parts of Brazil are flourishing as well. Since the early 1980's, the country's herd has jumped from four hundred thousand to several million head. In fact, buffalo are increasing at a much higher rate than cattle. Why?

Wanderley Bernardes, a buffalo breeder in Brazil, explains that a buffalo is ready to mate at two years of age. After ten months of gestation, it gives birth to its first calf. Some 14 months later, the second calf is born. With low mortality among calves and high resistance to diseases, buffalo enjoy a long and fertile life. How long? An average of more than 20 years. How fertile?

"I'll show you," says Mr. Bernardes as he strides into the rolling pastures of his 750-acre farm, some 100 miles west of São Paulo. "This is Rainha (Queen)," he says with affection while pointing to an animal whose worn skin and chipped horns display

a record of long buffalo life. "She is 25 years old, a grandmother many times over, but," he adds, beaming, "she just gave birth to her 20th calf." With grandmas like Rainha, it is no wonder that some experts predict that in the next century, the world's largest buffalo herd may be grazing in Brazil!

A Living Tractor and More

For now, though, that claim belongs to India, home of nearly half the world's buffalo. There and in other Asian countries, thanks to the buffalo, millions of poor farm families are surviving on marginal land. Without needing diesel oil or spare parts, their "living tractor" pulls, plows, harrows, carts, and supports the family for over 20 years. "To my family," said an old Asian woman, "the buffalo is more important than I am. When I die, they'll weep for me; but if our buffalo dies, they may starve."

Besides being a farmhand, the buffalo is also a caterer. Some 70 percent of all milk produced in India comes from river-type water buffalo, and buffalo milk is in such demand that cow's milk can be hard to sell. Why do many prefer it? "Buffalo milk," explains the book *The Water Buffalo: New Prospects for an Underutilized Animal,* "contains less water, more total solids, more fat, slightly more lactose, and more protein than cow's milk." It gives a lot of energy, tastes good, and is used in making mozzarella, ricotta, and other delicious cheeses.

What about buffalo meat? "We can't keep up with the demand," says rancher Bernardes. In taste-preference tests in Australia, Venezuela, the United States, and other countries, buffalo steaks were preferred over those of cattle. In fact, millions of people around the world are often savoring buffalo meat while thinking they are nibbling on a juicy beefsteak. "Often people have a prejudice," observes Dr. Baruselli, "but buffalo meat is as good as, and often better than, beef."

Shrinking the Buffalo

Though the buffalo is growing in numbers, it is in trouble. "Large bulls that would be best for breeding purposes," notes *Earthscan Bulletin,* "are often selected as draft animals and castrated, or sent to slaughter." That way, hereditary traits for large size are lost, and the buffalo are shrinking in size. "Ten years ago in Thailand," say experts, "it was common to find buffalo weighing 1,000 kg [2,200 lb]; now it is hard to find 750-kg [1,700 lb] specimens." Can this problem be solved?

Yes, says a report compiled by 28 animal scientists, but "urgent action is needed . . . to preserve and protect outstanding buffalo specimens." So far, they admit, the buffalo has been neglected, but "better understanding of the water buffalo could be invaluable to many developing nations." More research, they say, will help its "true qualities to emerge."

At last, scientists worldwide are discovering what Asian farmers have known for centuries: The faithful and useful water buffalo is one of man's best friends.

Mistaken Identity

"IT IS widely believed," notes the book *The Water Buffalo: New Prospects for an Underutilized Animal,* "that the water buffalo is mean and vicious. Encyclopedias reinforce this perception." In reality, however, the domesticated water buffalo is "one of the gentlest of all farm animals. Despite an intimidating appearance, it is more like a household pet—sociable, gentle, and serene." How, then, did the water buffalo end up with this undeserved reputation? It may be confused with the African Cape buffalo (*Synceros caffer*), which is indeed mean-tempered although a distant relative. Yet, water buffalo will not breed with them. They prefer to keep such cranky relatives where they are—at a distance.

Brazil's Wasted Food

According to Brazil's Ministry of Agriculture, "the country annually throws away $2.34 billion (U.S.) in rice, beans, corn, soya, wheat, vegetables, and fruits," says *O Estado de S. Paulo.* "Calculating the losses of other [farm] products and consumer waste, the amount runs up to $4 billion (U.S.)." But why is 20 percent of the agricultural output and 30 percent of the fruit production wasted? Among the reasons given are 'low storage capacity on the farms, inadequate production technology, precarious highways, and poor management of crops.' Bemoaning the lack of rules to control the waste, Benedito Rosa of the Ministry of Agriculture is quoted as saying: "Such wasted food could feed people who need it."

Monday Morning Syndrome

"The stress of returning to work on Monday mornings increases the risk of a heart attack by 33 percent," reports *Jornal do Brasil.* A German study of 2,636 cases "revealed that the risk of suffering heart failure varies according to the day of the week and the hour." However, it was found that Mondays were especially dangerous and that heart attacks are three times more likely to occur in the morning than during the rest of the day. Factory workers are more affected by the Monday-morning syndrome than professionals and office workers. "We suspect that the change to a more intense rhythm, right after weekend relaxation, causes the [heart] attacks," says Professor Stefan Willich, who directed the research. People with heart trouble should begin their week in a calm manner, it was suggested.

"World's Top Gambling Nation"

"Japan has become the world's top gambling nation," says the *Asahi Evening News.* The most money (65 percent) is gambled on *pachinko,* using pinball machines. The Japanese also spend more than any other nation on local horse racing. Sales in 1992 were more than double those of the United States and more than four



times those of Hong Kong, Britain, and France. To increase sales, young women are now being targeted. Said one from Nagoya: "My parents make a fuss but I always tell them, 'National and local governments are organizing them. How can they be bad?'" Actually, Japanese law prohibits gambling in principle, but public gambling exists as a "back alley economy," says researcher Hiroshi Takeuchi. He feels that when gambling proceeds exceed 4 percent of a country's gross national product, it becomes a social problem. Japan's now stand at 5.7 percent.

Churches Feel the Crime Wave

Until recent years, Australian churches were generally left unlocked, even when no services were being conducted. But things have changed now, reports the newspaper *The Weekend Australian,* because of robberies, break-ins, vandalism to church buildings, and a number of instances in which priests have been attacked. "Most of our parishes are now locking their churches up, I'm afraid. I think that's very sad," said Catholic archbishop John Bathersby. "I think there's been a breakdown in the reverence for religion. I think the whole secularisation of society has really brought a state of affairs where many people don't see the Church as any different from any other institution in society, and therefore that special aura of respect for it has disappeared. Some people see a church as just another building."

Versatile Pope

Not only is Pope John Paul II the spiritual head of the Roman Catholic Church but he is also a playwright, an author, and a recording artist. His recent book, *Crossing the Threshold of Hope,* was on the best-seller list for many weeks. The play, a musical drama called *The Jeweler's Shop,* opened this past December in New York City for a limited engagement. It was written by the pope in 1960 under the pseudonym Andrzej Jawien. "The pope was a playwright, an actor, a director, a translator and a drama critic for the local paper

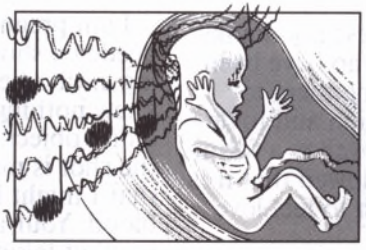
in Cracow," explained the play's producer. There is also a top-selling double CD recording of the pope reciting the Rosary. And the pontiff is a renowned world traveler, with plans to visit five continents this year. His 63rd trip, in January, was described by *The New York Times* as "an attempt by the 74-year-old Pope to shuck off the imagery of a papacy in decline and to project the idea that neither his health nor his age will deter him from injecting his moral vision into the world's business."

Blood—A Dangerous "Drug"

"Could it be that the Jehovah's Witnesses are right in refusing blood transfusions?" asks England's *Sunday Telegraph*. Current transfusion scares involve blood contaminated by hepatitis C and the AIDS virus. "But infection is only one of a number of dangers that have been described in professional journals," says the *Telegraph*. "Studies such as the one that estimated the chances of an adverse reaction to a transfusion as high as 20 per cent are little known to the public. Equally unfamiliar are the studies that have found that having a transfusion is the best predictor of making a poor recovery after abdominal or colon operations." Studies also show that a high percentage of blood transfusions are given unnecessarily and that transfusion practices vary widely and are based more on habit than on scientific data. Calling blood "a powerful drug" with which "most surgeons are far too cavalier," Tom Lennard, consultant surgeon at the Royal Victoria Infirmary, commented: "If blood was a new drug it wouldn't receive a product licence."

Protect Your Babies from Noise

"Too much noise can be harmful to unborn and newborn babies," says a press release by Radio France Internationale. A baby in its mother's womb is particularly susceptible to being traumatized by any loud noises to which its mother is exposed. Since a mother's abdominal wall and amniotic fluid offer very little protection from outside noises, a child may be handicapped before birth. For example, the risk



of high-frequency hearing loss is three times greater among children whose mothers were exposed to noise levels between 85 and 95 decibels—levels quite common for many rock concerts and discotheques. In addition to causing hearing damage, some researchers warn, frequent exposure to loud noises, especially during the mother's last months of pregnancy, can also increase an unborn baby's heart rate.

"Emotional First Aid"

First aid at the scene of an accident should include more than attention to physical injuries. Injured persons also need emotional help, reports the German newspaper *Süddeutsche Zeitung*. What sort of help? The Professional Association of German Psychologists suggests four simple steps for rendering "emotional first aid." The suggestions, each of which begins with the letter *S* as a memory aid, were the result of interviews with accident victims and professionals. The recommendations are: "Say that you are there. Screen the injured person off from distractions. Seek bodily contact. Speak and listen." Efforts are being made to get the measures promoted through doctors and driving schools and to get them included in first-aid courses.

"India's Little 'Beasts of Burden'"

That is what a *Times of India* report called India's 17 million to 44 million child laborers. Despite the availability of some 23 million able-bodied unemployed adults, factory owners often choose to employ children, who work without protest for half the adult wage and rarely question the health hazards of their jobs. It was only when some Western nations refused to import goods produced by child labor that some manufacturers replaced the children with adults. The government of India has promised more stringent laws to prevent such abuse and to compel parents to give their children basic education. Says India's president, Dr. Shankar Dayal Sharma: "Neither tradition nor economic necessity can justify child labour and eliminating such exploitation is one of the major challenges today." However, many justify the practice on the grounds that abject poverty is a "harsh reality" and that the wages earned by a child give desperately needed support to the family.

FROM OUR READERS

Response to First Person Account Thank you so much for the heartrending story of Larry Rubin, "No Longer a Rock or an Island." (November 22, 1994) Many often fail to make allowance for those who have suffered in the past. My own son once told me that if I truly had faith, I would not be anxious! But not everyone can just leave the past behind. Please continue to feature human experiences of this sort. I pray it will soften some hearts.

M. L., Britain

I struggle for words to express my thanks. So often we encounter ones who have been scarred by past abuses. Helping them to function within the congregation and to develop a relationship with Jehovah is a formidable challenge. The article showed that it is possible for such ones to learn to feel love and trust.

J. D., Canada

I have been a Christian for 25 years now. I've served God faithfully with my brain, but my heart has felt like it was encased in solid concrete. I grew up in an alcoholic family and suffered beatings, sexual abuse, and other traumas. Jehovah has done so much for me, but I cannot feel love for him. Larry Rubin's story gave me a flicker of hope that maybe, just maybe, I will one day be able to cry about my past and have feelings. Maybe I'll also get what Larry Rubin now has—love, trust, and acceptance.

A. F., United States

Some previous life stories have been about people who seemed to be supermen —fearless, without internal conflicts, without weakness. Larry Rubin's story was told from a different angle. He was frank and exposed his intimate feelings. Life stories of this kind are real to us because they are about things that happen in our own lives.

F. D. S., Brazil

Rh Factor It is truly commendable how *Awake!* treats such controversial subjects. In the article "The Rh Factor and You" (December 8, 1994), the approach taken was not that of a religious fanatic. The subject was handled with scientific accuracy, using up-to-date medical terminology, yet in terms that were clear and understandable. It disproves the charge that Jehovah's Witnesses are blind fanatics who place no value on human life.

I. R., Germany

I am pregnant, and my doctor told me I needed a shot to prevent me from building antibodies against my baby's blood. I knew nothing about the Rh factor and didn't object. When I later learned that the shot is made from blood, I was scared that I might have violated God's law on blood. Your article helped me by explaining that taking the shot is ultimately a conscience matter.

C. W., United States

Talking About Religion Though I was raised as a Christian, I am very shy about participating fully in the public preaching work, especially around my schoolmates. The advice you gave in the article "Young People Ask . . . Why Talk About God?" (September 22, 1994) reminded me of the importance of that work. I will take to heart your encouragement to become adequately qualified as a teacher of God's Word.

K. K., Nigeria

I am 12 years of age, and I have really been ashamed to say that I am one of Jehovah's Witnesses. I hoped that my schoolmates would not see me in field service. The article helped me to see that I am not the only one who has had to deal with this problem, and it helped me overcome these feelings of shame.

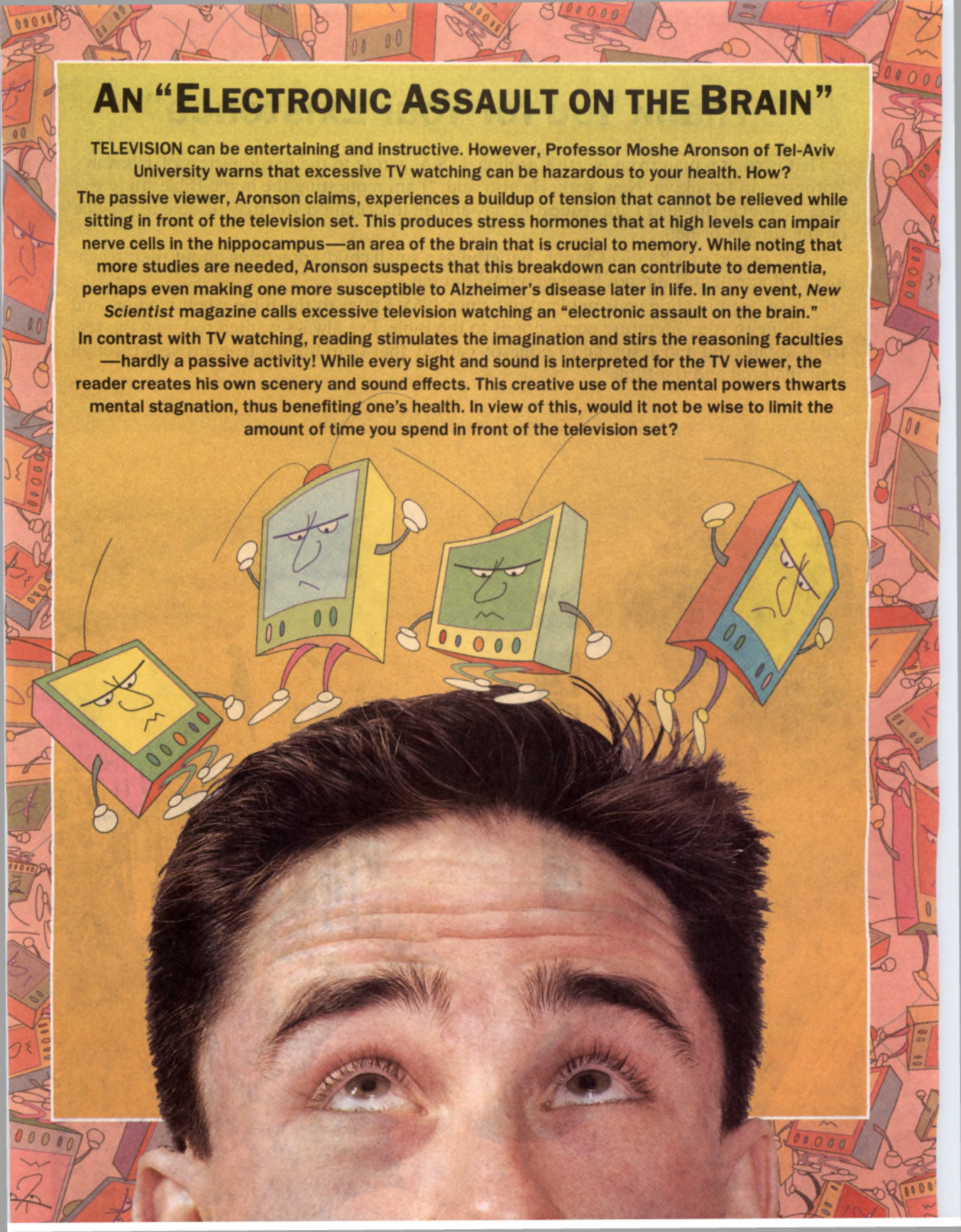
M. V. S., Brazil

AN "ELECTRONIC ASSAULT ON THE BRAIN"

TELEVISION can be entertaining and instructive. However, Professor Moshe Aronson of Tel-Aviv University warns that excessive TV watching can be hazardous to your health. How?

The passive viewer, Aronson claims, experiences a buildup of tension that cannot be relieved while sitting in front of the television set. This produces stress hormones that at high levels can impair nerve cells in the hippocampus—an area of the brain that is crucial to memory. While noting that more studies are needed, Aronson suspects that this breakdown can contribute to dementia, perhaps even making one more susceptible to Alzheimer's disease later in life. In any event, *New Scientist* magazine calls excessive television watching an "electronic assault on the brain."

In contrast with TV watching, reading stimulates the imagination and stirs the reasoning faculties —hardly a passive activity! While every sight and sound is interpreted for the TV viewer, the reader creates his own scenery and sound effects. This creative use of the mental powers thwarts mental stagnation, thus benefiting one's health. In view of this, would it not be wise to limit the amount of time you spend in front of the television set?



"Thank You for Your Existence"

That is what a man from North Carolina, U.S.A., wrote to the headquarters of Jehovah's Witnesses in Brooklyn, New York. He also said: "I am requesting the home Bible study you offer in *Awake!* But also I am requesting any and all information you may be able to provide on the subject of hell. . . .

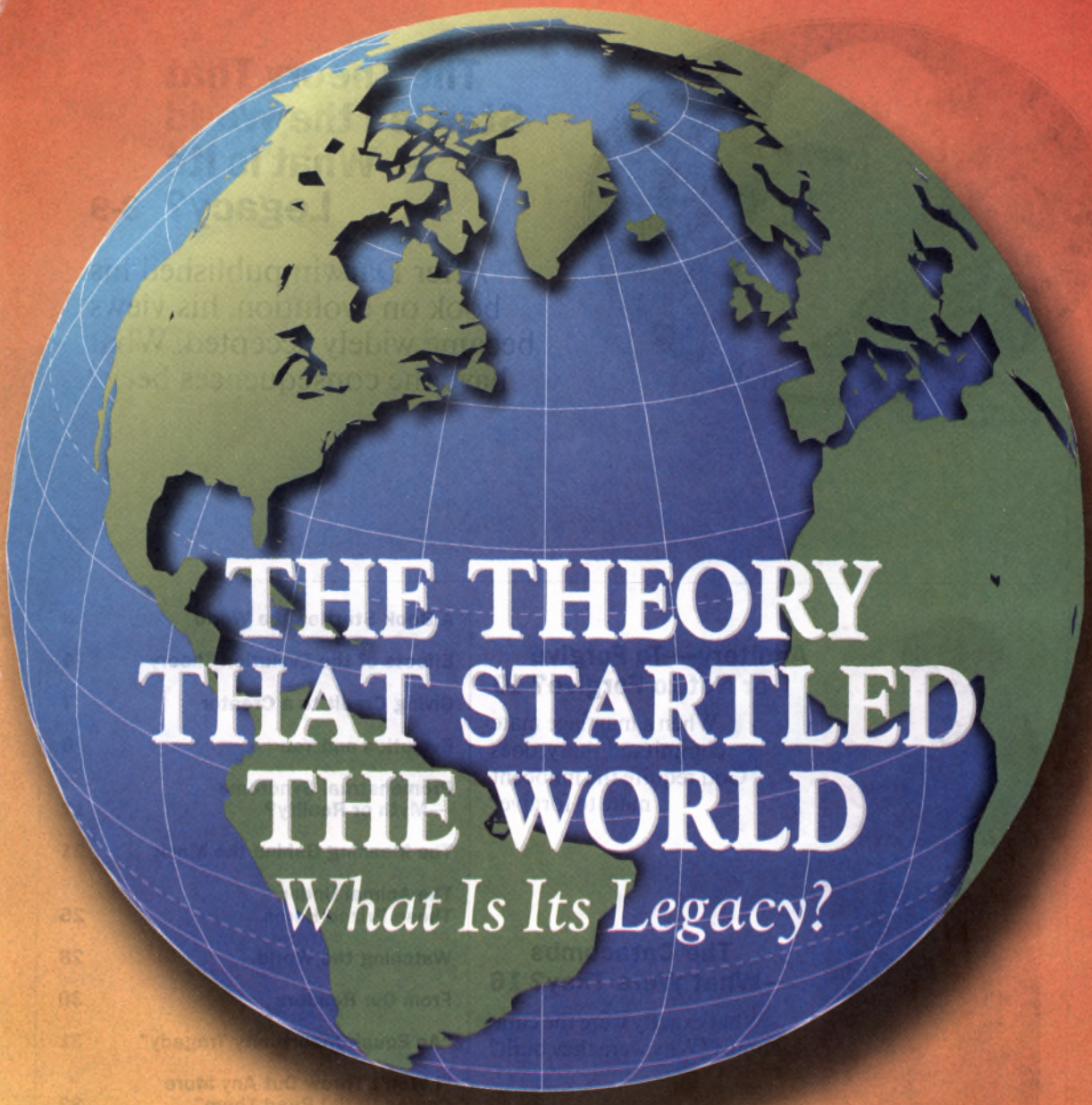
"I was reared in a Baptist Church, but even as a small child, something about their teachings or doctrine just did not balance out within me.

"I have been reading your publications since 1965. I refer to the Bible when reading, and everything in your literature corresponds to the Bible. I've always wanted to know the real truth about God and Jesus, and I honestly can say that I am finding true answers through your material and the Bible."



Awake!

August 8, 1995



THE THEORY THAT STARTLED THE WORLD

What Is Its Legacy?

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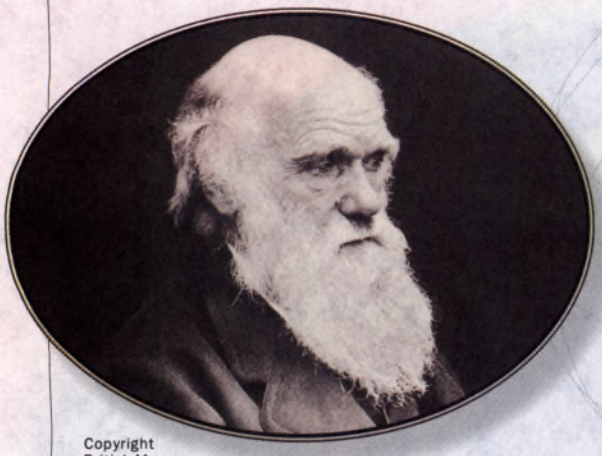

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The Theory That Startled the World —What Is Its Legacy? 3-9

After Darwin published his book on evolution, his views became widely accepted. What have the consequences been?



Life

Adultery—To Forgive or Not to Forgive? 10

When a marriage mate commits adultery, does God require the innocent mate to forgive?



The Catacombs —What Were They? 16

What exactly were the catacombs? Why were they built?

A Book Startles the World	3
Effects of the Evolution Theory	4
Giving Credit to a Creator	7
Evolution and You	8
Premenstrual Syndrome —Myth or Reality?	12
The Meaning Behind the Mask	21
The Animal Under Those Prized Horns	25
Watching the World	28
From Our Readers	30
"An Equal-Opportunity Tragedy"	31
"I Won't Throw Out Any More Copies Until I Read Them"	32

A BOOK *Startles the World*

The book: *The Origin of Species.* "Next to the Bible," said anthropologist Ashley Montagu, "no work has been quite as influential."

The author: Charles Darwin, who at the time was called by some "the most dangerous man in England."

The subject: The theory of evolution. Words and phrases such as "natural selection," "survival of the fittest," and "evolution" are now well established. But has the theory affected more than your language?

WITH its release in 1859, *The Origin of Species,* by Charles Darwin, ignited a furious debate in scientific and religious circles.* The debate spilled over into economic and social spheres and even continues today, some 136 years later.

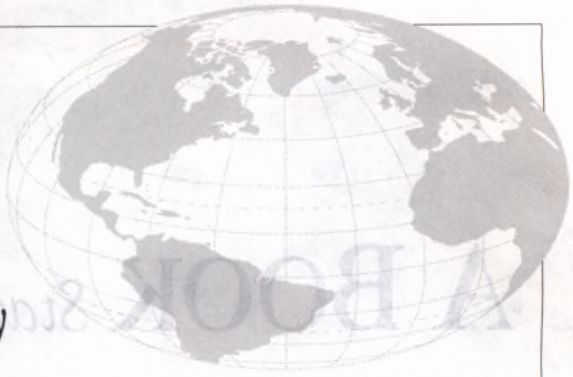
In *A Story Outline of Evolution,* C. W. Grimes wrote regarding Darwin's *Origin of Species:* "No other book ever printed has aroused so much controversy among thinking people. No other subject within living memory has so challenged traditional beliefs, revolutionized the world of Nature, and moulded, congealed, and crystallized human thought as has that of Evolution."

True, Darwin did not originate the theory of evolution; the concept can be traced back to ancient Greece. There were also several 18th-century forerunners of Darwin who paved the way for wide acceptance of *The Origin of Species.*

It was Darwin's book, however, that became the basis of modern evolutionary thought. It startled, indeed shocked, the world, for his evolution theory sparked more than a revolution in biology. It struck like a storm at the very foundations of society—religion, science, politics, economics, social life, history, and view of the future.

How has the theory affected the world for more than a century now? How has it affected your life? Just what is its legacy? The following articles will examine these questions.

* The complete title of Darwin's book is *On the Origin of Species by Means of Natural Selection, or the Preservation of Favoured Races in the Struggle for Life.*



EFFECTS
of the Evolution Theory

IN THE early 19th century, religion and science enjoyed a fairly amicable relationship. Just two years before *The Origin of Species* was published, biologist and Harvard professor Louis Agassiz wrote that the living world shows "premeditation, wisdom, greatness" and that a major purpose of natural history was to analyze "the thoughts of the Creator of the Universe."

Agassiz' viewpoint was not uncommon. Many people viewed science and religion as compatible. Discoveries of science were often perceived as evidence of a Grand Creator. But a subtle rift was developing between religion and science.

Skepticism Takes Root

Charles Lyell's *Principles of Geology,* the first volume of which appeared in 1830, cast doubt on the Bible's creation account. Lyell claimed that the creation could not possibly have occurred in six literal days. Physicist Fred Hoyle wrote: "Lyell's books were largely responsible for convincing the world at large that the Bible could be wrong, at any rate in some respects, a hitherto unthinkable thought."*

A foundation was thus laid for skepticism. In the minds of many, science and the Bible could no longer be harmonized. Faced with a choice, many opted for science. "Lyell's work had thrown the early chapters of the Old Testament into doubt," Fred Hoyle wrote, "and Darwin's book was there to replace it."

The Origin of Species came at an opportune time for those who did not want to accept the Bible as the Word of God. A romance had already blossomed between man and science. An infatuated public was wooed by the promises and accomplishments of science. Like a gallant suitor, science show-

* Actually, the Bible does not teach that the earth was created in six literal days (144 hours). For more information on this misunderstanding, see *Life—How Did It Get Here? By Evolution or by Creation?,* pages 25-37, published by the Watchtower Bible and Tract Society of New York, Inc.

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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ered man with innovative gifts—the telescope, the microscope, and the steam engine and later, electricity, the telephone, and the automobile. Technology had already fostered an industrial revolution that was providing the common man with unprecedented material advantages.

In contrast, religion was perceived as a roadblock to progress. Some felt that it held people in a stupor, unable to keep up with the rapid advances of science. Atheists began to proclaim their views loudly and boldly. Indeed, as Richard Dawkins wrote, "Darwin made it possible to be an intellectually fulfilled atheist." Science was becoming mankind's new hope for salvation.

At first, religious leaders opposed the theory of evolution. But as the decades passed, the clergy in general yielded to popular opinion, accepting a blend of evolution and creation. A 1938 *New York Times* headline announced: "Church of England Report Upholds Evolutionary Idea of the Creation." The report, by a commission under the Archbishop of York, stated: "No objection to a theory of evolution can be drawn from the two creation narratives in Genesis I and II, since it is generally agreed among educated Christians that these are mythological in origin and that their value for us is symbolic rather than historical." The archbishop's commission concluded: "You can think what you like and still be Christian."

For many, such attempts to reconcile the Bible with evolution only diluted the Bible's credibility. It resulted in widespread skepticism of the Bible, and this still exists today, even among some religious leaders. Typical are the comments of an Episcopal bishop in Canada who asserted that the Bible was written in a prescientific age and therefore reflected prejudice and ignorance. He said that the Bible contained "historic errors" and "blatant exaggerations" regarding Jesus' birth and resurrection.

Thus, many, including members of the clergy, have been quick to discredit the Bible. But where has such skepticism led? What alternative hope has been offered? With weakened faith in the Bible, some have looked to philosophy and politics.

Effects on Philosophy and Politics

The Origin of Species offered a fresh outlook on human behavior. Why does one nation succeed in conquering another nation? Why does one race prevail over another race? *The Origin of Species,* with its emphasis on natural selection and survival of the fittest, gave explanations that stirred the leading philosophers of the 19th century.

Friedrich Nietzsche (1844-1900) and Karl Marx (1818-1883) were philosophers who had a profound effect on politics. Both were fascinated by evolution. "Darwin's book is important," said Marx, "and serves me as a natural scientific basis for the class struggle

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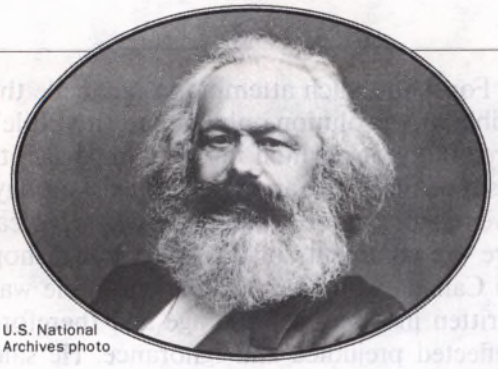


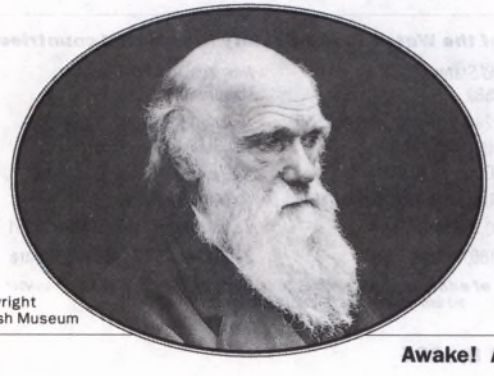
U.S. National Archives photo

'Darwin's book serves me as a scientific basis for the class struggle in history.'—Karl Marx

in history." Historian Will Durant called Nietzsche a "child of Darwin." The book *Philosophy—An Outline-History* summarized one of Nietzsche's beliefs: "The strong, brave, domineering, proud, fit best the society that is to be."

Darwin believed—and wrote in a letter to a friend—that in the future "an endless number of the lower races will have been eliminated by the higher civilized races throughout the world." He used as a precedent the European conquest of others and chalked this up to "the struggle for existence."

'Lower races will have been eliminated by higher civilized races.' —Charles Darwin



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The powerful were quick to latch on to such statements. H. G. Wells wrote in *The Outline of History:* "Prevalent peoples at the close of the nineteenth century believed that they prevailed by virtue of the Struggle for Existence, in which the strong and cunning get the better of the weak and confiding. And they believed further that they had to be strong, energetic, ruthless, 'practical,' egotistical."

Thus, "survival of the fittest" took on philosophical, social, and political overtones, often to an absurd extent. "To some war became 'a biological necessity,'" said the book *Milestones of History.* And this book noted that during the next century, "Darwinian ideas formed an integral part of Hitler's doctrine of racial superiority."

Of course, neither Darwin, Marx, nor Nietzsche lived to see how their ideas would be applied—or misapplied. Indeed, they expected that the struggle for existence would improve man's lot in life. Darwin wrote in *The Origin of Species* that "all corporeal and mental endowments will tend to progress towards perfection." Twentieth-century priest and biologist Pierre Teilhard de Chardin agreed with this, theorizing that eventually there would occur an 'evolution of the minds of the entire human race; everyone would harmoniously work toward one goal.'

Degradation, Not Improvement

Do you see such improvement occurring? The book *Clinging to a Myth* commented on De Chardin's optimism: "De Chardin must have been quite oblivious of the history of human bloodshed and of racist systems such

as apartheid in South Africa. He sounds like a man who is not living in this world." Rather than progress toward unity, humanity in this century has experienced racial and national division on an unprecedented scale.

The hope held out in *The Origin of Species,* that man would progress toward perfection, or at least improvement, is very much unfulfilled. And that hope keeps receding with time, for since the general acceptance of evolution, the human family all too often has descended into barbarism. Consider: More than 100 million people have been killed in the wars of this century, some 50 million in World War II alone. Also consider the recent ethnic slaughter in such places as Rwanda and the former Yugoslavia.

Is this to say that there were no wars and brutalities in past centuries? No, there certainly were. But the acceptance of the theory of evolution, this brutal struggle-for-existence mind-set, this survival-of-the-fittest idea, has not served to improve man's lot. So while evolution cannot be blamed for all of man's ills, it has helped push the human family into ever greater hatred, crime, violence, immorality, and degradation. Since it is widely accepted that humans descended from beasts, it is not surprising that more and more people act like beasts.

Giving Credit to a Creator

"FLOWERS are for beauty, and fruits for use. But many of the fruits are beautiful. Our heavenly Father likes to make beauty go along with what is useful." This quote is not from a religious textbook. It is from a science book entitled *The Child's Book of Nature*. Written in 1887, its author, Worthington Hooker, M.D., intended the book to be used in families and schools for teaching children.

The style of writing in this book gives evidence of the author's belief in and awe of a Creator. Dr. Hooker further writes: "The variety of pleasant tastes in the fruits of the earth is very great, as you will see if you will think of as many of them as you can. What an evidence is this of God's abundant goodness! He does not gratify us merely in a few things, but in many things. The pleasant things of this world are almost endless in their variety. How strange it is that any one can know all this, and live on day after day without any gratitude to his Maker!"

When *The Child's Book of Nature* was first published, Darwin's theories had been widely circulated for almost three decades. Yet, Dr. Hooker's book shows that even in the late 19th century, a textbook could openly credit God, rather than blind chance, for the wonders of nature.—Compare Isaiah 40:26.



EVOLUTION *and You*

DURING the 19th century, *The Origin of Species* convinced masses of people that man had survived without divine intervention and would continue to do so. Enthralled by scientific advancements, many felt that God was no longer necessary and that science could save the human race. The book *Age of Progress* noted that the 19th century "was animated by a conviction that rationally applied human effort could transform the world."

Toward the end of that century, however, even Charles Darwin wavered in his optimism. According to one historian, Darwin feared that the theory of evolution "had killed God and that the consequences for the future of mankind were incalculable." Alfred Russel Wallace, a younger contemporary of Darwin, recalled: "During my last conversation with Darwin [shortly before Darwin's death] he expressed a very gloomy view on the future of mankind."

What Has Human Effort Produced?

The history of the 20th century has since revealed that much gloom was indeed ahead. The technological achievements since Darwin's time merely camouflaged what has proved to be by far the darkest, most violent age in all human history. We live amid what historian H. G. Wells described as "a real *de*moralization."

Since Wells made that statement (some 75 years ago), the world has continued to experience more demoralization. Nothing that scientists, economists, social agencies, human governments, or this world's religions have tried has remedied the situation or even stemmed the tide. Conditions continue to deteriorate.

U.S. Coast Guard photo





Starving child: WHO photo by P. Almasy

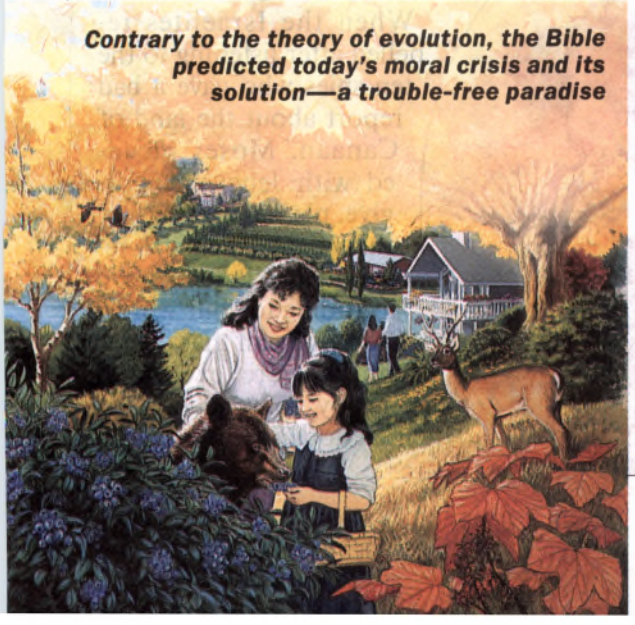




Right: U.S. National Archives photo

In reality, therefore, it must be asked: What has human effort produced? Have science and technology brought about a better world? "When we open the daily paper and look at what's going on," said biologist Ruth Hubbard, "the problems are not scientific. They are problems of social organization, of things having gotten too big, of people going after profit and ignoring human needs." Hubbard added: "I don't really think that in a rational allotment of resources, science is likely to solve any or many of the problems that most trouble people in the world."

Really, of what benefit is it when man can travel to the moon but cannot solve the basic problems of the human family? Did the invention of increasingly destructive weapons, such as the atom bomb, bring an end to wars and ethnic violence? Have the accomplishments of science significantly diminished crime, family breakup, sexually transmitted diseases, immorality, illegitimate births, corruption in high places, poverty, hunger, homelessness, drug abuse, pollution? No, science has, if anything, made some of these things worse. Abandoning God and substituting evolution and science, the human family has not helped its situation but has hurt it.



Contrary to the theory of evolution, the Bible predicted today's moral crisis and its solution—a trouble-free paradise

Millions have been helped to take another look at the evidence for a God of creation, using the book *Life—How Did It Get Here? By Evolution or by Creation?** To date, some 30 million copies have been printed in 27 languages. Also, *Awake!* magazine continues to publish information regarding what the facts of true science show as to the validity of the theory of evolution.

* Published by the Watchtower Bible and Tract Society of New York, Inc.

Not surprisingly, many are having second thoughts about the theory that man evolved from apelike creatures, as opposed to there being a God who created the first humans. A Gallup poll in the United States revealed that only 9 percent of Americans hold to the belief that man evolved with no divine intervention; 47 percent accept the idea that God created man in his present form.

What the Bible Predicted

While *The Origin of Species* predicted that man would progress toward perfection, the Bible foretold that the world would be rocked by a moral crisis. (Matthew 24:3-12; 2 Timothy 3:1-5) The Bible also foretold that this crisis would reach a climax, after which faithful mankind's lot would be a paradise, free from all of today's problems.—Psalm 37:10, 11, 29; Isaiah 11:6-9; 35:1-7; Revelation 21:4, 5.

This hope has caused many to examine the Bible with keen interest. Could it really be that the purpose of life is more than a struggle for existence? Could the Bible hold the key not only to man's past but also to his future, including your future? It would be very much worth your while to investigate what the Bible really teaches about God and his purpose for this earth and its people. If you would like more information, Jehovah's Witnesses would be happy to assist you.

Adultery
To Forgive or Not to Forgive?

"FORGIVE whatever you have against anyone; in order that your Father who is in the heavens may also forgive you your trespasses." (Mark 11:25) Those words of Jesus raise some challenging questions in the case of a marriage shaken by adultery: Must the innocent Christian forgive her mate and keep the marriage intact?* If she decides to divorce, is she jeopardizing her own standing with God? Let us see how the Bible helps to answer these questions.

Must You Always Forgive?

Do Jesus' words, "forgive whatever you have against anyone," mean that in all cases—including when a mate commits adultery—a Christian is *obligated* to forgive? Jesus' statement must be understood in the light of other comments he made about forgiveness.

For example, we learn an important principle about forgiveness from Jesus' words recorded at Luke 17:3, 4: "If your brother commits a sin give him a rebuke, and *if he repents* forgive him. Even if he sins seven times a day against you and he comes back to you seven times, saying, 'I repent,' you must forgive him." Certainly in cases of serious sin, the offended one is encouraged to try to forgive *if there is sincere repentance.* Jehovah himself views matters this way; to receive divine forgiveness, we must be sincerely repentant.—Luke 3:3; Acts 2:38; 8:22.

This also shows, however, that if an adulterous mate is *un*repentant, refusing to accept responsibility for his sin, it is understandable that the innocent spouse may choose not to forgive.—Compare 1 John 1: 8, 9.



Life

Forgiveness—What About the Consequences?

What, though, if the adulterer is repentant? When there is repentance, there is a basis for forgiveness. But does forgiveness mean that the wrongdoer is exempted from all consequences of his wrong course? Consider some examples of Jehovah's forgiveness.

When the Israelites rebelled after listening to the ten spies who gave a bad report about the land of Canaan, Moses pleaded with Jehovah: "Forgive, please, the error of this people." Jehovah responded: "I do forgive according to your word." Did this mean that the offenders were exempted from any consequences of their actions? Jehovah con-

* Although we will herein refer to the innocent mate as "she," the principles discussed apply equally when the innocent spouse is the Christian man.

tinued: "But all the men who . . . have not listened to my voice, will never see the land about which I swore to their fathers." (Numbers 14:19-23) Jehovah proved true to his word; that older generation—with the exception of Joshua and Caleb—did not see the Promised Land.—Numbers 26:64, 65.

Similarly, when the prophet Nathan rebuked King David for his sin with Bathsheba, a repentant David acknowledged: "I have sinned against Jehovah." Nathan then told David: "Jehovah, in turn, does let your sin pass by." (2 Samuel 12:13) Yet, although Jehovah forgave David, for the rest of his life David suffered from consequences of his sin.—2 Samuel 12:9-14; see also 2 Samuel, chapter 24.

These examples of divine forgiveness highlight an important lesson: We cannot sin with impunity. (Galatians 6:7, 8) A repentant sinner, though he may receive forgiveness, is not necessarily spared the consequences of his wrong course. Does this mean that the innocent mate may forgive the adulterer—at least in the sense of letting go of bitter resentment—and yet still decide to divorce him?

Forgiveness and Divorce

During his ministry, on three occasions Jesus spoke about divorce. (Matthew 5:32; 19:3-9; Luke 16:18) Interestingly, not once in any of these discussions did Jesus mention forgiveness. For example, as found at Matthew 19:9, he said: "Whoever divorces his wife, except on the ground of fornication, and marries another commits adultery." By saying "except on the ground of fornication," Jesus acknowledged that sexual immorality would give the innocent mate the right, or Scriptural "ground," to divorce. Yet, Jesus did not say that the innocent one *should* divorce. Nevertheless, he clearly implied that she *can* do so.

Marriage is a tie that binds two people together. (Romans 7:2) But when one of them is unfaithful, the bond can be severed. In such cases the innocent spouse is really faced with *two* decisions. First, should she forgive? As we have seen, a significant factor here is whether the adulterer is sincerely repentant or not. When there is repentance, the innocent mate in time may forgive—at least in the sense of letting go of resentment.

The second decision is, should she seek a divorce? Why would this question come up if she has forgiven him?* Well, what if she has valid concerns about the safety of herself and her children, especially if her husband has been abusive in the past? Or what if there are fears of being infected with a sexually transmitted disease? Or what if she feels deeply that because of his betrayal, she can no longer trust him in a husband-wife relationship? In such situations it is quite conceivable that the innocent mate could forgive her erring mate (in the sense of letting go of resentment) and yet still decide to divorce him because she does not desire to continue living with him. Letting go of resentment may help her to get on with her life. It may also help keep any necessary future dealings with the adulterer more civil.

Whether to obtain a divorce from an unfaithful mate is a personal decision, one that the innocent mate should make after carefully and prayerfully weighing all the factors involved. (Psalm 55:22) Others do not have the right to try to dictate or to pressure the innocent mate into deciding one way or another. (Compare Galatians 6:5.) Remember, Jesus did not say what the innocent mate should do. Clearly, then, Jehovah is not displeased with those who choose to divorce on proper Scriptural grounds.

* By resuming sexual relations, the innocent mate would be indicating that she has decided to be reconciled with her erring mate. She would thereby nullify any Scriptural ground for divorce.

Premenstrual Syndrome

MYTH OR REALITY?

Her behavior is erratic and unpredictable. One moment she is agreeable; the next she is argumentative. She utters words of hopelessness. Despite your expressions of comfort, she overreacts to what you say and do. A small issue is likely to get blown out of proportion and become fuel for a raging fire. After a few days, or a week or so, this "other" woman suddenly disappears, and she is once again her normal self . . . for a time.



ADMITTEDLY, not all women undergo such dramatic mood changes. However, prior to the onset of menstruation, some women may have recognized in themselves this female counterpart of Dr. Jekyll and Mr. Hyde. What causes such mood changes? Is such behavior truly the result of changes during the menstrual cycle?

What Is PMS?

According to the *American Journal of Psychiatry,* women who experience "cyclic occurrence of symptoms that are of sufficient severity to interfere with some aspects of life" and that appear consistently prior to menstruation may be suffering from PMS (premenstrual syndrome). Although there are no laboratory tests that can diagnose PMS, women with PMS must experience a symptom-free phase of one or two weeks during each cycle. By this definition, doctors estimate that only 10 percent of women suffer from PMS.

Other clinicians have a different view of PMS. They argue that a larger percentage of women, between 40 and 90 percent, suffer from PMS. They define the term to include the experiencing of various complaints, such as weight gain, fatigue, joint pain, abdominal cramps, migraines, irritability, breast tenderness, crying spells, cravings for food, and mood swings. More than 150 symptoms are associated with PMS. Women, including those who no longer menstruate, may experience any or several of these symptoms. Generally, however, a woman experiences PMS during her 30's. For the majority of women, PMS symptoms are distressing but manageable. In this article we will focus on these sufferers of less severe PMS.

Nancy Reame, a researcher at the University of Michigan, reported that PMS is seen as "a generic health problem" in the United States, but in other countries there are

many differences in the type and severity of symptoms. "Some report much more significant physical symptoms, and other cultures report more emotional symptoms," she said. Reame, who has done research in China, cited the Chinese as an example. "In the Chinese culture it's not okay to have emotional symptoms." As a result, she noted, women will focus on cramps when asked about menstrual problems.

The Beginnings of PMS

PMS was first discussed by Dr. Robert T. Frank of New York in 1931 in his paper "The Hormonal Causes of Premenstrual Tension." He observed women who suffered with fatigue, lack of concentration, and nervous tension prior to menstruation.

It was 22 years later that Katharina Dalton and Raymond Greene, English physicians, published a paper in a medical journal in which they coined the term "premenstrual syndrome." Dr. Dalton referred to PMS as "the world's commonest, and probably the oldest, disease." Her findings of the effect PMS could have on a woman's behavior came to the fore in 1980. She and other doctors were called in to diagnose two British women charged with murder. They theorized that a woman's behavior could be influenced by hormonal fluctuations during her menstrual cycle. Based on their diagnosis of PMS, the murder charges in both cases were reduced. In one decision the defendant received a lesser charge of manslaughter on the grounds of "diminished responsibility."

Incidents of destructive behavior on the part of women, as in the foregoing, seem to be isolated cases. The cause of such behavior and the minor distressing symptoms a majority of women experience around the time of menstruation continue to be debated on the pages of medical and nonmedical journals.

Is such behavior really the result of cyclic hormonal fluctuations in a woman's body? Or is the idea of raging hormones and the unruly female body simply a myth? There are differences of opinion as to what effect, if any, hormonal fluctuations have on a woman's behavior. Many researchers and doctors agree that a better understanding of the interaction between the brain and the ovarian hormones during the menstrual cycle is a key to knowing why some women suffer with PMS.

The Menstrual Cycle

About once every four weeks, a woman's body enters a highly complex cycle of hormonal fluctuations. Referred to by many as the "curse," the word "menstruation" comes from the Latin *mensis,* meaning "month."

To start the cycle, the hypothalamus of the brain sends a message to the pituitary gland. When the message is received, the pituitary secretes FSH (follicle-stimulating hormone). FSH travels through the blood to the ovaries and triggers the production of estrogen. As estrogen increases, the pituitary reacts by sending out LH (luteinizing hormone). LH slows down the secretion of FSH. One egg cell matures and travels down into the womb. After the egg cell is released, the hormone progesterone is secreted. If the egg is not fertilized, progesterone and estrogen levels drop rapidly.

Without hormones to support it, the lining of the uterus degenerates, with blood, fluid, and some tissue being discharged through the vagina. It takes about three to seven days for a woman's uterus to shed the lining completely, ending one menstrual cycle. As one cycle ends, the brain again releases hormones, signaling the start of a new cycle.

A Battle of the Hormones?

Some argue that an imbalance of estrogen and progesterone is what produces premenstrual symptoms in a woman. They assert that the hormones normally work together to achieve a perfect balance. When more of one is produced than of the other, a battle occurs, and casualties are left behind in the female body.

Elevated estrogen levels may make some women feel irritable. For others, progesterone wins out, causing them to feel depressed and fatigued.

Other researchers disagree with the theory that a hormonal imbalance causes PMS. They argue that psychological and social factors play major roles in producing premenstrual symptoms in certain women. *Patient Care,* in reporting on the causes of PMS, states that "no clear-cut differences have been found in the patterns, ratios, amounts, or timing of gonadal hormones in women with or without severe PMS."

Stress, for example, may speed up, delay, or intensify PMS symptoms. The book *PMS—Premenstrual Syndrome and You: Next Month Can Be Different* notes: "Stress inhibits the release of hormones and an inadequate supply of hormones can lead to the kind of hormonal imbalance that worsens PMS symptoms." Medical, financial, or family problems may appear more intense and less manageable before menstruation.

IN OUR NEXT ISSUE

The Holocaust—Who Spoke Out?

Sexual Harassment —How Can I Protect Myself?

Japan's Sudden Disaster —How People Coped

The Fear of Stigmatization

Some researchers contend that a woman may be viewed as a less-than-ideal worker or decision maker if she manifests symptoms related to her menstruation. "It's a way that the society keeps women in their place. If you're impaired once a month, that means that you then shouldn't be out doing these serious, powerful, influential things," argues Barbara Sommer, a psychologist.

Other researchers contend that women have accepted PMS because it allows them to use the condition as an excuse for their behavior. In an interview in *Redbook* magazine, Dr. Carol Tavris, author of *The Mismeasure of Woman,* states that PMS "allows women to say, 'What's *medically* wrong with me?' not, 'What is wrong in my life that's making me feel crummy?'"

In 1985, women psychiatrists on the Committee on Women of the APA (American Psychiatric Association) fought against the inclusion of PMS in the APA's Diagnostic and Statistical Manual. Although it is cited in the appendix of the current (1987) manual as "late luteal phase dysphoric disorder," a task force of the APA has proposed listing "premenstrual dysphoric disorder" (PMDD) in the main text of its next edition. Listing it in the manual would make it an official psychiatric disorder.

"It doesn't belong anywhere in the book at all because it's not a mental disorder," notes Dr. Paula Kaplan, former adviser to the task force. "The next time a woman is nominated for attorney general, she'll be asked: 'Have you had PMDD?'" she said.

A Search for Relief

The medical profession continues to debate the issue of PMS. Many theories are emerging on the exact cause and treatment of PMS. Some doctors feel that there may be 18 varieties of PMS, each produc-



Family members can help by being especially kind and considerate

ing different symptoms. One recent study reported that zinc may play a role in triggering PMS symptoms. Another study suggested that a vitamin-B_6 deficiency may be at the root of the problem, causing mild depression in some.

Treatments such as light therapy, sleep manipulation, deep relaxation technique, antidepressant drugs, and progesterone suppositories are tried by women seeking relief from recurring PMS symptoms. As yet, no consistently effective treatment has been found.

Women who suffer from unmanageable symptoms prior to menstruation should consult a doctor. Each case of PMS is unique, and each woman deserves sound medical advice and proper care. Because PMS can mimic other serious conditions, such as thyroid disease, endometriosis, and depression, a physical exam is important.

It is recommended that prior to the first visit to the doctor, a woman keep a detailed diary or calendar of physical and emotional symptoms she experiences premenstrually. Knowing the days when she may be prone to moodiness, irritability, or depression can help her to adjust her schedule accordingly. It can also help her determine whether she is suffering from PMS.

Doctors may suggest reducing factors that cause stress in her life. A nutritious diet and regular exercise can also combat PMS. A high-carbohydrate, low-protein diet improved the moods of some depressed premenstrual women, said a university study. A regular workout or a brisk walk during the day may also aid in fighting fatigue and the blues.

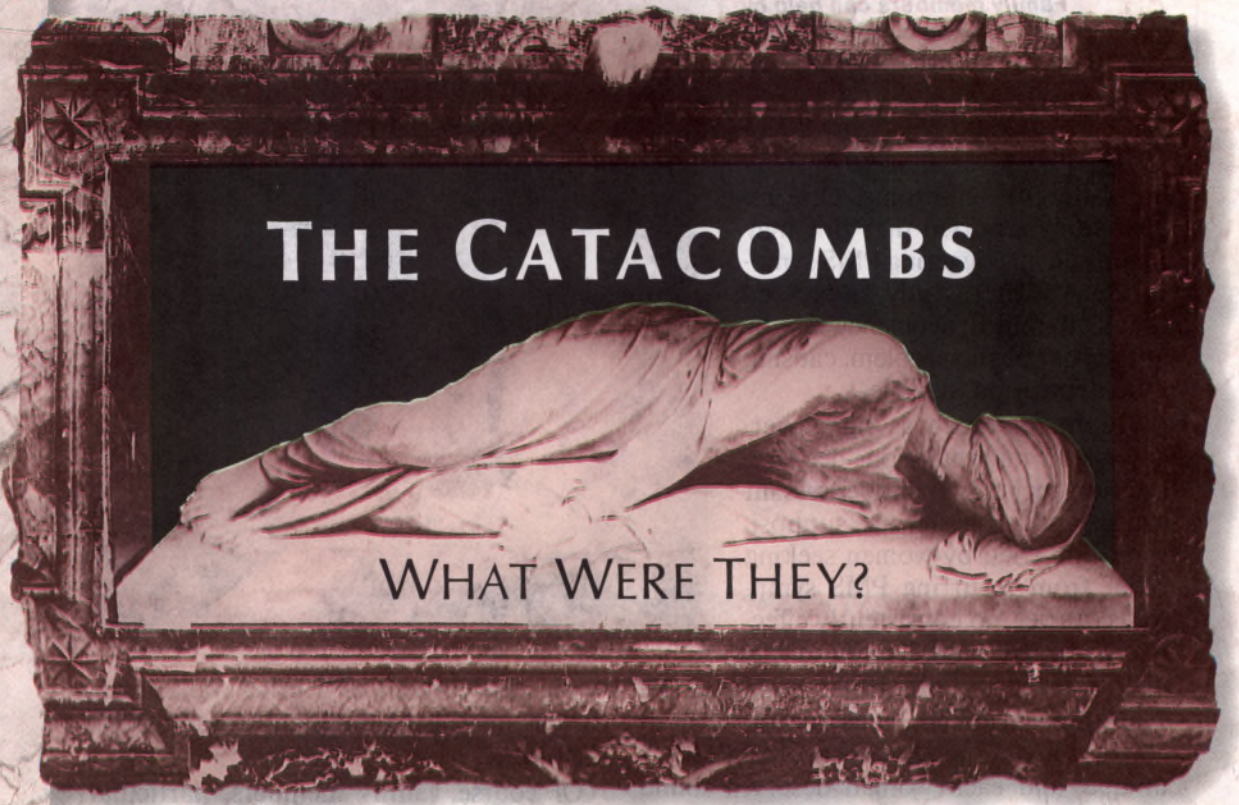
Of course, family members, particularly a husband, can help. They should strive to be especially kind, considerate, and understanding when a woman's monthly cycle causes her difficulties.

The Debate Continues

Some claim that labeling normal emotional and physical changes a woman experiences during her menstrual cycle as a "syndrome" is incorrect. And others discredit PMS, claiming that it stigmatizes women.

However, for a number of women, PMS is real. Every month, symptoms are experienced that make coping with a family and a job difficult. A search for relief and understanding can prove frustrating as many in the medical profession and lay persons continue to debate the reality of PMS.

THE CATACOMBS



WHAT WERE THEY?

BY *AWAKE!* CORRESPONDENT IN ITALY

In gloomy passageways, hidden in the bowels of ancient Rome, are the catacombs. What exactly are they? Why were they built?

ESSENTIALLY, the catacombs are tunnels dug out of rock for use as cemeteries. It is thought that the word "catacomb," of uncertain meaning (possibly, "at the hollows"), was a place-name describing a particular cemetery on the Appian Way close to Rome. In time, it was applied to all subterranean cemeteries. Even though there are catacombs in many parts of the Mediterranean basin, those in Rome are the best known and also the largest—their overall length is estimated to be several hundred miles. As many as 60 have been identified, all a few miles outside the historic city center along the consular highways that connected Rome with its provinces.

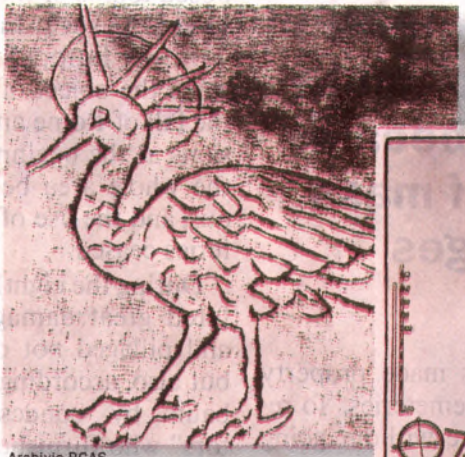
It appears that during the first century, Roman Christians did not possess their own cemeteries but buried their dead alongside pagans. Halfway through the second century, when professed Christians had already begun to be influenced by pagan

Right: Certain birds were used as symbols of immortality

Far right: Labyrinthine plan of some Roman catacombs

Bottom right: Brick stamp, useful for dating the tombs

Bottom: Crypt of the popes



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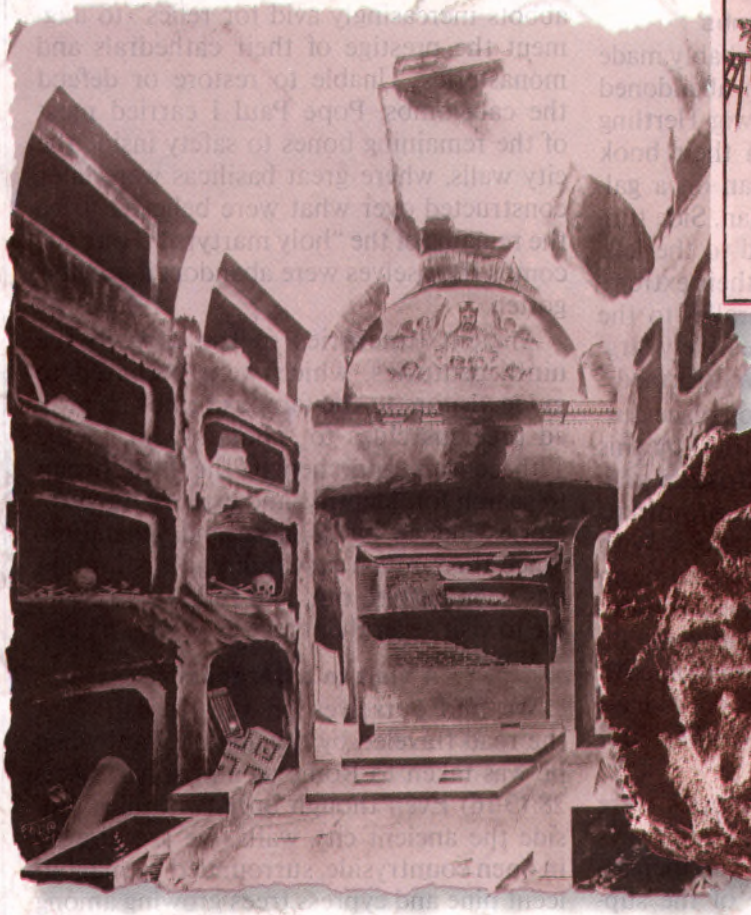




Soprintendenza Archeologica di Roma

The supposed tombs of the popes became the object of mass pilgrimages

thought, wealthy converts made property available for "Christian" cemeteries. To resolve the problem of space without going too far from the city, digging began.

History of the Catacombs

The first excavations were probably made along the flanks of hills or in abandoned quarries. "Then," explain Ludwig Hertling and Engelbert Kirschbaum in their book on the catacombs, "work began on a gallery not much higher than a man. Side tunnels were dug to the right and to the left, which could later be joined at their extremity by another passageway parallel to the first. Thus a simple then progressively larger and more complex network was formed."

The greatest development took place during the third and fourth centuries; by this time, what passed for the Christian religion had been thoroughly contaminated by pagan teachings and practices. With the so-called conversion of Constantine in 313 C.E., the catacombs became the property of the Church of Rome, and some ultimately assumed colossal proportions. Altogether, the Roman catacombs could have held hundreds of thousands of tombs, if not millions.

During this period the cemeteries were adorned and extended, and new stairways were built to facilitate access for an increasing flow of visitors. The fame of the supposed tombs of the popes and martyrs had spread to such an extent (particularly in northern Europe) that the catacombs became the object of mass pilgrimages. With the fall of Rome and the first barbaric invasions at the beginning of the fifth century, the whole area became extremely dangerous, and the use of the catacombs as cemeteries ceased.

During the eighth century, the tombs suffered great damage as they were sacked and pillaged not only by invading armies but also, according to Hertling and Kirschbaum, by "condescending Roman mediators" who furnished large quantities of sacred mementos to "German and Frankish abbots increasingly avid for relics" to augment the prestige of their cathedrals and monasteries. Unable to restore or defend the catacombs, Pope Paul I carried most of the remaining bones to safety inside the city walls, where great basilicas were later constructed over what were believed to be the remains of the "holy martyrs." The catacombs themselves were abandoned and forgotten.

Ancient itineraries of the fifth to the ninth centuries, which were prepared to guide visitors to the famous tombs, provided precious clues to scholars who, in the 17th century and then in the 19th, began to search for, identify, and explore the cemeteries hidden by collapse and vegetation. Since then, much research and restoration has been carried out, and today it is possible to visit several of these evocative places.

A Visit to a Catacomb

We find ourselves on the Appian Way, the road traveled by the apostle Paul when he was taken to Rome as a prisoner. (Acts 28:13-16) Even though only two miles outside the ancient city walls, we are already in open countryside, surrounded by magnificent pine and cypress trees growing among

the monuments and ruins of this once busy highway.

After buying our entrance ticket, we descend a steep stairway to a depth of about 40 feet. The guide explains that this catacomb is arranged on five different levels, reaching a depth of a hundred feet, below which water was found. In fact, Rome is surrounded by extensive deposits of tuff, a soft and permeable volcanic rock, easy to excavate but at the same time strong and solid.

We are walking along a narrow corridor, a yard wide and about eight feet high. The dark brown walls are rough and damp and still clearly bear the signs left by the picks of the fossors, the workers who dug these cramped tunnels. The tombs on both sides have long since been opened and pillaged, but some still contain small fragments of bone. As we proceed in the dark, we realize we are surrounded by thousands of tombs.

The most economical and practical way to bury the dead was to dig rectangular niches along the walls, one above another. These loculi usually contained one body but sometimes two or three. They were closed with bricks, slabs of marble, or terra-cotta tiles, sealed with lime. Many bear no inscription. They could be recognized by small objects placed on the outside—a coin or a seashell pressed into the fresh lime or, as in the Catacomb of Priscilla, a small doll made of bone, presumably left by grief-stricken parents mourning the premature loss of their daughter. Many tombs are tiny, large enough only for newborn babies.

"How can we know the age of the catacombs?" we ask. "There's no conjecture about that," our guide replies. "You see this mark?" We bend down to examine a sign stamped on a large terra-cotta tile used to seal one of the loculi. "This brick stamp was impressed when the tile was made. The factories, many of which were imperial property, stamped information on bricks and tiles they produced indicating the quarry from which the clay was taken, the name of the workshop, the foreman, the consuls (chief magistrates) in office that year, and so on. This is an extremely useful element in establishing a precise date for the tombs. The oldest go back to the middle of the second century C.E., and the most recent to about 400 C.E."

One catacomb has five different levels, reaching a depth of a hundred feet

A Mixture of Ideas

Some of those who used these places evidently had a certain knowledge of the Holy Scriptures, as a number of tombs are decorated with Bible scenes. There is no sign, however, of Mary worship or of other themes so common in later "sacred" art, such as the so-called crucifixion.

We also see figures that have no connection with the Bible. "It's true," admits the guide. "Many scenes in these and other catacombs are borrowed from pagan art. You can find the Greco-Roman demigod and hero Orpheus; Cupid and Psyche, who represent the soul's lot in this life and the next; the vine and the grape harvest, a well-known Dionysian symbol of ecstasy in the afterlife. Taken entirely from idolatrous art, according to one Jesuit scholar, Antonio Ferrua, are the personifications of abstract beings: the four seasons represented by cupids; more complex scenes depicting the

The catacombs show the influence of the foretold apostasy from Bible truth

four seasons of the year, Summer crowned by ears of corn and lilies; and so on."

Recurring themes are: the peacock, symbol of immortality, since its flesh was considered incorruptible; the mythological phoenix, also symbolizing immortality, as it was said to die in the flames only to rise again from its ashes; souls of the dead, surrounded by birds, flowers, and fruit, feasting in the afterlife. A real mixture of pagan and Biblical concepts!

Some inscriptions are moving expressions of faith, seeming to reflect the conviction that the dead are asleep, awaiting the resurrection: "Aquilina sleeps in peace." (John 11:11, 14) In contrast with Scriptural teachings, other inscriptions reflect the idea that the dead can help or communicate with the living: "Remember your husband and children"; "Pray for us"; "I pray for you"; "I am in peace."

But why this mixture of Scriptural and pagan thought? Historian J. Stevenson says: "The Christianity of some Christians was permeated by ideas deriving from their pagan past." Clearly, the "faithful" in Rome were no longer acting in harmony with the knowledge transmitted by Jesus' true disciples.—Romans 15:14.

As we continue our visit, the influence exerted by unscriptural devotion to the dead becomes ever clearer. Many desired to be buried close to the tomb of someone considered to be a martyr, with the idea that from his position in heavenly bliss, the martyr could intercede, helping the lesser one to obtain the same reward.

Many imagine that the catacombs were right underneath the city, but that is not so. They are all a few miles outside the city center. Roman legislation, in fact, prohibited burial within the city walls. The Law of the Twelve Tables, introduced in the fifth century B.C.E., stated: *Hominem mortuum in urbe ne sepelito neve urito* (The dead may not be buried or cremated within the city).

The guide observes: "These cemeteries were well-known to the authorities, so well-known that during the persecution of Emperor Valerian, when Christians were barred from entering the catacombs, Pope Sixtus II was executed when he was found here (258 C.E.)."

Turning yet another corner in the labyrinth, we see the pale light of day illuminating the far end of the corridor, and we realize that our visit has come to its end. We say good-bye to our guide, thanking him for the interesting information, and as we climb another steep stairway to return to the surface, we cannot help but reflect on what we have seen.

Can these be the remains of true Christianity? Hardly. The Scriptures prophesied that shortly after the death of the apostles, a contamination of the doctrines taught by Jesus and his disciples would arise. (2 Thessalonians 2:3, 7) Indeed, the evidence we have seen, of the cult of the dead and of the martyrs and of the idea of an immortal soul, is eloquent testimony, not of faith based on the teachings of Jesus, but rather of the strong pagan influence already present among apostate Roman Christians in the second to the fourth centuries of our Common Era.

THE MEANING BEHIND THE MASK



THE WOODSMAN MAKES HIS WAY TO A TREE IN THE CENTRAL AFRICAN FOREST, AX IN HAND. HIS MISSION IS RELIGIOUS, ONE THAT HAS BEEN CARRIED OUT COUNTLESS TIMES IN AFRICA OVER THE MILLENNIUMS.

THE woodsman believes that within the tree dwells a spirit that merits deep respect. To protect himself from the wrath of that spirit, the woodsman consulted

a diviner before going into the forest. He then underwent a purification ceremony and offered a sacrifice to the spirit of the tree.

He strikes the tree a blow with his ax. Putting his lips to the cut, he next sucks some sap to achieve kinship with the tree. After the tree is felled, he leaves it on the ground for some days to allow the spirit ample time to find a home elsewhere. He believes that the tree has a power of its own, despite the departure of the spirit. The tree's force is so potent that those who handle the wood of it must, for their own protection, carefully follow prescribed traditional rituals.

In the skilled hands of the carver, the wood becomes a mask. As the mask takes shape, the wood is believed to acquire increasing power. The carver is not free to make any form he likes; he must conform to the traditional imagery of his ethnic group. If he does not, he risks the reproach of his community and the anger of the spirit power of the mask.

When the mask is finished, the medicine man performs a consecration ceremony in which he applies magical ingredients to the mask. The mask is now thought to have great supernatural power and to become the abode of the spirit to whom it is dedicated. The mask is now ready to be used in religious ceremonies.

The Meaning of the Mask in Africa

Masks are used in worship throughout much of the African continent. The book *Masks—Their Meaning and Function* states: "The mask can have two functions: it can be used as a fetish, as is the miniature mask; or it can be worn, in which case its role is to conjure up ancestors, spirits or other supernatural beings."

Giving a more detailed explanation, scholar Geoffrey Parrinder states in his book *Religion in Africa:* "[African wooden masks] are religious, whether they are naturalistic, formal or abstract. They represent the dead or attendant spirits in their rituals, or 'secret societies' connected with the dead or serving to suppress witchcraft. Impassive or terrifying, distorted or abstract, the masks powerfully demonstrate the awesomeness of the dead as well as the conviction that death is not the end. They are made to be worn by people who impersonate the dead, their bodies usually being covered with robes beneath the masks, and they must not be spoken of as human beings but as spirits."

Besides their use in funeral rites and in protection against sorcery, masks play a central role in initiation ceremonies, festivals, judicial matters, fertility rites, and "communication with the dead." Sometimes masks even feature in the celebrations and ceremonies of Christendom. In Sierra Leone, for example, masked "devils" dance to the courtyard of a church to pay their respects at weddings. In all these uses, the masks have the same basic meaning. They are, says the book *African Masks,* "reliquaries of divine power, whether their function is intended to be profound, or frivolous and entertaining."

Among the over 1,000 ethnic groups in Africa, about 100 make masks. Masks vary greatly in form from one group to another, and they differ according to the purpose they serve. Yet, despite this variety, there are established patterns understood by peoples over wide areas of Africa. For example, masks depicting ancestral spirits typically have a serene look, while masks representing nonhuman spirits are often bizarre in appearance. A high domed forehead depicts wisdom and deep spirituality. Protruding eyes or a frozen facial expression indicates a state of spirit possession.

White pigmentation suggests the spirits of the dead and an 'otherworldly' quality. Masks depicting horned animals, especially African buffalo and antelope, relate to ceremonies of exorcism, spirit transmigration, and witchcraft.

The Mask in Action

In Africa masks are not simply hung on the wall; they are used in ritual and dance. They may cover the face or the entire head of the one who wears it. The rest of the person's body is adorned in long robes or strips of raffia palm or woody plant fiber.

The wearer is considered to be in direct association with the spirit force of the mask. *The New Encyclopædia Britannica* describes what happens: "Upon donning the mask, the wearer sometimes undergoes a psychic change and as in a trance assumes the spirit character depicted by the mask. Usually, however, the wearer skillfully becomes a 'partner' of the character he is impersonating . . . But it would seem that the wearer often becomes psychologically completely attached to the character he is helping to create. He loses his own identity and becomes like an automaton, without his own will, which has become subservient to that of the personage of the mask."

To approved onlookers—nearly always men only—the mask does not merely *represent* a supernatural person. They believe that a living supernatural person becomes embodied in the mask. Thus, the mask itself is sacred, and any breaking of the rules is strictly punished by the community, sometimes by death. For his protection, the wearer, like the woodsman and the carver, must follow approved procedures.

The Meaning of the Mask to the Collector

Particularly during the past 100 years, African masks have been collected enthusiastically throughout the world. To the collector the mask means something quite different from what it means to those who practice traditional religion in Africa.

Instead of viewing it as a sacred, religious object, collectors regard the mask as a work of art reflecting African culture. Rather than evaluating the mask according to its function in society, they judge the mask for its directness, vitality, and emotional depth. Collectors ask: To what extent does the carver have a feeling for the wood itself, its grain, its structural pattern? How skillfully does the carver use creativity and

Masks in Many Cultures

What does the word "mask" mean to you? In some cultures the term is a figure of speech to denote the disguising of something. If you are interested in sports, you may think of a mask as something to protect the face from injury, such as in baseball and fencing. Perhaps you think of the gas mask, the surgical mask, or the party mask.

To many peoples today, however, masks mean religion. States *The New Encyclopædia Britannica:* "Masks representing beneficent and maleficent sacred or holy forces in religious dances—particularly in Buddhist monasteries of Nepal, Tibet, and Japan and in the majority of primitive societies—constitute [a] category of sacred representational objects. They are usually worshipped just as statues are worshipped."

Religious masks are found in all cultures and date from earliest times. To our ancestors they likely played an important role in religious and social life. The book *Masks —Their Meaning and Function* states: "Originally, every mask was imbued with significance, and the mask itself or the person wearing it mysteriously represented some power or spirit."

ingenuity and yet stay within the style imposed by cultural tradition?

Of course, the collector does not overlook the role of religion in the quality of the work. Usually, because of differences in the motivation of the carver, there is a big difference between masks used in worship and the replicas carved for the tourist industry. The book *Masks of Black Africa* states: "The carver . . . derived the inspirational elements from his deep conviction, his reverence for his mission to give form to an all-powerful, spiritual being, and, in this capacity, to fulfill his special social responsibility. As soon as this religious faith . . . degenerated, his work, despite its obvious technical achievements, became lifeless and of inferior artistic quality."

Those who collect masks for museums usually give closer attention than do collectors of art to the role a mask has served in the society from which it came. However, such specific information is often lacking because of the way most masks have been acquired over the years. Some were gathered as souvenirs, others were part of the booty from military expeditions, and still others were collected in large numbers for the commercial market. As a result, the original meaning and use of individual masks is often not known.

The Meaning of the Mask to Christians

Thus, masks have one meaning to those who practice traditional religion and another meaning to those who collect them as works of art and culture. To Christians, they mean something else.

The Bible makes it clear that there is no supernatural power inherent in either the mask or the tree from which it comes. The prophet Isaiah describes the senselessness of a person who uses part of the wood from a tree to cook his food and to warm himself and then carves the remainder into a god to whom he looks for aid. (Isaiah 44:9-20) The same principle applies to religious masks.

Nevertheless, Christians do recognize that there are "wicked spirit forces in the heavenly places." (Ephesians 6:12) Under the power of Satan, they mislead people by means of false religion.—Revelation 12:9.

Christians also acknowledge that the demons use material objects to communicate with humans. Thus, servants of God do not keep anything that has to do with spiritistic religion, whether it is a charm, an amulet, a magical ring, or a mask. In this they follow the pattern of the early Christians in Ephesus. Concerning them the Bible says: "Quite a number of those who practiced magical arts brought their books together and burned them up before everybody. And they calculated together the prices of them and found them worth fifty thousand pieces of silver."—Acts 19:19.

Those who wish to serve Jehovah do not use or keep masks or anything else associated with false worship. Typical is the comment of Pius, a Christian elder in Nigeria: "Masks reflect the religious thinking of those who use them. Masks have names and are venerated or feared depending on the god they represent. I would never display a mask in my home because this would displease Jehovah and also because visitors might assume I agree with the religious beliefs it represents."

True Christians know that God's clearly stated law given to Israel was: "You must not make for yourself a carved image or a form like anything that is in the heavens above or that is on the earth underneath or that is in the waters under the earth. You must not bow down to them nor be induced to serve them, because I Jehovah your God am a God exacting exclusive devotion."—Exodus 20:4, 5.

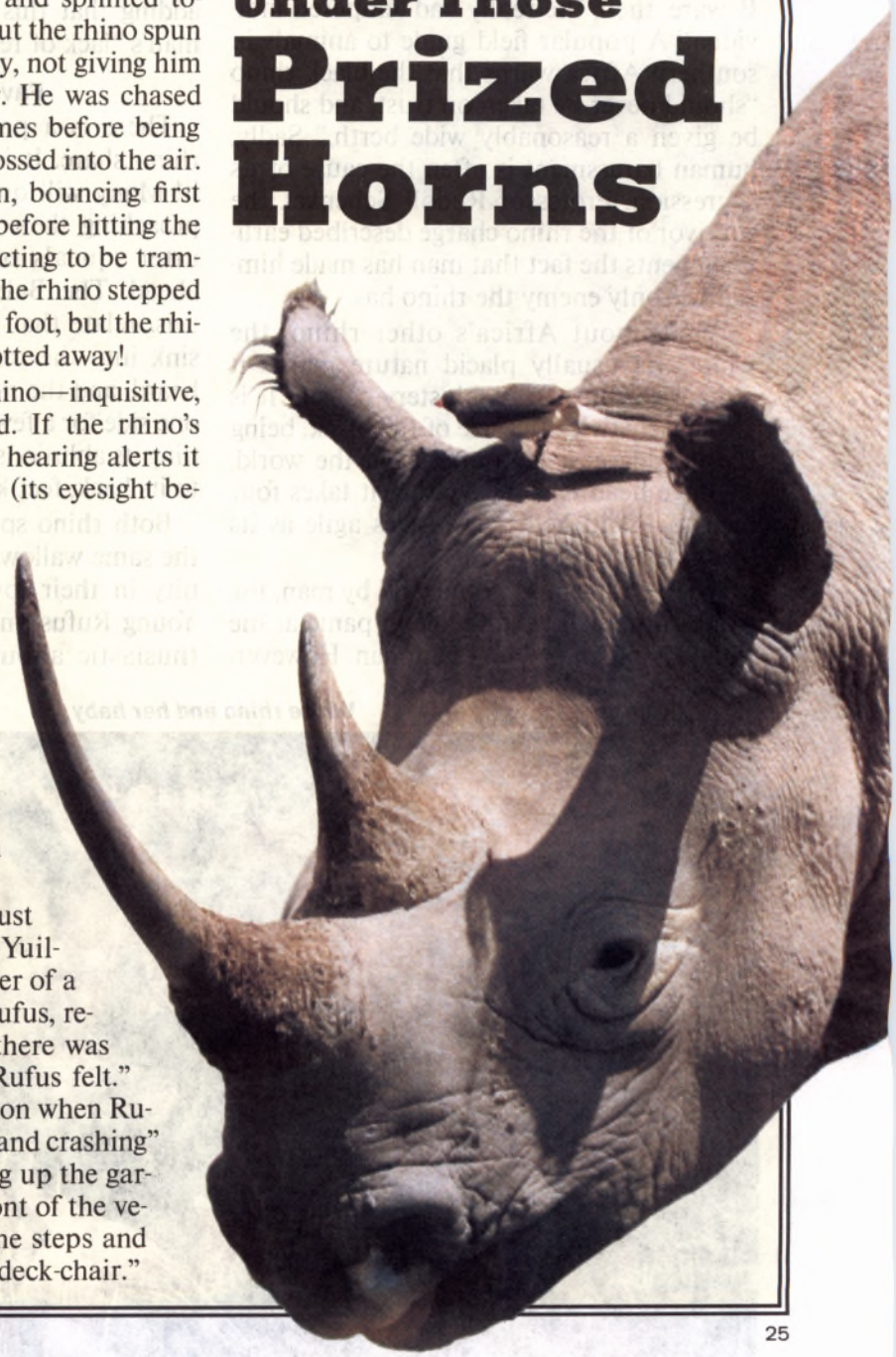
BY *AWAKE!* CORRESPONDENT IN SOUTH AFRICA

The Animal Under Those Prized Horns

SUDDENLY, the rhinoceros was charging at full speed. The man flung himself to one side and sprinted toward a small tree nearby. But the rhino spun around with amazing agility, not giving him time to scramble to safety. He was chased around the tree several times before being hooked with its horn and tossed into the air. Down came the poor man, bouncing first onto the rhino's shoulders before hitting the ground. There he lay, expecting to be trampled or gored to death. As the rhino stepped forward, the man raised his foot, but the rhino merely sniffed it and trotted away!

This is Africa's black rhino—inquisitive, pugnacious, easily alarmed. If the rhino's excellent sense of smell or hearing alerts it to something it cannot see (its eyesight being poor), it will excitedly charge toward the source—be it anything from a train to a butterfly! Although standing about five feet at the shoulder and weighing as much as 2,200 pounds, it can nonetheless gallop at some 35 miles an hour and spin around within its own length!

Sometimes its charge is just bluff or even sheer fun. Yuilleen Kearney, onetime owner of a young black rhino called Rufus, relates that "the more dust there was flying about, the happier Rufus felt." She fondly recalls an occasion when Rufus came "snorting, puffing and crashing" through the bush, "charging up the garden only to stop dead in front of the veranda, walk solemnly up the steps and lie down by the side of [her] deck-chair."



This affection for the black rhino is shared by many who have made a study of it. They all agree, though, that personalities differ among rhino just as they do among humans. Beware, then, the really bad-tempered individual! A popular field guide to animals in southern Africa warns that the black rhino "should never be taken on trust, and should be given a reasonably wide berth." Sadly, human harassment is often the cause of its aggression. Professor Rudolf Schenkel, the survivor of the rhino charge described earlier, laments the fact that man has made himself the only enemy the rhino has.

What about Africa's other rhino, the white? Its usually placid nature makes it quite a contrast to its blustery cousin. It is also nearly twice the size of the black, being the third-largest land animal in the world. Its huge head is so heavy that it takes four men to lift it! Yet, it is just as agile as its black cousin.

When confronted in the wild by man, the white rhino will usually flee in panic at the sight, sound, or smell of a human. However, in their book *Rhino,* Daryl and Sharna Balfour caution against taking this for granted. "More injuries have been caused by white rhino than black in recent years," they write, adding that this has perhaps been due to man's "lack of respect" for it.

Favorite Pastime

There is a particular love that Africa's rhino share. It is the love of mud—lots of it! Many will quicken their pace while approaching their favorite mudhole and will utter squeals of delight at the prospect ahead. The Balfours, who often observed this, relate that as the rhino would slowly sink into the mud, "a sigh would then be heard, and the satisfied animal would lie on one side for a few minutes . . . before continuing its ablutions, often rolling right over on to its back, feet kicking skywards."

Both rhino species will sometimes share the same wallow and will relinquish all dignity in their love of a squelchy pastime. Young Rufus, mentioned above, got so enthusiastic about his mud bath that "he

National Parks Board of South Africa

White rhino and her baby



would sometimes jump up before it was over, just to race around the garden, bucking like a bronco, before returning to the pit in order to savour the delight all over again."

The mud, however, serves also for things other than blissful indulgence. It provides a venue for social gatherings with fellow rhino and other mud-loving animals, relieves the rhino somewhat of irritating fly bites, and cools their bodies from the sun's heat. It is therefore not surprising that rhino can sometimes be seen to linger in their miry bed for hours on end.

Which Is Which?

How can a person tell which rhino is which? Is the one really black and the other white? No. They are both gray—but different shades of gray—if you can see the gray color at all. What you will actually see is the color of the mud of their last wallow, which is now caked on the skin.

But the shape of the mouth will tell you immediately which is which. The black rhino, being a browser, has a pointed top lip that it uses to curl around or hook leaves and twigs off shrubs. Its more accurate name is therefore hook-lipped rhino. The white rhino, on the other hand, is a grazer. Hence, its snout is straight across, so that it crops grass like a lawn mower. Not surprisingly, its more accurate name is square-lipped rhino. But for some reason the black-or-white distinction, which seems to have originated with early Dutch settlers in southern Africa, has stuck.

Those Prized Horns

The name rhinoceros is from two Greek words meaning "nose-horned." And what are rhino horns made of? Some people describe them as being agglutinated hair, as they tend to fray near the base. However, they are not true hair, says Dr. Gerrie de Graaff, scientific adviser at South Africa's

How can you tell the difference between the black rhino and the white rhino, since they are both gray?

National Parks Board, but are "microscopically similar to the hooves of ungulates [hoofed animals]."

The horn keeps growing, just as fingernails do. A famous black rhino named Gertie sported one that was over four and a half feet long, and a white rhino's horn grew to six and a half feet! And if the horn should break off, as sometimes happens, it will replace itself at the rate of about three inches a year.

Why are rhino horns so prized? Many people use them for medicines, and others enjoy the prestige of possessing a dagger with a rhino-horn handle. So great is the demand, and so lucrative the trade, that thousands of rhino have been slaughtered by those greedy for profit.

The white rhino, once on the verge of extinction, has now reasonably recovered, thanks to strenuous efforts of conservationists. But not so its black cousin. Various schemes afoot to stem the poaching tide include dehorning the animal. But this mammoth task is proving to have limited value. With rhino horns fetching up to $900 a pound, poachers feel that even the stumps of a dehorned rhino are worth gouging out. Hopefully, though, man's greediness will not win out, so that future generations too will be able to find delight in becoming acquainted with this fascinating animal.

Witchcraft Among Refugees

Refugees from war-torn Rwanda are plagued with yet another problem in their camps in Ngara, northern Tanzania: witchcraft. According to Reuters news service, UNHCR (United Nations High Commissioner for Refugees) has singled out witchcraft as a "serious problem" in the camps. Every night, according to UNHCR spokesman Chris Bowers, two or three people are killed in occult rituals. He explains: "We know that witchcraft is involved because we find corpses mutilated in a certain way." By late 1994, some 580,000 people were living in the Ngara camps, with 2,000 new refugees arriving each day. Reuters quotes one UN source as saying: "There is an increase in witchcraft and we don't know how to deal with it."

Priests "Disconnected"

Mobile telephones may represent the utmost in convenient communication, but one bishop in Finland has decided that there can be too much of a good thing. According to Reuters, the bishop asserted that "a mobile phone should serve, not enslave, its user" and ordered church workers and ministers to curtail their use of the gadgets. It seems that parishioners' complaints had reached the bishop's ears—some clerics were taking phone calls during church services. One such call reportedly came right in the middle of a funeral service. Similarly, a Catholic magazine in Italy recently advised priests not to bring their phones into the confessional with them—after a woman complained that she could hear the priest's phone ringing as she confessed her sins.

Good for Moms—Bad for Kids

Many women take iron pills for their health to give a boost to anemic blood, but some don't know how dangerous the same pills can be for children who ingest them. According to *Safety+Health* magazine, iron



pills are the leading cause of poisoning deaths among children under six years of age. The U.S. government has proposed that all such pills be packaged individually in hard-to-open plastic packs instead of bottles. In any case, though, mothers are advised to keep iron pills well beyond the reach of small hands, just as they do other pills and medications.

Gun Battles on the Rise in Japan

Japan is known as one of the world's safest nations. Its annual murder rate is only 1 per 100,000 people, whereas the rate is nearly ten times higher in such countries as Thailand and the United States. Recently, though, Japan has been rocked by an increase in murders involving firearms, reports *Asiaweek* magazine. From 1990 to 1993, there were 180 shootings a year, all of them involving members of organized crime. But frighteningly, in 1994 the number of shootings surged upward, and seven of the victims were ordinary citizens. Although Japan has strict laws against private ownership of guns, the police have stated that there are some 100,000 illegal firearms in the country. After a doctor was shot in a crowded train station, allegedly by a disgruntled former patient, a college student remarked in an interview: "I thought this could happen only in America."

Technology and Sabbath Loopholes

In Israel, observing Sabbath in a high-tech world presents some real challenges to those who live strictly by the Halakah, or ancient body of Jewish law. For example, Orthodox Jews are concerned about walking through a metal detector. If their keys set off the detector, then they have inadvertently closed an electrical circuit —and this, they reason, would violate the Halakah's injuction against lighting a fire. So an organization called Tsomet has designed a metal detector that does not react to ordinary objects like keys, hence posing *no* threat to Sabbath observance. Similarly, another organization has solved the problem of Orthodox doctors who need to do some routine writing on the Sabbath. They have designed a felt-tip pen that writes in ink that will vanish after a few days. How does that help? The Halakah restricts writing on the Sabbath but defines writing as leav-

ing a permanent mark. *The New York Times* quotes one prominent rabbi as reasoning: "If [God] left a loophole, he put it there to be used."

Endangered Giants

The giant tortoise of the Galápagos Islands is internationally renowned and protected as an endangered species. Recently, though, it has become clear that these massive reptiles face a new danger. For a month a fire raged across Isabela Island of the Galápagos archipelago. Rescue workers dug trenches to protect the island's precious population of 6,000 tortoises and even moved 400 of them to a special preserve. This latter measure was taken to protect the turtles not so much from fires as from people. According to *The Unesco Courier,* "tortoise-hunting, although illegal, is apparently a traditional practice. The meat of the tortoises, especially females, and their blood are regarded as having medicinal properties, apart from being particularly succulent." Rescuers found the remains of 42 of these giants that had been eaten by humans.

"Death by Government"

The above is the title of a new book by R. J. Rummel of the University of Hawaii. Over a period of eight years, Mr. Rummel collected data from "thousands of sources" on the subject of the role of governments in human slaughter during this century. According to *The Honolulu Advertiser,* the book states: "Almost 170 million men, women, and children have been shot, beaten, tortured, knifed, burned, starved, frozen, crushed, or worked to death; buried alive, drowned, hung, bombed or killed in any other of the myriad ways governments have inflicted death on unarmed, helpless citizens and foreigners." Rummel says: "It is as though our species has been devastated by a modern Black Plague." "No other century has seen a slaughter of such magnitude," reports the newspaper concerning Rummel's findings.

Useful Worms

"Earthworms are India's secret weapon in preventing another outbreak of plague," reports *New Scientist* magazine. When refuse accumulates, rats and other pests that harbor deadly diseases abound. Now a native species of deep-burrowing worm, *Pheretima*



elongata, has been put to work to convert trash into useful compost. When introduced into garbage receptacles, these worms eat their way through the refuse and produce a fine compost that disintegrates readily. This technique, already at work in Bombay, processes four tons of slaughterhouse waste each day. Local authorities who presently rely on incinerators and landfill are now looking with interest at these useful worms.

Church and War

What role has the Serbian Orthodox Church played in the conflict in the Balkans? That question was taken up at a recent roundtable discussion among Orthodox and Protestant church leaders from England, Germany, Greece, Russia, Serbia, Sweden, Switzerland, and the United States. *Christ in der Gegenwart* (The Contemporary Christian), a Catholic newspaper published in Germany, reported that the talks were organized by the World Council of Churches and were held in Geneva, Switzerland. The talks followed allegations that the Serbian Orthodox Church was biased in the war, "lending massive support" to the side it favored. Despite the grave accusations, the majority at the talks voted to allow the Serbian Orthodox Church to retain its membership in the World Council of Churches, although "not all differences of opinion [could be] settled."

Drug Business Is Big Business

"International drug trafficking," says the Australian newspaper *The Sydney Morning Herald,* "has become the world's second most lucrative business after the arms trade, mopping up $US400 billion annually and subverting political systems in Asia." This amount of money, says Interpol's secretary-general, "has the power to corrupt almost everyone." Asia is in the spotlight because more than 80 percent of the world's heroin is produced in the Golden Triangle, near the borders of Myanmar, Thailand, and Laos, as well as in the Golden Crescent of Afghanistan and Pakistan. Interpol's chief drugs officer adds: "Drugs have taken over as the chief means of financing terrorism."

FROM OUR READERS

Burnout Thank you for the series "Do You Suffer From Burnout?" (January 8, 1995) Although I serve as a pioneer, for months I have felt sapped of strength and lacked motivation. The article gave me some points that I shall apply personally, especially the suggestion to avoid criticizing others.

M. S., Germany

These were extraordinary articles for me because I finally recognized my problem. I am a wife, the mother of four children, and have a lot to do. Sadly, I get little appreciation from my family. I feel better knowing that this is a common problem among sensitive people. Never stop publishing articles like these!

J. M., Italy

I have been experiencing fatigue, lack of enthusiasm, helplessness, hopelessness, and malaise. After reading the article, I understand the factors that led to these feelings. I want you to know how good it feels to be understood and to know that Jehovah and his organization care enough to write encouraging articles.

Z. L., United States

Burnout contributed to my giving up Bethel service and later giving up pioneering. I was on the verge of giving up serving as an elder! I can now see where I have failed to communicate in times past. I've improved in this area, and my frame of mind is much better.

E. R., United States

It was encouraging to learn that other Christian ministers have endured this problem and that they have overcome it.

C. L., Switzerland

Unwed Mothers Thank you for the article "Young People Ask . . . How Can Unwed Mothers Make the Most of Their Situation?" (October 8, 1994) You acknowledge that the pregnancy came about through wrongdoing. But instead of dwelling on this and making the girl feel even worse, you offer practical, helpful guidelines.

J. D., United States

I became a single parent ten years ago. But with the help of Jehovah and my Christian parents, I've done well. After graduation from school, I served as a full-time minister for six years and married a Christian man who now serves as an elder. I have benefited greatly from Jehovah's mercy and kindness and am able to use my experience to help others.

A. M., United States

I could not hold back tears as I read the article. I experienced the very situation you described. Now that I am a Christian, I am happy to be able to raise my daughter with insight.

C. R. S., Brazil

Snoring The article "Do You Snore?" (September 8, 1994) warned of the possible hazards of snoring. But you implied that if you are a heavy snorer, you have sleep apnea. Not necessarily. The tendency to snore occurs as we age. It may also occur with allergies and sinus problems. But if the heavy snoring is accompanied by periods of no breathing, followed by gasping or snorting, and daytime sleepiness or fatigue occurs, sleep apnea is likely the culprit. The most common treatment is, not surgery, but devices that use compressed air to keep the airways unobstructed during sleep.

C. S., United States

We appreciate these comments and are sorry if our item caused any misunderstanding. Medical authorities agree that occasional snoring is not abnormal. As with all medical problems, evaluation by a physician is essential for proper treatment.—ED.

"An Equal-Opportunity Tragedy"

"TEENAGED girls just aren't getting the message," reports *The Toronto Star*. What message? That smoking is a deadly habit. A 1991 study revealed that 25 percent of Canadian girls between the ages of 15 and 19 were smokers, compared with 19 percent of boys in the same age group. Even among adults, female smokers outnumber their male counterparts. "Tobacco use among women has become an equal-opportunity tragedy," noted Physicians for a Smoke-Free Canada.

Why do teenage girls begin to smoke? Curiosity, peer pressure, and rebellion play a role. Not to be overlooked, however, is the advertising industry, which portrays female smokers as being slim. Yes, many smoke to try to prevent overeating, and they fear putting on pounds if they stop. Tragically, these women may be more concerned about the threat of weight gain than about the threat of cancer. Robert Coambs, an assistant professor at the University of Toronto, summarized their attitude: "Lung cancer is 20 years away. Weight gain is immediate."

The tobacco industry also targets women by linking cigarette smoking with independence. Yet, Jean Kilbourne, former adviser to two U.S. surgeons general, wisely stated: "One can only consider cigarette smoking liberating if one considers death the ultimate freedom."





"I Won't Throw Out Any More Copies Until I Read Them"

A man wrote the publishers of *Awake!* explaining: "I recently found a copy of the April 8, 1994, *Awake!* in my screen door. Wow! What has happened? You have created an up-to-date, informative '90's' publication. I find the transition staggering, and for the first time, I actually read the articles. (I would normally think, 'Oh, they were here again,' and toss it.) There was something there for everyone."

In conclusion he wrote: "You are on the right track. Keep up the good work, and I promise I won't throw out any more copies until I read them."

Top: Courtesy of ROE/Anglo-Australian Observatory, photograph by David Malin

Awake!
August 22, 1995



THE HOLOCAUST
WHO SPOKE OUT?

50TH ANNIVERSARY OF LIBERATING THE CAMPS

Awake!

Average Printing 12,990,000 Published in 75 Languages



The Holocaust

Who Spoke Out? 50th Anniversary of Liberating the Camps

3-15

Fifty years ago those who liberated the Nazi concentration camps were horrified by what they saw. One voice had been declaring the Nazi atrocities for years. But who failed to speak out? Why were they silent? These articles include information presented at a seminar held at the U.S. Holocaust Memorial Museum, Washington, D.C.



Discipline Has Been My Salvation 19

Learn how a woman's early life of discipline helped her overcome difficult problems.



Japan's Sudden Disaster—How People Coped 22

More than 5,000 died in Kobe's tragic earthquake. How did Jehovah's Witnesses there cope? Should we be surprised by devastating earthquakes?

One Voice in the Midst of Silence	3
Why Unafraid to Speak Out	4
The Evils of Nazism Exposed	6
Why the Churches Kept Silent	12
Young People Ask . . . Sexual Harassment —How Can I Protect Myself?	16
Watching the World	28
From Our Readers	30
The World's Largest Cashew Tree	31
Who Really Rules the World?	32

One Voice in the Midst of Silence

FIFTY years ago a monster was slain. When the world finally drew aside the curtain to look on the fallen Third Reich, the ghastly sight was too much of a nightmare to comprehend. Soldiers and civilians alike could only stare in silent horror at the gruesome remains of a monstrous killing machine.



U.S. National Archives photo

Earlier this year thousands celebrated the 50th anniversary of the liberation of the concentration camps by quietly tramping through their desolate grounds. They struggled to fathom the enormity of the crime. Why, some 1,500,000 people had been killed in the death camp at Auschwitz alone! It was a time for silence, a time to reflect on man's inhumanity to man. Haunting questions echoed in the cold ovens, in the empty barracks, across the undisturbed mountains of plundered shoes.

Today there is horror; there is outrage. The Holocaust, during which several million were systematically murdered, reveals what a monstrous evil Nazism was. But what about then? Who spoke out? Who did not?

For many, their first knowledge of the mass slayings came only at the close of World War II. The book *Fifty Years Ago —Revolt Amid the Darkness* explains: "The still photographs and newsreel films of the killing centers and camps liberated by the Allies in 1944 and 1945 first brought the shocking reality to the broad public, especially in the west."

Yet, *even before* the death camps were set up, a voice was proclaiming the dangers of Nazism, through *Awake!*, the magazine you hold in your hands. It was first known as *The Golden Age* and was renamed *Consolation* in 1937. Beginning in 1929, these magazines, published by Jehovah's Witnesses, boldly warned of the perils of Nazism, living up to the proclamation on the cover, "A Journal of Fact, Hope and Courage."

"How can one remain silent," asked *Consolation* in 1939, "about the horrors of a land where, as in Germany, 40,000 innocent persons are arrested at one time; where 70 of them were executed in a single night in one prison; . . . where all homes, institutes and hospitals for the aged, the poor, and the helpless, and all orphanages for the children, are destroyed?"

How, indeed, could one remain silent? While the world in general was unaware or skeptical of the horrific reports trickling out of Germany and occupied lands, Jehovah's Witnesses could not keep quiet. They knew firsthand the cruelties of the Nazi regime, and they were not afraid to speak out.



Why Unafraid to Speak Out

IN RETROSPECT, it could be said that the clash between Jehovah's Witnesses and Nazism, or National Socialism, was all but inevitable. Why? Because of the Nazis' unyielding demands that conflicted with three of the Witnesses' fundamental Bible-based beliefs. These are: (1) *Jehovah God is the Supreme Sovereign.* (2) *True Christians are politically neutral.* (3) *God will resurrect those who have proved faithful to him until death.*

These Bible-based beliefs determined the steadfast stand of Jehovah's Witnesses against the Nazis' ungodly demands. Thus, they courageously spoke out and exposed Nazism as the evil that it was.

Jehovah's Witnesses refused to heil Hitler. They refused because they attribute their salvation to God and have dedicated their lives to him alone. The Bible says of Jehovah: "You alone are the Most High over all the earth."—Psalm 83:18.

Actually, "Heil Hitler" implied that salvation was by Hitler. So the Witnesses could not be faithful to God and at the same time heil any human. Their lives as well as their loyalty and allegiance belonged to God.

Jehovah's Witnesses had clear precedents for refusing to obey Hitler's wrongful demands. For example, when Jesus' first-century apostles were ordered to cease declaring the good news about Christ, they

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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refused. They said: "We must obey God as ruler rather than men." The Bible says that for their determined stand, the authorities "flogged them, and ordered them to stop speaking upon the basis of Jesus' name." Yet, the apostles refused to obey that God-defying order. "They continued without let-up teaching and declaring the good news." —Acts 5:29, 40-42.

Many early Christians died because they obeyed God rather than men. Scores perished in Roman arenas because they refused, in effect, to heil Caesar by rendering an act of worship to him. But to such persons it was an honor and a victory to prove faithful to God even to death, similar to a valiant soldier's being willing to die in behalf of his country.

Because Jehovah's Witnesses advocate only one government, God's Kingdom, some have viewed them as subversive. But nothing could be further from the truth. In imitation of Jesus' apostles, "they are no part of the world." (John 17:16) They are politically neutral. Because of their loyalty to God, they obey the laws of their respective human governments. Indeed, they are exemplary in their "subjection to the superior authorities." (Romans 13:1) Never have they advocated rebellion against any human government!

There is, however, a line that cannot be crossed under any circumstances. It is the line between the duty of Jehovah's Witnesses to man and their duty to God. They render to Caesar, or governmental authorities, what belongs to Caesar but to God what

Faithful to Death



WOLFGANG KUSSEROW was one of those put to death because he maintained faithfulness to God and refused to support Nazism. Shortly before he was beheaded on March 28, 1942, he wrote his parents and siblings: "Now, as your third son and brother, I must leave you tomorrow morning. Do not be sad, for the time will come when we will be together again. . . . How great our joy will then be, when we are reunited! . . . Now we have been torn apart, and each of us must stand the test; then we will be rewarded."



Shortly before his execution on January 8, 1941, Johannes Harms wrote in a final letter to his father: "My death sentence has already been announced and I am chained both day and night—the marks (on the paper) are from the handcuffs . . . My dear father, in spirit I call to you, remain faithful, as I have attempted to remain faithful, and then we will see each other again. I will be thinking of you up until the very last."

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belongs to Him. (Matthew 22:21) If anyone tries to exact from them what belongs to God, that attempt will fail.

What if a Witness is threatened with death? Well, Jehovah's Witnesses have unshakable confidence in God's ability to restore them to life. (Acts 24:15) So Witnesses have the same attitude as did three young Hebrews in ancient Babylon. When threatened with death in a fiery furnace, they told King Nebuchadnezzar: "If it is to be, our God whom we are serving is able to rescue us. . . . Let it become known to you, O king, that your gods are not the ones we are serving, and the image of gold that you have set up we will not worship." —Daniel 3:17, 18.

Thus, as noted earlier, when Hitler began to climb onto his pedestal as a self-appointed god, an ideological battle was inevitable. The Third Reich, sword drawn, found itself face-to-face with a tiny band of Jehovah's Witnesses who had sworn loyalty to the true God, the Almighty God, Jehovah. Even before the battle began, however, the outcome was decided.

The Evils of Nazism Exposed

IN THE 1920's, as Germany struggled to recover from its defeat in World War I, Jehovah's Witnesses were busy distributing tremendous amounts of Bible literature. Not only did this offer comfort and hope to the German people but it alerted them to the rising power of militarism. Between 1919 and 1933, the Witnesses delivered an average of eight books, booklets, or magazines to each of the approximately 15 million families in Germany.

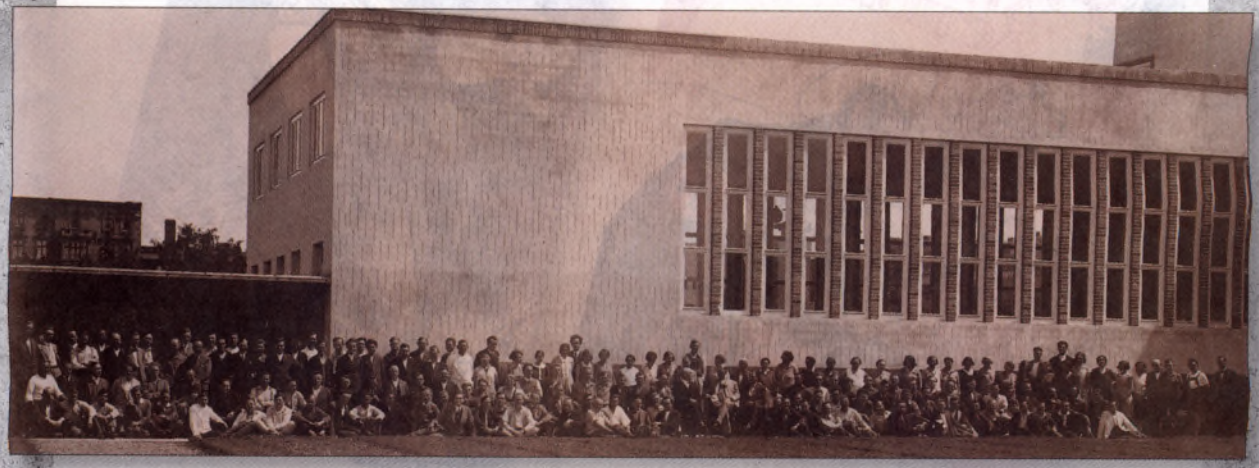
The *Golden Age* and *Consolation* magazines often drew attention to the militaristic stirrings in Germany. In 1929, more than three years before Hitler came to power, the German edition of *The Golden Age* boldly stated: *"National Socialism is . . . a movement that is acting . . . directly in the service of man's enemy, the Devil."*

On the eve of Hitler's taking power, *The Golden Age* of January 4, 1933, said: "There looms forth the menacing promontory of the National Socialist movement. It seems incredulous that a political party so insignificant in its origin, so heterodox in its policies, can, in the space of a few years, develop into proportions that overshadow the structure of a national government. Yet Adolf Hitler and his national socialist party (the Nazis) have accomplished this rare feat."

An Appeal for Understanding

Hitler became prime minister of Germany on January 30, 1933, and a couple of months later, on April 4, 1933, the Magdeburg branch office of Jehovah's Witnesses was seized. However, the order was rescinded on April 28, 1933, and the property was returned. What would happen next?

The 150 workers at the Magdeburg branch office of Jehovah's Witnesses in 1931



In spite of the evident hostility of the Hitler regime, Jehovah's Witnesses organized a convention in Berlin, Germany, on June 25, 1933. Some 7,000 persons assembled. The Witnesses publicly made their intentions clear: "Our organization is not political in any sense. We only insist on teaching the Word of Jehovah God to the people, and that without hindrance."

Thus Jehovah's Witnesses made a good-faith effort to state their case. What were the consequences?

The Attack Begins

The immovable neutral position of the Witnesses, along with their loyalty to God's Kingdom, was unacceptable to the Hitler government. The Nazis did not intend to tolerate any refusal to support their ideology.

Immediately after the Berlin convention concluded, the Nazis again seized the branch office at Magdeburg, on June 28, 1933. They broke up Witness meetings and made arrests. Soon Witnesses began to be dismissed from their jobs. They suffered raids on their homes, beatings, and arrests. By early 1934 the Nazis had seized from the Witnesses 65 tons of Bible literature and had burned it outside Magdeburg.

Witnesses' Resolute Stand

Despite these initial attacks, Jehovah's Witnesses stood their ground and publicly denounced the oppression and injustice. The November 1, 1933, issue of *The Watchtower* featured the article "Fear Them Not." It was prepared especially for the German Witnesses, exhorting them to take courage in the face of mounting pressure.

On February 9, 1934, J. F. Rutherford, the president of the Watch Tower Society, sent a letter of protest to Hitler stating: "You may successfully resist any and all men, but you cannot successfully resist Jehovah God. . . . In the name of Jehovah God and His anointed King, Christ Jesus, I demand that you give order to all officials and servants of your government that Jehovah's witnesses in Germany be permitted to peaceably assemble and without hindrance worship God."

Rutherford set March 24, 1934, as the deadline. He said that if by that time relief



Publications of Jehovah's Witnesses exposed church collaboration with Nazism

did not come to the German Witnesses, the facts about the persecution would be published throughout Germany and the rest of the world. The Nazis answered Rutherford's demand with stepped-up abuses, sending many of Jehovah's Witnesses to the concentration camps that had recently been set up. Thus, they were among the first inmates of these camps.

Witnesses Expose Nazi Atrocities

As Jehovah's Witnesses had promised, they began exposing the atrocities occurring in Germany. Witnesses around the globe repeatedly registered protests with the Hitler government.

On October 7, 1934, all congregations of Jehovah's Witnesses in Germany assembled to hear a letter read that was being sent to the officials of the Hitler government. It said: "There is a direct conflict between your law and God's law... Therefore this is to advise you that at any cost we will obey God's commandments, will meet together for the study of His Word, and will worship and serve Him as He has commanded."

On the same day, Jehovah's Witnesses in 49 other countries met in special assembly and sent the following telegram to Hitler: "Your ill-treatment of Jehovah's witnesses shocks all good people of earth and dishonors God's name. Refrain from further persecuting Jehovah's witnesses; otherwise God will destroy you and your national party."

The Nazis responded almost immediately by stepping up their persecution. Hitler himself screamed: "This brood will be exterminated in Germany!" But as opposition intensified, the determination of the Witnesses stiffened correspondingly.

In 1935, *The Golden Age* exposed the Inquisitionlike torture methods of the Nazi regime and its spy system. It also revealed that it was the aim of the Hitler Youth or-

ganization to purge Germany's youths of their belief in God. The following year a nationwide Gestapo campaign resulted in the arrests of thousands of Witnesses. Soon after, on December 12, 1936, the Witnesses answered with their own campaign, blanketing Germany with tens of thousands of copies of a resolution protesting the persecution of Jehovah's Witnesses.

On June 20, 1937, the Witnesses who were still free distributed another message that was unsparing in its detail about the persecution. It named officials and cited dates and places. The Gestapo were appalled at this exposure and the ability of the Witnesses to carry it off.

Love of neighbor is what compelled the Witnesses to warn the people of Germany not to be fooled by the grandiose vision of a glorious thousand-year rule by the Third Reich. "We must tell the truth and give the warning," said the booklet *Face the Facts,* published in 1938. "We recognize the totalitarian government . . . as the product of Satan brought forth as the substitute for God's kingdom." Jehovah's Witnesses were among the first targets of Nazi abuse, but they also loudly decried atrocities against Jews, Poles, the handicapped, and others.

The resolution "Warning!," adopted at a 1938 convention of Jehovah's Witnesses in Seattle, Washington, U.S.A., said: "The Fascists and Nazis, radical political organizations, have wrongfully seized control of many countries of Europe . . . All the people will be regimented, all their liberties taken away, and all will be compelled to yield to the rule of an arbitrary dictator and then the ancient Inquisition will be fully revived."

Rutherford regularly took to the airwaves, delivering powerful lectures on the satanic nature of Nazism. The lectures were rebroadcast globally and were printed for distribution by the millions. On October 2, 1938, he delivered the address "Fascism or Freedom," in which he denounced Hitler in no uncertain terms.

"In Germany the common people are peace-loving," Rutherford proclaimed. "The Devil has put his representative Hitler in control, a man who is of unsound mind, cruel, malicious and ruthless . . . He cruelly persecutes the Jews because they were once Jehovah's covenant people and

Witnesses Exposed Existence of Camps

ALTHOUGH Auschwitz, Buchenwald, Dachau, and Sachsenhausen were names unknown to most people until after World War II, they were well known to readers of *The Golden Age* and *Consolation.* The reports of Jehovah's Witnesses, smuggled out of the camps at great risk and publicized in Watch Tower literature, exposed the murderous intent of the Third Reich.

In 1933, *The Golden Age* carried the first of many reports of the existence of concentration camps in Germany. In 1938, Jehovah's Witnesses published the book *Crusade Against Christianity,* in French, German, and Polish. It carefully documented the vicious Nazi attacks on the Witnesses and included diagrams of the Sachsenhausen and Esterwegen concentration camps.

Nobel prize winner Dr. Thomas Mann wrote: "I have read your book and its terrible documentation with deepest emotion. I cannot describe the mixed feeling of abhorrence and loathing which has filled my heart while perusing these records of human degradation and abominable cruelty. . . . To keep quiet would serve only the moral indifference of the world . . . *You have done your duty in publishing this book* and bringing these facts to light."—Italics ours.

bore the name of Jehovah, and because Christ Jesus was a Jew."

As the Nazi rage against Jehovah's Witnesses reached new heights, the Witnesses' denunciations became ever more scathing. The May 15, 1940, issue of *Consolation* stated: "Hitler is such a perfect child of the Devil that these speeches and decisions flow through him like water through a well-built sewer."

Horrors of Camps Exposed

Although the public was largely unaware of the existence of the concentration camps until 1945, detailed descriptions of them appeared often in Watch Tower publications in the 1930's. In 1937, for example, *Consolation* told of experiments with poison gas at Dachau. By 1940, Witness publications had named 20 different camps and had reported on their unspeakable conditions.

Why were Jehovah's Witnesses so well acquainted with the concentration camps? When World War II started in 1939, there were already 6,000 Witnesses confined in camps and prisons. German historian Detlef Garbe estimates that the Witnesses constituted at that time between 5 and 10 percent of the total camp population!

At a seminar on the Witnesses and the Holocaust, Garbe stated: "Of the 25,000 persons who admitted to being Jehovah's Witnesses at the beginning of the Third Reich, about 10,000 were imprisoned for any length of time. Of these, over 2,000 were admitted to concentration camps. This means that the Jehovah's Witnesses were, with the exception of the Jews, the worst persecuted by the SS of all the religious based groups."

In June 1940, *Consolation* said: "There were 3,500,000 Jews in Poland when Germany began its Blitzkrieg . . . , and if reports which reach the Western world are correct their destruction seems well under way." In 1943, *Consolation* noted: "Whole nations like the Greeks, Poles and Serbs are being exterminated systematically." By 1946, *The Golden Age* and *Consolation* had identified 60 different prison and concentration camps.

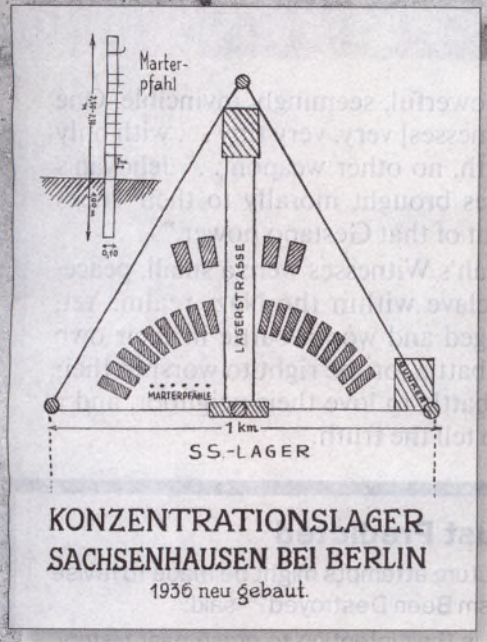
Witnesses Among First in the Camps

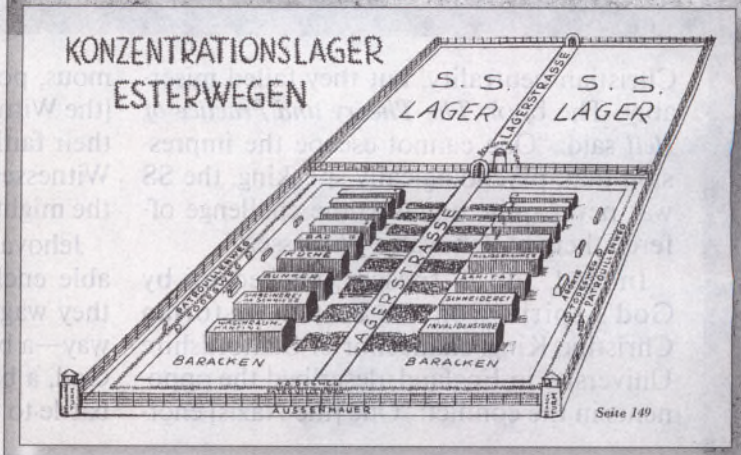


MADAME Geneviève de Gaulle, niece of former president of France Charles de Gaulle, was a member of the French Resistance. Upon her capture and her later imprisonment in the Ravensbrück concentration camp in 1944, she met Jehovah's Witnesses. After World War II, Madame de Gaulle lectured throughout Switzerland and spoke often of the Witnesses' integrity and courage. In an interview on May 20, 1994, she said of them:

"They were among the first deportees in the camp. Many had already died . . . We recognized them by their distinctive badge. . . . It was absolutely forbidden for them to talk about their beliefs or to have any religious books, and especially the Bible, which was considered the supreme book of sedition. . . . I know of [one of Jehovah's Witnesses], and there were others I was told, who was executed for having a few pages of Bible texts. . . .

"What I admired a lot in them was that they could have left at any time just by signing a renunciation of their faith. Ultimately, these women, who appeared to be so weak and worn out, were stronger than the SS, who had power and all the means at their disposal. [Jehovah's Witnesses] had their strength, and it was their willpower that no one could beat."





These diagrams of concentration camps appeared in Witness publications in 1937

Nazis Frustrated by Witnesses

Although the Nazis tried to stem the flow of Watch Tower literature, a Berlin official admitted: "It is hard to find the secret places in Germany where the Bible Students' literature is still being printed; no one carries names or addresses and no one betrays another."

Despite their frantic efforts, the Gestapo were never able to capture more than half the total number of Witnesses in Germany at any given time. Imagine the frustration of the elaborate Nazi spy system—it could not round up and silence this tiny army or stop the flow of literature. The literature found its way to the streets and even penetrated the barbed-wire fences of the concentration camps!

Triumph Over Barbarism

The Nazis, who were considered masters at breaking the human will, tried desperately to get Jehovah's Witnesses to violate their

Conduct of Witnesses in the Camps

OUT OF love of neighbor—cell mate, barracks mate, camp mate—the Witnesses shared not only their spiritual food but also whatever physical food they had.

A Jew who survived the Buchenwald concentration camp explained: "There I met the *Bibelforscher.* They constantly testified to their beliefs. In fact, nothing would stop them speaking about their God. They were very helpful to other prisoners. When the pogrom sent a mass influx of Jews to the camp on November 10, 1938, the *'Jehovah's schwein'*, as the guards termed them, went round with a bread ration to the aged and famished Jews, going without food themselves for up to four days."

Similarly, a Jewish woman imprisoned in the Lichtenburg camp said of the Witnesses: "They were a brave people, who bore their fate patiently. Though the gentile prisoners were forbidden to talk to us, these women never observed this regulation. They prayed for us as if we belonged to their family, and begged us to hold out."

Christian neutrality, but they failed miserably. The book *The Theory and Practice of Hell* said: "One cannot escape the impression that, psychologically speaking, the SS was never quite equal to the challenge offered them by Jehovah's Witnesses."

Indeed, the Witnesses, backed up by God's spirit, won the battle. Historian Christine King, chancellor of Staffordshire University in England, described the opponents in the conflict: "One [the Nazis] enormous, powerful, seemingly invincible. One [the Witnesses] very, very tiny . . . with only their faith, no other weapon . . . Jehovah's Witnesses brought morally to their knees the might of that Gestapo power."

Jehovah's Witnesses were a small, peaceable enclave within the Nazi realm. Yet, they waged and won a battle in their own way—a battle for the right to worship their God, a battle to love their neighbor, and a battle to tell the truth.

Efforts to Deny the Holocaust Predicted

IN ITS September 26, 1945, issue, *Consolation* noted that future attempts might be made to revise history and deny what had happened. The article "Has Nazism Been Destroyed?" said:

"Propagandists think the people have short memories. It is their intention to erase past history, presenting themselves in the modern disguise of benefactors, their incriminating record being covered up."

The magazine gave this perceptive warning: "Until Jehovah does fight Armageddon, Nazism will continue to raise its ugly head."

Why the Churches Kept Silent

ON DECEMBER 8, 1993, Dr. Franklin Littell of Baylor University spoke at the United States Holocaust Memorial Museum about a troublesome "concrete truth." What was that?

The truth, Littell said, was that "six million Jews were targeted and systematically murdered in the heart of Christendom, by baptized Roman Catholics, Protestants, and Eastern Orthodox who were never rebuked, let alone excommunicated." One voice, however, did consistently speak out about clergy involvement with Hitler's regime. And the voice, as we have seen, was that of Jehovah's Witnesses.

Hitler was a baptized Roman Catholic, as were many of the leaders in his government. Why weren't they excommunicated? Why didn't the Catholic Church condemn the horrors that these men were committing? Why did Protestant churches also keep silent?

Did the churches really remain silent? Is there proof that they supported Hitler's war efforts?

Role of Catholic Church

Catholic historian E. I. Watkin wrote: "Painful as the admission must be, we cannot in the interest of a false edification or dishonest loyalty deny or ignore the historical fact that Bishops have consistently sup-

ported all wars waged by the government of their country. . . . Where belligerent nationalism is concerned they have spoken as the mouthpiece of Caesar."

When Watkin said that bishops of the Catholic Church "supported all wars waged by the government of their country," he included the wars of aggression waged by Hitler. As Roman Catholic professor of history at Vienna University, Friedrich Heer, admitted: "In the cold facts of German history, the Cross and the swastika came ever closer together, until the swastika proclaimed the message of victory from the towers of German cathedrals, swastika flags appeared round altars and Catholic and Protestant theologians, pastors, churchmen and statesmen welcomed the alliance with Hitler."

Catholic Church leaders gave such unqualified support to Hitler's wars that the Roman Catholic professor Gordon Zahn wrote: "The German Catholic who looked to his religious superiors for spiritual guidance and direction regarding service in Hitler's wars received virtually the same answers he would have received from the Nazi ruler himself."

That Catholics obediently followed the direction of their church leaders was documented by Professor Heer. He noted: "Of about thirty-two million German Catholics —fifteen and a half million of whom were men—only seven [individuals] openly refused military service. Six of these were Austrians." More recent evidence indicates that a few other Catholics, as well as some Protestants, stood up against the Nazi State because of religious convictions. Some even paid with their lives, while at the same time their spiritual leaders were selling out to the Third Reich.

Who Else Was Silent, Who Was Not

As noted above, Professor Heer included Protestant leaders among those who "welcomed the alliance with Hitler." Is that true?

Many Protestants have writhed in self-incrimination for remaining silent during Hitler's wars of aggression. For example, 11 leading clergymen met in October 1945 to draw up the so-called Stuttgart admission of guilt. They said: "We accuse ourselves for not having been more courageous in confessing our convictions, more faithful in saying our prayers, more joyful in expressing our faith, and more ardent in showing our love."

Paul Johnson's *History of Christianity* said: "Of 17,000 Evangelical pastors, there were never more than fifty serving long terms [for not supporting the Nazi regime] at any one

The U.S. press verified church support of Nazism

New York Post, August 27, 1940, Blue Final Edition, page 15

Nazi Army Praised

German Catholic Bishops Loyal

BERLIN, Aug. 27 (AP).—A solemn pledge of loyalty to Hitler by the German Catholic bishops conference at Fulda is to be read to the faithful from pul-
pits
e war, DNB

The New York Times, September 25, 1939, Late City Edition, page 6

GERMAN SOLDIERS RALLIED BY CHURCHES

Protestant and Catholic Exhort to Reich Victory and Just Peace

Wireless to THE NEW YORK TIMES.

FRANKFORT-ON-THE-MAIN, Germany, Sept. 24—Periodicals of the German Protestant and Catho-
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The New York Times, December 7, 1941, Late City Edition, page 33

'WAR PRAYER' FOR REICH

Catholic Bishops at Fulda Ask Blessing and Victory

By Telephone to THE NEW YORK TIMES.

FULDA, Germany, Dec. 6—The Conference of German Catholic Bishops assembled in Fulda has recommended the introduction of a special "war prayer" which is to be read at the beginning and end of all divine services.

The prayer implores Providence to bless German arms with victory and grant protection to the lives and health of all soldiers. The Bishops further instructed Catholic clergy to keep and remember in a special Sunday sermon at
once a month German
land, on sea and
The

time." Contrasting such pastors with Jehovah's Witnesses, Johnson wrote: "The bravest were the Jehovah's Witnesses, who proclaimed their outright doctrinal opposition from the beginning and suffered accordingly. They refused any cooperation with the Nazi state."

Back in 1939, the year World War II began, *Consolation* quoted T. Bruppacher, a Protestant minister, as saying: "While men who call themselves Christians have failed in the decisive tests, these unknown witnesses of Jehovah, as Christian martyrs, are maintaining unshakable opposition against coercion of conscience and heathen idolatry. The future historian must some day acknowledge that not the great churches, but these slandered and scoffed-at people, were the ones who stood up first against the rage of the Nazi demon . . . They refuse the worship of Hitler and the Swastika."

Similarly, Martin Niemoeller, a Protestant church leader who himself had been in a Nazi concentration camp, later confessed: 'It may be truthfully recalled that Christian churches, throughout the ages, have always consented to bless war, troops, and arms and that they prayed in a very unchristian way for the annihilation of their enemy.' He admitted: "All this is our fault and our fathers' fault, but obviously not God's fault."

Niemoeller then added: "And to think that we Christians of today are ashamed of the so-called sect of the serious scholars of the Bible [Jehovah's Witnesses], who by the hundreds and thousands have gone into concentration camps and died because they refused to serve in war and declined to fire on human beings."

Susannah Heschel, a professor of Judaic studies, uncovered church documents proving that the Lutheran clergy were willing, yes anxious, to support Hitler. She said they begged for the privilege of displaying the swastika in their churches. The overwhelming majority of clergymen were not coerced collaborators, her research showed, but were enthusiastic supporters of Hitler and his Aryan ideals.

As a lecturer, Heschel is frequently asked by church members, "What could we have done?"

"You could have been like Jehovah's Witnesses," she replies.

Why They Were Silent

The reason the churches were silent becomes clear. It is because Christendom's clergy and their flocks had abandoned the teachings of the Bible in favor of supporting the political state. In 1933 the Roman Catholic Church concluded a concordat with the Nazis. Roman Catholic cardinal Faulhaber wrote to Hitler: "This handshake with the Papacy . . . is a feat of immeasurable blessing. . . . May God preserve the Reich Chancellor [Hitler]."

Indeed, the Catholic Church and other churches as well became handmaidens of the evil Hitler government. Even though Jesus Christ said his true followers "are no part of the world," the churches and their parishioners became an integral part of Hitler's world. (John 17:16) As a result, they failed to speak out about the horrors against humanity that were committed by the Nazis in their death camps.

True, a few courageous individuals from the Catholic, Protestant, and various other religions stood up against the Nazi State. But even as some of them paid with their lives, their spiritual leaders, who claimed to serve God, were serving as puppets of the Third Reich.

There was, however, one voice that consistently spoke out. Though the news media, by and large, overlooked the churches as major players in the Nazi drama, Jehovah's Wit-

nesses felt compelled to expose the treachery and hypocrisy of the clergy, with details of their behind-the-scenes collusion. In the pages of the forerunner of this magazine as well as other publications throughout the 1930's and 1940's, they printed strong indictments of religious organizations that became Nazism's handmaidens.

Identifying Christ's True Followers

Jehovah's Witnesses are totally different from the religions of the world. Being no part of the world, they take no part in the wars of the nations. In obedience to God's instructions, 'they have beaten their swords into plowshares.' (Isaiah 2:4) Yes, in obedience to Christ's instructions, they love one another. (John 13:35) This means they never go to war and intentionally hurt one another.

When it comes to identifying the true worshipers of God, the Bible is very plain in saying: *"The children of God and the children of the Devil are evident by this fact:* Everyone who does not carry on righteousness does not originate with God, neither does he who does not love his brother. For this is the message which you have heard from the beginning, *that we should have love for one another; not like Cain, who originated with the wicked one and slaughtered his brother."*—1 John 3:10-12.

Yes, history reveals that Jehovah's Witnesses have always shown love for their fellowman, even in the face of intense pressure. When Hitler waged war throughout Europe, the Witnesses stood firm in the face of the Nazis' brutal attempts to make them join in the orgy of killing. Professor Christine King well summed up the matter: "Jehovah's Witnesses did speak out. They spoke out from the beginning. They spoke out with one voice. And they spoke out with a tremendous courage, which has a message for all of us."

Until this world is safely under the loving rule of Jehovah's government and is free from war and wickedness, Jehovah's Witnesses will continue to speak out. As long as it is the will of the Sovereign Lord Jehovah, this magazine will expose the evils of this satanic world and herald the only true hope for mankind, God's Kingdom.—Matthew 6: 9, 10.

Unlike the churches, Jehovah's Witnesses spoke out against Nazism



Young People Ask...



Sexual Harassment

How Can I Protect Myself?

ANITA is a vivacious 16-year-old with a ready smile. She frowns, though, when she describes recent events at her school. "A very popular boy cornered me in the hallway and started touching me inappropriately," she recalls. "He had got away with this with a number of other girls —they were flattered by his attentions, but I wasn't! Asking him in a nice way to keep his hands to himself didn't work. He didn't think I really meant it."

Anita's dilemma is by no means unusual. Sexual harassment was apparently common in Bible times. (Compare Ruth 2: 8, 9, 15.) And it is alarmingly prevalent today. "Some men at work have made vulgar comments about my body," says one teenage girl. But oftentimes the harassment goes beyond mere words. "Some have tried to touch or grab me," she adds. A teenage girl named René told *Awake!:* "The harassment got so bad at work that I had to quit."

One recent survey reported that 81 percent of students in grades 8 through 11 said that they had been sexually harassed at least once. "Of those," reports *U.S.News & World Report,* "65 percent of girls and 42 percent of boys said they had been touched, grabbed or pinched in a sexual way." Yes, boys as well as girls are targets. As the parent of one teenage boy recalls: "I have been shocked at how bold the girls are at my son's school. From the time he was 12 or so, we have had persistent phone calls, invitations to date, lewd suggestions—you name it."

It is easy to make light of this annoying behavior. One youth remarked: "Sometimes it's done in a joking manner." But it is not a joke to Christians! They know that sexual harassment is often an attempt to lure one into sexual immorality, something that Jehovah God condemns. (1 Corinthians 6: 9, 10) Furthermore, God's Word commands that young women be treated "with all chasteness." (1 Timothy 5:2) It also forbids "obscene jesting." (Ephesians 5:3, 4) Christian youths should therefore not tolerate sexual harassment! The question is, How can you protect yourself from being a target of it? Let's talk about preventive steps.

Ways to Avert Harassment

Develop a reputation for Christian conduct. "Let your light shine before men," exhort-

ed Jesus. (Matthew 5:16) Sharing what you believe with schoolmates and workmates is one way to do this. When you are known as one who has deep conviction and high moral standards, you are less likely to be a target of harassment.

Watch how you dress and groom yourself. In Bible times certain clothing identified a woman as being immoral. (Compare Proverbs 7:10.) Likewise today, provocative styles may make you popular with your peers, but they could send out the wrong message. You could find yourself attracting the wrong kind of attention from the opposite sex. A similar problem could arise if a girl wears her makeup in such a way as to make herself look older than she really is. The Bible's advice is that you 'adorn yourself in well-arranged dress, with modesty and soundness of mind.'—1 Timothy 2:9.

Choose your associates carefully. (Proverbs 13:20) After all, people will judge you by your associates. And if your friends are known to spend a lot of time talking about the opposite sex, people could get the wrong impression of you.—Compare Genesis 34:1, 2.

Avoid flirting. It is true that there is nothing wrong with being friendly, yet staring and touching can easily be misconstrued by the opposite sex. It is not necessary to touch someone in order to carry on a conversation. Practice the Golden Rule and treat the opposite sex as you want to be treated—chastely and with respect. (Matthew 7:12) Avoid trying to attract the attention of the opposite sex just for the fun of it. Doing so can be not only unkind and misleading but dangerous. "Can a man rake together fire into his bosom and yet his very garments not be burned?" asks the Bible at Proverbs 6:27.

If You Are Victimized

Of course, even if some changes in your dress, grooming, or conduct are in order, others do not have the right to put their hands on you or make lewd suggestions to you. And even some youths who have been exemplary in appearance and behavior have been victimized. What should you do if this happens to you? Here are some suggestions.

Refuse firmly. It is no secret that some people will say no to sexual advances when they really mean yes. Aggressors may therefore assume that a halfhearted no really means yes—or at least maybe—until you convince them otherwise. Jesus' advice to let your no mean no is quite practical in this matter. (Matthew 5:37) Do not giggle or act coy. Nor should you allow your body language, voice, or facial expression to contradict your words.

Make a scene. Sexual predators often depend on the unwillingness of their victims to resist. In Bible times, though, Israelite women were given the right, indeed the *obligation,* to resist sexual assault. (Deuteronomy 22:23, 24) Similarly today, a Christian should not feel that being inappropriately touched or fondled is no big deal. It is wrong, an assault on your dignity as a person and as a Christian. You do *not* have to take it! "Abhor what is wicked" exhorts the Bible!—Romans 12:9.

One effective way to halt the misbehavior is to make a scene and embarrass your harasser; perhaps he will stop. Recall the experience of Anita, who was mentioned at the outset. Politely asking her assailant to stop touching her did not work. Anita tells us: "I had to embarrass him in front of his friends by loudly telling him NOT to touch me that way!" The result? "All his friends laughed at him. He was very cold for a



Do not be halfhearted when turning down improper advances; let your no mean no!

while, but a few days later, he apologized for his behavior and later even defended me when someone else tried to bother me."

If words do not work, you may simply have to walk—or even run—away from the assault. And if escape is not possible, you have the right to use any means necessary to fend off molestation. One Christian girl bluntly put it this way: "When a boy tried to grab me, I punched him just as hard as I could, and I ran!" Of course, this does not mean that the harasser will not try again. So you will likely need to get some help.

Tell someone. "That's what I finally had to do," admits 16-year-old Adrienne. "I asked my parents for advice on the situation when a boy I thought of as a good friend just wouldn't leave me alone. The more I protested, the more persistent he became, almost as if it were a game." Adrienne's parents had practical advice that helped her cope better with the problem.

Your parents can also help you to deal with any emotional fallout that may result from the victimization, such as embarrassment, fear, or shame. They can assure you that the assault was not your fault. They may also take steps to help protect you in the future.

For example, they may decide it is advantageous to inform your teacher or school officials of the problem. Many schools in the United States take complaints quite seriously and have well-defined policies for handling sexual harassment among students.

True, not all school officials are sympathetic. "In my school," says 14-year-old Earlisha, "sometimes the teachers cuss and act worse than the kids. You don't know where to turn for help." Not surprisingly, then, when she reported being harassed, she was accused of being hypersensitive. Earlisha did not give up, though. She got together with six other girls who had been pinched and fondled by the same boy. "It took six of us to convince the principal that there was a real problem," she says. Finally, she was able to get the misbehavior stopped.

Turn to God for support. If being in school sometimes feels like being trapped in a lions' den, remember that Jehovah God protected the prophet Daniel in a literal lions' den. (Daniel 6:16-22) Jehovah can help you too. He understands the pressures you face at school. And if the going gets rough, you can call upon him for help—out loud if necessary! Do not be afraid or embarrassed to be known as a servant of the true God. The Bible promises Jehovah's faithful servants: "He is guarding the souls of his loyal ones; out of the hand of the wicked ones he delivers them."—Psalm 97:10.

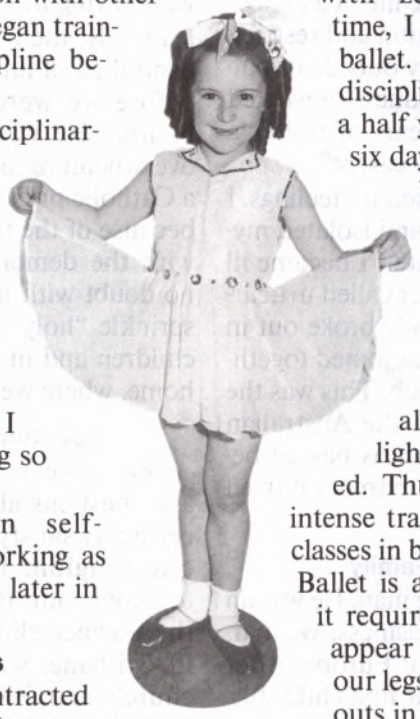
This does not guarantee miraculous deliverance. You must do what you can to protect yourself. Follow Bible principles. Be modest in your speech and appearance. Exercise caution in dealing with the opposite sex. By doing so, you can do much to protect yourself from harassment.

Discipline Has Been My Salvation

WHEN I was four years old, my parents enrolled me in a calisthenics class. It required practice, and I had to work in unison with other girls. Shortly afterward, I began training to be a dancer. Discipline became part of my life.

My parents were real disciplinarians and expected their children to be mannerly, well-behaved, and respectful. I thought them unfair at times, but now as I look back—having raised three children of my own—I understand the value of discipline. Indeed, I thank my parents for caring so much.

My early training in self-discipline, as well as in working as part of a team, assisted me later in life.



Meeting Challenges

At the age of eight, I contracted rheumatic fever, an illness that confined me to bed. I suffered severe pain in both knees, and I was not allowed to walk for 12 months. My loving family carried me everywhere. Nobody thought I would be able to dance again. But mainly because of the care I received from my parents, along with the skill and patience of our family doctor, I recovered fully and returned to my dancing more determined than ever to be the best.

My parents allowed me to leave regular school at the age of 16 so that I could pursue my career as a dancer. I did this with zeal and enthusiasm. In time, I began training in classical ballet. This demanded more self-discipline than ever. For three and a half years, I studied and trained six days a week.

When I was 19, auditions for the Australian Ballet School were held. Competition for acceptance in this prestigious school was fierce. Only a few were to be selected from all of Australia. To my delight I was one of those selected. Thus, I began 18 months of intense training. The school included classes in ballet, mime, drama, and art. Ballet is a graceful dance form, but it requires real strength to make it appear effortless. So to strengthen our legs, we did programmed workouts in a gymnasium.

Finally, in June 1970, auditions for the Australian Ballet Company were held. Again I was selected, and within a week I had joined the company.

Life in a Different World

Almost before I knew what was happening, I was away from home for the first time in my life and thrust into a very different environment. Our company toured Australia, and then we went to Asia. It was like living

in another world with its own rules and standards. There were long strenuous days and nights of work, along with sore, bleeding, blistered feet. But the performances made the hard work worthwhile. It was wonderful out there on stage.

After we returned to Australia, an epidemic of the flu swept through the company, putting many of us out of action. I was unable to dance for three months. Upon returning to the ballet company, I began to have trouble dealing with the life of a dancer —always striving for perfection and restricting any sort of social activity outside of ballet, since both time and tiredness prevented a social life. After all my years of training, was this to be the end of my career?

I began to have crazy, mixed-up feelings. I became deeply introverted and isolated myself. Finally, about a year later, I became ill with a severe allergic disorder called urticaria. As a result, my whole body broke out in swollen, itchy, red lumps that joined together until I was one big, red blob. This was the last straw—I resigned from the Australian Ballet Company. Many months passed before I recovered. Again my parents nursed me back to health.

Marriage and a Family

In 1974, I met a fine young man. He was an actor who owned his own business. We married and traveled throughout Europe. After we returned to Australia, our first child, Justin, was born in 1976. Later, we moved to Perth, the capital of Western Australia, and purchased a hotel. What a change in lifestyle this meant!

The work load was enormous, since we were trying to run the hotel ourselves. I rose at four in the morning and at times did not finish work until the following morning. To add to the pressure, there were strong demonic influences in the hotel. This slowly affected our lives, especially the life of my dear husband. So after three years, because of marital and money problems, we decided to sell the hotel and salvage what we could of our marriage.

Our family had increased to five with the births of our two daughters, Bianca and Victoria. The hotel didn't sell quickly, and it was during this time that I started to look to God for help. I remembered the Our Father prayer that I had memorized as a child. It was constantly on my mind, and I was always saying it.

Finally, the hotel sold. However, my husband died of an aneurysm just three weeks before we were to leave Perth for Melbourne. He was only 32. My sorrow was overwhelming, and it was not lessened when a Catholic priest in Melbourne told me that because of the trouble my husband had had with the demons, their bad influence was no doubt with me also. So he proceeded to sprinkle "holy" water all over me and the children and in every room of my mother's home, where we were staying.

Questions Still Unanswered

Several years passed, and I continued to ask questions about God, but I did not receive any satisfying answers from my Catholic religion. I then made the decision to move our family from Melbourne to the warmer climate of Queensland. There, in Brisbane, we became very involved in church activities. The children attended Catholic schools, and we all went to church regularly, fasted, said the Rosary, and did everything that I thought God required of us.

Since I had not received answers to my questions, I decided to read a portion of the Bible privately every day to see if I could find answers for myself. Eventually I read Matthew 7:7, which amazed me. It simply said to keep asking and to keep seeking. 'This was easy,' I thought. So I did just that.



With my three children

I kept on asking God for help to get answers to my questions.

Answers Finally Provided

In retrospect, I can see that it was no accident that Jehovah's Witnesses called at my door not long after that. What they said sounded wonderful. Even though I listened with interest, I failed to recognize that this was what I had been searching for. So after a few visits, I told the women who called on me not to bother coming back again.

I was very busy at that time early in 1987. My home was in the final stages of renovation, and a good painter was needed to finish everything off. The builder recommended a friendly, respectful, and helpful young housepainter named Peter. Peter spoke lovingly about his wife and children, and he had a fresh, clean appearance. I wanted to have that same look, so I asked him one morning while he was balancing on a plank: "Where do you go to church?"

Upon learning that he was one of Jehovah's Witnesses, I badgered him with questions from the time he arrived for work in the morning until he left exhausted in the afternoon. And he was able to answer them all. I began studying day and night, and the Bible started to come alive. Overjoyed, I agreed to a home Bible study for the whole family. It was the most exhilarating time of our lives because of the joy of knowing we had found the truth.

We cleaned out all the rubbish —the things in our minds and possessions relating to idolatry. Bagfuls were removed from our house and sent to the rubbish dump. It was not too long before my children were politely asked to leave the Catholic schools. Their witnessing about Jehovah was not appreciated.

United in True Worship

The four of us are now baptized Witnesses. Justin and Bianca have finished school and are serving in the full-time ministry as pioneers. Victoria is 16 and is still in school. And I am in my sixth year as a pioneer.

We spent six years in a Brisbane congregation, where I assisted two dear elderly women, who soon dedicated their lives to Jehovah God. In 1994 we moved to an area where the need for Kingdom preachers was greater. Now we are serving in a small country town named Charleville in southwest Queensland. Our preaching territory covers a huge area, about as large as Australia's island-state of Tasmania!

Thinking back to my childhood and my training, I have come to realize how much I benefited from discipline. It has helped me to apply Bible principles and make necessary changes in life. Indeed, to be disciplined now by Jehovah brings sheer joy and the hope of endless blessings for myself and my beloved family.—Proverbs 6:23; 15:33. *—As told by Sue Burke.*

Japan's Sudden Disaster

How People Coped

BY *AWAKE!* CORRESPONDENT IN JAPAN

ONE minute Kobe, Japan, was a thriving port city of 1,500,000. But in *20 seconds,* an earthquake measuring 7.2 on the Richter scale reduced much of it to ruins. Tens of thousands of houses and buildings were destroyed or damaged, and over 300,000 people were left homeless.

Disaster struck January 17, 1995, exactly one year to the day after an earthquake badly damaged Northridge, California, U.S.A., and killed 61 people. The Kobe quake released about twice as much seismic energy as that one did. The death toll of more than 5,500 made it the deadliest quake in Japan since 1923, when some 143,000 were killed in the great quake that devastated Tokyo and Yokohama.

A Moment of Horror

At 5:46 on that fateful morning, Ryuji was delivering newspapers in the center of Kobe City. It was still dark. Suddenly there was a sound like a train going over an elevated railway. The road and buildings rolled just like waves of the sea. Then all the lights went off.

Elevated highways toppled, dumping vehicles onto the roads below. Railway tracks were bent like clay sticks, and trains derailed. Old wooden buildings collapsed, and two-story apartments suddenly looked like single-story buildings. Most residents of Kobe were jarred from their sleep.

Fires immediately broke out, and whole blocks burned. Firefighters watched helplessly, since the quake had cut off water supplies. In a moment, the myth of earthquake-proof construction had been shattered.

Narrow Escapes and Tragedies

In the area directly affected by the quake, there were 3,765 of Jehovah's Witnesses associated with 76 congregations. By the morning following the quake, it was established that 13 Witnesses and 2 unbaptized associates had been killed. (Ecclesiastes 9:11) At that time the death toll released by the police was 1,812, but within a week it rose to over 5,000. Since the Witnesses had quickly located those associated with their congregations, their death toll remained the same.

Misao's husband had left early for work. "About an hour later, the house shook," said Misao. "Roofing tiles fell around me. The large center tile of the roof hit the pillow where my husband's head had rested just an hour before." A chest of drawers and a bookcase fell against each other just over Misao. This saved her from being buried under the roofing tiles.

A mewing cat woke Hiromasa, a 16-year-old schoolboy. As he let the cat out, the quake hit. When he returned he found his mother under the television set and bookcase. How relieved he was to find her alive! Hiromasa borrowed a flashlight from a neighbor and freed his mother. Thousands have stories of narrow escapes. But other Witnesses suffered painful tragedies.

Hiroshi and Kazu Kaneko were buried under the rubble of their apartment. Members of the Christian congregation rushed to the site to help them. It was not until 10:00 a.m. that Hiroshi was freed and taken to the hospital. But Kazu was dead when she was later pulled out.

Miyoko Teshima, 24 years of age and baptized only about two years, had the goal of the full-time ministry. On the morning of the quake, she was sleeping on the first floor of her apartment building when its second floor collapsed. Miyoko was buried under the rafters and beams. Her parents and neighbors tried to remove the rubble but could not. Her mother, who is a Bible student, contacted Jehovah's Witnesses, who came to help.

When Miyoko was pulled free after about seven hours, she was still alive. Three Christian elders took turns with the doctor and a nurse in giving heart massage, but Miyoko died. Her father, who had opposed her faith, was moved by the efforts of the Witnesses to save his daughter, and he consented to her earlier request to have a Witness funeral.

Takao Jinguji, a Christian elder, lived on the first floor of an old apartment building with his wife and their daughter. "When the quake hit," he said, "the floor above crumbled on us, and I was trapped beneath a bookshelf. Eventually, I was able to pull myself clear of it and began trying to get out. Suddenly I heard a voice. It was a Witness neighbor, who had come searching for us."

When Takao finally made his way outside, he saw fire from surrounding buildings spreading to his apartment. So he crawled back into the rubble and tried desperately to pull his wife out. But it was too late. Eiko , his wife of 26 years, and his daughter Naomi were killed. In spite of this, he began helping other members of his congregation. "There was nothing else I could do for my family," he said later, "so I turned my attention to helping others. I was relieved to find that everyone else in our congregation was safe."



Takao Jinguji lost his family in these ruins

A Desperate Situation

Thousands took refuge in schools and public buildings. Fearing aftershocks, others camped outside or slept in their cars. Railways and highways were torn to pieces, and the roads available for transporting relief supplies were clogged with thousands of vehicles. For days many had little or nothing to eat. But remarkably, there were no reports of looting, and many shared what little food they had.

"This is like after the Second World War," said an elderly man wrapped in a blanket, with tears running down his cheeks. The Japanese prime minister, Tomiichi

Murayama, surveyed the damage and reported: "I have seen nothing like it. This is far beyond anybody's imagination."

Witnesses Immediately Respond

When Keiji Koshiro, a Christian elder, visited downtown Kobe the morning of the quake and saw the terrible devastation, he returned home and organized the local congregation to cook food for fellow Christians who had been more seriously affected. By evening, he was delivering food and drink by car to congregations in the center of Kobe. The following morning, more food and water was provided. Because traffic jams were encountered, the Witnesses organized a convoy of 16 motorcycles to deliver the relief supplies.

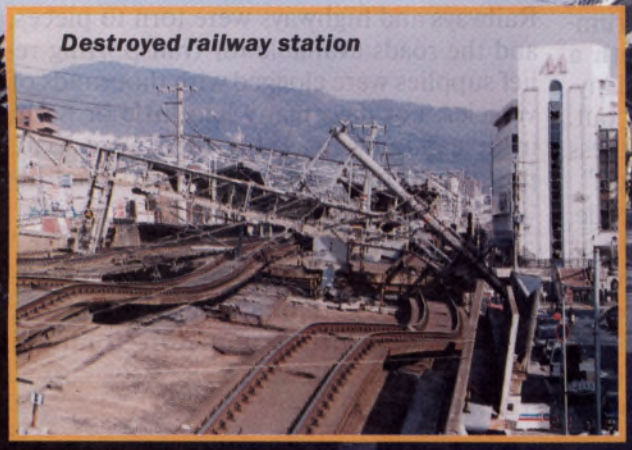
Many others also immediately took the initiative to search out and help their Christian brothers. Tomoyuki Tsuboi and another elder set out on motorcycles for Ashiya, a city next to Kobe that was also severely damaged. At the Kingdom Hall in downtown Ashiya, they found that the traveling overseer, Yoshinobu Kumada, had already set up a relief center there.

A telephone contact was made to alert brothers of the need, and soon supplies were being gathered. Nine cars carrying blankets, food, and water were soon heading toward Ashiya. These supplies were delivered to two Kingdom Halls in the city, where between 40 and 50 persons had taken refuge. Others found shelter in homes of fellow believers. The following day Witnesses in a nearby area prepared meals for 800. The food provided for those in need was abundant, so the Witnesses shared it with neighbors who were in need.

Throughout the area affected by the quake, Jehovah's Witnesses immediately came to the aid of their fellow believers. This impressed many observers. A week after the quake, a helicopter pilot approached a Witness in Yokohama and said: "I went to the disaster area on the day of the quake and spent a week there. Jehovah's Witnesses were the only ones that rushed to the site. I was deeply impressed."

Relief Program Established

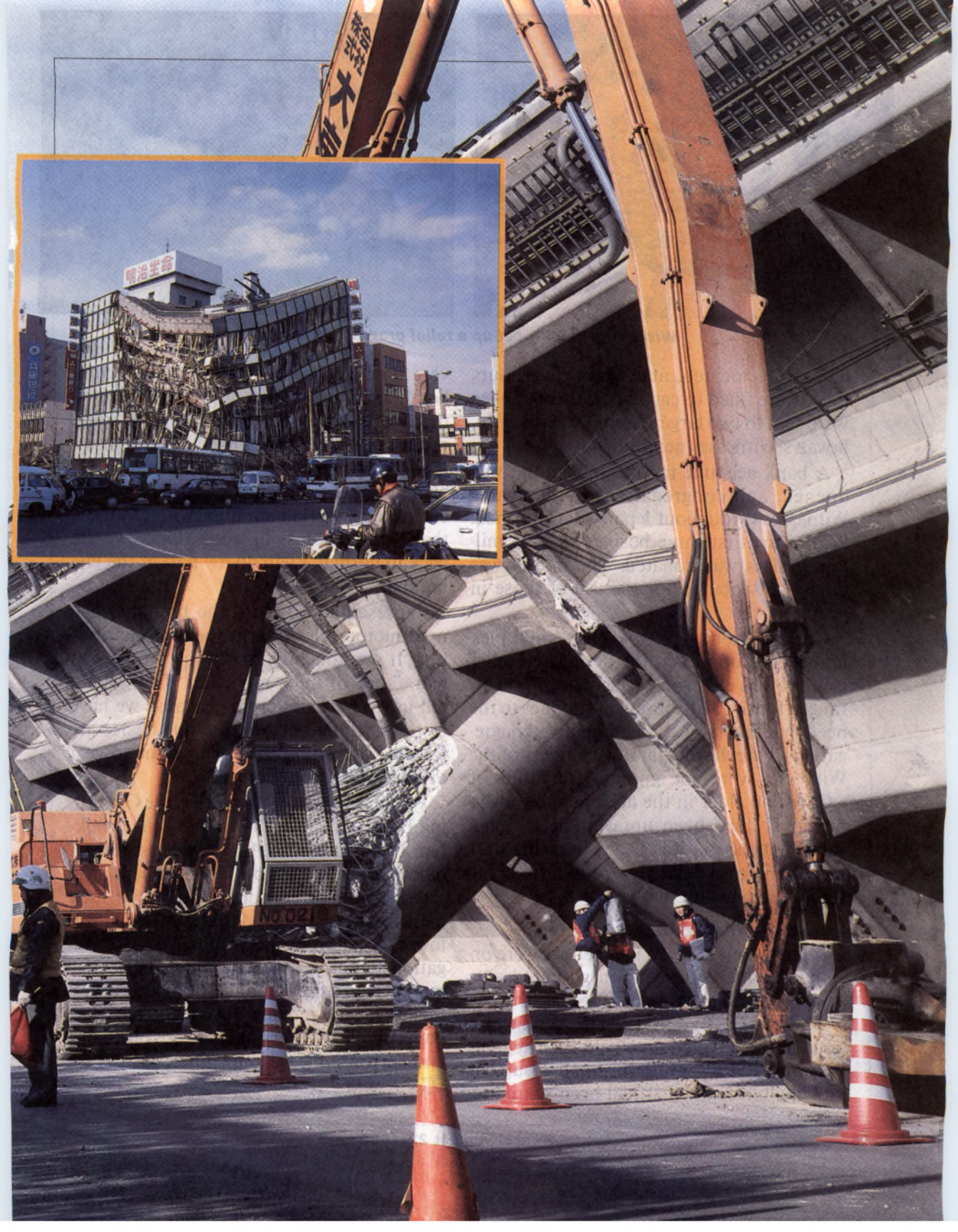
The branch office of Jehovah's Witnesses, located in Ebina, Japan, soon sent four representatives to the Kobe area to organize the relief work. "We immediately agreed to find Kingdom Halls that were not destroyed and to send relief supplies to them," one representative reported. "Six



Destroyed railway station



Collapsed overpass


明治生命





Witnesses quickly set up a relief program for victims

halls were located, and within five hours these were filled to capacity. Other supplies were sent to two large Assembly Halls of Jehovah's Witnesses nearby."

A bank account for the relief fund was opened, and congregations of Jehovah's Witnesses throughout Japan were informed. Within the first three business days, a million dollars was donated. The money was quickly distributed for the use of those in need.

Congregations were told they could pick up needed supplies at the designated relief centers. The elders in each congregation arranged for the distribution of supplies to the needy members of their respective congregations. Unbelieving family members of the Witnesses were not ignored. The father of a Christian elder in the affected area—who previously had been unfavorable to Jehovah's Witnesses—was heard bragging over the phone to a relative: "People from my son's religion come and help us!"

More Than Material Assistance

Immediately, Christian meetings were organized. One congregation gathered at a park for their meeting on Tuesday, the day of the quake. By Sunday most congregations in the affected area held their regular *Watchtower* Study, either in small groups or in Kingdom Halls that had been spared severe damage. Appropriately, the December 1, 1994, *Watchtower,* which was studied that week, discussed the privilege of using resources "to help victims of natural disasters." A woman at the meeting commented: "For the first time, we are at the receiving end of relief work. I am filled with gratitude that I can't express in words. Once we are back to normal, I will do my part at the giving end."

Representatives from the branch office used motorcycles to visit the areas hardest hit. "It was touching to see the brothers in tears," one of them reported. "They would tell us, 'We are not crying because we have lost everything but because our hearts are touched by you brothers who came to visit us all the way from Ebina.'"

Within 24 hours of the quake, the Governing Body of Jehovah's Witnesses in Brooklyn, New York, U.S.A., as well as branch offices in other parts of the world, sent messages expressing concern. Many more such messages were received in the days that followed. A fax from the Wŏnju West Congregation, Republic of Korea, which had lost 15 members in a firebombing two years earlier, was especially moving.* It concluded: "The pains of our brothers in Kobe are our pains and sorrows. Please remember, just as we

* See *Awake!* of April 22, 1993, pages 25-7.

have experienced, you are not alone when you are in distress. Dear brothers, do not give up!"

The branch representatives made arrangements for continued spiritual support. For example, additional traveling overseers were temporarily assigned to the Kobe area to provide encouragement. And Christian elders from other parts of Japan were also invited to visit Kobe for a week or so at a time to provide spiritual and emotional support to those who were suffering.

With such care and encouragement from fellow believers worldwide, the Witnesses in the affected area maintained a positive and appreciative attitude. After attending the first meeting following the quake, one Witness said: "We were a bit anxious until yesterday, since we did not have anywhere to go. But coming here and hearing the kind arrangements that have been made for our benefit, including laundry service, provisions for taking baths, and the use of the Assembly Halls as temporary residences, has really relieved us of our anxieties. This truly is God's organization!"

Indeed, putting emphasis on spiritual riches has helped the Witnesses to cope. A woman in her early 20's said: "My mother taught me from the time I was three to put my trust in Jehovah. Her training and that received through the Christian congregation has helped me to bear this distressing experience."

Organized to Rebuild

About 350 houses of the Witnesses were severely damaged or destroyed; a hundred of these were privately owned. More than 630 additional houses of the Witnesses required minor repairs. Also, ten Kingdom Halls were so badly damaged that they were unusable.

Quickly, arrangements were made to reconstruct Kingdom Halls for the congregations that had lost theirs. And the 11 Regional Building Committees in Japan each organized a team of 21 persons to repair the damaged houses of Witnesses.

A Sign of the Times

Earthquakes are occurring with greater frequency. "Last year alone," noted *Maclean's* magazine, "there were several quakes [in Japan] bigger than the one in Kobe." One was a major quake with a magnitude of 8.1, but it struck a sparsely populated area in the north.

Such an increase in earthquakes does not surprise Jehovah's Witnesses. Why, right after the quake shook his house in Kobe, five-year-old Atsushi marched around saying: "There will be earthquakes in one place after another"! (Mark 13:8) He had learned this prophecy from his mother. Jesus Christ included earthquakes as part of "the sign of [his] presence and of the conclusion of the system of things." Other parts of that sign include wars, food shortages, pestilences, and the cooling off of the love of the greater number.—Matthew 24:3-14; 2 Timothy 3:1-5.

The Kobe quake is only further evidence that we are living in the last days of this world. Happily, it is part of Jesus' sign now undergoing fulfillment that proves that soon this world will be replaced by a righteous new one.—1 John 2:17.

IN OUR NEXT ISSUE

Hubble Trouble —How Did It Turn Out?

1945-1995—50 Years of Progress?

Will There Be Enough Water?

"Global Urgency"

At the Summit on AIDS held in Paris on the seventh annual World AIDS Day, the UN secretary-general, Boutros Boutros-Ghali, asked the heads of state and the health ministers from 42 countries and 5 continents "to declare a state of global urgency" in view of the alarming progression of the AIDS pandemic. Between July 1993 and July 1994, despite worldwide efforts to check the spread of AIDS, the total number of AIDS cases in the world increased by 60 percent, reaching some four million. In a grim report, the World Health Organization warned that at the present rate of growth, the AIDS pandemic is indeed "threatening the future of entire societies," and it predicted that as early as the year 2000, between 30 million and 40 million persons will have been infected by the deadly AIDS-causing HIV virus.

"The Worst Drug"

A recent headline in the Brazilian newspaper *Jornal do Brasil* labeled cigarettes "the worst drug." According to the director of Brazil's National Cancer Institute, Dr. Marcos Moraes, the tobacco industry is targeting young people. He explained that the "earlier a youth begins smoking, the longer he will continue to smoke. And the longer he is exposed to smoking, the greater the health risks." Dr. Moraes notes that among the 30 million smokers in Brazil, "2.4 million are children and adolescents." He adds that "cigarettes kill more [people] than AIDS, cocaine, heroin, alcohol, fires, car accidents and suicides put together."

More Violence Against Women

"Assaults on women by their husbands or male partners are the world's most common form of violence," says the newspaper *The Australian* in an article about a UN report. The article explains that "up to a quarter



of the women in the world are violently abused." In some countries, such as Chile, the Republic of Korea, Pakistan, Papua New Guinea, and Thailand, this rate is even higher. In one country, about 80 percent of the female population are abused, stated another newspaper, *The Sydney Morning Herald,* in discussing the same UN report. Many of the victims also endure ongoing emotional abuse. Domestic violence is very difficult to solve because it almost always occurs in the privacy of the home. Often friends, neighbors, and relatives are reluctant to report it.

Toxic Fumes

Health officials in the United States are concerned over the number of carbon monoxide (CO) poisonings. *MMWR* (*Morbidity and Mortality Weekly Report*) states that "nationally, approximately 590 deaths occur annually from unintentional CO poisoning." This does not include the many nonfatal cases of CO poisoning. Because the deadly gas is colorless, odorless, and tasteless, it is difficult to detect. The gas impairs the blood's ability to carry oxygen to the cells, causing headaches, nausea, anomalies in the nervous system, coma, and death. According to *MMWR,* the "accumulation of CO may be associated with any combustion process occurring indoors (e.g., home heating, cooking, or a running vehicle or gasoline-powered tool) —particularly when ventilation is inadequate."

Is Four-Wheel Drive Safer?

Many believe that it is always safer to drive a four-wheel-drive vehicle, especially in snow and ice. However, "when it comes to stopping, four-wheel-drive vehicles have no advantage over two-wheel-drive vehicles," reports *The Wall Street Journal.* According to insurance officials, some of the most popular models actually have "worse than average injury and collision insurance claims." Evidently, many drivers become overconfident and take unnecessary risks when driving vehicles with four-wheel drive. Marc Schoen, a researcher at the UCLA Medical Center in Los Angeles, noted that "through movies and TV, people have come to associate four-wheel drives with a sense of independence and freedom."

This sense of power and invincibility can interfere with sound judgment, which is ultimately the best policy for safe driving.

Toys That Inspire Violence

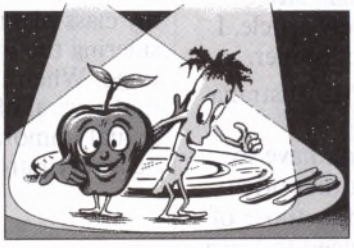
A TV program about teenagers who transform, as by magic, into martial-arts warriors has become the craze among children in the United States. The TV characters are known as the Mighty Morphin Power Rangers. School authorities are concerned over what seems to be obsessive behavior displayed by small children imitating the violent acts of the Power Rangers. *The Wall Street Journal* reports that in a recent study, 96 percent "of teachers polled say they have witnessed a Morphin-inspired act of aggression." In some cases the children are as young as three years of age. "Small children may suddenly turn into frenzied, brawling boxers," says the *Journal*. The popularity of the program is reflected in the expected $300 million to be generated in one year by the sales of Power Ranger toys.

New Device Warns of Heart-Attack Risk

Scientists in Victoria, Australia, have developed a new device that when placed against the skin over a key artery in the neck predicts the risk of heart disease. Without invasive surgery, it measures blood velocity and variations in blood pressure after each heartbeat. A computer can then be used to calculate "the elasticity of the patient's entire cardiovascular system," says the report in the newspaper *The Sydney Morning Herald*. The tool promises to be more accurate than conventional methods of determining a person's risk of cardiovascular disease. While high cholesterol levels and high blood pressure are strong indicators of risk, "many people in these categories never have a heart attack," says the report, adding that "with the use of this test, [they] would be spared from taking expensive cholesterol-lowering drugs or following strict diets they do not need."

"Eat Your Fruits and Vegetables"

For decades scientists have recommended the intake of carotenoids as food supplements. Beta-carotene is a well-known carotenoid, and it has been associated with the prevention of heart attacks, strokes, and certain cancers. However, new



studies question the benefits of beta-carotene supplements. According to *The New York Times*, food scientist Dr. Paul LaChance "cautioned against taking supplements of individual carotenoids." He explained that "in nature we get a mix of carotenoids, and we don't yet know how important it is to get this mix." Another researcher, Dr. Regina Ziegler, recommends that "until we identify the protective entities in fruits and vegetables, we can't encapsulate them into a pill." The *Times* notes that "most experts have returned to the advice traditionally given by mothers: 'Eat your fruits and vegetables.'"

Church Resignations

According to the Catholic newspaper *Christ in der Gegenwart*, 28 million persons in Germany, or one third of the population, are Catholic. In the years 1992 and 1993, a total of almost 350,000 persons resigned from the Catholic Church. Bishop Karl Lehmann, chairman of the German Bishops Conference, fears that a new federal tax, to be introduced in 1995, will lead to a more rapid increase in resignations, reports the *Süddeutsche Zeitung*. Church members in Germany are required to pay a church tax. Thus, it is felt that some Catholics will try to avoid the new federal tax simply by pulling out of the church.

Life in the Big City

Although London, England, is Europe's biggest city, according to the newspaper *The Independent*, its seven million inhabitants are not altogether happy about living there. Of the Londoners polled, 6 out of 7 believe life in the capital has worsened over the past five years, with pollution and traffic congestion being among their major worries. When asked which people they trusted, 64 percent cited doctors, with the police and teachers inspiring less confidence. A mere 2 percent felt they could trust businessmen working in London's financial district. About 60 percent believed that this area was "full of people who make themselves rich at other people's expense without creating real wealth."

FROM OUR READERS

Listening The article "Are You an Empathetic Listener?" (December 8, 1994) was just what I needed. A friend told me several times that he doesn't like it when I say that his problems really aren't that bad and then proceed to give him unrequested advice. To be honest with you, I thought he had the wrong attitude. Now I see that I was wrong!

S. H., United States

I had been waiting for an article like this one, but it surpassed all my expectations. All too often, we underestimate the importance of knowing how to listen. Yet, most of us have dreamed of receiving such attention ourselves.

S. D., Italy

I am 18 years old, and I often find myself not knowing what to say in certain situations. But after reading that lovely article, I feel that I can be an empathetic listener.

J. M., Australia

It's good to know that we don't have to solve each problem we hear but that often listening is enough. Especially may those of us from dysfunctional families need to learn basic communication skills. Thank you for continuing to use the Bible to teach us how to live.

J. D., United States

Improved Artwork I majored in visual design in school. At the same time, I was studying the Bible with Jehovah's Witnesses. But when I would take *Awake!* to school, my fellow students used to complain about its design—that the 'color sense' was bad and so forth. In recent months, however, the designs have been truly outstanding. I really feel proud of the magazines!

N. I., Japan

Damaged Atmosphere I just finished reading the article "When Our Atmosphere Is Damaged" and enjoyed it very much. (December 22, 1994) You certainly have a knack for selecting meaningful subjects to write about. Several times, though, you mentioned global warming but gave no proof. Careful! If the opposite should one day prove true, there would be a journalistic penalty to pay.

M. L., United States

We did not endorse the theory of global warming but merely reported the fact that a number of reputable scientists believe it is taking place. Whether the controversial theory will be verified or disproved by further research remains to be seen.—ED.

Class Trips I was pleased to read your article "Young People Ask . . . What About Class Trips?" (October 22, 1994) Years ago my class planned a one-week trip. After considering the matter in prayer, I decided not to go. When the class came home, I learned that several of my classmates had engaged in sexual immorality. Indeed, such trips could be a very hard test for a Christian youth.

J. S., Norway

The article really helped me because I have gone on a number of field trips. The questions you presented enable a youth to analyze the situation. Thank you for helping me put class trips into perspective.

M. R., United States

Recently I was invited to take part in a class trip to a place I've always wanted to see. I decided to forgo the trip, although I had already bought the ticket. Later I began to think about what I had missed. But your article arrived at the right time. After reading it, I was sure I had made the right decision.

L. S. B., Brazil



THE WORLD'S LARGEST CASHEW TREE

BY *AWAKE!* CORRESPONDENT IN BRAZIL

THE *world's* largest? According to *Guinness O Livro dos Recordes 1994,* it may well be. Located near the coast of Rio Grande do Norte, the cashew tree here pictured is certainly the largest in Brazil. Indeed, this single tree presently covers the area of a large city block—equivalent to 70 average-size cashew trees!

The cashew tree is an evergreen that usually ranges in size from a small shrub to a tree some 65 feet in height. The small flowers of the cashew tree contrast vividly with its large, leathery leaves. Its edible seed is the delicious cashew nut, which appears to have been forcibly sunk into a pear-shaped fruit called the cashew apple. Strangely enough, the cashew tree is related to poison ivy, and those who handle it must exercise care. The nut has two shells, and between these shells there is an oil that can cause blisters on the skin. Thankfully, the roasting process removes the nut's poisonous properties.

Oddly, the kidney-shaped nut appears to grow outside the fruit, as though its Creator forgot the nut and glued it on afterward. The apple supports the nut. Therefore, some call the nut the real fruit of the tree. In any case, just think, the next time you eat cashew nuts, you may be eating the produce of the world's largest cashew tree!

Who Really Rules the World?



That arresting question is the title of a tract that is distributed by Jehovah's Witnesses. Last year a woman from Mississippi, U.S.A., wrote: "When a young man asked me that question, I was undecided on my answer." She noted: "It seemed to me that the world is hardly run as God would have it."

Then she added: "I see from the Scriptures given in that tract that I had not fully understood before what the Bible tells us on that matter. One of our Christmas carols, 'Joy to the World,' says God rules the world, which, as a matter of truth, is deceptive."

The woman concluded: "I do not usually write this sort of letter but felt you should be assured that in at least this instance, your work is appreciated."

Awake!

September 8, 1995



1945-1995

What Have We Learned?

Awake!

Average Printing 12,990,000 Published in 75 Languages

1945-1995 What Have We Learned?

3-14

Fifty years have passed since the end of World War II. In what ways has humankind progressed? What are some of the barriers to progress? What hope do we have for perfect government?



Cover: USAF photo



Hubble Trouble —How Did It Turn Out? 15

The Hubble telescope was a great disappointment. Now it is a great success—what has made the difference?



Maps to Meet Your Needs 22

How could we travel without maps? But do you know how to make the best use of them?

How Was the World 50 Years Ago? 3

1945-1995—50 Years of Progress? 6

How Is Our World Today? 8

1995—What of Our Future? 12

The Bible's Viewpoint
Your Role in Your Prayers 20

"Come With Us
to Hungary's Vineyards!" 25

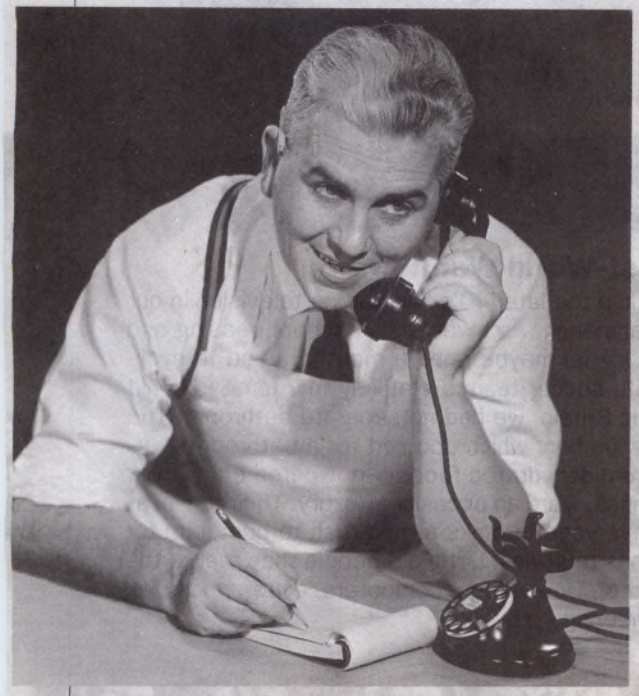
Watching the World 28

From Our Readers 30

Will There Be Enough Water? 31

"I Could Not Contain My Tears" 32

Pages 2 and 3: Churchill, Roosevelt and Stalin at Yalta: UPI/Bettmann; Car: Index Stock Photography; Woman: Index Stock Photography; Space telescope: NASA photo; Man on phone: Index Stock Photography; Background: U.S. Army photo



How Was the World 50 Years Ago?

ARE you old enough to remember how the world was in 1945? It was just starting to recover from World War II that began in 1939 when Britain and France declared war on Germany because of the Nazi invasion of Poland. If you are too young to remember that, do you remember the war in Korea that broke out in 1950? Or the war in Vietnam that lasted from the 1950's till 1975? Or the war in Kuwait provoked by Iraq in 1990?

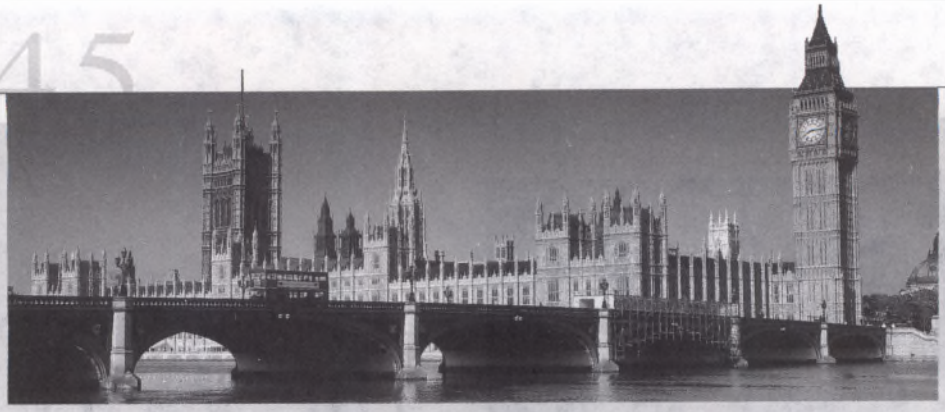
Doesn't it strike you as remarkable that when we review history since World War II, we have to recall so many more wars that have sown misery and suffering for millions of people and that have destroyed the lives of other millions? What legacy did World War II leave for people back then?

Effects of World War II

Some 50 million people were killed in World War II, and by 1945, millions of refugees were wandering across Europe trying to return to their homes in bombed-out cities and towns and to rebuild their shattered lives. Hundreds of thousands of women and girls, especially in Russia and Germany, were trying to recover from the trauma of rape at the hands of invading armies. Rationing prevailed over most of Europe—food and clothing were in short supply. Hundreds of thousands of demobilized soldiers were looking for jobs. Millions of widows and orphans were grieving for their lost husbands and parents.

Jews were still trying to absorb the reality of the Holocaust that wiped out millions

1945



Memories of the Post-World War II Era

One Englishman now in his 60's recalls: "Back in the late '40's, we had no television in our home. Radio was the chief stimulus to our imagination. As I was still in school, reading and homework kept my mind busy. I went to the cinema maybe once a month. I used to cycle several miles on Saturdays to watch my favorite soccer team. Relatively few families could afford a car or a telephone. Like millions more in Britain, we had no separate bathroom. The toilet was outside, and the bathtub was in the kitchen, which doubled for a bathroom. During the war, we had survived on meals made from dehydrated foods—powdered eggs, milk, and potatoes. Fruits, such as oranges and bananas, were an occasional luxury. Their arrival at the local greengrocery shop was a signal for everyone to make a mad rush to queue up for their ration. Many women had to work in munitions factories. Little did people then realize the incredible changes that were in store—a world of TVs, videos, computers, cyberspace, fax communications, spaceflight, and genetic engineering."

of their fellow Jews and the possibility of their producing other generations. Millions of people—from America, Britain, France, Germany, Russia, and many other nations—died in that war. A huge genetic pool potential was lost in order to further the political and commercial interests of the world powers and their rulers.

Many countries were so battered by World War II that their first priority had to be economic recovery. Food shortages remained prevalent in Europe for several years after the war. Spain, although officially neutral during World War II, had been deeply affected by its own civil war (1936-39) and by trade embargoes—food ration books were still in use until June 1952.

In the Far East, the memory of Japanese atrocities was still fresh in the minds of victims in Burma, China, the Philippines, and other Oriental countries. The United States, although a victor nation, suffered the loss

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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of some 300,000 military personnel, about half of these losses being in the Pacific war zones. In Japan, poverty, tuberculosis, and long food ration lines were the lot of the civilian population.

Churchill's Call to Action

In his victory speech presented to the British people on May 13, 1945, at the conclusion of World War II in Europe, Prime Minister Winston Churchill stated: "I wish I could tell you to-night that all our toils and troubles were over. . . . I must warn you . . . that there is still a lot to do, and that you must be prepared for further efforts of mind and body and further sacrifices to great causes." With farsightedness, anticipating the spread of Communism, he said: "On the continent of Europe we have yet to make sure that . . . the words 'freedom', 'democracy', and 'liberation' are not distorted from their true meaning as we have understood them." Then he uttered a challenging call: "Forward, unflinching, unswerving, indomitable, till the whole task is done *and the whole world is safe and clean.*"—Italics ours.

A Half Century of Conflicts and Death

In a speech in 1992, UN Secretary-General Boutros Boutros-Ghali admitted that "since the creation of the United Nations in 1945, over 100 major conflicts around the world have left some 20 million dead." Pushing the death toll even higher, *World Watch* magazine stated: "This has been the least peaceful century in history." The same source quotes one researcher as saying that "more people have been killed by wars in this century than in all previous human history combined. Some 23 million of those deaths have been inflicted *since* World War II."

The Washington Post, however, reported yet another estimate: "Since the end of World War II, about 160 wars have been waged around the globe, resulting in more than 7 million battlefield deaths and as many as 30 million civilian deaths. In addition, there have been the wounded, the raped and those made refugees." None of this takes into account the millions of victims of violent crime earth wide during the last 50 years!

Now, in 1995, we still have lethal conflicts fired by burning hatred that are killing off not just soldiers who have contracted for possible death but also thousands of civilians in Africa, the Balkans, the Middle East, and Russia.

Can we therefore say that 50 years after 1945, "the whole world is safe and clean"? What progress has mankind made toward making our earth a fit and safe place to live? What have we learned in 50 years? Has mankind progressed in the things that really matter—values, morals, ethics? The next two articles will answer these questions. A fourth article will discuss the future prospects for all of us in our global village.

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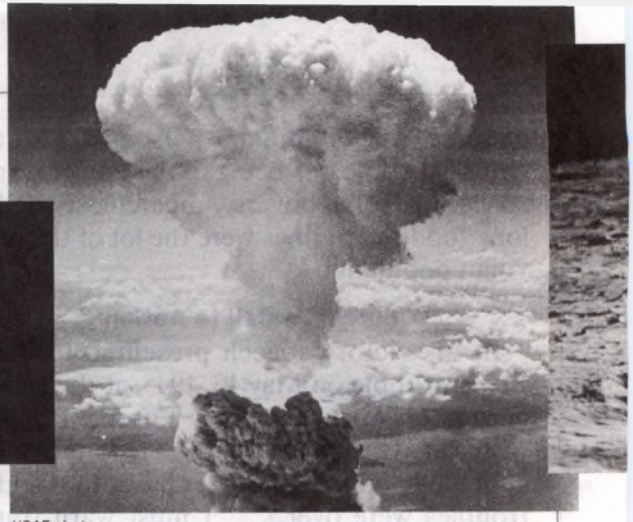
1945-1995
50 Years of Progress?



USAF photo

HAVE you seen some improvements in the quality of your life over the last 50 years?* Consider medicine. In some countries, such as Britain, Canada, Cuba, and Sweden, the introduction of the welfare state, with its system of social medicine, guaranteed that regardless of patients' economic standing, doctors and hospitals would be available to all.

Even some of the developing nations have been able to improve health standards for their citizens. *JAMA* (*The Journal of the American Medical Association*) recognized that "some third world health ministries have succeeded in providing universal-access primary health care at a cost their countries can sustain. . . . Remarkable progress has been made in reducing infant and childhood mortality in China, Costa Rica, Sri Lanka, and the Indian state of Kerala."

Material Improvements

Compared with the economic situation in 1945, many people are far better off materially in 1995. Many who 50 years ago would not have been able to afford luxuries now own cars, TVs, VCRs, CD players, refrigerators, cellular phones, and other products of modern life. Perhaps you are one of those millions.

As the authors of the book series *A History of Private Life* explain, "for thirty years after World War II France [along with other western European countries] experienced steady economic growth, which, while not eliminating class distinctions, brought new prosperity to all classes of society. With a 'decent' house, a 'modest' automobile, and a television set, along with the added blessings of the welfare state and modern medicine, everyone could enjoy, if not paradise on earth, at least a tolerable existence."

The question is, however, Do more material things mean that people are better off in every sense? Does the accumulation of material benefits automatically mean that life is better or safer? More possessions for some still leaves many poor people without. That increases the temptations for thievery, mugging, fraud, and other more violent crimes. Some of the have-nots are determined to become the haves—by hook or by crook. For example, in New York City, more than 100,000 cars are stolen each year. Material benefits do not guarantee a more secure life.

There have been improvements in other fields, although not as much as some would have liked.

Women—Then and Now

World War II gave impetus to a new role for some women. Many were used to being mothers and housewives, while the husband

* Because of space limitations, our coverage does not include all aspects of progress or change over the last half century.



NASA photo

was the breadwinner. The second world war changed all of that. Men were taken off to war, and their wives suddenly found themselves working in munitions factories or in other jobs vacated by the men. In more recent times, some have gone into the armed services and learned to kill. Millions of women became wage earners and got a glimpse of a different life-style with its financial independence. That was the thin edge of the wedge that gradually opened the door to the "liberated woman" of today. In their battle for equality, some women say there is still a long way to go in many countries. They say there is a "glass ceiling" that impedes their upward mobility in many jobs.

Mass Migrations Create Problems

Another huge change over the last 50 years is the abandoning of village life and agriculture in an effort to find a better life in the city. For some this dream has come true. But what have been the results for many others?

Each year millions migrate to the already overpopulated cities, where housing is insufficient and expensive. One result? Shantytowns that become a breeding ground for disease, crime, and political destabilization. These homemade dwellings, put together from discarded scraps of cardboard, wood, or corrugated iron, are the hovels, *barracas* or *chabolas* (Spanish), that house the struggling and impoverished underclasses of the world. These shantytowns—*favela* in Portuguese and *gecekondu* in Turkish (meaning "built in a night")—are a fact of life that cannot be ignored, whether in Africa, India, South America, or anywhere else.

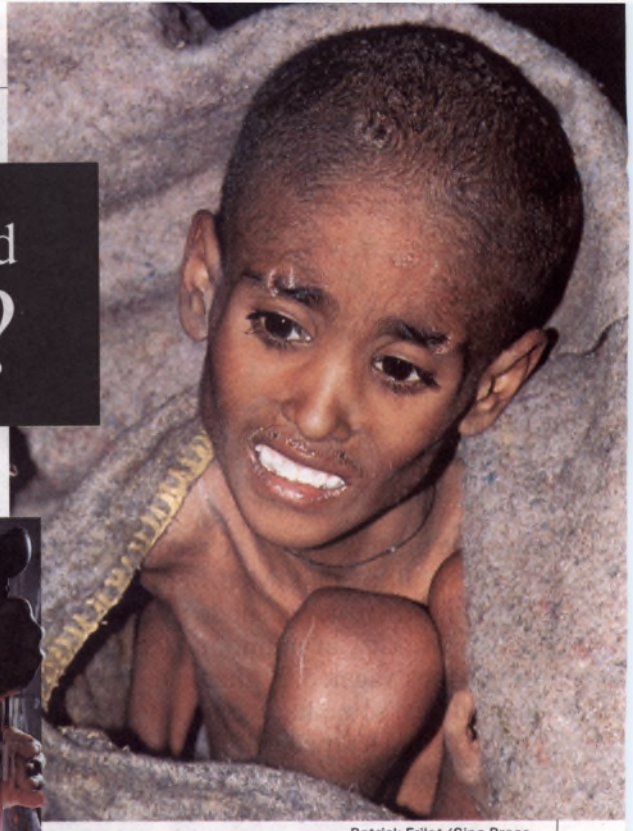
The Present and Future for Some African Countries

What can be said of Africa? Two doctors writing in *JAMA* headlined their article: "Africa on the Precipice—An Ominous but Not Yet Hopeless Future." They recognized that the political and social conditions in most of Africa present a minefield of problems. They wrote: "For sub-Saharan Africa [an area of 45 countries], the past 20 years have been disastrous. The region has been beset by famines, droughts, civil wars, political corruption, AIDS, a rapidly increasing population, decreased food production, environmental degradation . . . Experts are unanimous in their prediction that further economic decline, poverty, and suffering are inevitable, at least in the short term." The same article reports that 32 of the world's 40 poorest countries lie in sub-Saharan Africa.

Now what about the current moral climate in the world? The next article will briefly discuss the world's "progress" in this regard.

1945

How Is Our World TODAY?



Patrick Frilet/Sipa Press





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HAVE you who are old enough to remember 1945 seen any change in standards and morals? Millions have embraced the "new morality," which supposedly offers greater freedom. But at what price?

A 70-year-old man who served in the U.S. Navy during the second world war stated: "In the 1940's, there was much greater trust, and neighbors helped one another. Where we lived in California, we didn't even have to lock our doors. There was no street crime, and there was certainly no armed violence at schools. Since that time trust has practically vanished." What is the situation today in your part of the world? It is reported that in New York City, half the teenagers over 14 years of age carry weapons. Metal detectors are used in some schools in an effort to keep out knives, box-cutters, and guns. Each year about one million teenagers in the United States get pregnant, and 1 in 3 of these

have abortions. Young teenagers are already mothers—children having babies.

The powerful homosexual and lesbian lobby has promoted its life-style so effectively that more and more people have condoned and embraced it. But, along with others, they have also paid a high price in sickness and death due to sexually transmitted diseases such as AIDS. The AIDS epidemic has spread to the heterosexual population and to drug abusers. It has cut a mortal swath through Africa, Europe, and North America. And there is no end in sight.

A History of Private Life states: "Violence, alcoholism, drugs: these are the principal forms of deviant behavior in Swedish society." That statement stands true for most of the countries in the Western world. With the collapse of religious values, there has been a flood of moral degradation, even among many of the clergy.

Drug Abuse—Then and Now

Back in the 1940's, drug abuse was almost unknown among the general population of the Western world. Yes, people had heard of morphine, opium, and cocaine, but only a relatively small group abused these drugs. There were no drug lords or peddlers as we know them today. There were no junkies on street corners. Now what is the situation in 1995? Many of our readers know the answer from their experiences in their own neighborhoods. Drug-related murders are becoming the daily fare of many of the principal cities of the world. Politicians and judges are held captive to powerful drug lords who can order and obtain the liquidation of any uncooperative influential person. The recent history of Colombia and its drug connections is proof of this.

The drug plague reaps about 40,000 lives each year in the United States alone. That problem certainly did not exist in 1945. It is no surprise that after decades of governments trying to eradicate drug abuse, Patrick Murphy, a former police commissioner of New York City, wrote an article for the *Washington Post* with the heading "The War on Drugs Is Over—Drugs Won"! He says that "the drug trade . . . is now among the most successful enterprises in the [United States], with profits that could reach as high as $150 billion this year." The problem is massive and seems insoluble. Drug abuse has a growing clientele, and as with many other vices, its clients are hooked. It is an industry that underpins the economy of several nations.

John K. Galbraith, professor of economics, wrote in his book *The Culture of Contentment:* "Drug dealing, indiscriminate gunfire, other crime and family disorientation and disintegration are now all aspects of

Wars, such as the one in Vietnam, have cost more than 20 million lives since 1945



everyday existence." He states that minority communities in many major American cities "are now centers of terror and despair." He writes that "greater resentment and social unrest should be expected." Why is that? Because, he says, the rich are getting richer and the poor, "the underclass," who are growing in numbers, are getting poorer.

The Tentacles of International Crime

Evidence is now mounting that criminal groups are spreading their influence worldwide. For years organized crime, with its "crime families," has had its links between Italy and the United States. But now UN Secretary-General Boutros Boutros-Ghali has warned that "organized crime on a transnational scale . . . scoffs at frontiers and becomes a universal force." He said: "In Europe, in Asia, in Africa and in America, the forces of darkness are at work and no society is spared." He also said that "transnational crime . . . undermines the very foundations of the international democratic order. [It] poisons the business climate, corrupts political leaders and undermines human rights."

The UN Since 1945

Why has the UN, formed in 1945, been incapable of preventing so many wars? Secretary-General Boutros Boutros-Ghali stated in his speech "An Agenda for Peace": "The United Nations was rendered powerless to deal with many of these crises because of the vetoes—279 of them—cast in the Security Council, which were a vivid expression of the divisions of that period [of the Cold War between the capitalist and the Communist governments]."

Is it that the UN has not attempted to keep the peace between nations? It has tried, but at a high cost. "Thirteen peacekeeping operations were established between the years 1945 and 1987; 13 others since then. An estimated 528,000 military, police and civilian personnel had served under the flag of the United Nations until January 1992. Over 800 of them from 43 countries have died in the service of the Organization. The costs of these operations have aggregated some $8.3 billion till 1992."

Tank and missile: U.S. Army photo



The Map Has Changed

Vaclav Havel, president of the Czech Republic, said in a speech given in Philadelphia, U.S.A., that the two most important political events in the second half of the 20th century were the collapse of colonialism and the fall of Communism in Eastern Europe. A comparison of a 1945 map with one of 1995 soon shows the upheavals that have occurred on the world stage, especially in Africa, Asia, and Europe.

Compare the political situation for the two dates. During the intervening 50 years, Communism reached its zenith only to end up being defrocked in most former Communist countries. In those nations totalitarian rule has given way to some form of "democracy." However, many people are suffering the effects of the transformation of their society to a market-based economy. Unemployment is rampant, and often money is worthless. In 1989 the Russian ruble was worth $1.61 (U.S.). As of this writing, you need over 4,300 rubles to equal one dollar!

The magazine *Modern Maturity* reported that today about 40 million Russians live below the poverty line. One Russian said: "We can't even afford to die. We can't afford the funeral." Even a cheap funeral costs about 400,000 rubles. Unburied bodies are piling up at morgues. At the same time, it should be noted that over 36 million Americans live below the poverty line in the United States!

The *Guardian Weekly* finance correspondent, Will Hutton, wrote about Eastern Europe's problems. Under the title "Enter the Age of Anxiety," he stated: "The collapse of communism and the retreat of Russia to its smallest size since the 18th century are events whose implications are still barely understood." Some 25 new states have replaced the former Soviet empire. He says that "the jubilation with which the collapse of communism was greeted has now passed into growing anxiety about the future. . . . Descent into economic and political anarchy is ever more likely—and western Europe cannot expect to remain immune."

With such a pessimistic outlook, little wonder that Hutton concludes his article saying: "The world needs a compass better than simple appeals to democracy and markets—but there is none to hand." So where can the nations turn for a solution? The following article will offer an answer.



Television
Educator or Perverter?

Relatively few homes had television in 1945. It was still in its naive infancy of black and white images. Today, TV is a condoned thief and interloper in almost every home of the developed world and in every village in the developing world. Although a minority of programs are educational and upbuilding, the majority are degrading to moral values and pander to the public's lowest common denominator. With the popularity of films on video, the exploitation of pornography and X-rated movies is another nail in the coffin of good taste and healthy morals.

1995
What of Our Future?

"The world needs a compass better than simple appeals to democracy and markets—but there is none to hand."
—Will Hutton, *Guardian Weekly*.

FROM the human standpoint, that statement might seem true. The world appears to be lacking a reliable compass to point out the direction to peace, security, justice, equity, and good government. Man has tried just about every system of government, from monarchies to republics, from dictatorships to democracies, and still he finds his world almost ungovernable. Which way should he now turn?

There appears to be a choice—the pathway down to a world of more violence, crime, corruption, injustice, religious and political hypocrisy, nationalistic hatred, and exploitation of the poor. That is the path that some say leads to anarchy.

Or there is the stiff, self-sacrificing climb to a better world that is based on God's solution for government, found in the Bible. It is stiff because it requires moral courage, personal sacrifice, a spiritual outlook on life, and belief in a purposeful God. But for that climb to be successful man must also be humble—humble before his Creator. He must turn to God for righteous rulership. The Christian apostle Peter counseled: "Humble yourselves, therefore, under the mighty hand of God, that he may exalt you in due time; while you throw all your anxiety upon him, because he cares for you."—1 Peter 5:6, 7; Revelation 4:11.

Who Throws the Switch of Hatred?

Man alone cannot permanently change this world for the good—the selfish, evil elements are too numerous and too powerful. The prophet Jeremiah was right when he wrote: "I well know, O Jehovah, that to earthling man his way does not belong. It does not belong to man who is walking even to direct his step." (Jeremiah 10:23) Without God, man cannot direct his steps successfully for the benefit of the whole human family. Why is that? Because in addition to our inherent imperfection there is always that invisible enemy Satan, who is ready to throw the switch, as he did in Rwanda, turning people loose in a bloodletting conflict. —Genesis 8:21; Matthew 4:1-11.

In order to throw that switch of prejudice, hatred, and murder in people's hearts and minds, Satan has inculcated the nations with notions of national, tribal, and religious superiority. This deep-seated education in hatred is implanted from infancy by parents whose minds are locked into it, often by centuries of tradition. This tradition is then fortified by school systems and religious teachings. Thus millions of people

are raised with hatred and prejudice in their hearts. They are conditioned, brainwashed from infancy, to turn against their fellowman at the behest of unscrupulous political and religious demagogues. The spewing of irrational slogans and sound bites can throw a switch, can light a wildfire, that terminates in an "ethnic cleansing" or a pogrom.

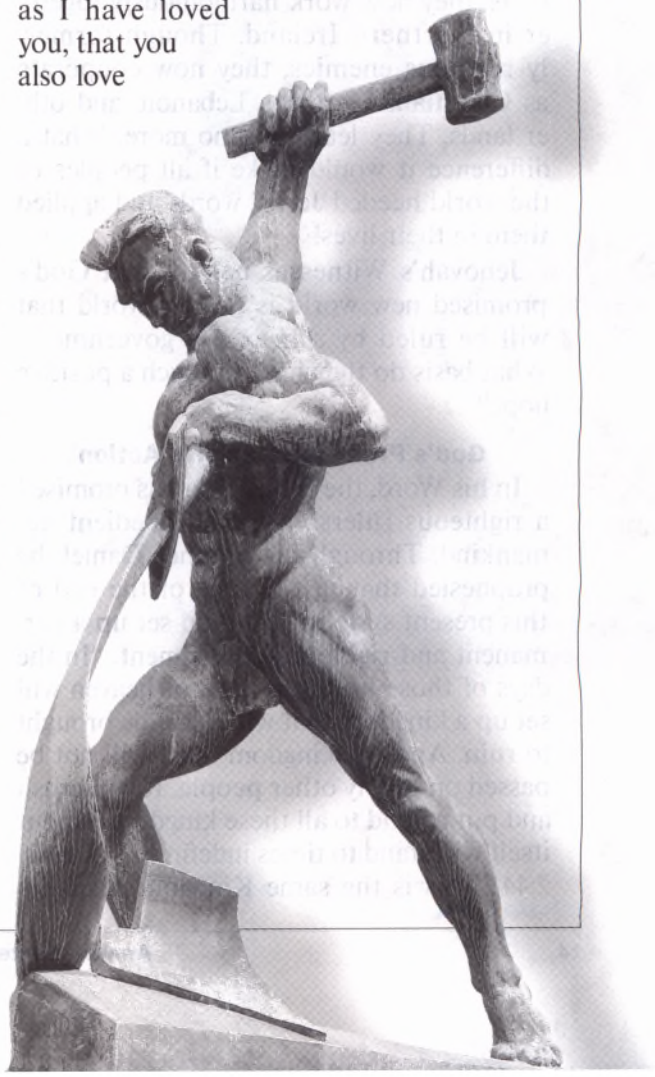
Indicating what the near future might hold, Martin van Creveld, a military historian in Israel, wrote in *The Transformation of War:* "From the vantage point of the present, there appears every prospect that religious . . . fanaticisms will play a larger role in the motivation of armed conflict" in the West than at any time "for the last 300 years." Thus religion, instead of being a force for peace and for elevating mankind's spirituality, is stagnating in its historical role of provoking hatred, conflict, and killing.

A Different Future Promised

If humankind is to qualify for life in a just new world, then they must share in fulfilling Isaiah's prophecy: "He [Jehovah] will instruct us about his ways, and we will walk in his paths. . . . And he will certainly render judgment among the nations and set matters straight respecting many peoples. And they will have to beat their swords into plowshares and their spears into pruning shears. Nation will not lift up sword against nation, neither will they learn war anymore."—Isaiah 2:3, 4.

Who today are heeding this magnificent prophecy worldwide? Who were the ones who died in Rwanda rather than kill their fellow believers of a different tribe? Who were the ones who died in Nazi concentration camps rather than serve in Hitler's armies? Who have spent time in the prisons of many countries rather than learn war? They are those who have enjoyed the fulfillment of Isaiah 54:13: "All your sons will be persons taught by Jehovah, and the peace of your sons will be abundant."

Jehovah's Witnesses worldwide have that peace now because they have accepted Jehovah's teaching from his Word, the Bible. They follow the teachings and example of Christ Jesus. And what did he say? "I am giving you a new commandment, that you love one another; just as I have loved you, that you also love



Nations can truly beat their swords into plowshares only under the rulership of God's Kingdom

"There are new heavens and a new earth that we are awaiting according to his promise." —2 Peter 3:13

one another. By this all will know that you are my disciples, if you have love among yourselves." (John 13:34, 35) Jehovah's Witnesses practice this love to such a degree that, though formerly Catholics and Protestants, they now work harmoniously together in Northern Ireland. Though formerly religious enemies, they now cooperate as Christians in Israel, Lebanon, and other lands. They learn war no more. What a difference it would make if all peoples of the world heeded Jesus' words and applied them in their lives!

Jehovah's Witnesses believe that God's promised new world is near, a world that will be ruled by a heavenly government. What basis do they have for such a positive hope?

God's Promised Decisive Action

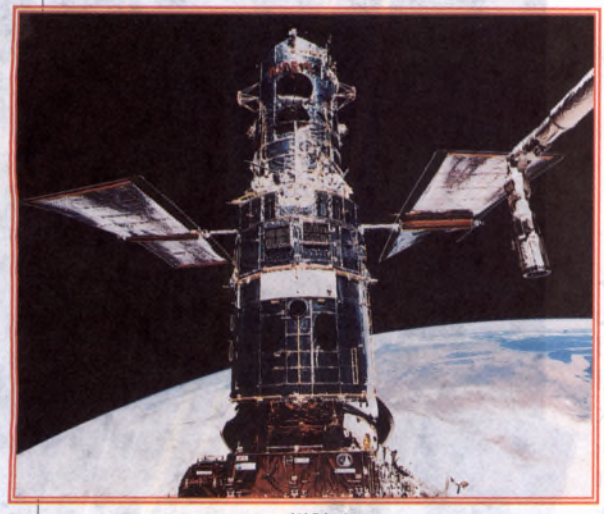
In his Word, the Bible, God has promised a righteous rulership for all obedient humankind. Through his prophet Daniel, he prophesied that in the time of the end of this present system, he would set up a permanent and righteous government. "In the days of those kings the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end to all these kingdoms, and it itself will stand to times indefinite." (Daniel 2:44) This is the same Kingdom rulership that Christ taught believers to ask for in his famous prayer: "Our Father in the heavens, let your name be sanctified. Let your kingdom come. Let your will take place, as in heaven, also upon earth."—Matthew 6: 9, 10.

In that prayer we are asking for God to fulfill his promises regarding his righteous rulership. And we know that God cannot lie. Paul spoke of "the everlasting life which God, who cannot lie, promised before times long lasting." (Titus 1:2; Hebrews 6:17, 18) And what has God promised? The apostle Peter answers: "There are new heavens and a new earth that we are awaiting according to his promise, and in these righteousness is to dwell."—2 Peter 3:13; Isaiah 65:17; Revelation 21:1-4.

Before that righteous rulership can be fully appreciated here on earth, a great cleanup must take place. Bible prophecies combine to indicate that this action to cleanse the world of Satan and his wicked forces will soon take place. (See Matthew, chapter 24; Luke, chapter 21; and Mark, chapter 13.) This final act of cleansing is called the battle of Armageddon, "the war of the great day of God the Almighty." —Revelation 16:14, 16.

In spite of what many may think, the year 2000 is not significant. After all, that date is only valid for Christendom. Other cultures have their own dating systems. What is significant is that now is the time to turn to God and to his Word to prove for yourself what is "the good and acceptable and perfect will of God." (Romans 12: 1, 2) What matters is that now is the time for you to choose—either to walk into a future blessed by God or to continue down the path of frustration that Satan's world offers. We urge you to choose God's way. Choose life!—Deuteronomy 30:15, 16.

Hubble Trouble



NASA photo

How Did It Turn Out?

'What Hubble trouble?' you might ask. The HST (Hubble Space Telescope) trouble is what we are talking about —the costly (over $1.6 billion) sophisticated eye on the universe that suddenly revealed that it had flawed vision back in 1990.

THE Hubble Space Telescope is "probably the most sophisticated scientific satellite ever built," says Dr. R. W. Smith of The Johns Hopkins University, Baltimore, in *The International Encyclopedia of Astronomy*.* "The largest, most complex, and most powerful observatory ever deployed in space" is how Eric Chaisson describes it in his book *The Hubble Wars*. He also states in *Astronomy* magazine: "The four million lines of computer code needed to command and control it daily—one of the largest codes in the civilian world—is testimony to Hubble's high degree of complexity." This observatory is orbiting at a height of some 380 miles above the earth and thus well clear of the earth's light-distorting atmosphere.

Prior to the launch, Dr. Smith stated that "the excellence of its images will . . . be fixed only by the laws of optics, the quality of its mirrors, and how accurately and steadily the HST can be directed toward its targets." Little did he realize then how significant his words would turn out to be!

Launch—Elation and Disappointment

The big launch day came in April 1990. The HST was sent into orbit on the shuttle Discovery. The flight-control engineers were delighted with the results. John Noble Wilford reported in *The New York Times* that the engineering data "showed that the telescope had survived the launching undamaged and seemed ready to begin a mission of cosmic exploration that could last more than 15 years." He added that it was "expected to observe distant stars and galaxies with a clarity 10 times that ever before

* Why is it called the Hubble telescope? It is named after the famous American astronomer Edwin Powell Hubble (1889-1953), who gave scientists a greater insight into what are now known as galaxies. What does it look like? The flying telescope is about the size of a railroad tank car or a four-story tower, being about 44 feet long and 14 feet in diameter, and it weighed just over 12 tons at launch.



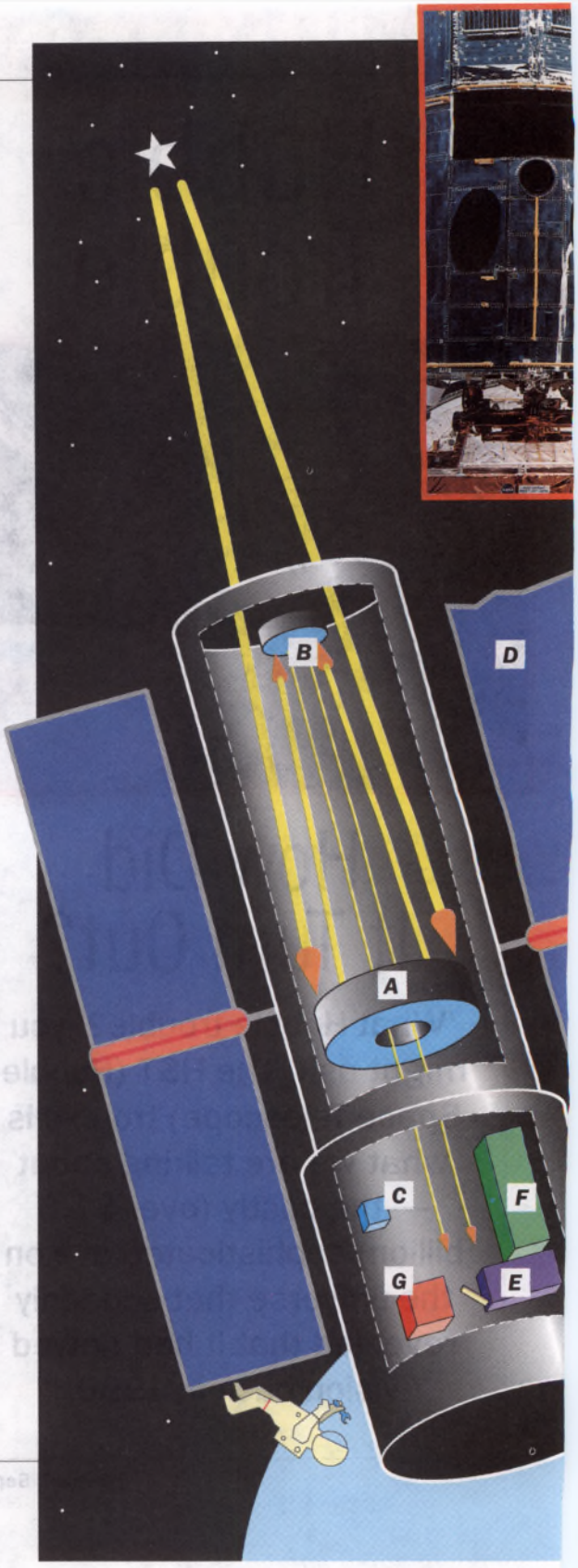
NASA photo

achieved." A headline in *Time* magazine optimistically announced "New Window on the Universe" and added: "With an unclouded view of the most distant stars, the sharp-eyed Hubble telescope will be able to look far back into time." The excitement mounted as the astronomers and designers waited for the first images to return to earth. What actually happened?

It turned out that, as the saying goes, the chickens were being counted before they had even hatched! The first images began to arrive in May 1990. Instead of the supersharp images that had been expected, blurred light was what the anxious astronomers saw. Eric Chaisson wrote: "These observations bolstered the truly dreadful notion that the orbiting observatory was suffering from a major optical flaw." The telescope had an unexpected flaw —a minuscule error in one of the two reflecting mirrors! The error was far less than the width of a human hair, but that was enough to blur the vision. It was a huge disappointment.

Who Slipped Up?

What led to Hubble's costly problems? Eric Chaisson, who worked on the Hubble project, lists many causes in his book *The Hubble Wars*. He says: "The glaring hardware faults





NASA photo

Top left: HST view of galaxy M100 before repair work

Top center: Installing the new planetary camera

Top right: HST view of galaxy M100 after repair work



NASA photo

on *Hubble* derive from a case of engineering myopia, a clear and steady failure to heed the bigger picture. For example: telescope optics machined improperly and tested inadequately by overconfident engineers, with no meaningful technical or scientific input from outside the secretive contractor . . . [and] the incorporation into *Hubble* of used goods, such as decades-old gyroscopes [gyros that had been tested for some 70,000 hours before use in the telescope—'tested to death,' as one engineer stated] and memory boards meant for antique space vehicles."

A: Primary mirror

B: Secondary mirror

C: Four gyroscopes, used to aim the telescope, are replaced

D: Damaged solar panel is replaced

E: New wide-field/planetary camera installed

F: The Corrective Optics Space Telescope Axial Replacement compensates for flawed mirror

G: Electronics for positioning solar panels replaced

When the Hubble's 94.5-inch main mirror was finished, it was supposed to be given a final test. According to *The New York Times,* though, these plans were abandoned because of time limits and financial considerations. The late Dr. Roderic Scott, then chief scientist for the optical research company that made the mirror, called for more tests. His warnings were ignored. Thus, the HST in outer space was only able to transmit deficient images.

Chaisson's opinion was: "Perhaps the spacecraft and its myriad onboard parts [including over 400,000 parts and 26,000 miles of wiring] and vast ground-support functions are too complicated for our relatively neophyte technological civilization. When the descendants of Noah tried to build in the ancient city of Babel a tower so high that it would reach the heavens, the Book of Genesis tells us that God punished them for their audacity. Perhaps a much less complex space telescope—a more efficient, evolutionary vehicle—would have been met with a less omnipotent rebuke." Chaisson went on to say: "The widespread notion that the scientific method is unbiased and objective, that scientists are and always

have been lacking in human emotion in the course of their work, is a farce. Today's science endeavor is as value-laden as most things in life." According to Chaisson, ambition and jealousy have been factors in Hubble's distress.

Hopes Were Dashed

A review of some of the media headlines gives a picture of the dramatic events that surrounded the saga of the Hubble trouble. "Shuttle Soars 381 Miles High, With Telescope and a Dream," said one newspaper. *Scientific American* stated: "Hubble's Legacy—The Space Telescope Launches a New Era in Astronomy." In July 1990, *Time* had to adjust its appraisal, saying: "Cloudy Vistas for Big Science—NASA's [National Aeronautics and Space Administration] Shuttle Hopes Spring a Leak, and Hubble Has Eye Trouble." *Science* magazine explained the problem in more objective language: "Astronomers Survey Hubble Damage—Seldom Has So Tiny an Error Caused So Vast a Turmoil—But in a $1.6-Billion Telescope, Micrometers Loom Large." The same magazine reported in December 1990: "Hubble Hubris: A Case of 'Certified' Blindness." It stated: "The Hubble Space Telescope's devastating optical flaw was the result of sloppiness all around, concludes the final report of NASA's official investigation panel."

All was not lost, however. In March 1992, *Smithsonian* magazine reported: "Stunning Images From an Ailing Space Telescope." It stated: "While many of its functions remain seriously impaired, the telescope is nonetheless deluging astronomers with valuable data. . . . It has produced surprises, such as globular star clusters (traditionally considered among the oldest structures in the Universe) in the bloom of youth; it has probed the heart of a distant galaxy to find confirmation for the theory that a star-devouring black hole lies at that galaxy's center."*

"NASA's Do-or-Die Mission"

Then, in November 1993, came the headline in *Science News* that scientists and astronomers had awaited: "The Big Fix —NASA Attempts to Repair the Hubble Space Telescope." According to *New Scientist,* it involved "the most ambitious repair mission in the history of space flight." The team of seven astronauts would have to recover the HST and repair it in their cargo bay out there in space. It was called "NASA's Do-or-Die Mission" and a "Rendezvous With Destiny." Was it a success?

Using a basketball expression, flight director Milt Heflin told *Newsweek:* 'We slam-dunked this thing.' The astronautic ophthalmologists had pulled off a scientific coup —in five space walks, they had fixed the optics of the HST and had installed a new camera as large as a piano! It was three years before they could get out there to replace the defective elements and install corrective ones. But it was an expensive visit to the eye doctor. According to one source, the repair operation to fix the lens cost $263 million!

The drama reached its climax in January 1994 with headlines such as "The Hubble Telescope Is No Longer Myopic" and "Hubble Finally Gets a Heavenly View." *Astronomy* magazine announced: "Hubble —Better Than New." It reported the reactions of astronomers at the Space Telescope Science Institute when the first images came in: "Absolutely incredible." "The first images sent shivers down our spines." "Hubble is fixed beyond our wildest expec-

* Black holes are understood to be regions of space into which a star or stars have collapsed and "where gravitational forces become so intense that they prevent the escape even of particles moving with the velocity of light [186,000 miles per second]." Thus, "no light, matter or signal of any kind can escape."—*The International Encyclopedia of Astronomy.*

tations," exulted Dr. Edward J. Weiler, the project's chief scientist.

What Are the Benefits?

Correcting the optics soon paid off. In June 1994, *Time* reported that the HST had discovered hard evidence to support the existence of black holes. NASA announced that it had discovered a "disk-shaped cloud of gas rotating at a dizzying 1.2 million miles an hour." It is about 50 million light-years away and at the center of the galaxy M87. It is said to have the mass of from two billion to three billion stars the size of our sun but compressed into a space the size of our solar system! Scientists calculate that the gas disk has a temperature of 18,000 degrees Fahrenheit. The only present explanation for this phenomenon is the incredible force of gravity being exerted by a monster black hole around which the disk is whirling.

Hubble also gave excellent pictures of the comet Shoemaker-Levy 9 as it headed on its self-destructive course toward Jupiter, where it disintegrated in July 1994. The pictures that HST is sending back of galaxies are so sharp that one scientist said of the repair job: "A small change for a mirror, a giant leap for astronomy." Now, according to *Scientific American,* "Hubble has a resolution of at least 10 times better than that of any ground-based instrument, so it can see clearly throughout a volume of space 1,000 times larger [than other telescopes]."

Hubble is making the theorists revise some of their ideas about the age of the universe. In fact, they have come up with a paradox as matters are presently understood. The most recent evidence supplied by the HST provides, according to *New York Times* science writer Wilford, "strong evidence that the universe may be much younger than scientists previously estimated. It may be no more than 8 billion years old," as compared to previous estimates of up to 20 billion years. The problem is that "some stars are reliably estimated to be 16 billion years old." Little wonder that, as he says, "the universe seems to keep throwing the cosmologists nasty curves, exposing the woeful limitations of their knowledge." He adds: "Those who take on the universe as a field of study must accept the likelihood that for all their brilliance and ingenuity, many of the ultimate answers will remain beyond their grasp."

Man must learn the humility that Job was taught when Jehovah asked him out of the windstorm: "Can you fasten the harness of the Pleiades, or untie Orion's bands? Can you guide the morning star season by season and show the Bear and its cubs which way to go? Have you grasped the celestial laws?" —Job 38:31-33, *The Jerusalem Bible.*

What of the Future?

The Hubble telescope promises greater revelations for the immediate future. One astronomer wrote: "With the Hubble Space Telescope, we'll see the shapes of many galaxies around the vicinity of quasars [quasi-stellar radio sources, the most luminous objects in the universe]." As to understanding the origin of galaxies, Richard Ellis of the University of Cambridge, England, says: "We're about to enter a very exciting time."

Human curiosity will continue to spur the search for knowledge of the universe, its beginnings, and its purpose. Such knowledge should awaken in our hearts reverence for the Creator of the vast universe, Jehovah God, who said: "Raise your eyes high up and see. Who has created these things? It is the One who is bringing forth the army of them even by number, all of whom he calls even by name. Due to the abundance of dynamic energy, he also being vigorous in power, not one of them is missing."—Isaiah 40:26; Psalm 147:4.

Your Role in Your Prayers

ON A mountainside overlooking the city, the beleaguered king pauses briefly to contemplate his majestic palace, the sprawling capital, and the sad plight of his household. A large army has gathered to the south and is now marching on the city. High-ranking government officials have defected, and popular opinion has swung in favor of the rebels. Downhearted, the king offers a prayer to God. A deeply religious man, his confidence rises that God will hear his plea and thwart the plans of the conspirators. Then, turning away from his resplendent city, he descends the mountain and continues north in the direction of the wilderness beyond the river. What more can he do? The situation is now in God's hands.

In like manner, humble believers today turn to God in prayer in times of difficulty with the comforting assurance that along with providing clear guidelines on how to pray, the Bible reveals that Jehovah God is the "Hearer of prayer." (Psalm 65:2) We are assured that all honesthearted seekers of God will get a hearing ear.

Yet, are faith and prayer enough? What part do we play in the outcome of our prayers?



How Can We Contribute?

The king mentioned at the outset was King David of ancient Israel. Faced with the conspiracy of his conniving son Absalom and his hypocritical counselor Ahithophel, he chose to flee Jerusalem and seek refuge in the fortified wilderness city of Mahanaim on the eastern side of the Jordan River. Likely burdened by disappointment, depression, and anxiety, he petitioned Jehovah in prayer, saying: "Turn, please, the counsel of Ahithophel into foolishness, O Jehovah!" (2 Samuel 15:11-15, 30, 31) However, David did more than pray. He contributed in a positive way toward the successful outcome of his prayer. How so?

His contribution began long before the trials he faced. Over a period of many years, even before he was king, David proved himself a loyal worshiper of Jehovah. (1 Samuel 16:12, 13; Acts 13:22) He became intimate with God. Thus, when under trial David had faith that Jehovah would hear his prayer and respond in an appropriate way.

The same is true today. Often a primary method of contributing to the outcome of our prayers is to follow Bible counsel as a regular pattern of life.

Such loyal adherence to God-given principles engenders a close relationship with him. This nearness to God and pattern of faith should be in place *before* the trials begin. It should be like a strong foundation on which a house is to be built; it should be there *before* the weight of the structure is laid upon it. Thus we can—even now, before trials come—contribute to the successful outcome of many of our prayers.

Take an Active Role!

Although it is true that David's relationship with God played a vital role, he also recognized that he could not be a passive observer in the outworking of his prayer. To the contrary, David took an active role as is evident in the wise course of action that followed his prayer.

Among David's loyal friends was an Archite named Hushai. Hushai met the fleeing king on the Mount of Olives. Although wishing to accompany David in exile, Hushai submitted to the urging of David that he remain in the city. He was to feign loyalty to Absalom, endeavor to frustrate traitorous adviser Ahithophel's counsel, and keep David informed of events. (2 Samuel 15:32-37) As hoped, Hushai was successful in gaining the confidence of Absalom. Now Jehovah would intervene.

The ingenious, though devious, Ahithophel proposed a brilliant plan. He urged Absalom to give him 12,000 men to attack David that very night while he was on the run, disorganized and vulnerable—a deathblow that would clinch a successful revolution! To the surprise of many, however, Absalom sought the counsel of Hushai on the matter. He advised Absalom to take the time to gather an overwhelming force of men, commanded by none other than Absalom himself. By Jehovah's direction, Hushai's counsel was accepted. Ahithophel, evidently realizing that following Hushai's counsel meant sure defeat, returned to his home and committed suicide.—2 Samuel 17:1-14, 23.

There was no doubt that Jehovah had answered David's prayer—just as he had prayed. David's example of working in harmony with his prayer provides a valuable lesson for all who seek the assistance of God through prayer.

Jehovah Will Do His Part

True, Jesus taught his followers to pray for their daily bread and promised that if they put God's interests first, He would take care of their needs. (Matthew 6:11, 33) For example, if a person is unemployed, he must work in harmony with his prayer for sustenance by doing all he can to find or to create work.

Whatever the subject of our prayers, our ability to contribute to the outcome varies greatly. There are times when we can do much and times when we can do very little, if anything at all. The important point is not what we can or cannot contribute but whether we are doing the best we can.

We can be sure that Jehovah knows our circumstances and abilities. He fully realizes what it is possible for us to do, and he would never require us to do more than we can accomplish. Whether we can do a great deal or very little, Jehovah will make up for any lack. He appreciates and supports our efforts and will work along with them to accomplish the best outcome for all involved. —Psalm 3:3-7.

In the midst of hardship, King David could declare with confidence: "Salvation belongs to Jehovah. Your blessing is upon your people." (Psalm 3:8) May our confidence in the power of Jehovah along with our contributing our part, great or small, work to the successful outcome of our prayers.



From the book *Die Heiligkeit der Gesellschaft Jesu*

MAPS to Meet Your Needs

BY *AWAKE!* CORRESPONDENT IN BRITAIN

FINDING your way around a strange country or city is a challenge. First, you have to get your bearings. Then, decide which is the best route. How can you find out? What you need is a map!

Maps—Since When, and Why?

Mapmaking, or cartography as it is called, has a long and checkered history. Some authorities trace the making of maps back 4,300 years to those engraved on clay tablets in Babylonia. But it was the early Greeks who drew the charts that were the forerunners of modern maps. After the maps of the ancient world drawn by Claudius Ptolemy in the second century C.E., cartography sank into the Dark Ages. Unexplored areas showed up as the domain of monsters and giants. Religion so influenced maps that many depicted a world dominated by the garden of Eden. Jerusalem and the Middle East began to appear at the top of maps of the then-known world.

Early maps of Britain also reflected an ecclesiastical influence. One such map traced the course that pilgrims followed to the religious shrines of England. Detailing the "Pilgrim's Great North Road," this map set out a route from the northern town of Durham to the southern coastal port of Dover.

The father of modern cartography was Gerardus Mercator (1512-94). He designed a method of map projection famed among navigators for its accuracy, and many maps drawn according to the Mercator projection appear in modern atlases.

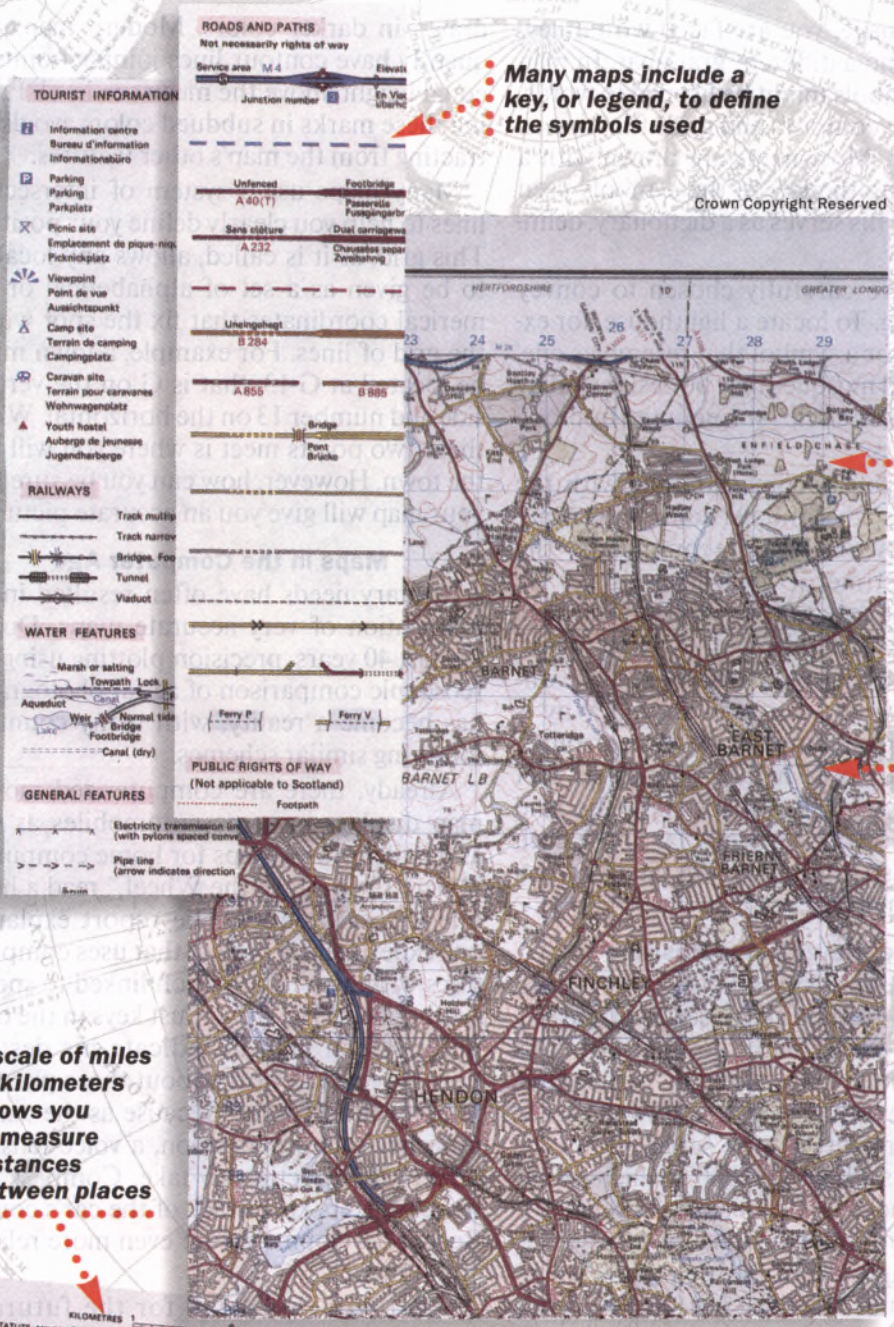
To landowners, maps became a boon. Reference to their clearly drawn boundary lines helped settle legal disputes. Government interest in maps grew, as tax assessment depended on accurate recording of land tenure.

Nowadays, maps fill everyday needs. Atlases help schoolchildren to grasp the elements of geography. Charts enable forecasters to display graphically what we may expect in the way of weather conditions. A map can help us to make the best use of public transportation. And for a family outing, a map can show the most scenic route to take.

Specialists are not neglected. There are population-density maps for town planners. Maps of the seabed help those who watch for wrecked ships or search for mineral resources. Archaeological maps are an aid to those digging up the past. Why, for space researchers there are even maps of the moon and of some planets! With such a wealth of information available on maps, it is to your advantage to develop and improve your skill in reading them.

How to Read a Map

Getting the most from your maps is akin to learning a foreign language. When you study


ROADS AND PATHS
Not necessarily rights of way
TOURIST INFORMATION
Information centre
Bureau d'information
Informationsbüro
Parking
Parkplatz
Picnic site
Viewpoint
Point de vue
Aussichtspunkt
Camp site
Terrain de camping
Campingplatz
Caravan site
Terrain pour caravanes
Wohnwagenplatz
Youth hostel
Auberge de jeunesse
Jugendherberge
RAILWAYS
Track multip
Track narrow
Bridges. Foo
Tunnel
Viaduct
WATER FEATURES
Marsh or salting
Towpath
Lock
Canal
Aqueduct
Weir
Normal tide
Bridge
Footbridge
Lake
Canal (dry)
GENERAL FEATURES
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Pipe line
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Sans clôture
A 232
Dual carriageway
Chaussées sépar
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Unein gehegt
B 284
A 855
B 885
Bridge
Pont
Brücke
Ferry P
Ferry V
PUBLIC RIGHTS OF WAY
(Not applicable to Scotland)
Footpath
Many maps include a key, or legend, to define the symbols used
Crown Copyright Reserved
HERTFORDSHIRE
GREATER LONDO
23
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28
29
ENFIELD CHASE
BARNET
EAST BARNET
BARNET L B
Totteridge
FRIERN BARNET
FINCHLEY
HENDON
Variations in elevation are shown by contour lines, usually in subdued colors
A grid system allows a location to be plotted on the map
A scale of miles or kilometers allows you to measure distances between places
KILOMETRES
STATUTE MILES
NAUTICAL MILES
SCALE 1:50 000
Map usually shows what one inch or one centimeter equals on the earth's surface (not shown here)

another language, you are faced with a new vocabulary and a different grammar. In map language, symbols might be likened to words, whereas scale contours and grids function as the grammar. Most maps are drawn with a box containing the key to the symbols used on the map. This serves as a dictionary, defining the signs.

Symbols are carefully chosen to convey their meaning. To locate a lighthouse, for example, look for a symbol that resembles one. Churches and mosques may be designated by black squares or circles surmounted by crosses or crescents.

How can you become familiar with the meanings of such symbols? John Wilson, author of *Follow the Map,* recommends "the pleasant pastime of 'map browsing.'" He adds: "Let your eye wander idly over the map, and translate the symbols as you meet them."

Do you find that your area looks quite different from what your map shows? Why is this? Well, normally we view our surroundings from our own height, five to six feet above the ground. But maps show the land from a perspective, vertically far above each point. To grasp this notion, it is vital that you understand map grammar.

Scale, Height, and Position

The mapmaker's challenge is to record variations of altitude above sea level and any man-made features on the ground. All of this must be printed on a sheet of manageable size. To achieve this, maps are drawn to scale. One popular British map series shows the country at a scale of 1:50,000—which means that each inch on the map represents 50,000 inches of the earth's surface.

How, though, can a flat map show variations of altitude? Oblique hill-shading is one way of adding the third dimension. The sun appears to shine from a position over the map's top left-hand corner. Slopes facing east and southeast, being in the shade, are then drawn in darker colors. Modern maps frequently have contour lines joining points of equal height above the mean sea level. Printing these marks in subdued colors avoids detracting from the map's other features.

Many maps use a system of intersecting lines to help you clearly define your position. This grid, as it is called, allows any location to be given as a set of alphabetical or numerical coordinates that fix the spot within the grid of lines. For example, a town might be located at G-13, that is G on the vertical side and number 13 on the horizontal. Where these two points meet is where you will find the town. However, how can you be sure that your map will give you an accurate picture?

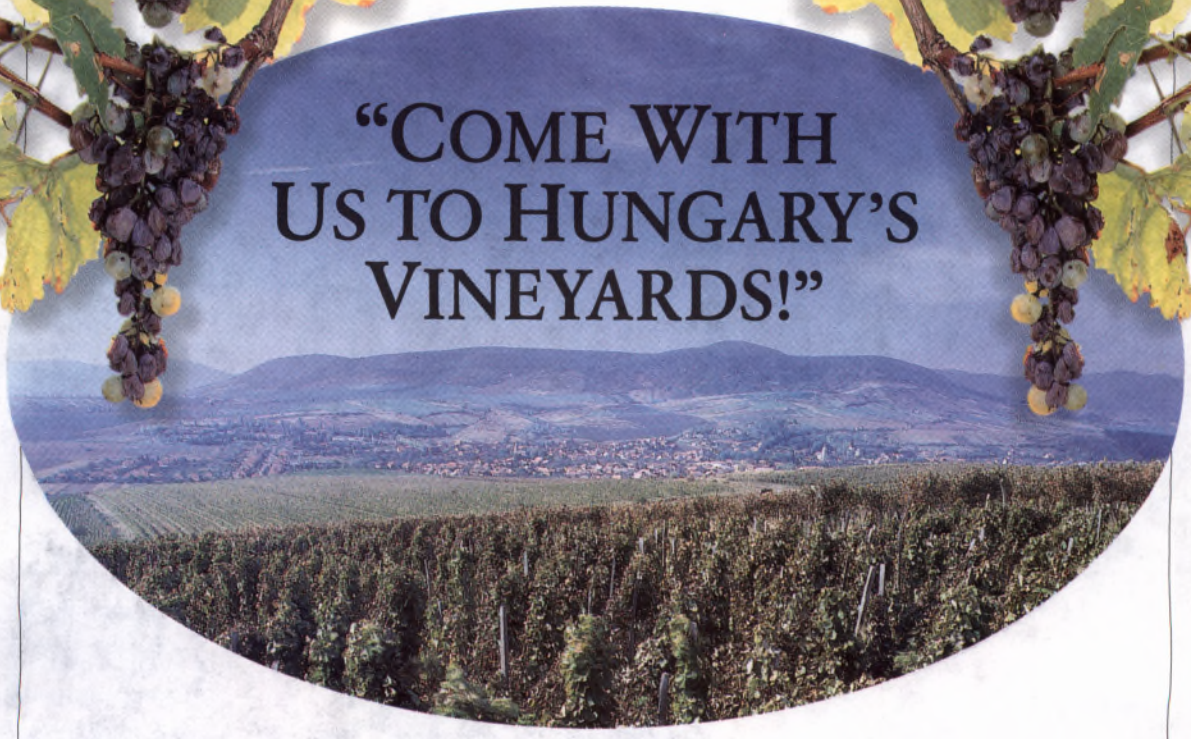
Maps in the Computer Age

Military needs have often resulted in the publication of very accurate maps. During the last 40 years, precision plotting using stereoscopic comparison of aerial photographs has become a reality, with many countries following similar schemes.

Already, there are computerized moving map displays in some automobiles as well as detailed travel maps for home computers. "Micro Chips Take the Wheel," read a headline in *The Observer.* The report explained one experimental project that uses computer discs with map information linked to speech synthesizers. The driver just keys in the computer screen map to indicate his destination. No need to worry about those puzzling road junctions! Why? Because as the car approaches each intersection, a voice tells the driver the direction to take. Compass and wheel sensors keep track of the car's course. Recent developments are even more reliable and simpler.

What will this mean for the future of maps? Will paper maps become collectors' items? Time will tell. In either case, the map will continue as a versatile instrument to meet your travel needs.

"COME WITH US TO HUNGARY'S VINEYARDS!"



BY *AWAKE!* CORRESPONDENT IN HUNGARY

The Zemplén Mountains are known for their cone-shaped hills of volcanic origin. On the slopes of these mountains lies the wine-growing region of Hungary, the picturesque Tokaj-Hegyalja.

IN NORTHEASTERN Hungary, tucked beneath the towering Mount Tokaj, lies the city of Tokaj. Extending from there, where two rivers join, to 35 miles northwest is a grape-growing region. Right in the middle of this fertile area, we find the small village Tolcsva, where a team of grape pickers are carefully picking what appear to be raisins from clusters of Hungarian Furmint grapes.

Come, taste the famous sweet Tokay Aszu wine of the Tokaj-Hegyalja! Here the growers consider their product unique and label their wines with Latin names, such as *Vinum Regum, Rex vinorum,* meaning "King of Wines, Wine Fit for Kings."

Wine From Raisins?

"Are you planning to make wine from raisins?" we ask curiously. Our question elicits an enthusiastic explanation. These are not really raisins but special grapes left to pucker on the vine, we are told. "What makes them so special?" we wonder out loud. To



Above: Wine matures in these casks
Right: The mold even grows on the bottles

our surprise we are introduced to *Botrytis cinerea,* which is a special mold that exists on the surface of grapes in this region.* We are told that the evaporation of water from the rivers below us makes the environment favorable for this special mold.

For the mold to do its work on the grapes, the correct climate is essential. The growers need a summer that is rich in sunny days along with enough rainfall to promote the early growth of the grape clusters. Then, if the grapes become fully ripe in early September and a dry, sunny autumn follows, the fruit will be at its peak for wine-making.

But how does the mold help in the wine-making? The answer is somewhat technical; nevertheless, this is what we are told. A chemical reaction is set off when the skin of the ripe grape bursts on the vine, allowing the mold to feed on the fructose in the grape, allowing acids to form.

Do the acids give the wine a sour taste? We are assured that the sugar and alcohol mask the acidity of the malic acid and tar-

* It "concentrates grape sugars and flavours into honey-like sweetness," says *The New Encyclopædia Britannica.*

taric acid. Other acids, such as citric acid and gluconic acid, are essential to the taste of the wine. The acidity of the wine depends on the composition of the soil, and the taste of the wine is also affected by the position of the vines in relation to the sun.

As the explanation continues, we find out that after being pressed, the pulp from the dry grapes is mixed with wine from the previous year, which was made from normal grapes. The result of a 72-hour extraction process and a final pressing is a thick liquid with high sugar content that will undergo a fermentation period in wooden barrels. When the alcohol level reaches between 13 and 15 percent, the fermentation is stopped chemically. At the end of six months, the wine has to be strained and allowed to stand to mature further. Good quality Aszu wine needs from three to five years before it is ready to be consumed.

Down Into the Cellars

Returning to the village, we enter a wine museum, where one exhibit catches our eye —an old two-pronged hoe. Working with this instrument in the hard soil was so tiring that the tool was known as the man-killer.

A jovial cellarman greets us and gladly guides us through the cellar of the museum. He proudly explains the care taken to maintain the correct temperature and humidity for the wine casks. Since the temperature should be 54 degrees Fahrenheit, the cellars are carved into limestone rock. Relative humidity is kept at 85 to 90 percent.

Again we are surprised, this time to learn that the maturing of the wine will further depend on the presence of the special mold, which settles on nearly everything in the cellar—wood, glass, even the brick walls—everything except the concrete floor. So that the mold is not disturbed by outside fresh air, vintners try to walk through the cellars as little as possible.

Our guide quotes a Hungarian wine-makers' proverb: "Where there is a noble mold, there is a wine of good quality, and where there is a wine of good quality, there is a noble mold." To convince us of the truth of this statement, our hospitable cellarman offers us different kinds of Tokay Aszu wines to sip. By candlelight, with the wine in our glasses glistening with a translucent color, he points out how the wine leaves a ring on the wall of the glass, a characteristic of Tokay Aszu wine.

He tells us that a wine taster appreciates a dry wine, for it reveals qualities such as the flavor and bouquet of the wine, which may be hidden in sweet wine. It is said that a sweet Tokay Aszu wine is mysterious—it needs a connoisseur to reveal its secrets.

Concluding, he asks us: "Did you know that the Tokay Aszu wine was considered a medicine and used to be found in every pharmacy?" This reminds us of Paul's advice to Timothy: "Use a little wine for the sake of your stomach and your frequent cases of sickness." (1 Timothy 5:23) Finally, after viewing the bottling and pasteurization of the wine, we return home thinking how, when wine is used moderately, the words at Psalm 104:15 ring true: 'Wine makes the heart of mortal man rejoice.'

IN OUR NEXT ISSUE

My Long, Hard Fight to Find True Faith

Should I Learn Self-Defense?

The African School —What Did It Teach?

German Churches Admit Holocaust Blame

January 1995 marked 50 years since the liberation of the concentration camp at Auschwitz, Poland, where Nazis engaged in the systematic persecution of Jews, Slavs, Gypsies, Jehovah's Witnesses, and others. Some churches in Germany accept a share of the blame. *Süddeutsche Zeitung* reported that the German Bishops Conference described the "guilt-ridden history of our country and also our church," admitting that "there was much error and guilt among Catholics. Not a few let themselves be won over to the National Socialist ideology and remained indifferent to crimes." The chairman of the Council of Protestant Churches in Germany confessed that "in this bitter process of realization, we have become aware that even Christian theology and the church participated in the long history of alienation and enmity toward the Jews."

A Shrine for Breakups

People hoping for a divorce or a breakup in other unwanted relationships are flocking to a Shinto shrine in Ashikaga, 50 miles north of Tokyo. Known as the Tie Severing Shrine, it purports to be the only Shinto temple in Japan to accept petitions for divorce, says the newspaper *Asahi Evening News*. Every day, scores of worshipers arrive. Each writes his or her plea on an *ema,* a thin wooden board, hangs it up in the shrine's precincts, and prays that the gods will answer. The newspaper explains that about a hundred years ago, when the shrine was founded, "the wives of rich local merchants wrote prayers asking that their husbands leave their lovers and come back to them." Today, though, the earnest pleas offered are no longer for reconciliation.

Eyes Do Double Work

The human eye has more than one function, researchers say. One, of course, is to give us conscious vision. The other, recently discovered and reported in *The New England Journal of Medicine,* is to register light impulses that regulate the body's internal daily clock. Because this second function operates independently of the ability to



see, even people who are totally blind and without perception of light can have normally functioning biological clocks. The finding could lead to changes in treating the blind. For example, one common practice is to remove the eyes of totally blind people and replace them with artificial eyes that are cosmetically more appealing. Also, totally blind people are usually not checked for such conditions as glaucoma, which blocks the retina's ability to register light. As a result, said Dr. Charles A. Czeisler, the head of the research team, most of these people are no longer able to regulate their internal clocks to the 24-hour day-and-night cycle, resulting in a permanent sleep disorder that mimics jet lag.

A "Patron Saint" for Films

The film industry will soon boast its very own "patron saint," reports *El País,* a Madrid, Spain, newspaper. To mark the first centenary of the movie industry, the Vatican is evaluating possible candidates. The favorite is Francis of Assisi, the inventor of the nativity scene, which some filmmakers consider to be an embryonic "Hollywood set." Another name put forward is Juan Bosco, a Salesian priest who used entertainment as a tool for teaching children. One film director suggested "Saint Domingo de Guzmán, who invented the Inquisition, one of the first great shows." Television, a more recent phenomenon, already has "Santa" Clara as "patron saint." She was nominated because she used to attend Mass by looking through the window of the cell where she was confined. There is, however, no evidence that saints have power over programming.

Afterlife or Hallucination?

The media often publicize accounts of "near-death experiences," wherein patients who were near death later claim to have glimpsed the afterlife. The experiments of a team of German neurologists recently suggested that such experiences are due to oxygen deprivation, which causes hallucinations. According to the Dutch newspaper *De Gooi en Eemlander,* the team studied 42 healthy youths who were rendered unconscious

for a maximum of 22 seconds by hyperventilation. Afterward, the youths described sensations and visions remarkably similar to "near-death experiences." Some reported seeing vivid colors and lights, seeing themselves from a bird's-eye view, seeing loved ones in a pleasant setting, and so on. Most youths described the sensations as pleasant and peaceful—so much so that they did not want to return to consciousness.

Half the Earth Untouched

"Despite mankind's best endeavours, just over half of the land surface of planet Earth is still wilderness," reports *New Scientist* magazine. A new study "found that 90 million square kilometres [35,000,000 square miles] of land, about 52 per cent of the total land area, is still undisturbed." Why is this so much higher than the results of a 1989 survey, which listed only a third of the planet as wilderness? Because this latest study, by Lee Hannah of Conservation International, included areas as small as 400 square miles, instead of the 1,500-square-mile minimum used previously. "An even finer grained study would be likely to uncover a still greater percentage of the planet untouched by humans," the article stated. However, Hannah pointed out that a good portion of the undisturbed land is "rock, ice and blowing sand," inhospitable to both humans and wildlife. "Natural habitat has been displaced by human disturbance over nearly three-quarters of the habitable surface of the planet," he said. The survey's three categories were: undisturbed (52 percent), partially disturbed (24 percent), and dominated (24 percent).

Gamblers for God?

Every year, some 29 million people stream to Las Vegas, Nevada, U.S.A., from all over the world. Most, of course, are there to gamble, but many of them want to pray and worship as well. So the Catholic diocese in the region recently built a $3.5 million, 2,200-seat church a mere block away from four of the city's largest hotel-casinos, reports *The New York Times*. As



some 80 percent of the worshipers at the church are tourists, most of them in town to gamble, the church invites them to put casino chips in the collection plate. The church also has a gift shop, where patrons are invited to use their chips as currency. The shop even offers a souvenir gaming chip bearing an image of Jesus Christ. For a time the church employed a Franciscan friar to make weekly rounds to all the casinos in order to cash in the chips donated to the church. He was dubbed the chip monk.

Disadvantages of Bed Rest

"Prolonged bed rest can do patients more harm than good," claims *The Times* of London. Some 50 years ago, physician Sir Richard Asher questioned this standard medical practice and drew attention to such health dangers as thrombosis, muscle wasting, loss of calcium in the bones, kidney stones, constipation, and depression. Studies have since confirmed this warning, and autopsies show that the risk of thrombosis followed by a lethal pulmonary embolism is directly related to the length of bed rest before death. On the other hand, doctors advocate bed rest in cases of acute back pain with sciatica and late complications of pregnancy. Indeed, with other acute and serious illnesses, there may well be no alternative but to rest. Doctors believe that once the crisis has passed, however, getting up and moving about accelerates recovery.

World's Richest Nations

Switzerland is the world's richest nation, according to a report by the World Bank. Its per capita gross national product —the value of all goods and services produced—was $36,410 in 1993. This was almost $12,000 more than that of the United States, which placed seventh in the list. Following Switzerland were Luxembourg, Japan, Denmark, Norway, Sweden, the United States, Iceland, Germany, and Kuwait. Mozambique remained the poorest nation in the world, producing only $80 per person. Notably missing on this latest top ten list were a number of Middle Eastern oil-producing nations, reflecting declining oil prices. However, the list changes if you consider purchasing power. Because prices are lower in the United States than in most wealthy countries, Americans get more for their money than any other nation except Luxembourg. The list then changes to: Luxembourg, the United States, Switzerland, the United Arab Emirates, Qatar, Hong Kong, Japan, Germany, Singapore, and Canada.

FROM OUR READERS

Courageous Youth I am 15 years old, and I want to thank you for the January 22, 1995, article "Joshua's Faith—A Victory for Children's Rights." How moving it was to read about someone my own age who has such faith and love for Jehovah! Reading this article made me realize that I need to take Jehovah more seriously.

M. S., United States

I am 16 and find it very hard to find time to read all of our magazines. But I read the article about Joshua, and I have never felt so touched by anything. His stand against taking a blood transfusion was so strong! I couldn't help but cry. I now realize that I need to read everything I can that comes from Jehovah's organization.

T. S., Britain

I am an Anglican, but I enjoy reading *Awake!* I cannot help but cry for what Joshua went through and at the same time praise God that there are people with such faith in Him.

P. O., Nigeria

I am a 17-year-old full-time minister, and I suffer from a disease that causes acute anemia. My doctor has wanted to prescribe blood, but I am dealing with this problem. I read the article several times, and each time it gave me more courage.

I. L. M., Brazil

Even the death of loved ones has never moved me to the point of shedding tears. But I found myself shedding tears as I read Joshua's experience. His faith, courage, and integrity touched me.

T. M., Zimbabwe

Sleeping With Baby We noted in your July 22, 1994, issue an excerpt reporting Dr. James McKenna's research. ("Watching the World") It suggested that mothers' sleeping with their babies will reduce SIDS (Sudden Infant Death Syndrome). The New Zealand Cot Death study has shown that there is a greatly increased risk of SIDS if the parents have the baby in the bed when they are asleep.

Dr. S. L. T., New Zealand

Thank you for this information. Dr. McKenna recently clarified his position and acknowledged the dangers of accidental infant suffocation when a mother sleeps with her child. (Compare 1 Kings 3:19.) Most doctors therefore discourage sleeping with one's baby and recommend putting an infant to sleep in a crib that has no pillows or thick comforters.—ED.

Bee Versus Computer I simply have to express my thanks for the article "Bee Versus Computer." (February 8, 1995) The article touched me very deeply. Our Grand Creator made even tiny creatures like the bee to be wonderful and unique.

C. K., Germany

Autism Thank you very much for the article "Autism—Meeting the Challenges of a Puzzling Disorder." (February 8, 1995) There is an autistic boy in my congregation, and I have become very attached to him. The article helped me to understand autism. Now I know that I can help out just by spending time with him and his mother.

A. F., Japan

Our daughter is not autistic, but she does have similar traits. We are glad you inform people about the problems many children have. It is so encouraging when people treat such children as human beings worthy of life. Comments such as 'I feel so sorry for you' or 'I could never do what you do' are not upbuilding. Our daughter is happy, and sometimes our other children put more of a strain on us. We do not regret her birth.

L. H., United States

Will There Be Enough Water?

"Only 2% of the total volume of Earth's water is fresh, and 2/3 of that consumable supply is frozen in polar and glacier zones, leaving [less than] 1% as liquid, fresh water."
—*Research and Exploration,* a National Geographic publication.



DO YOU have drinkable running water in your home? Then you are among the more fortunate ones. Millions of people have to fetch their water, often from miles away—and then it is often hardly fit to drink. Others have to congregate at public taps or at trucks to get a meager ration of the precious liquid. *Research and Exploration* stated: "As humans multiply, problems of water utilization and management increase. These problems are most acute in the developing world, where some 1 billion people already find it difficult or impossible to obtain acceptable drinking water." That means that almost 1 in 5 of the world population have grave problems finding usable water.

The seeds of future conflicts are already sown in this shortage of water. One expert said: "An increasingly large number of people will be stuck in history, living in shantytowns where attempts to rise above poverty, cultural dysfunction, and ethnic strife will be doomed by a lack of water to drink, soil to till, and space to survive in."

What can we do individually to use this precious resource wisely? Use it economically and carefully—it is valuable and finite.

1) Don't waste water. Don't have taps running unnecessarily—such as when cleaning teeth or shaving. Don't spend too much time under the shower—assuming you are fortunate enough to have a shower!

2) Don't contaminate water or pollute it. If a polluted river or stream passes near where you live, someone upstream is ruining a vital lifeline for your community. Often the major responsibility for this pollution lies with city authorities, industrialists, farmers, and others who may allow raw sewage and chemical products to flow or leach into streams and rivers.

God, as earth's Creator and Landlord, is entitled to call for an accounting on the way we use our planet. The Bible prophesies that Jehovah will indeed 'bring to ruin those who are ruining the earth.'—Revelation 11:18.

"I Could Not Contain My Tears"

"A few moments ago, I finished reading the brochure *When Someone You Love Dies,* and I could not contain my tears." Why was Alicia, a Mexican lady, so affected by this publication? She answers: "The explanations and the experiences that it contains express the feelings that I had when my father died nine years ago and when I had a miscarriage about 18 months ago."

What particularly helped her in her anguish? The box entitled "Miscarriage and Stillbirth—Mothers Grieve" and the sections "How Can I Live With My Grief?" and "How Can Others Help?"

Alicia also wrote: "The account regarding Lazarus' resurrection was very touching and reaffirms in a vivid way my faith in the resurrection."—John 5:28, 29.



Awake!

September 22, 1995



Gambling

A GROWING ADDICTION

Awake!

Average Printing 12,990,000 Published in 75 Languages



M. Gibson/H. Armstrong Roberts

Gambling —A Growing Addiction 3-11

Worldwide, reports indicate that the gambling pandemic is going global. By plane, train, bus, ship, and car, they come to slake their thirst for gambling. Compulsive gambling has been called "the hidden disease, the addiction of the '90s."

Photo: Caja Salamanca y Soria



Probing the Mysteries of Migration 15

In the Northern Hemisphere, countryfolk have always greeted swallows as the harbingers of spring. Some wondered where the swallows had been.



The African School —What Did It Teach? 24

It concentrated on skills designed to benefit the family and the tribal community.

Gambling —The Addiction of the '90's 3

Compulsive Gamblers —Always Losers 6

Gambling's New Recruits—Youths! 8

Young People Ask . . . Should I Learn Self-Defense? 12

My Long, Hard Fight to Find True Faith 19

Watching the World 28

From Our Readers 30

The Ocean Pharmacy 31

Where Hospitality Is Shown to Strangers 32

GAMBLING

The Addiction of the '90's



A CAMERA loaded with color film captures the sight. The picture covers a full two-page spread in a Sunday newspaper —almost as far as the eye can see, a giant warehouse converted into a bingo parlor, thousands of square feet of it, is alive with gaming patrons of all ages and colors. See their weary faces and bloodshot eyes, signs of hours of endless play? They anxiously await the call of the next number that, hopefully, could see them finally winning in what may have been a winless night.

Turn the pages of the newspaper. See the concerned faces of people with fists full of playing cards, fearful of holding a losing hand? In many cases thousands of dollars are won and lost at the draw of the next card. Go beyond the pictures. Can you see the sweaty palms of a nervous hand? Can you hear the rapid heartbeat, the silent prayer asking for a better hand the next time and a losing one for the other players?

Step inside the luxurious casinos in swank hotels and riverboats. Are you lost in a labyrinth of gaily colored slot machines? Are you deafened by the sound of their handles being pulled and the whirring noise of spinning reels? Win or lose, it is the sound of music to the ears of players. "The action for them is the thrill of what's going to happen in the next pull of that slot-machine handle," said the head of one casino.

Wend your way through the jungle of people to the crowded roulette tables. You can be hypnotized by the spin of the wheel with its red and black compartments whirling before your eyes. The sound of the tumbling ball adds to the spell. Around and around it goes, and where it stops means the difference between winning and losing. Thousands of dollars are often lost on a single spin of the wheel.

Multiply the pictures and scenarios by the tens of thousands, the players by countless millions, and the locations by the thousands worldwide. They come by plane, train,

bus, ship, and car to all parts of the world to satisfy their lust for gambling. It has been called "the hidden disease, the addiction of the '90s: Compulsive gambling." "I predict the 1990s will mark the historic heyday of legalized gambling throughout the world," said researcher Durand Jacobs, a national authority on gambling behavior.

Once a sinful activity —now a "savior"

In the United States, for example, in 1993 more Americans went to casinos than to major-league baseball parks—92 million visits. The building of new gambling establishments seems endless. Hotel operators on the East Coast are euphoric. "There are not nearly enough existing rooms to accommodate the estimated 50,000 casino visitors a day."

In 1994, in many of the southern states, where only a short time ago gambling was considered a sinful activity, it is now welcomed with open arms and considered a savior. "Today, the Bible Belt might as well be renamed the Blackjack Belt, with floating and land-based casinos throughout Mississippi and Louisiana and plans for more in Florida, Texas, Alabama and Arkansas," observed the *U.S.News & World Report*. Some religious leaders are now doing a 180-degree turn in their thinking about gambling being sinful. For example, when city officials of New Orleans, Louisiana, christened its first floating casino on the Mississippi River in 1994, one clergyman offered a prayer, thanking God for "the ability to play: a virtue with which," he said "you have blessed the city."

By the year 2000, it is expected that 95 percent of all Americans will live within a 3- or 4-hour drive of a gambling casino. American Indians have also come in for a giant slice of the gambling pie. The U.S. government has thus far sanctioned their operation of 225 casinos and high-stakes bingo halls nationwide, reported *U.S.News & World Report*.

When cardrooms, sports wagering, horse and dog racing, church bingo, and the like are added to the mix, it becomes clear how Americans legally wagered $394 billion in 1993, a 17.1-percent increase over the previous year. Those opposed to gambling are perplexed. "The biggest things we have to help people are churches and temples and the government," said the executive director of one Council on Compulsive Gambling. "And now they're all in the gambling business." One American newspaper called the United States a "Gambling Nation" and said that gambling is "America's real national pastime."

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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England has started its first lottery since 1826, and sales are said to be brisk. It is also experiencing a tremendous bingo boom, reported *The New York Times Magazine*. "Moscow is now honeycombed with busy casinos. And Lebanese gamblers are literally risking their lives to patronize West Beirut gaming houses that draw equal fire from militiamen and religious fundamentalists," the *Times* reported. "Big winners are escorted home by casino guards armed with machine guns."

"Canadians don't realize they are a nation of gamblers," said a Canadian provincial gaming regulator. "There is probably, in some regards, a higher level of gaming in Canada than there is in the U.S.," he added. "Canadians spent more than $10-billion on legal wagers and bets last year—almost 30 times as much as they spent on going to movies," reported the newspaper *The Globe and Mail*. "The bingo industry in Canada is much more highly developed than it is or ever was in the U.S. The lottery business is much more highly developed in Canada. That's true, too, of horse racing," the paper said.

"No-one knows how many gambling addicts there are in South Africa," wrote a South African newspaper, "but there are 'thousands' at least." The government of Spain, however, is well aware of its problem and of the growing number of gamblers. Official figures show that many of its 38 million inhabitants gambled away $25 billion in one year, giving Spain one of the world's highest gambling rates. "Spaniards are inveterate gamblers," said one man who set up an association to help gamblers. "They always have been. . . . They gamble on horses, on soccer, on lotteries and, of course, on roulette, on poker, on bingo and on those infernal money-gobbling machines." Only in recent years has compulsive gambling been recognized in Spain as a psychological affliction.

Available evidence suggests that Italy too has been swept along by the gambling fever. Billions are being poured into lotteries and sports but also into newspaper contests and gaming tables. "Gambling has penetrated daily life in every aspect," said a report issued by a government-financed research group. Today "the level of gambling has reached once-unimaginable heights," wrote *The New York Times*, "and from Government officials to parish priests the race is on to find ways to cash in."

The gambling pandemic is going global

How true! In many cases gambling affects every aspect of the lives of people, as the following articles will show.

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COMPULSIVE GAMBLERS
Always Losers

"COMPULSIVE gambling is an illness in the same way that alcoholism and drug addiction are illnesses," declared Professor Jean Ades, from France. "It's an addiction without a drug," he said, and "more and more people are discovering they are addicted." Even after the compulsive gamblers lose large sums of money, they are often obsessed with the need to make up their losses by gambling even more. "Most losers quickly get over their disappointment. But for some, the urge to gamble is so uncontrollable it can blight their lives," wrote one newsman in France. "They keep on promising themselves they are going to kick the habit, yet it always gets the better of them. They are gambling addicts."

Confessed one South African gambler: "If you're a gambling addict, and you sit down at the roulette wheel or the blackjack table, nothing else matters. Adrenalin thunders through your veins, and you will bet every cent you have on just one more spin of the wheel, or fall of the card. . . . Drawing on my adrenalin reserves, I could stay awake for several days and nights at a stretch, watching the cards and numbers, and waiting for that eternally elusive super payout." Then he concluded: "There are many others like me who can't stop at a few hundred rands or even a few thousand. We will continue gambling until all we have is gone, and our family relationships are smashed beyond repair."

Henry R. Lesieur, professor of sociology at St. John's University, New York, wrote that the desire to gamble, win or lose, is so intense "that many gamblers will go for days without sleep, without eating, and even without going to the bathroom. Being in action pushes out all other concerns. During the period of anticipation, there is also a 'rush,' usually characterized by sweaty palms, rapid heart beat, and nausea."

One former gambling addict admits that winning was not the driving force for his prolonged habit, but rather it was the "rush," the thrill of gambling itself. "Gambling procures extraordinarily violent emotions," he said. "When the roulette wheel is turning, when you're waiting for Chance to give its answer, there's a moment when the mind reels and you almost faint." French gambler André agrees: "When you've got FF10,000 on a horse and there are 100 metres to go, someone could tell you your wife or your mother had died and you wouldn't give a fig."

Pawnshops flourish —and so does crime

André describes how he was able to continue gambling even after heavy losses. He borrowed from banks, friends, and loan sharks with exorbitant interest rates. He stole checks and falsified post office savings books. He seduced lonely women during his visits to casinos and then vanished with their credit cards. "By then," wrote a French

newsman, André "no longer even cared whether he would ever be able to put his disastrous finances in order. His wanderings were prompted solely by his obsession." He turned to crime and was sent to prison. His marriage was wrecked.

In many cases compulsive gamblers, like drug addicts and alcoholics, keep on gambling, though it costs them their job, their business, their health, and, finally, their family.

Many cities in France have recently opened their doors to gambling. Where other businesses have failed, pawnshops are doing a flourishing business. Owners say gamblers frequently lose all the money they have and trade rings, watches, clothing, and other valuable items for gas money home. In some coastal towns in the United States, new pawnshops have opened; in some cases three or four or more can be found in a row.

Some have even turned to a life of crime in order to support their gambling habit. Studies conducted to date, according to Professor Lesieur, "uncovered a wide variety of illegal behaviors among compulsive gamblers . . . check forgery, embezzlement, theft, larceny, armed robbery, bookmaking, hustling, running con games, and fencing stolen goods." Added to these are the white-collar crimes where gamblers steal from their employers. According to Gerry T. Fulcher, director of the Institute for the Education and Treatment of Compulsive Gamblers, 85 percent of the thousands of identified compulsive gamblers admitted to stealing from their employers. "In fact, from a purely financial point of view, compulsive gambling is potentially worse than alcoholism and drug abuse combined," he said.

Further studies have concluded that approximately two-thirds of nonincarcerated compulsive gamblers and 97 percent of those incarcerated admit to engaging in illegal behavior to finance gambling or pay gambling-related debts. In 1993 in Gulf Coast towns in the United States, where legalized gambling is rampant, there were 16 bank robberies, a fourfold increase over the previous year. One man robbed a total of eight banks of the sum of $89,000 to continue his gambling habit. Other banks have been robbed at gunpoint by gamblers forced to pay off large sums to creditors.

"When compulsive gamblers try to kick the habit, they go through withdrawal, much like smokers or drug addicts," says *The New York Times.* Gamblers admit, however, that breaking the gambling habit can be harder than breaking other habits. "Some of us have had the experience of alcoholism and drug abuse as well," said one, "and we all agree that compulsive gambling is far worse than any of the other addictions." Dr. Howard Shaffer, of the Center for Addiction Studies at Harvard University, said that at least 30 percent of compulsive gamblers who try to stop "show signs of irritability or experience stomach distress, sleep disorders, higher-than-normal blood pressure and pulse."

Even if they keep on betting, said Dr. Valerie Lorenz, director of the National Center for



Pathological Gambling in Baltimore, Maryland, U.S.A., compulsive "gamblers face medical problems: chronic headaches, migraines, breathing difficulties, angina pains, heart arrhythmias and numbness in their arms and legs."

Then there are suicides. What could be worse than what is commonly known as a "nonfatal addiction" causing death? In one American county, for example, where gambling casinos have recently opened, "the suicide rate has inexplicably doubled," reported *The New York Times Magazine,* "though no health care official was willing to tie the increase to gambling." In South Africa, three gamblers committed suicide in one week. The number of actual suicides because of gambling and debts accrued by this means, legally or illegally, is not known.

Suicide is a tragic way to end the viselike grip of gambling. In the next article, consider how some have found a better way out.

Gambling's New Recruits

YOUTHS!

DO YOU shake your head in disbelief at the depth to which the adult population, both men and women, are mired in gambling addiction? Does it boggle your mind to read of adult gamblers giving up their life's work and accomplishments —jobs, businesses, family, and, for some, their life—for the sake of gambling? Can you comprehend the rationale of a mature, educated adult, who, after winning $1.5 million gambling, continued playing until he lost $7 million the same night? In many cases it is greed, a chasing after the elusive dollar. All too often, however, it is the thrill of the gambling itself.

If you are parents with young children, do you take comfort in the thought that gambling is a mature adult's game? Then think again. Consider the new young recruits waiting in the wings—or already on the playing field. The facts may astound you.

The following caption texts of articles appeared in recent newspapers and magazines: "Odds Are Good Gambling May Be Teen Vice of '90s." "More Youth Hooked by Gambling." "'Crack of the '90s': Gambling Hooks Kids." "My Son Couldn't Stop Gambling."

Now, read below the headlines. "Authorities blame the crisis largely on the proliferation of state- and church-sponsored gambling," wrote one newspaper. "Today, betting is more accessible than ever to vulnerable young people. And specialists warn that more than 90 percent of compulsive adult gamblers take up the habit before they are 14," the paper said. "It used to be most compulsives started gambling around age 14. Now we are seeing it drop to age 9 or 10," said another researcher. "Why? Because the opportunity is there," she added. "Kids . . . are bombarded with gambling advertising everywhere. It's socially acceptable excitement." "It's getting worse fast," said a

spokesman for a group called Gamblers Anonymous. "The kids are starting at younger and younger ages, and more of them are getting caught up in it than ever before."

According to a study of teenage gamblers in one American state, about 3.5 percent were potentially compulsive gamblers; another 9 percent were likely to become "high-risk" gamblers. "Typically, the numbers have shown that there are higher rates of gambling among youth than there are in the general adult population," said William C. Phillips, coordinator of counseling services at one American college. "We will face in the next decade or so more problems with youth gambling than we'll face with drug use —particularly illicit drug use," said another addiction counselor. Professor Henry Lesieur conducted a study of junior and senior high school students. *The Los Angeles Times* reported that "his findings are strikingly similar to the study of college students: The percentages of teen-agers ranking as 'pathological' or 'compulsive' gamblers—people who have lost control of their gambling activity—average about 5% of the teen-age population nationwide."

Gambling therapists agree that it is not the numbers of youthful gamblers that concern them but rather the "attitude of kids, parents and even educators about teen gambling. . . . Many kids and their parents consider gambling a 'harmless diversion,' with consequences much less serious than those from involvement with drugs and alcohol or violence or promiscuity." But behaviorist counselor Durand Jacobs warned that gambling can expose youngsters to crime, truancy, and a desire for easy money.



Gambling leads to bad associations

Consider, for example, one high school student who began gambling at an early age. While in school he spent many of his class hours gambling with other students. When he lost and his allowance was gone, he stole money from funds that students had contributed for food baskets for needy families. By gambling the stolen money, he hoped to buy back his own family's television set and an onyx ring that he had pawned to pay off earlier gambling debts. By the time he was in the ninth grade, he had already spent 20 days in a juvenile home for stealing $1,500 and was heavily into dollar-ante poker and $5-a-rack pool. "As I got older, the amounts got higher," he said. Soon he was stealing

Soon there will be more problems with youths gambling than with drugs

from his neighbors to pay his gambling debts. His mother was in despair. By age 18 he had become a compulsive gambler.

In England, sociologists say, soft gambling laws allow children to play slot machines. In airports and arcades, large numbers of children support their addiction by stealing from their parents and by shoplifting.

"Among youth, the most popular and fastest-growing form of gambling on junior high, high school and college campuses is sports betting among [the students] themselves, sometimes backed by local bookies," said Jacobs. "I would predict that there are very few high school and college campuses that don't have well-organized and high-stakes sports pools." Added to this are the card games, lotteries, and casinos that many teens are allowed into because of looking older than their years.

"One of the points that has to be made," said Jacobs, "is that most of the people went on to be compulsive gamblers because when they started as teen-agers, they were winners." "The 'overwhelming majority' of young people, he said, were introduced to gambling by their parents or relatives who condoned it as fun and games," continued *The Los Angeles Times*. Another substance-abuse counselor added his voice: "Parents have got to look at the same old issue they've had to deal with in alcohol and drugs. I just think the more you expand gambling, the more new recruits to the compulsive gambling club occur." Specialists who treat compulsive gamblers say that just as with drugs and alcohol, when hooked on gambling more and more juveniles are supporting their addiction by stealing, peddling drugs, and prostituting themselves. Parents may consider gambling "fun and games," but police officials do not.

"Kids who became hooked on slot machines . . . displayed all the destructive traits of adult compulsive gamblers. Young-



Gambling Chips Welcome at Las Vegas Catholic Shrine

Visitors to the Shrine of the Most Holy Redeemer often ask the priest: "Father, will you pray for me to win?"

Millions of people visit Las Vegas, Nevada, U.S.A., every year from all parts of the world to test the whims of Lady Luck. In the warmly lit sanctuary of this Roman Catholic Church, where statues of the Nativity, the Last Supper, and the Crucifixion appear along the walls, gambling proceeds are put to use in the pews: Worshipers put casino chips into the collection plate.

"Now and then we'll find a $500 chip in one of the plates," Father Leary of the shrine said in a soft Irish brogue.

A Roman Catholic church farther up the Las Vegas Strip served the worshipers for decades, but when four of the world's largest hotel-casinos—the MGM Grand, the Luxor, the Excalibur, and the Tropicana—were built at the south end of the Strip, the new Shrine of the Most Holy Redeemer was built just one block away.

When the priest was asked why this was done, he said: "Why not? That's where the people are."

It's also where the money is. So why not?

sters who got addicted to these slot machines might have started at the age of 9 or 10. They ran through their pocket money, school dinner money, and loose change around the house. A year or two on and boys began stealing things. Everything would be sold from the child's own room, bats, books, even treasures like record players: other children would find their own toys gone too. Nothing in the house was safe. Moody heard of desperate mothers piling up their possessions in one room so as to sit guard over them, or having to hide their handbags under the bedclothes when they went to sleep. Frantic, such mothers could no more comprehend what was happening to their offspring than nesting birds robbed by a cuckoo. The kids still managed to steal from somewhere. By the age of 16, the police would be knocking on the door." —*Easy Money: Inside the Gambler's Mind,* by David Spanier.

As it has been pointed out in these articles, many adults and young people have been introduced to gambling through their churches—bingo, lotteries, and so forth. Should religious institutions and their leaders who claim to be followers of Christ encourage, promote, and abet gambling in any form? Hardly! Gambling in all its aspects appeals to one of the worst qualities in humans, the desire to get something for nothing, or, more bluntly put, greed. Those who promote it encourage people to believe it is right to profit from the losses of others. Would Jesus promote such activity when it brings family breakup, shame, ill health, and the destruction of one's life? Never! Rather, God's inspired Word makes clear that greedy persons will not inherit God's Kingdom.—1 Corinthians 6:9, 10.

Parents must teach their children at an early age that gambling in any form is wrong. Do not view it as fun and games but rather as the beginning of laziness, lying, cheating, and dishonesty. In many cities assistance programs, such as Gamblers Anonymous, have been set up. More important, if you have a problem, seek out the inspired counsel contained in God's Word, the Bible. Some who have contemplated suicide say they owe their lives to heeding such inspired advice.

Greedy persons will not inherit God's Kingdom

Interestingly, Jehovah's Witnesses have helped many who were caught in the snare of compulsive gambling to break free. One such former compulsive gambler wrote that after many years of involvement in vices, including heavy gambling, "immediate and dramatic changes of conduct began to occur as my girlfriend and I studied the Bible with Jehovah's Witnesses. Gambling was an addictive force, and it proved to be most difficult to manage. With Jehovah's help and the support of my girlfriend—along with study, prayer, and meditation, especially on God's view of greed—this gambling addiction came under control, and my girlfriend, who has now been my wife for 38 years, and I both dedicated our lives to Jehovah. Though we have served where the need is greater and in full-time service for years and I have served as a traveling representative of the Watchtower Society, my addiction is still present and is controlled only with Jehovah's help and guidance."

If gambling is a problem for you, can you be set free of the addiction? Yes, if you continue to avail yourself of God's help and offer it to others who may be in need of it.

Young People Ask...



Should I Learn Self-Defense?

"There's this really bad gang in school," says Jesse. "If they see you in the hallway and want your sneakers, jacket, or even your pants, they take them. If you report it, they'll get you again."

COPING with violence has become a way of life for many youths. Said the magazine *USA Today*: "About one of every five high school students carries a firearm, knife, razor, club, or other weapon on a regular basis. Many carry them to school." A teenage boy named Jairo knows this firsthand. "Our school was the first [in New York City] to have metal detectors," he says, "but that doesn't stop the kids from having knives and guns. I don't know how they get them in, but they do."

Understandably, the threat of being assaulted has many youths thinking about how they can protect themselves. Young Lola observes: "After a girl from my school was stabbed to death for her earrings, they began teaching self-defense courses in school. Almost everyone signed up." Other youths have resorted to carrying chemical sprays and other weapons. The question is, Do self-defense methods really protect you?

The Martial Arts

They show it on TV all the time—martial arts experts flipping through the air, kicking and punching with the grace of a dancer. Within seconds the bad guys lie motionless on the ground. Amazing! The martial arts seem like the ultimate protection. In reality, though, life isn't like the movies. A man with years of experience in karate said: "It takes just a bullet. If a person at a distance has a gun, you don't stand a chance. If you're too closed in without any room for movement, it's not really that great either."

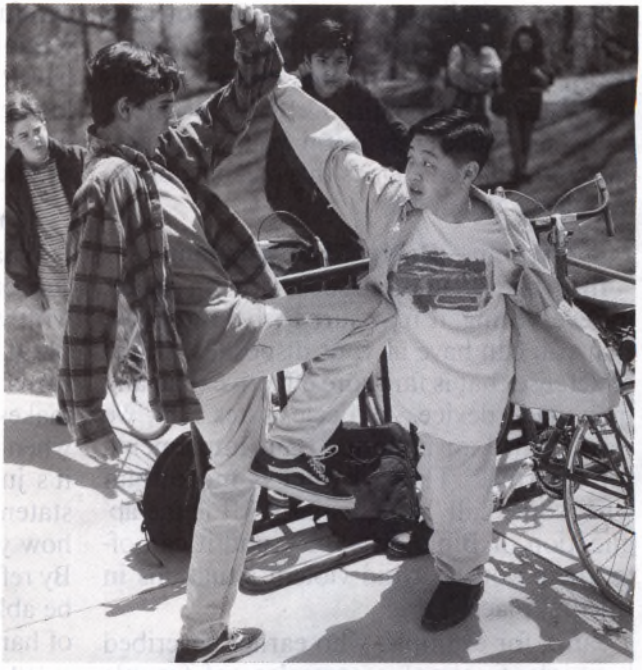
Realize, too, that to become proficient in the martial arts, one must spend a lot of money and undergo years of vigorous training. And unless you *stay* in training, your ability to perform those fancy moves can get dangerously rusty in no time at all. The same can be said about other forms of self-defense, such as boxing. Besides, having a reputation for knowing how to fight is likely to attract unwanted attention. Troublemakers may decide to take you on as a challenge.

There is a greater danger, however, in learning the martial arts. *The Economist* magazine recently reported: "Most, if not all, of the martial arts are inextricably linked to the three main East Asian religions, Buddhism, Taoism and Confucianism." Another source adds: "Everything done in karate—every movement, every feel-

ing—can be traced to some principle of Zen." Zen is a sect of Buddhism that emphasizes religious meditation. These religious roots pose a serious problem for Christians in view of the Bible's words at 2 Corinthians 6:17: "'Therefore get out from among [false worshipers], and separate yourselves,' says Jehovah, 'and quit touching the unclean thing.'"

Use of Weapons

What, though, about packing a gun or a knife? Doing so may indeed make you feel confident. But that confidence could prove fatal if you started taking unnecessary risks or courting trouble. Warns the Bible: "As for the one searching for bad, it will come upon him." (Proverbs 11:27) And if uninvited trouble comes your way, pulling out a weapon is sure to escalate the conflict. You could get killed—or end up killing someone else. How would God, the Source of life, view your actions if you could have avoided using violence?—Psalm 11:5; 36:9.



Martial arts are not the answer for Christians

True, some do not really intend to use lethal force. They may say they carry a weapon just to scare off harassers. But says *Health* magazine: "Firearms instructors agree: Don't get a gun if you aren't prepared to use it. Waving a firearm around as a bluff can scare off some assailants, but will only enrage others."

What about "safer" weapons, such as chemical sprays? Besides the fact that they are illegal in some places, these weapons have serious drawbacks. Instead of immobilizing a drug-crazed attacker, they may only succeed in infuriating him. It is even possible that the wind might blow the chemical into *your* face rather than the attacker's —assuming you get the spray out in the first place. Seeing you rummaging through your pockets or purse, the assailant may assume you are reaching for a gun and decide to take some aggressive action of his own. One police detective thus comments: "There is no guarantee that mace [a chemical spray], or any other weapon, will work. Or that you will have it out in time. Weapons never help a situation. People put too much faith in them."

Weapons—The Godly View

The threat of violence was real back in Jesus' day. One of his most famous parables, commonly called the parable of the Good Samaritan, related an incident involving violent robbery. (Luke 10:30-35) When Jesus asked his disciples to equip themselves with swords, it was not for protection. In fact, it led to his stating the principle: "All those who take the sword will perish by the sword."—Matthew 26:51, 52; Luke 22:36-38.

True Christians, therefore, do not arm themselves so as to harm their fellowman. (Compare Isaiah 2:4.) They follow the Bible's advice at Romans 12:18: "If possible, as far as it depends upon you, be peaceable with all men." Does this mean being defenseless? Not at all!

Wisdom—Better Than Weapons

In an age when there seems to be a gadget for everything, it may surprise you to know that you can have at your disposal a means of defense that is far more effective than any man-made device. At Ecclesiastes 9:18, we read: "Wisdom is better than implements for fighting." This wisdom is more than what some call "street smarts." It is the application of Bible principles, and it can often help you to avoid violent situations in the first place.

Jairo, for example, who earlier described his violent school, steers clear of trouble by applying the Bible's words at 1 Thessalonians 4:11: "Make it your aim to live quietly and to mind your own business." Says Jairo: "If you know there's going to be a fight, you have to mind your own business and go home. Some hang around, and that's when they get into trouble."

"Letting everyone know I'm one of Jehovah's Witnesses is my best protection," states young Lola. "People leave me alone since they know I'm not going to be a threat to them." "It's more than just saying you're a Witness," adds Eliu. "They should see that you're different." Christians must be "no part of the world." (John 15:19) But be careful not to project a superior attitude. (Proverbs 11:2) One youth put it this way: "Don't walk down the hallways as if you own the place." This could trigger resentment. Relates a Christian youth named Luchy: "I'm friendly, and I talk to my classmates; but I simply don't act like them."

How you dress is also important. "I'm careful not to wear things that attract attention," says one youth. "I figure I don't have to wear the most expensive brands to look good." Following the Bible's counsel to dress modestly may help you to keep a low profile and avoid trouble.—1 Timothy 2:9.

If You Are Confronted With Violence

What, though, if in spite of your efforts to stay out of harm's way, you are threatened with violence? First, try to apply the principle at Proverbs 15:1: "An answer, when mild, turns away rage, but a word causing pain makes anger to come up." Young Eliu did so when he was in school. He says: "Sometimes it's just a matter of not taking aggressive statements so seriously. In a lot of cases, it's how you respond that causes the trouble." By refusing to "return evil for evil," you may be able to keep a situation from getting out of hand.—Romans 12:17.

When diplomacy fails, however, you must take steps to protect yourself. If a group of youths demand that you give them your sneakers or some prized possessions, *give them up!* Your life is far more precious than the things you possess. (Luke 12:15) If violence seems imminent, walk away—better yet, *run* away! "Before the quarrel has burst forth, take your leave," says Proverbs 17:14. (Compare Luke 4:29, 30; John 8:59.) If escape is impossible, you may have no choice but to ward off violence as best you can. Afterward, be sure to let your parents know what happened. Perhaps they can help out in some way.

Just as the Bible prophesied, we live in violent times. (2 Timothy 3:1-5) But toting a gun or learning karate kicks will not make you any safer. Be cautious. Use godly wisdom when faced with trouble. And above all, have faith and trust in Jehovah. Like the psalmist, you can confidently pray: "From the man of violence you will deliver me." —Psalm 18:48.

Probing the Mysteries of Migration

BY *AWAKE!* CORRESPONDENT IN SPAIN



THERE is an old song that tells of the swallows' return to the old Mission San Juan Capistrano in San Juan Capistrano, California, U.S.A. It is said that without fail, on March 19th every year, they return to their nests there.

European swallows follow a similar timetable. A Spanish saying predicts that by March 15th the song of the swallow will be heard once more.

In the Northern Hemisphere, countryfolk have always greeted the return of the swallow, a traditional harbinger of spring. But some curious ones also wondered where they had been during their winter absence. Some thought they had hibernated. Others suggested that they had gone to the moon —someone calculated that they could fly there in two months. A 16th-century Swedish archbishop claimed that swallows spent the winter underwater, huddled together at the bottom of lakes and marshes. His treatise even contained an illustration that depicted fishermen hauling in a net full of swallows. Odd as these ideas now seem, the truth turned out to be nearly as strange as fiction.

During this century ornithologists have ringed thousands of swallows. A small, but significant, percentage of these ringed birds were located in their winter quarters. Incredible though it seems, swallows from Britain and Russia were found wintering together thousands of miles away from home—in the extreme southeastern tip of Africa. Some of their North American counterparts fly as far south as Argentina or Chile. And swallows are not the only birds to make such epic journeys. Hundreds of millions of birds from the Northern Hemisphere winter in the Southern Hemisphere.

Ornithologists were amazed to discover that a bird as small as a swallow could make a round-trip of 14,000 miles before returning to the same nest the following spring. Knowing where the swallows had gone only raised more perplexing questions.

"Swallow, Why Do You Leave Your Nest?"

What makes a bird journey to the other end of the globe? Or, as a Spanish saying puts it, "Swallow, why do you leave your nest?" Because of the cold or in order to find food? Doubtless, their need for a reliable food supply is the answer rather than the onset of wintry weather, since many small birds that have difficulty surviving cold winters do not migrate. But bird migration is not just a wandering in search of food. Unlike human migrants, birds do not wait until times are bad before moving on.

Scientists have discovered that it is the shorter day that triggers the migratory urge.

Photo: Caja Salamanca y Soria



The stork punctually returns each year to its nest

In the autumn captive birds get restless when the daylight hours decrease. This is so even when the effect is produced artificially and when the birds have been reared by investigators. The caged bird even faces in the direction it instinctively knows it should take during its migratory flight. Evidently, the urge to migrate at a specific time of the year and in a certain direction is inborn.

How do birds navigate successfully over large distances? Many migrate over featureless oceans and deserts, and they do so both by day and by night. In some species the young birds travel on their own without the help of experienced adults. Somehow they stick to their route despite storms or side winds.

Navigation—especially across vast oceans or deserts—is by no means easy. It took man thousands of years to master it. Doubtless, Christopher Columbus would never have ventured so far across the ocean without navigational aids such as the astrolabe and the magnetic compass.* Even so, toward the end of his first voyage, it was the birds that showed him the way to the Bahamas. Following the custom of ancient mariners, he changed his course to the southwest when he spotted migrating land birds flying in that direction.

Successful navigation requires a system for maintaining a steady course and also a means of determining position. Simply put, you need to know where you are in relation to your destination and what direction to take in order to get there. We humans are not equipped to handle such a task without tools—but birds evidently are. Patiently, scientists have pieced together data that throws light on how birds determine the right direction in which to fly.

Some of the Answers

Homing pigeons are the "guinea pigs" of

* The astrolabe was used for calculating latitude.



Migrating cranes in a typical V-formation

choice for scientists bent on unraveling the mysteries of bird navigation. Long-suffering pigeons have been fitted with frosted glass "spectacles" so that they could not see specific landmarks. Others have been equipped with magnetic backpacks to prevent them from using the earth's magnetic field for guidance. Some were even drugged while traveling to their point of release, to ensure that they had no way of knowing the outward route. The resourceful pigeons overcame each handicap separately, although a combination of certain obstacles did prevent them from homing successfully. Clearly, birds are not dependent on just one navigation system. What methods do they use?

Experiments using artificial suns or night skies demonstrate that birds can navigate by the sun during the day and by the stars at night. What if the sky is overcast? Birds can also fix a route using the earth's magnetic field, as if they had a built-in compass. In order to return to the same nest or loft, they must also be able to recognize familiar landmarks. Furthermore, researchers have found that birds are much more sensitive than humans to sounds and smells—although they don't know to what extent this ability is used for navigation.

The Mystery of the "Avian Map"

Although all this research has gone a long way toward establishing how birds can fly in a fixed direction, a baffling problem still remains. It is one thing to have a reliable compass, but to get home, you also need a map —first to determine where you are and then to plot the best route.

What "avian maps" do birds use? How do they know where they are after being taken to an unknown place hundreds of miles from home? How do they calculate the best route, when to all outward appearances they have no maps or signposts to guide them?

Biologist James L. Gould says that a bird's "map sense seems likely to retain its status as the most elusive and intriguing mystery in animal behavior."

The Mind Behind the Mystery

What is abundantly clear is that migration is instinctive behavior. Many species of birds are genetically programmed to migrate at certain times of the year, and they are born with the skills and senses needed to navigate successfully. Where did that instinctive ability come from?

Reasonably, this instinctive wisdom could come only from a wise Creator, who could "program" the birds' genetic code. God pointedly asked the patriarch Job: "Does a hawk learn from you how to fly when it spreads its wings toward the south?"—Job 39:26, *Today's English Version.*

After a hundred years of intense research on bird migration, scientists have come to

respect the birds' tiny brains. After plotting the principal migratory routes, scientists can but marvel at the incredible distances some birds travel. Generation after generation, in spring and autumn, millions of migratory birds traverse the globe. They navigate by the sun during the day or by the stars at night. In cloudy weather they use the earth's magnetic field, and they quickly learn to recognize familiar landscapes. Possibly they even orient themselves by smell or infrasonic waves.

How they "map" their journeys remains a mystery. We know where all the swallows go; we don't know how they get there. Nevertheless, when we see the swallows flocking together in the fall, we can but pause to marvel at the wisdom of God who made their migration possible.



World Champion Migrants

Distance. In the northern summer of 1966, an arctic tern was ringed in North Wales, Great Britain. In December of that same year, it turned up—appropriately enough—in New South Wales, Australia. It had flown more than 11,000 miles in six months. Such a feat is probably quite normal for arctic terns. In the course of a year, some of these birds regularly circumnavigate the globe.

Speed. American golden plovers are perhaps the fastest migrants. Some of these birds have crossed the 2,000 miles of ocean separating Hawaii from the Aleutian Islands, Alaska, in just 35 hours—at an average speed of 57 miles per hour!

Endurance. Blackpoll warblers of North America, which weigh only three quarters of an ounce, are the greatest marathon fliers. On their journey to South America, they fly 2,300 miles nonstop across the Atlantic in just three and a half days. This extraordinary endurance test has been compared to a man running 1,200 four-minute miles without stopping. The flight is also a weight-watcher's dream—the warbler burns up nearly half its body weight.

Punctuality. Apart from the swallow, the stork (shown above) also has a reputation for punctuality. The prophet Jeremiah described the stork as a bird that "well knows its appointed times" and its time for "coming in." (Jeremiah 8:7) Nearly half a million storks still pass through Israel every spring.

Navigation skills. For Manx shearwaters there is no place like home. A female bird taken from her nest in Great Britain was released some 3,000 miles away in Boston, U.S.A. She crossed the Atlantic in 12 1/2 days and arrived home before the airmail letter that gave details of her release. The achievement was all the more amazing because these birds never traverse the North Atlantic in their migratory journeys.

My Long, Hard Fight to Find True Faith

I always feared I would go to hell, I knew I wasn't good enough to go to heaven. I felt I'd be fortunate to make it to purgatory, so I prayed fervently and lighted candles to escape landing in hell.

AS MY car's tires slipped and slid on the icy roads of a mountain pass in Oregon, U.S.A., I wondered what I had got myself into. This was my first experience driving in snow, and here I was in the middle of a blizzard on unfamiliar roads, with plunging ravines off to each side, barely able to see past the hood. I knew it was all over, so I prayed to God to spare my passenger and me and that I would repay him by returning to church.

Well, we did make it, and I lived up to my vow of returning to church. I found a local church in Seattle by looking in the yellow pages and went the next Sunday. It gave me the same empty feeling that I had experienced before. The church stressed the same thing as my former church, *money*. The basket was passed three times! I can remember telling God that I was going to have to find another way to worship him.

As a child, I was raised a strict Catholic in a military home. I attended a Catholic school. I can remember being in catechism class and asking the nun: "Why don't we ever use the Bible?" I was told that I was weak in faith, and more than once my parents were informed of my weakness.

I was raised with an ever-present fear of God. I had an unclear concept of him. He was a God who deserved to be worshiped but tormented you if you didn't worship him correctly. By the time I was 17, I told my parents that I would not go to church anymore. I felt closer to God anywhere other than in church. I used to walk on the beach, and if something was bothering me, I would talk to God about it. I apologized to him for talking to him without the use of a priest, informing him that I just had to tell him what was on my mind. I also became disillusioned because of everything I saw happening in the world. It was the hippie era, and my friends were involved with anything-goes sex and drugs. I saw the sad consequences of unwanted pregnancies, abortions, drug overdose—I wanted no part of that!

The Search Begins

Becky, a close friend, and I decided to leave college in search of something better. There had to be something better! We decided to visit her mother in Washington State. I told my parents that I needed to get away, to try to clear my mind of the problems that were bothering me. That's when we drove into the snowstorm in Oregon. After leaving the church in disgust that Sunday in Seattle, I went home and spoke to Becky's mother, Edna, about my feelings. She told me that she knew someone who could answer my questions. She called Jehovah's Witnesses at the Kingdom Hall.

I remember waiting for them to come. It took three days. But when they came, I thought they were the most Christian

looking people I had ever seen in my life. It was Clarence and Edith Meunier. Clarence was a graduate of the Watchtower Bible School of Gilead and was obviously well-versed in the Scriptures. I was immediately impressed when they explained that God had a name—Jehovah. I felt as though a light had switched on in my head. The first study lasted three hours, and they came back two days later for another one.

I was so excited. I soon telephoned my parents and told them I had found the truth. I told them that God had a name, Jehovah, and that Jehovah's Witnesses were teaching the truth of the Bible. I knew that they had never heard of Jehovah's Witnesses and would be just as excited to learn what I had learned. However, they had heard of Jehovah's Witnesses and were quite upset. They came to take me back to California.

When I got home, I knew that I needed to get in touch with the congregation right away. I located the Kingdom Hall and went to the next meeting and sat down. A sister looked over at me and smiled, so I asked her if she would study with me. She almost fell off her chair and quickly accepted. I was so glad to get back with the congregation because I had started feeling cut off. I needed association.—Hebrews 10:24, 25.

Persecution From Family Begins

My parents were still very opposed to my new religion and sent me to a psychiatrist. When my parents asked for a report, he told them I was rebelling. I told them I wasn't rebelling. It was the first time in my life that I had found something that gave me answers, that gave me a reason for living.

After this, when I went to the Kingdom Hall, my parents were very angry. They told me that I could go to any college I wanted, pursue any field I wanted, and they would pay for it, but I was to have nothing to do with Jehovah's Witnesses. What made this especially difficult to endure was the love I had for my family. One particularly unpleasant day my mother told me that she would rather see me a prostitute than one of Jehovah's Witnesses. I could be anything, but not one of Jehovah's Witnesses. My parents told me that I had to leave home. Psalm 27:10 came to mind: "In case my own father and my own mother did leave me, even Jehovah himself would take me up." A sister in the congregation had a home that was empty, and she turned it over to me.

I met a sister in the Kingdom Hall who, like me, was brand new. Her name was Chris Kemp, and we became very good friends and started rooming together. We were baptized on July 18, 1969, at Dodger Stadium in Los Angeles.

At the congregation meetings, we would watch a full-time pioneer sister, Dana Wolff. She was very spiritual. We found out that she needed a place to live, so we gained a wonderful roommate.

I remember my first part on the meeting. I had a demonstration, and I had gone over it repeatedly. It was a demonstration on presenting a book, and I knew it by heart. However, at the last minute, I wrote it out and put it in my pocket. I got on stage and went blank. I said: "Hello . . . Hello . . . Hello." I said hello about five times. I couldn't remember anything. So then I looked at the audience and said: "I don't usually do this at doors." I then pulled out my crumpled notebook paper and read word-for-word what I was supposed to say. When I was through, I went to my seat and cried.

The brother who had asked me to give the part asked the audience: "What did we learn from this presentation?" The hall was quiet. I then stood up, faced the audience, and said: "How could they learn anything? I was terrible! Of course they didn't learn anything!" and I sat back down and resumed my

crying. I know my parts are a little better now—they couldn't be any worse.

Not long after that, Dana started talking about wanting to find someone who would move where the need was greater and pioneer with her. That night Chris and I went in our room and talked about it. We came back the next day and asked Dana: "What about us?" Dana about fell over. We were new; we weren't baptized long enough to be regular pioneers yet! We were not at all what she had in mind for partners. But she wrote the Watchtower Society anyway, and they assigned all three of us to Middlesborough, Kentucky.

My Family's Opposition Fails

We were packing our things to leave when my parents called to tell me I would not be able to take my car out of the state of California. They were cosigners of my car and told me they would call the police if I tried to take the car out of state. We then decided to take the bus. At a going-away party for us, a brother I had met one time came up and said: "I understand that you owe $3,000 on your car." I said yes. He said he wanted to pay it. I said I couldn't allow him to do that. He made arrangements for me to meet with the brothers in our congregation. They said: "If he wants to, let him do it. Don't fight Jehovah's spirit." So the car was paid off. My parents were very upset yet amazed that someone would do that. We left for Kentucky the next day.

When we got to Middlesborough, we were given an apartment to live in that was in the back of an old Kingdom Hall. There was no insulation. It got very cold in the winter. It was even cold in the summer, but we were glad to have it because we couldn't afford rent. We had only one little space heater. In the winter we dressed in layers, even to go to bed. In the morning sometimes there would be a sheet of ice across the entire floor, and our socks would stick to it. In the bathroom we always had a hammer to break the ice on the toilet water because it would freeze over at night.

Chris and I had only been full-time ministers for five months, but we were already conducting a lot of good Bible studies, and it was exciting to be there. We were so happy that we all averaged well over 150 hours a month during those first few months of pioneering. Dana wanted to be a temporary special pioneer for the summer so she decided to go to the Witnesses' headquarters in New York. We had never been there, so we decided to make the trip with her. While we were there, Dana went to the Service Department, and we went with her. To our surprise they assigned all three of us to be special full-time pioneers.

My Father Breaks His Word, Misapplies Scripture

The very month I started special pioneering, Satan increased his efforts to wear me down. I received an itemized bill from the bank stating that I had to start paying $32.80 a month for my college education. This came out of the blue, for my parents had always told me that they would pay for my college education if I maintained an *A* average, which I had done. I wrote my father and asked him not to view me as one of Jehovah's Witnesses in this but to view me as

IN OUR NEXT ISSUE

One-Parent Families —How Successful Can They Be?

Are God's Standards Too Difficult to Reach?

A Delightful International Fruit

his daughter. I reminded him in a loving way of the agreement that we had made regarding my education, that if I maintained the grades he demanded, he would always pay for my education. I asked that he please not put this burden on me because it would be very difficult for me to maintain these payments, since I was only making $50 a month, which is what I lived on. Paying $32.80 a month would leave me with only $17.20 to live on.

My father replied with a scripture in a letter. He wrote: "Since you are always using the Bible, what about this scripture: 'Him that doesn't work, neither let him eat.' You're not using your education for anything beneficial, so you are to make these payments to the bank."—2 Thessalonians 3:10.

When I received the short, curt message, it hurt me very much. I got in my car, went somewhere by myself, and cried because I did not know what to do. Then I stopped crying and got angry. I recognized that it wasn't my parents against me but Satan. I shouted out to Satan to get away from me, that he was not going to win, that he was not going to succeed in making me quit pioneering.

Many Hardships, Many Blessings

I got a part-time job working 20 hours a week—11 hours one day and 9 the next—and I continued special pioneering. I learned quickly how to take advantage of thrift shops. My winter wardrobe was four skirts for a dollar. My winter coat was $1.50. I worked scrubbing floors to be able to buy a pair of $20 boots. All of us had to struggle. To try to save money, I opened a savings account. Sometimes I would deposit 25 cents and then withdraw it for gas. I think the bank tellers hated to see me come in. They eventually closed my account—it always had so little money in it. I would pull into a full-service gas station and get 25 cents worth of gas. After a while I think the attendants let out a heavy sigh whenever I pulled in. There were times we didn't have any money for gas. Many times we would get in the car, knowing that we were low on fuel but knowing also that we had a Bible study to get to. Sometimes when we would go to the post office, in our mail we would find a dollar from someone—just enough to help us get by. Through all the troubles, we could see Jehovah's hand in our life. It was so touching.

I can remember collecting discarded bottles just to put stamps on letters. I saved three months for a pair of $8 shoes. Then the most personal thing happened to me. I was literally down to two pairs of underwear. I prayed to Jehovah and told him that I felt this wasn't something really appropriate to pray for but that I didn't know what I was going to do. Two weeks later, I received a package with 17 pairs of panties, a slip, a blouse, and other items! All from someone I hadn't heard from for a year.

One of the main problems in the area was bootlegging. Because of their illegal practices, people in certain territories were very clannish and suspicious of strangers. Nevertheless, I had many studies, and I ended up working in field service approximately 25 hours a week by myself. I never felt closer to Jehovah than I did at that time because I had to rely totally upon him. You learn that it is not the things you have but your relationship with Jehovah that counts. You learn that material things do not make you happy; it's Jehovah who makes you happy. —Luke 12:15.

I Gain a New Loving Family

The very month that I finished paying off my bill for my college education was the month that I met my future husband and best friend, Jeff Malone. He was at Bethel,



Karen with her husband and two children

and one year later we were married. When I married Jeff, I not only married him but gained his mom, sister, and uncle, whom I love very much. Our common love for Jehovah unites us more than any other tie. Jeff and I were given an assignment in Union City, Tennessee, as special pioneers. We were only there four months when we applied for Bethel and were accepted.

We left Bethel in 1980, and our daughter, Megan, was born later that year. Our son, J. T., was born in 1983. Jeff and I are both currently serving as regular pioneers with the Forest Hill Congregation in Fort Worth, Texas.

We decided that we would do everything possible to raise our children to love Jehovah. Even though Jeff serves as an elder, he has always put our family's spiritual interests first. We have followed the Society's suggestions about regularly attending meetings, reading to the children, participating in field service, discussing the daily text, and going to Kingdom Hall construction projects. Both of us would often spend over an hour putting the children to bed—singing songs to them, reading Bible stories to them, saying prayers with each one separately. Our family goal is for all of us to be in the full-time service together. One thing we have always felt very strongly about through the years—sticking together as a family, doing things as a family, both in work and in play.

Looking back, I can confirm that David had it right when he said: "What shall I repay to Jehovah for all his benefits to me?" (Psalm 116:12) There is nothing that Satan has been able to do that Jehovah hasn't been able to undo. I have a close, loving family with Jeff and Megan and J. T., all united in serving Jehovah; and in addition to that, I have gained a wonderful worldwide family because of being part of Jehovah's organization. It is something for which I'll be forever grateful.—*As told by Karen Malone.*

The African School
What Did It Teach?

BY *AWAKE!* CORRESPONDENT IN GHANA

THE African school? Some Westerners may be surprised to know that such an arrangement actually existed in times past. Sad to say, the Hollywood image of the African as a menacing savage clutching a spear has been slow to vanish from the minds of people. Many simply cannot imagine how the African of days gone by could in any way have been considered educated.

It is indeed true that Africans raised in traditional societies did not receive book learning and formal classroom training. However, long before the European brand of formal education was brought to this continent, many African societies had effective educational systems that helped children become well equipped to function and thrive in their local culture. Consider, for example, the schooling of the Akan, the Twi-speaking people of Ghana.

Home Schooling

Among the Akan, the home served as the primary classroom. The child's education began as he learned speech from his parents. At the same time, he also received his first lessons in proper manners. For instance, when a visitor to the house would say a greeting to a child, the child would be taught the proper, polite response. Later, when the child was sent out on errands, he would be told the polite way to deliver any messages being conveyed.

The educational philosophy of the Akan was thus not unlike that expressed in the Bible at Proverbs 22:6: "Train up a boy according to the way for him; even when he grows old he will not turn aside from it." Parents, especially the father, took an interest in child-rearing. Said an Akan proverb: "If a child does not take after his mother, he takes after his father."

As the child grew, so did the depth of his education. Lessons about life were conveyed, not through books, but through imaginative stories, such as those about the mythical spider called Kwaku Ananse. How children loved these tales! In the early evening breeze, or on a moonlit chilly night, they would sit around a fire and heartily enjoy these stories of triumph and failure.

One famous story tells that Ananse traveled the length and breadth of the earth to put all the world's wisdom in a pot. His mission seemingly accomplished, he decided to hang the pot high up in a tree, so that no one else could access this wisdom. He began the difficult climb up the tree, the wisdom-laden pot attached to a string and dangling from his belly. As he struggled, his firstborn son, Ntikuma, appeared and called out to Ananse: "Ah, bah, Father! Whoever climbs a tree with a pot on his belly? Why not put it on your back and have room to operate?" Ananse looked down at his son and shouted: "How dare you teach me?"

But now it was apparent that some wisdom still remained outside his pot! Angered by this realization, Ananse hurled down the pot, shattering it and scattering all the wisdom about. Those who were the first to get



Among the Akan, the child was made to recognize his responsibility to the community



Kingdom Halls of Jehovah's Witnesses provide literacy classes

there became the wisest ones. The lesson: No one has a monopoly on wisdom. The Akan would thus say: "One head does not constitute a council."—Compare Proverbs 15:22; 24:6.

Life Skills

Akan education also included training in life skills. Most boys took up their father's occupation—usually farming. But there were other skills to be learned, such as hunting, palm wine tapping, and crafts such as basket weaving. For more elaborate ventures, such as wood carving or weaving, boys were apprenticed to master craftsmen. And the girls? Their training mainly focused on homemaking skills such as extracting vegetable oil, making soap and pottery, spinning cotton, and the like.

Science was not left out of the traditional school's "curriculum." Knowledge of medicinal herbs, their preparation and dispensation, was passed from father to son or from grandparent to grandchild. A child also learned to calculate numbers, using his fingers as well as marbles, stones, and marks on sticks. Games like oware and draughts sharpened counting skills.

By attending open court sessions, the young Akan would also gain insight into the political and judicial systems. Funerals as well as festive occasions were opportunities to assimilate the local dirges, poetry, history, music, drumming, and dancing.

Community Responsibility

Among the Akan, the child was not a social island. Early in life he was made to recognize his responsibility to the community. He learned his first lessons in this regard as he joined his peers for play. In later years he would engage in cooperative activities like community labor. When he misbehaved, punishment would be administered, not only by his parents but by any adult member of the community. Indeed, it was considered an adult's moral obligation to discipline any misbehaving child.

Such discipline was well received because children were taught to have a high regard

for adults. In fact, the Akan used to say: "An old lady is not grandmother to only one person." Respect for and service to the elderly was thus an obligation. And any child who, without proper excuse, refused to render service to an adult would be reported to his parents.

Religious Education

The Akan were very religious, having a reverent attitude toward nature and the unknown universe. True, they were polytheists, believing in many gods. Even so, the Akan believed in the existence of one Supreme Being. (Romans 1:20) The Akan word for "God," any god, is *onyame*. However, to the Akan that word seemed inadequate to describe the Creator. So, they called him *Onyankopɔn,* meaning "the God Who Alone Is the Great One."

Lesser gods were worshiped in the belief that it was the arrangement of the One Great God. In their minds this was little different from the way the paramount chief was served through lesser divisional chiefs. At any rate, every Akan child was taught this religion.

Traditional Education Today

In recent years millions of Africans have migrated to big cities where formal classroom instruction has all but replaced the traditional ways of schooling. Nevertheless, the traditional African school continues to flourish in some communities, especially in the rurals. Why, some Africans have even had the benefit of both traditional *and* formal educations!

Consider, for example, a Christian minister in Ghana named Alfred. In spite of having enjoyed a formal education, he has a high regard for many aspects of the traditional way of life. Says Alfred: "Most of my unlettered kinsmen, though having only their traditional training, are very good teachers on practical aspects of life. Working with fellow Christians among them has taught me many effective ways of presenting my message in simple, down-to-earth style. I can thus reach people of a traditional background as well as those with formal education. Quite often, I take a proverb or illustration used by these folks, polish it, and incorporate it in my Bible lectures. This often draws enthusiastic applause from the audience! Really, though, the credit must go to these traditionally trained men and women."

Clearly, then, the African school has many admirable aspects and is deserving of respect, not disdain. It may not have produced technological wonders, but it did produce a strong family structure, a sense of community, and a people of keen mind, appealing sense of humor, and generous, hospitable spirit. Not surprisingly, then, many city Africans endeavor to keep in touch with relatives who live in the rurals by making occasional visits. Such occasions are not without their awkward moments. City dwellers often falter when it comes to traditional norms. Often they do not know, for example, that when you shake hands with a group, the "proper" way is to go from right to left. Still, such visits can prove to be mutually refreshing.

Nevertheless, it must be admitted that while the African traditional school taught reverence and devotion, it did not impart the life-giving knowledge of Jehovah and his Son, Jesus Christ. (John 17:3) Jehovah's Witnesses are privileged to work among the Akan and other African ethnic groups to provide this vital knowledge. They have taught thousands of Africans who lack formal schooling to read and write so that they can study God's Word firsthand. For those who are "conscious of their spiritual need," this is the most important education a person could possibly have.—Matthew 5:3.

Why Children Give In to Drugs

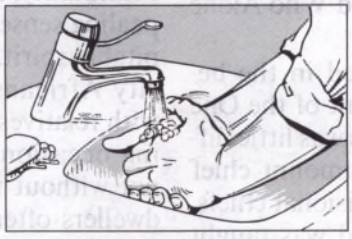
"How can we keep our children from getting involved with drugs and alcohol, and why is it that some kids find it easier than others to 'just say no'?" Those questions were raised recently in *Parents* magazine, which found some possible answers in a study undertaken by researchers at the University of Arizona, U.S.A. The study examined almost 1,200 children in the sixth and seventh grades and focused on ten different risk factors suspected of influencing children toward drug and alcohol abuse. The two leading predictors were "being susceptible to peer pressure, and having friends who used alcohol or drugs." On the other hand, the study found that academic achievement could play a preventive role—perhaps because it improves self-esteem and rarely promotes friendships with substance abusers.

Fascination With Horror

"Teens are hooked on horror," reports *The Globe and Mail* of Canada. The paper states that "there are horror trading cards, comic books, artwork, movies and even music, all hot in adolescent circles." To satisfy such shocking taste in reading material, one book publisher increased production of horror books for teens from four a year to one a month. Others put out two horror books a month. Why such a fascination with horror? According to author Shawn Ryan, "from a historical perspective, horror has always done well when there's a malaise or unhappiness." According to *The Globe,* Mr. Ryan said: "In the nineties, we are obviously dissatisfied with government, unhappy and fearful of crime. These are the times when horror does well."

Proper Hand Washing

Doctors say the simple act of regularly washing your hands "helps get rid of germs and viruses that cause colds, flu, strep throat, stomach disorders and more serious illnesses," reports *The Toronto Star.* The paper adds: "A . . . study by Montreal epidemiologist Dr. Julio Soto



shows that washing hands properly can dramatically reduce the spread of viral and bacterial infectious diseases—by as much as 54 per cent for upper respiratory diseases and 72 per cent for diarrhea cases." The Canadian Paediatric Society suggests that proper washing of hands should involve wetting hands under running water, scrubbing them with soap for a count of 30, rinsing them under running water for a count of 5, and, finally, drying them with a clean towel unused by others or a paper towel or a hands-free dryer. Food handlers in restaurants, hot dog stands, and food courts especially need to give careful attention to hand washing.

Plight of the Poor

The rural poor around the world are in dire straits, according to the World Summit for Social Development, a recent UN conference held in Copenhagen, Denmark. It was reported at the summit that more than one billion people live in abject poverty and that over half of these go hungry every day. Contributing to the problem is unemployment. Estimates on the total number of people who are jobless or underemployed range as high as 800 million. All told, some 30 percent of the world's employable labor force is not productively employed. From 1.1 billion to 1.3 billion people live on an income of less than a dollar (U.S.) per day. Illiteracy, which surely exacerbates the problem, now afflicts some 905 million people. Their numbers are not diminishing quickly; 130 million children do not go to school although eligible, and their numbers are expected to swell to 144 million by the year 2000.

Paying the Price for Campus Drunkenness

Binge drinking on the part of college students is exacting a high price these days —even among those who do not binge, according to *U.S.News & World Report.* Summarizing the results of a study of 140 college campuses, published in *The Journal of the American Medical Association,* the magazine reported that 44 percent of the college students surveyed were binge drinkers—that is, sometime during the previous two weeks, the men had consumed

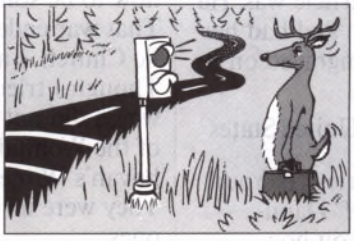
five drinks in a row and the women had consumed four. Nineteen percent were frequent bingers; they had binged at least three times during the same period. High percentages of the bingers suffered the effects one might expect—they had hangovers, engaged in unplanned sex, missed classes, suffered injuries, damaged property, and so forth. But other students suffered too. At schools with heavy bingeing, 9 out of 10 students had to deal with some of the problems caused by the drinking of others, such as unwanted sexual advances, property damage, interrupted sleep, and humiliating insults.

Poisoned Land in Britain

Recently, Britain's Ministry of Defence admitted that it owns a number of tracts of land that are so contaminated with weapon-related pollution that the properties can never be sold, reported *New Scientist* magazine. The Ministry owns 3,400 sites in Britain, covering 598,000 acres. Two thirds of the sites are used for training grounds and firing ranges. Because of cutbacks in the military budget, the Ministry is forced to sell some of this land but evidently does not know how many of the properties are too polluted for human habitation. At least eight of the sites are thought to be contaminated with radioactivity from luminous paint that was once used in military compasses and instrument panels. Many firing ranges are littered with dangerous unexploded munitions. And at least one tract of land is believed to be contaminated by World War I munitions containing mustard gas that were improperly disposed of back in 1918.

Traffic Lights for Animals?

Animal crossings have long been a potential danger both for motorists and for animals. The French nature magazine *Terre Sauvage* reports that in view of the numerous accidents caused by animals crossing forest roads at night, technicians from the French National Office of Forests have come up with a surprising discovery. Animals stop for red lights! Experiments have



shown that the frequency of red light has the effect of temporarily paralyzing animals. Along forest roads in France, red reflectors that capture the light from the headlights of oncoming vehicles have now been installed, but instead of reflecting the light back toward the motorists, it is reflected into the forest. Before leaping onto the roadway, the animals now wait until the light has disappeared.

Romanian AIDS Orphans

In Romania, 93 percent of all cases of HIV infection leading to AIDS are among children under 12 years old, writes reporter Roxana Dascalu for Reuters news service. She notes that the highest concentration of HIV-positive children in Europe is in the port city of Constantsa, where there have been 1,200 of such children, 420 of whom have already died. Half of these children were reportedly infected through blood transfusions and nonsterile syringes before the old regime fell in 1989. Much of the AIDS-tainted blood was sold by impoverished sailors and went directly to hospitals and orphanages. In hospices where the HIV-infected children are cared for, the report notes that success "is not measured by survival rates but how the children spend their final days and how they face death." Says one hospice worker: "We do not let children die alone in their bed. A nurse takes them in her arms, sits down in this rocking chair and rocks them."

New Hope for Infertile Couples?

A new medical technique is helping infertile couples to overcome their sterility, reports the French news agency France-Presse. The technique, which was pioneered in Denmark, involves using an extremely fine glass needle to place a single male sperm upon an ovum within the woman. Although the technique is meticulous and requires great skill (a sperm measures just two thousandths of a millimeter; an ovum, one tenth of a millimeter), the method has proved successful. It has the added advantage of taking place inside the woman's body and using her husband's sperm rather than that of an anonymous donor—thus avoiding sensitive moral and religious questions. Because poor-quality sperm is the cause of sterility for a third of all infertile couples, a doctor using the technique feels that many couples may now have renewed hopes of starting a family.

FROM OUR READERS

Soldier Turned Christian My eyes were filled with tears when I read the article "Trained to Kill, Now I Offer Life." (September 8, 1994) A Palestinian calling a Jew "brother"—only in Jehovah's organization can such unity be found!

K. T. O., Malaysia

Your Chop Thank you for the interesting article "Your Chop—Your Signature." (May 22, 1994) My husband and I are studying the Bible with a Buddhist monk from Taiwan. He remarked on how accurate the article was! He then wrote his mother in Taiwan and had her send us a chop with our name engraved on it. We were thrilled!

K. J., United States

Boredom I've just read the series "Is Your Life Boring? You Can Change It!" (January 22, 1995), and I have to tell you how much it helped me. I had never thought of myself as being bored, but I was very dissatisfied with my life because of my monotonous routine. The article made me look at things in a whole new light.

S. V., United States

Canary Islands After reading the November 22, 1994, article "The Canary Islands—Benign Climate, Seductive Scenery," I want to express my appreciation for it and for similar articles in *Awake!* They heighten our awareness of and appreciation for our beautiful earth and Jehovah's varied creations. Thank you for taking us on these exciting "trips."

D. G., United States

Missionaries I very much appreciated your excellent series "Missionaries—Agents of Light or of Darkness?," especially part six, "Making True Disciples Today." (December 22, 1994) Our congregation has benefited a lot from working with a Gilead-trained missionary couple. Their wise counsel and zeal have influenced me to make the full-time ministry my career.

J. K., Botswana

Resisting Nazism I was moved by the article "We Did Not Support Hitler's War." (October 22, 1994) It contained a picture of the "Solemn Declaration" of six Austrian bishops to support Nazism. One of those bishops was the very one who confirmed me in 1928 when I was a Jesuit student. I laugh at such "confirmation" coming from one who did not know how to be solid in the Christian faith himself! That war ended my affiliation with the Catholic Church. I also left my home country. Though I tried to resist the war in my own way, I did not have the strength of character of the Wohlfahrts. I still remember two of Jehovah's Witnesses who refused to bear arms. They were instantly eliminated. I admire such ones.

P. K., Chile

Young People Ask Thank you for the article "Young People Ask . . . How Can I Improve My Wardrobe?" (January 22, 1995) It made me get up and organize my bulging closet. Every day I was having a problem finding something to wear, despite having tons of clothing. But thanks to your helpful tips, doing so is now much easier.

T. B., Hawaii

Thank you for the excellent thoughts contained in the articles "Fads—What Is Their Appeal?" and "Fads—Should I Jump on the Bandwagon?" (November 22 and December 8, 1994) As a Christian elder, I confess that it is not always easy to avoid forcing my standards on others. But your phrases like "considering the feelings and attitudes of others" and "avoiding styles of dress and behavior that others may view as extreme" do reach hearts.

D. Č., Croatia

The Ocean Pharmacy

By *Awake!* correspondent in Canada

FROM where are natural drugs derived? No doubt plants and herbs most readily come to mind. However, Dr. Michael Allen, writing in *The Medical Post*, describes drugs that are obtained from a most unusual source—the ocean.

Of course, this is not new; for centuries the Chinese have used fish extracts to treat disease. And cod-liver oil has been around for a long time, as many older ones can attest. Yet, little is known about the curative powers of marine life when compared with what is known about those of plants and herbs.

Nevertheless, what has been discovered is fascinating. For example, a chemical produced by the puffer fish can be used to treat asthma. The presence of nucleosides in sponges led to the development of vidarabine, an antiviral drug. A brown alga has yielded stypoldione, a cell-division inhibitor that may be used to treat cancer. And this is just a beginning.

The ultimate cure for illness, however, is not to be found in the ocean pharmacy. Rather, only God's Kingdom can fulfill the stirring prophecy: "No resident will say: 'I am sick.'"—Isaiah 33:24.



Where Hospitality Is Shown to Strangers

In September 1994, a man from Michigan, U.S.A., wrote to the congregation of Jehovah's Witnesses in Lebanon, Tennessee. He explained:

"Back on Sunday, June 6, 1993, I attended your public talk and *Watchtower* Study. It was the first time I had ever entered a Kingdom Hall, and I was really impressed by all the smiling faces and the sincere love I was shown. I arrived a few minutes late, and when admitted, I seated myself alone. A young couple in the same row lent me a Bible and eventually a copy of the *Watchtower* magazine for the study.

"After the meetings most of you talked with me, shook hands, and made my stay a very pleasant experience. When I finally left your Kingdom Hall, I took three books with me—the Bible, *The Greatest Man Who Ever Lived,* and *You Can Live Forever in Paradise on Earth.* That night I read most of the *Live Forever* book, and I learned a new name for my God, Jehovah. . . .

"I want all of you to know how much I appreciated your wonderful hospitality to a total stranger and especially want you to know that . . . I was baptized on July 9, 1994, at the tender age of 70."

Awake!

October 8, 1995



One-Parent Families
How Successful Can They Be?

Awake!

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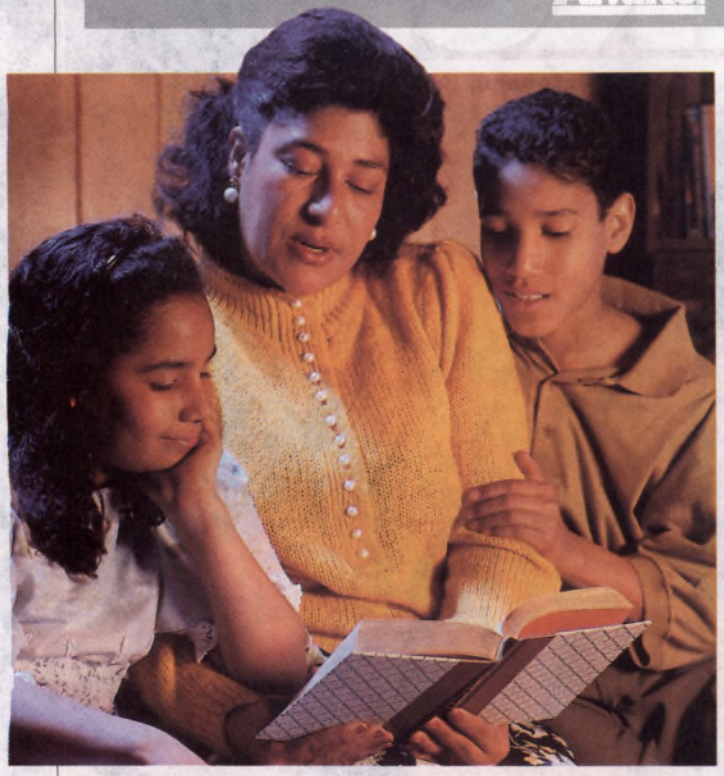

One-Parent Families
How Successful Can They Be? 3-9

Many households today have only one parent to raise the children. How can they be helped?



A Victory for the Minority —In a Land of Uniformity 10

A court decision in Japan has meaning for people everywhere.



Are God's Standards Too Difficult to Reach? 22

Has God set his standards too high for imperfect humans to reach?

One-Parent Families —A Growing Trend	3
Being a Successful Single Parent	4
How Can You Help Single Parents?	8
Crossword Puzzle	15
The Iditarod —Ten Centuries in the Making	16
A Delightful International Fruit	20
River Blindness —Conquering a Terrible Scourge	24
Watching the World	28
From Our Readers	30
Scientists Issue Warning	31
Help for Youths Under Stress	32



ONE-PARENT FAMILIES
A GROWING TREND

BY *AWAKE!* CORRESPONDENT IN BRITAIN

"THERE are more lone-parent families in the UK than any other country in Europe," reports *The Times* of London. "Single parents . . . now head almost one in five UK families with children under 18, compared with one in seven Danish families and one in eight in Germany and France."

Of every ten lone parents in Britain, nine are women. The traditional, or so-called nuclear, family that consists of a father and a mother together with their children now seems to be just one "family concept" among others. But why is the one-parent variety more prevalent than before?

Divorce and separation head the list of causes. Here Britain follows the trend in the United States, where about half of all marriages end in divorce. Also, what people expect of marriage has changed. According to Zelda West-Meads of Relate, a marriage guidance organization, 20 or 30 years ago, "the gender roles were much more clearly defined. Man was the breadwinner; woman the carer." But what of the present? "Today's marriages may be more stimulating and fun, but they can also be more difficult. Women want more from marriage than their mothers and grandmothers expected. They want equality, a good lover, a good friend, career possibilities for themselves —*and* children as well."

Casual sex featured throughout the entertainment world breeds contempt for the traditional family. Youths who have sexual experiences at a very early age are often unaware of the possible consequences. To them matrimony represents a hardship, a reduction of their personal freedom, an unnecessary complication in life.

Some are lone parents by choice; others become so by circumstance. When forced into a one-parent situation, many married persons are unhappy with their autonomy. Among these are folk who were happily married but have lost their partner in death.

On the other hand, there are those whose marriages have been marked by bitter hostilities. They find relief bringing up their children alone. Many of these comment on the close relationship they have developed with their children.

Although there are numerous causes of the growing trend toward one-parent families, when it comes to the responsibilities and challenges of everyday living, single parents have particular concerns. What are they? And how can lone parents successfully shoulder their responsibilities?



BEING A SUCCESSFUL SINGLE PARENT

"The one thing that all single parents never have enough of is time."—*The Single Parent's Survival Guide.*

"A lack of money is the most serious problem."
—The London *Times.*

'Loneliness is a major source of stress for the lone parent.'
—*Give Us a Break,* a survey of leisure opportunities for single parents.

ALL parents face challenges, joys, and problems. But single parents do so without a partner. Consequently, time, money, and loneliness often feature prominently in their lives.

Harsh though the reality of their life may be, single parents can succeed in their family life, and many do. Much depends on which standards they adopt and how strongly they are committed to these.

Interestingly, the Bible long ago predicted the present moral and social turmoil. Notice how the Christian apostle Paul alerted the young disciple Timothy to this. "But know this," he warned, "in the last days critical times hard to deal with will be here. For men will be lovers of themselves, . . . disobedient to parents, unthankful, disloyal, having no natural affection, not open to any agreement."—2 Timothy 3:1-3.

The Bible is not simply a book that accurately prophesied today's attitudes. It contains the very principles that, when followed, assure success in family life. (2 Timothy 3:16, 17) Consider how some of these can help single parents cope with problems of time, money, and loneliness.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world before the generation that saw the events of 1914 passes away.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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Buy Out Time

No matter how organized you are, time is an elusive commodity. To use your time well, you first of all need to identify what *really* happens to it. Then you will be able to decide which activities are most important to you. "Keep a 'time diary,'" suggests one single-parent organization. "In this you keep a record of everything you do throughout a day or a week, and see how much time it takes you. After that, you look to see where time could be saved, or used better, by changing things around or by not doing certain things."

Such sound advice reflects the Scriptural wisdom behind the apostle's instruction: "Keep strict watch that how you walk is not as unwise but as wise persons, *buying out the opportune time for yourselves,* because the days are wicked."—Ephesians 5:15, 16.

For example, does TV viewing figure prominently in your daily routine? Reducing this will give you extra time to talk with your children and to do things together. That can help to build good relationships with them.

'My attempts to sit down and talk with my children simply lead to long stony silences,' you may say. Possibly so, but do not let that deter you. Counselors of lone parents recommend that you listen for feelings in your children's everyday conversations, such as the comments they make about their school friends or what they plan to do. But you can't do that when the TV grips your attention, can you? Even if you allow it to play in the background, distraction may rob you of vital information about your youngsters' innermost thoughts and emotions. So make time for your children. Do the household chores together, and as you do, talk with them—and listen when they speak!

Read with them too. Research shows a strong relationship between a child's literacy at age five and his subsequent achievement. All the more reason to buy out time for reading together. A few minutes before bedtime, or earlier in the evening before you feel too tired, will be time well spent.

Be Content With Necessities

Many single parents find themselves trapped in a vicious financial circle. Somehow they must gain enough money to pay for adequate housing, food, and clothing. But going out to work raises the question of proper care for the children.

Child-care facilities are not always easy to come by, nor are they inexpensive. Some lone parents succeed by enlisting the help of their relatives—grandparents, aunts, and uncles. Others rely on infants' schools, play areas, and child-care facilities provided by their employers. Government grants, if available, do not always cover the fees that may be required for such child care. In some lands, single parents with infants may be able to choose not to seek employment but to stay at home and exist on money the government provides.

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With an increasing number of lone parents to care for, the governments, in turn, look to those whom they hold responsible. In Britain this has already led to a clampdown on absent fathers who fail to provide financially for their children. Child-support agencies pursue the errant fathers to recoup the missing payments. If single mothers refuse to help agencies trace the father, they stand to lose some financial benefits. "In Sweden it is estimated that 40 per cent of defaulters are caught through local social insurance agencies, and in France the courts enforce maintenance orders and pursuit of defaulters," reports *The Times* of London.

Courts or no courts, government aid or no government aid, many single parents find ways of helping themselves to survive on less money than they were formerly used to. How? By budgeting differently.

Learning to budget differently is a skill. It usually means changing spending priorities—for example, putting aside money for housing and heating bills first, then for buying food, and then for paying off loans. "Having sustenance and covering," explained the apostle Paul, "we shall be content with these things."—1 Timothy 6:8.

Have you considered sharing costs with others? Buying food and household goods in bulk with other parents can save you money. Whatever way you budget, remember you need to sit down and calculate your expenses. (Compare Luke 14:28.) Why not enlist your youngsters' assistance in working out the budget? Then they may count it a privilege to help you stick to it. You may even find you will be able to put money aside as savings.

To Win Friends, Be Friendly

"Practice giving, and people will give to you," counseled Jesus. "With the measure that you are measuring out, they will measure out to you in return." (Luke 6:38) The same is true in personal relationships. Your interest in others can win a friendly response. The best way to conquer loneliness is to take the initiative to make friends. Perhaps you can find reliable friends who will mind your children so that you can go out to visit. Better still, why not ask friends over to visit you?

But here a word of caution is necessary. Remember, "bad associations spoil useful habits." (1 Corinthians 15:33) Loneliness can only be satisfactorily conquered when the friendships you make truly upbuild and bring contentment.

Acting as Mother and Father

Single parents have to be both mother and father to their children—no easy task for

Fathers Who Are Also "Mothers"

Men who head one-parent families are in a minority. But as more marriages break up, more and more men are deciding to care for their children alone. "One of the greatest difficulties men in this situation seem to face is that of the adolescent daughter," explains *The Single Parent's Survival Guide.* Embarrassment causes some fathers to avoid discussing sexual matters. Others arrange for a trustworthy female relative to talk with their daughters. All single parents, male as well as female, will benefit greatly by reading with their children the book *Questions Young People Ask—Answers That Work.** This publication contains sections entitled "Sex and Morals" and "Dating, Love, and the Opposite Sex." Each chapter concludes with a feature called Questions for Discussion, designed to ensure a proper review of even the most intimate matters.

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Spending time with your children builds good relationships

anyone. And do not forget, children are born imitators. They learn how to be responsible adults by watching what responsible adults do. Much depends, then, on what kind of role model you provide for your children. Commenting on the absence of fathers for large numbers of boys growing up in America's inner cities, *The Sunday Times* of London states: "The violence and social chaos . . . tells us how a generation of males behaves when about half of them grow to adolescence without a constraining sense of what it means to be an adult male."

When children are reared by single parents, their health and schoolwork and even their economic prospects can be adversely affected, says Duncan Dormor in *The Relationship Revolution.* Other researchers dispute these findings. Poverty and social deprivation are what they blame. Nevertheless, many agree with social scientist Charles Murray's assessment: "A child with a mother and no father, living in a neighbourhood of mothers with no fathers, judges by what he sees. You can send in social workers and school teachers and clergy to tell a young male that when he grows up he should be a good father to his children. But he doesn't know what that means unless he's seen it." Yes, boys need both a mother and a father, and girls do too.

At Psalm 68:5, the Bible describes Jehovah God as "a father of fatherless boys." Mothers who look to God for guidance find in him the best example for their children. Fathers who bring up their children alone value help from responsible, mature women. Yes, what all single parents need is loving support. Here is perhaps where you can help.



Whatever way you budget, sit down and calculate your expenses



How Can You Help Single Parents?

SINGLE parents, male or female, merit consideration. Today's social workers place a high value on support for the one-parent family.

"Supportive friendship networks, relatives who care, teachers who take a warm and personal interest, special community and religious activities designed with such families in mind," explain sociologists Letha and John Scanzoni, "can make a tremendous difference in the emotional well-being of solo parents and their children at a time in their lives when encouragement is especially needed." How, then, can you help?

Be Supportive

First, try to understand how single parents view things. Put yourself in their place. *Awake!* interviewed Margaret, who has two children, aged 7 and 14. She was divorced five years ago, and so far she is coping successfully. You will no doubt find her comments most revealing.

Awake!: "As a single parent, what problems have you had to face?"

Margaret: "First and foremost, I found it very difficult to come to grips with the fact that I had become a single parent, something I hadn't planned. It irritated me to be labeled as a 'single parent' because many view one-parent families as depressed and dreary looking, with children who have a bad reputation. Because that was not my view, at first I refused to take advice. But I've come to realize that being a single parent is not all negative."

To support single parents, you need to be aware of their sensitivities. Persevere in showing them kindness.

Awake!: "You receive no maintenance from your ex-husband. How have you managed financially?"

Margaret: "I've had to make a lot of sacrifices. I used to enjoy buying new clothes for get-togethers. Well, we do buy new things still, but we cannot spend as much as we used to. Of course, I want to make the children look their best, so I have to budget well. I started to save a little each week, giving it to a trusted friend for safekeeping, for I knew if I kept it, I might use it."

Will you be such a trustworthy friend who helps single parents budget their resources?

Awake!: "How have you coped with loneliness?"

Margaret: "I'm always kept busy during the daytime. Evenings, when the children have gone to bed, I feel it most. I call a relative or a friend on the telephone. Sometimes I have a tearful chat. I talk about what has happened during the day. Just having someone who will listen is such a help."

To be of real help to single parents, spend time with them



Perhaps you can take the initiative and call the lonely one. Your listening ear can then provide much comfort.

Awake!: "What do you find to be most difficult as a single parent?"

Margaret: "Bringing up the children in a morally upright way. Deteriorating social and moral standards make people question my wish to instill good values in my children."

Your setting an example in upholding godly standards will surely encourage others to do the same.

Awake!: "Bringing up two youngsters takes a lot of your time. How do you find time to do what *you* want to?"

Margaret: "I try to save some time for myself. For example, when a friend gives the children music lessons, that gives me an hour to myself. I sit down and leave the TV off. I'll just be silent, thinking about what I've done during the day. I'm always very conscious of what is right or what is wrong, and so I like to think back over what I've done to see if I could have done better."

If you offer to care for her children from time to time, the single parent will have valuable moments for such reflection.

Offer Practical Help

Awake!: "What help have you found the most practical?"

Margaret: "I enjoy being invited to the home of another family. When you realize others are concerned about you, that helps a lot. Sometimes you think you're the only one with problems. Also when someone commends me on the way I'm bringing up my children, that means so much! Then there's the practical side of things, like decorating, gardening, shopping. . . . Oh, I could go on and on!"

When there is only one parent, things take longer and seem much harder. So don't underestimate the value of the gift of your time. To single parents it is one of the most precious gifts of all.



A VICTORY FOR THE MINORITY

In a Land of Uniformity

BY *AWAKE!* CORRESPONDENT IN JAPAN

SEVEN television cameras as well as dozens of reporters were waiting for the young plaintiff to appear in the Osaka High Court Press Club when 19-year-old Kunihito Kobayashi and his parents entered the conference room with broad smiles on their faces. Camera flashes were frequent in the room as they answered reporters' questions.

"I am very happy to have received an impartial judgment for my case," said Kunihito. "I would like to see a world where anyone can be admitted to, promoted in, and graduated from any high school regardless of his or her religious beliefs."

The Osaka High Court had reversed the decision of the lower Kobe District Court and granted Kunihito what he had been seeking, the right to receive an education regardless of his religious beliefs.

The Issue

What was at issue in this lawsuit was his expulsion from the Kobe Municipal Industrial Technical College (called Kobe Tech for short) for not participating in kendo (Japanese swordsmanship) drills, for religious reasons. Following the decision of the Osaka court revoking the school's actions in denying his promotion and then in expelling him, Kunihito expressed his wish to resume his study in electrical engineering. The first three years of this five-year college are equivalent to three years of high school.

Kobe Tech had insisted that Kunihito take kendo drills as a part of his physical education class. However, because he was one of Jehovah's Witnesses, his Bible-trained conscience did not permit him to participate in martial arts drills. For the reporters at the press conference, Kunihito opened his Bible and explained his stand: "They will have to beat their swords into plowshares and their spears into pruning shears. Nation will not lift up sword against nation, neither will they learn war anymore."—Isaiah 2:4.

Why, then, did a young student have to

turn to the law to secure freedom of religion and the right to be educated? Professor Koji Tonami of Tsukuba University observed: "There can be unexpected restrictions laid upon the faith of believers as a result of apathy and lack of understanding." Although the government or community may not intentionally oppress a religion, there may be cases where religion is unwittingly suppressed.

Why were such "unexpected restrictions" imposed upon the right of the minority? "Because the Japanese society has esteemed a social system that forces the minority to conform to the majority," answers Professor Hitoshi Serizawa of Aoyama Gakuin University. The pressure to conform to society as a whole is indeed strong in Japan.

It is not easy for young ones to be in a school system that ostracizes those who are different. This, however, is not just a matter of concern for a religious minority. Let us follow the case from its beginning and see what was at issue and how this decision affects the general public.

Establishing the Right of the Minority

Until 1990, Kobe Tech did not require its students to take martial arts. But after the completion of a gymnasium with a martial arts drill hall, the school started to require kendo drills of its students. In 1990 the physical education faculty of the school took a tough stand toward Jehovah's Witnesses who entered Kobe Tech at the age of 16. At their petition to be exempted from kendo drills, one teacher said: "Quit school if you can't do what the school tells you to do!"

For the Witness youths who stood firm for their belief, the prospect of being promoted to the next grade was bleak. Another teacher said: "You won't get any credit even if you work hard in other [physical education] events." Five students stuck to their belief in the Bible's teaching by not taking the sword even if it was made of bamboo. Three of them were baptized Witnesses of Jehovah, and two were unbaptized, but all affirmed their belief in the Bible. They were willing to accept whatever alternative activities the teachers would require of them.

As a result of their stand, they were denied promotion to the next grade. When the next school year started in 1991, the physical education teachers gathered the five students who refused to participate in kendo drills and nine freshmen who shared the same belief and said: "You're going to have to get ridiculously high marks if you want to be moved up a grade. Hardly any of you will get such marks." The teachers further told them: "This is not compulsory education. [In Japan, compulsory education is from the first grade through the ninth grade.] We can tell you to 'get out of here.'"

The five students filed a suit against the school in the Kobe District Court contending that the school's action infringed upon their constitutional rights of freedom of worship and to receive an education. At the same time, the five students petitioned the Kobe District Court and then the Osaka High Court to stop enforcement of the action denying promotion so that they could take lessons while the case was being heard. However, the petitions were denied by both courts.

Two of the five students were again denied their credits for physical education for the following school year and were threatened with expulsion. As a result, one of them quit school upon the school's persuasion. The other refused to accept the school's suggestion that he quit. That student, Kunihito Kobayashi, was expelled from the school.

The school rules stated that a student who failed a grade twice should be subject to an immediate expulsion as "one who

is inferior in learning with no prospect of graduation." But was Kunihito "inferior in learning"? Even including physical education, which, because of the kendo issue he failed with a score of 48 points out of 100, his average for all subjects was 90.2 points. He was at the very top of his class of 42 students! He was well behaved and was willing to learn.

Petitions were made to the Kobe District Court and then to the Osaka High Court to stop the enforcement of this expulsion action. But both courts denied the petition.

The District Court's Decision

On February 22, 1993, almost two years after the five students filed the lawsuit, the Kobe District Court handed down its decision in favor of the school. "It cannot be denied that the plaintiffs' freedom of worship was somewhat restricted by the school's requirement to participate in kendo drills," admitted the presiding judge, Tadao Tsuji. But he concluded that "the actions taken by the school did not violate the constitution."

The students promptly appealed the case to the Osaka High Court. The district court decision, however, disturbed many a thinking mind. One person expressed himself in the readers' column of the *Mainichi Shimbun* newspaper and said: "The decision this time centered around the judgment that 'it infringes on religious neutrality to tolerate nonparticipation in kendo lessons on religious grounds.' However, neutrality means not taking sides with either party at issue. And when it comes to religious neutrality, what is at issue is protecting the faith of the minority against the majority. Therefore, this decision virtually denies freedom of religion, and the court itself has infringed on religious neutrality."

Many were alarmed and were moved to give their opinions. Dr. Takeshi Kobayashi, a professor of Constitution at Nanzan University, sent his opinion on this case to the Osaka High Court and said: "This case in dispute is definitely asking the courts of our country how they will handle the challenge of protecting the rights of the minority. . . . The college, under the veil of the separation of religion and the State as well as the neutral stand of public education, flatly refused to tolerate the religious stand of a minority on the basis of the common view of the majority. The lower court decision blessed such actions as being lawful and constitutional. However, even if the beliefs of a minority may not be understood from the viewpoint of what is commonly accepted as religious, if such beliefs are sincere, they must be respected. The court is especially required to judge with the awareness of being the ultimate defender of the minority."

Another law specialist, Professor Tetsuo Shimomura of Tsukuba University, said: "What is disturbing in this case is the still deep-rooted tyrannical tendencies on the part of the school." He said in a television interview that it reveals a shortcoming on the part of educators to oust a student without giving him any alternative measures and reveals a lack of consideration for the welfare of students.

On February 22, 1994, the Kobe Bar Association made an official recommendation to the principal of Kobe Tech to reinstate Kunihito. It declared that the school's action in denying promotion for Kunihito and in expelling him were infringements on his freedom of worship and his right to receive an education.

Impartial Decision

While the appeal hearings were proceeding, the four plaintiffs other than Kunihito decided to drop their case. This was because three had already been promoted to the next grade and one had been forced to

quit. This resulted in the point of dispute being focused on the school's handling of Kunihito.

The four ex-classmates of Kunihito, however, gave him moral support by always trying to be at the hearings. By saving his meager earnings from his part-time job, the student who was forced to quit school donated a total of 100,000 yen to help Kunihito keep up the legal battle.

On December 22, 1994, Kunihito together with the other students awaited the words of Chief Judge Reisuke Shimada of the Osaka High Court.

"The original decision is revoked," ruled Judge Shimada.

Judge Shimada, in his epoch-making decision, ruled that Kunihito's reason for refusing kendo drills was sincere. The judge stated that as an educational institution open to the public, Kobe Tech has the obligation to give educational consideration to its students. He also stated that the disadvantage to Kunihito for refusing to take kendo drills was extremely great and that the action to expel him was none other than robbing him of all opportunity to receive an education.

Judge Shimada ruled that the school was to provide for alternative measures. Providing such alternative measures, he said, is in no way promoting or assisting the appellant's religion, nor does that oppress other students. "There is no evidence on the part of the Appellee [the school] to have carefully considered the alternative measures," the judge stated. "Rather, . . . the Appellee stubbornly maintained the policy of not tolerating the refusal of kendo drills and did not even start to consider the possibilities of providing alternative measures."

How the Decision Affects You

Why should you be interested in this victory of a young man belonging to a minority group? In his book *The Court and the Constitution,* former Watergate special prosecutor Archibald Cox asked a similar question, about Jehovah's Witnesses in the flag-salute issue in the United States: "Why should we worry about the spiritual liberty of that tiny minority?"

In answering this question, Cox said: "Part of the answer lies in the premise of individual dignity on which our society rests, a dignity belonging to both orthodox and nonconformist. Part lies in the awareness that if the State may silence the speech of Jehovah's Witnesses. . . , our own may be next."

Professor Takeshi Hirano of the Ryukoku University concurred with Cox and said this about the kendo case: "Thinking people consider that they owe the freedom of worship as enjoyed in the United States now to Jehovah's Witnesses, who fought for their rights in many court cases. In our country [Japan] too, it is hoped that freedom of worship will be established and enhanced through cases like this one."

Jehovah's Witnesses have spared no effort in legally defending their beliefs, and they have contributed greatly to the establishment of basic human rights in the 20th century. In many countries Jehovah's Witnesses have spearheaded legal battles championing the patients' right to informed choice, the people's right to decide how to show respect for the national flag, and the individual's right to express his own beliefs to others. The victory at the Osaka High Court adds another chapter to the record of Jehovah's Witnesses' contributions to the establishment of the rights of the minority.

Respecting Others With Different Values

In addition to the benefit of promoting human rights, the issue of tolerating the beliefs of the minority has a bearing on your



Kunihito (center) and the four other original plaintiffs

life in another way. Professor Kaname Saruya of the Komazawa Women's University referred to this case and said: "Freedom of religion that is recognized by the constitution was ignored just because of [the student's] being heterogeneous. The exclusion of what is heterogeneous is widespread in Japan."

In today's society the pressure to root out the heterogeneous, or what is different from the norm, is very strong. Bullying, so prevalent in schools in Japan as well as in other countries, is an example of this tendency to ostracize what is different from the community. Commenting on the problem of school bullies, Hiroshi Yoshino, the superintendent-general of the Metropolitan Police of Tokyo, said that according to a survey conducted by the National Research Institute of Police Science, an overwhelming proportion of the reasons for bullying, from the bullies' side, involved personalities and actions of the bullied that were different. He concluded: "I think a morbid element hidden deep down in the Japanese society, that of rejecting idiosyncrasies or what is heterogeneous physically and mentally, is now spouting out."

The tendency to exclude what is different from society is seen everywhere, not just in Japan. Yet the capacity to tolerate different values is the key to peaceful coexistence. In this regard an editorial in the *Asahi Shimbun* stated that the decisions of the Kobe District Court and the Osaka High Court "made a stark contrast." "The two decisions," said the newspaper, "seem to symbolize two ways of thinking," one of management-oriented tyranny and the other of tolerating different values.

Are you ready to tolerate different values? Are you willing to look into the validity of the stand of others? Interestingly, Archibald Cox, mentioned earlier in this article, added another reason for concern about the minority: "Part lies in the awareness that some far-out minority may hit upon the truth—a truth postponed or forever lost by its suppression."

Apparently, Kobe Tech is not interested in the truth that they might have suppressed, nor have they shown a tolerant view. Rather, they have appealed the case to Japan's Supreme Court. How will the Supreme Court rule on this case? We have to wait and see.

CROSSWORD PUZZLE

Clues Across

1. Lack of mental oppression and apprehension [3 words] (Psalm 122:7)

8. This prophet and Bible writer gave David a choice of three punishments when David presumptuously took a census (2 Samuel 24:11-14)

9. To make a survey of (Joshua 18:4)

10. Used in the Bible to represent governmental powers (Revelation 17:9)

13. A rodent (Leviticus 11:29)

15. Without this gift from God, life on earth would be impossible (Matthew 5:45)

16. One of the sons born to King David in Jerusalem (2 Samuel 5:15)

18. Jaziz, who tended David's flocks, was of this lineage (1 Chronicles 27:31)

19. Although a Jairite, he was listed as "a priest of David" (2 Samuel 20:26)

20. Under the Mosaic Law, an incorrigible son accused of being this could be stoned to death (Deuteronomy 21:18-21)

22. Contrary to God's instructions at Joshua 23:7, the Jews began making sworn oaths by this false god (Zephaniah 1:5, *King James Version*)

26. Plant used in medicine and for flavoring food (Luke 11:42)

27. Spoil (2 Kings 3:19)

28. The prophet in 8 across was also called this because of the means by which he received some messages from God (1 Chronicles 21:9)

31. Deed (Philemon 14)

33. The shape of a rainbow

34. What "the good-for-nothing slave," who did not make use of the money entrusted to him, was to be thrown into [2 words] (Matthew 25:30)

Clues Down

1. Plant that Jesus cursed because it was unproductive [2 words] (Mark 11:21)

2. This will occur after the "good news of the kingdom" has been preached earth wide (Matthew 24:14)

3. The grandfather of Tola, who judged Israel for 23 years (Judges 10:1)

4. Moved by Paul's eloquent speech, he exclaimed: "You are going mad, Paul! Great learning is driving you into madness!" (Acts 26:24)

5. David's men were treated inhospitably by Nabal, an inhabitant of this city (1 Samuel 25:2)

6. Intention (1 Thessalonians 4:11)

7. God called it heaven (Genesis 1:8)

11. Official language of Pakistan

12. The ninth letter of the Greek alphabet

14. One of the "dues" that should be paid by Christians (Romans 13:7)

15. One of the cities that became an inheritance of the tribe of Judah (Joshua 15:32)

17. A place that formed part of the eastern boundary of the Promised Land (Numbers 34:11)

18. This son of Noah did not show the respect for his father that his brothers did (Genesis 9:22, 23)

20. An ornamental wreath worn on the head (Isaiah 28:5)

21. To be in debt (Philemon 18)

23. Following Babylonian exile, Benjaminites from this city returned with Zerubbabel to Jerusalem (Nehemiah 11:31)

24. Jehovah knew that Pharaoh would demand that Moses and Aaron produce one (Exodus 7:9)

25. A youth in Greek mythology renowned for his beauty

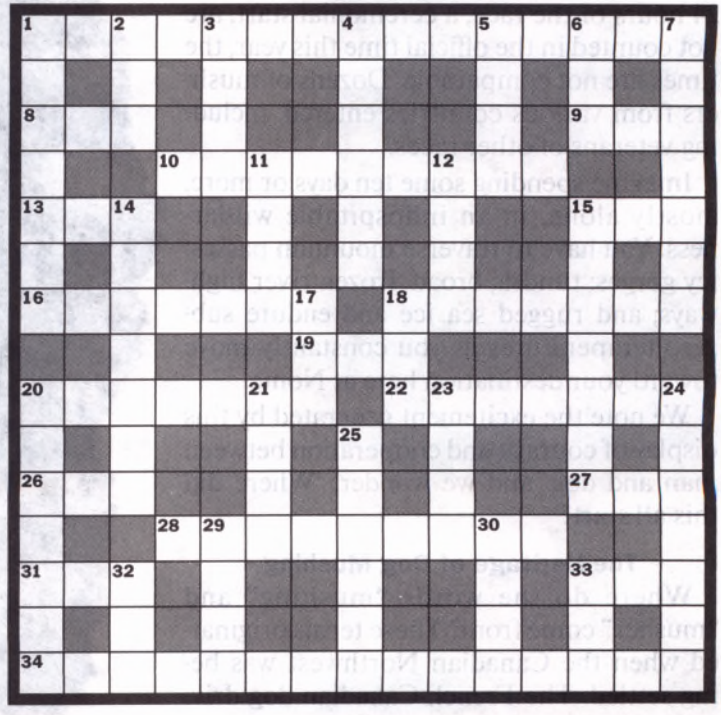
29. The Messiah was prophetically said to dash nations to pieces with a scepter made of this metal (Psalm 2:9)

30. The coating that can form on iron utensils (Ezekiel 24:6)

32. Noah waterproofed the ark with this substance (Genesis 6:14)

33. A family head of certain returned exiles included among "the sons of the servants of Solomon" (Ezra 2:55-57)

Crossword Solutions Page 26



THE IDITAROD
Ten Centuries in the Making

BY *AWAKE!* CORRESPONDENT IN ALASKA

CRANING our necks, we peer down the main street in town. There is a crowd of people here, along with media cameras and equipment. All of us look toward the end of the street. We await the first glimpse of the winner of "The Iditarod—The Last Great Race" here at the finish line in Nome, Alaska.

The world's most famous sled dog race, of some 1,100 miles, has actually lasted more than ten days. Last year the time was listed as a few hours over nine days. Since the first 24 hours of the race, a ceremonial start, are not counted in the official time this year, the times are not comparable. Dozens of mushers from various countries entered, including veterans of other races.

Imagine spending some ten days or more, mostly alone, in an inhospitable wilderness. You have to traverse mountain passes; icy gorges; tundra; broad, frozen river highways; and rugged sea ice and endure subzero temperatures as you constantly move toward your destination here at Nome.

We note the excitement generated by this display of courage and cooperation between man and dog, and we wonder, 'Where did this all start?'

The Heritage of Dog Mushing

Where do the words "mushing" and "musher" come from? These terms originated when the Canadian Northwest was being settled. The French-Canadian dog driv-





Photos: © Jeff Schultz/ Alaska Stock Images





ers shouted: "Ma-a-r-r-che!" To the English settlers in Canada, the word sounded like "Mush!" A dog driver then became known as a musher.

While modern sled dog racing is a relatively new pastime, sled dogs have been used for at least a thousand years. Originally, dogs and sleds were used primarily to transport goods over the snowy, barren northern expanses of the earth. The first written record of dogs being used to pull sleds is found in Arabian literature dating to the tenth century. Some authorities feel that it was the Chukchi people in Siberia who first relied on dog and sled to any extent.

It was gold that paved the way of the original Iditarod Trail. In 1908 gold was found in an area where Athapaskan Indians hunted caribou. They called this area Haiditarod, meaning "the distant place," later Anglicized to Iditarod. As a result, a 1,100-mile trail to Nome was developed, running through the town of Iditarod. In time, it became known as the Iditarod Trail.

During the gold rush in Alaska and Canada, dog sleds moved equipment, mail, and gold through the immense wilderness. One report has it that late in 1911, four dog teams transported 2,600 pounds of gold in one shipment along the Iditarod Trail, arriving at Knik, Alaska, on January 10, 1912.

Modern Sled Dog Racing Born

In the gold rush era, with so many dog teams operating, it was common for dog punchers, as handlers were called, to believe that their team or lead dog was perhaps the strongest, the fastest, or the smartest. As a result, competitions were frequent. Then, in Nome, in 1908, the first organized sled dog race was held, the All-Alaska Sweepstakes. This forerunner of modern sled dog racing prepared those mushers for

yet another race—not to win a prize of gold but to save lives.

The 1925 Nome Serum Run

The historic Nome Serum Run was a sled dog race against death. In January 1925, diphtheria broke out in Nome. Because of the threat of an epidemic, a supply of serum had to reach Nome promptly. A relay of 20 dog punchers and their teams was organized. The first team departed from Nenana with the temperature registering minus 50 degrees Fahrenheit, thus starting a relay of runs between villages that were usually 30 to 50 miles apart. Most of this was in the dark, as Arctic daylight at that time of year is only three or four hours long.

The more than 674 miles to Nome was covered in 5 1/3 days—a trip that normally required 25 days. The mushers drove through raging blizzards with windchill factors of minus 70 degrees Fahrenheit or lower. So great was this feat that U.S. president Calvin Coolidge issued a medal and a certificate to each participant.

Lead Dogs

The lead dog of a team is very important. Very few dogs qualify as leader. You must remember that depending upon the number of dogs in a team, the lead dog may be from 50 to 70 feet or even more in front of the musher. In the dark or in whiteout conditions, or when going around corners, the lead dog may be totally out of the sight of the musher. Therefore, it is up to this dog to sniff out the trail and follow it or select the safest route and to make other moment-by-moment choices, independent of its master.

Last year, musher DeeDee Jonrowe from Alaska, the number two finisher the year before, had to drop Barkley, her most reliable lead dog. That was a serious blow to her team. Two years ago, Lavon Barve, a ten-time Iditarod musher, had to leave the race 229 miles short of Nome, hoarse from constantly yelling commands to his pair of inexperienced lead dogs.

To praise the lead dog is not to say that the musher does little to direct his team. On the contrary, he is very much in command, directing by means of shouted orders, "gee" (right), "haw" (left), or "whoa" (stop). The "mush" of yesteryear has generally been replaced with the common football term "hike" or simply "let's go." These or similar phrases put the team into motion and direct its actions. Such commands, supplemented by a rather impressive snow hook, a type of anchor pressed into the snow to prevent overly anxious dogs from starting before it is time, usually keep the team under control.

The word "usually" is employed here because musher Mark Nordman from Minnesota might momentarily argue about lead dog dependability or team responsiveness to commands. In a recent race, just short of a checkpoint, he stopped his team to straighten out some tangled lines. As he worked, the dogs twisted in their lines, freeing the gangline, the metal tow cable from the sled to which each dog is attached, and the dogs started to run. As the team moved out, Mark made a dive for the line, catching it just behind the last dogs. (To lose your team in the wilderness can be a very serious matter.) For the next quarter of a mile, he was both snowplow and water-skier as his team dragged him through snowdrift and river overflow. His parka scooped *up* water, and ice accumulated under his chin as he slid along behind his team, all the time yelling commands to stop. The dogs finally heeded, and he walked back to retrieve his abandoned sled. So much—at that moment—for lead-dog obedience!

However, circumstances exist when there are happier outcomes for lead-dog depend-

ability. During the Iditarod, sleep is at a premium. When the trail is straight and flat, there are times that the musher may turn the team over to the lead dog while the musher catches a nap in the sled. All the while, the dogs continue at a lively pace toward their destination, Nome.

At times, on a good trail, a team can easily trot at between 11 and 12 miles per hour or can speed at 20 miles per hour for shorter periods. The average is much less, but they often cover 100 miles in a day. One champion team averaged about 4.5 miles per hour over the full ten-day race.

The Alaskan Sled Dog

Some wonder if the sled dogs are not perhaps mistreated, being exploited by man. Recognizing the abuse that at times man has heaped upon animals, this concern is not unreasonable.

The sled dogs do appear to take to their task with enthusiasm, as the starting line is filled with their barks—each dog giving voice to its desire to be on the trail. So eager are some dogs to go that one team of ten pulled at their harnesses with such vigor that they dragged the pickup truck they were tied to—and the truck was in gear with the parking brake on!

The mushers are very solicitous of the welfare of their animals. At stops, a good part of the time is spent preparing food for the dogs and spreading straw to insulate them in their snowy beds, as well as checking their bootees, which protect their paws, and tending to any that are cut. Rest for the musher on the Iditarod may be snatches of one and a half to two hours at any one time, though there is one mandatory 24-hour stop where mushers may get six or seven hours of rest. The dogs, fortunately, get more rest than the musher.

A musher's rule of thumb is that a dog should not pull more than its own weight. The average Iditarod sled, including musher, weighs between 300 and 500 pounds. If a racer has a team of 15 dogs, each pulls about 33 pounds or less, well below a dog's average 50-pound weight. In addition, for a great deal of the time, the musher does not ride the sled. Rather, he runs behind and pushes, perhaps assisting on an uphill climb or over a stretch of rough terrain.

However, in spite of the care mushers give their dogs, there are those who say that the races damage some of them. A letter to *The New York Times* noted that the Humane Society of the United States claimed that some dogs cannot finish the course and that some even die because of being pushed too hard. It was stated that to a large extent, the reason for this was the high level of prize money supplied by corporate sponsors.

Four Classes of Dogs

What kind of dog is this that can maintain the pace and seem to enjoy it? Any dog that is trained to pull can be a sled dog. But the racing sled dog in Alaska is usually one of four primary types: the Alaskan malamute, the Siberian husky, the Alaskan husky, or the village, or Indian, dog, according to author Lorna Coppinger, in her book *The World of Sled Dogs.*

1) The Alaskan malamute is a distinct native breed of the Arctic. Russian explorers found the malamute with the native Inuit tribe of Kotzebue Sound, a people known then as the Mahlemut or Malemiut. This dog has a large frame and is very powerful. It proved to be excellent for freighting heavy loads during the gold rush era. Its slower speed is compensated for by its tremendous strength and endurance.

2) The Siberian husky, often with icy blue eyes, is likewise recognized as a breed. It is small, intelligent, and fast and has very

distinctive markings. It was first brought to Alaska in 1909 by a Russian fur trader who entered his team of ten Siberians in the second All-Alaska Sweepstakes.

3) The Alaskan husky is not considered a breed but is recognized as distinct, having several characteristic traits. It is a mixture of northern dogs and derived its name from a native word for Eskimo—Husky or Huski—meaning, "eater of raw flesh." The name is not inappropriate, as the northern mushers in years past have relied heavily on dried fish to feed their teams.

4) The Indian, or village, dog, the most common Alaskan racing sled dog today, is often nondescript. It is the product of years of selective breeding of the gene pool available in the village area where it develops. This dog can travel a mile in close to three minutes and can complete a 20-mile race at better than 17 miles per hour and still have energy enough to look forward with eagerness to tomorrow's run. Although unimpressive to some, if it has a proper gait, the dog is beautiful to the musher.

The Finish

The arrival of the winner does not end the Iditarod. It may be yet another eight to ten days before the race is officially over and the Red Lantern Award is presented to the final musher to cross the finish line. The red lantern symbol is drawn from the railroad days, when a red lantern was hung on the end, or caboose, of the train.

In reflecting on the Iditarod, we are impressed with the teamwork between man and dog that makes it possible for them to travel more than 1,100 miles over extremely difficult terrain in very inhospitable weather. Yet some teams do this in about ten and a half days. We are also impressed by the marvelous physical and mental capabilities that the Creator has put into man and beast that enable them to accomplish such a feat.

A Delightful INTERNATIONAL Fruit

BY *AWAKE!* CORRESPONDENT IN MEXICO

CHRISTOPHER COLUMBUS and his crew were likely the first Europeans to taste it during their exploration of the West Indies in 1493. It was sent to the king of Spain, and he also was delighted with its taste. Sailors made it popular throughout the Americas and, in 1548, took it to the Philippine Islands for cultivation.

Later, about 1555, this delightful fruit traveled to France. By the 1700's, it was already proudly displayed on the tables of some European kings as a luxurious fruit. It became so popular that it then spread to the rest of Europe and into Asia and Africa. At present, it is harvested mainly in Brazil, Hawaii, Mexico, the Philippines, Thailand, and a few other countries that have suitable climate and soil.

Thus after some five centuries of traveling, it has reached places far away from America, its native region. Do you know the fruit we are talking about? It is the delightful pineapple.

In Mexico it was known as *matzatli*, in the Caribbean *ananá*, and in Central and South America *nana*. It seems that the Spaniards were the ones who called it *piña* because of its likeness to the fruit (cone) of the pine tree. Today in Spanish it is known as *piña* or *ananás*, while in English it is known as pineapple. Regardless of its name, those who have tasted it agree that it delights the palate.

The Pineapple and Its Plant

What does a pineapple look like? It is oval shaped and set on the center of the plant. The fruit is covered with a hard shell, and at the top, there is a crown formed by numerous small, semihard green leaves. The pineapple plant itself has long, sword-shaped leaves growing in various directions from the stem. The plant grows from

Above: Pineapple. *Century Dictionary*

two to three feet high, and the fruit can weigh from four to eight pounds.

When it is still small, it is similar to the pinecone of the pine tree, and the skin stays a purple color. It becomes green when it has matured, and it usually turns yellowish-green, greenish-orange, or reddish when it has ripened. When the pulp is ripe, it has a sweet flavor—aromatic and juicy.

How Is It Cultivated?

How do you cultivate a pineapple? First of all, soil such as is found in tropical places is necessary—sandy, rich in organic material, acidic, and low in salt, with a high level of moisture. Then, it is necessary to plant one of the small shoots that spring up around the base of the fruit and that remain in the plant after the fruit is harvested. Or the crown of the pineapple itself can be cut off and planted. One will have to be patient to be able to enjoy its fruitage though, because it takes over a year for it to mature and produce a harvest.

Antonio, who has been working for more than 25 years in the cultivation of pineapples, explains a certain technique that is used: "It is necessary to put a small amount of calcium carbide in the center of the plant before the fruit begins to grow. This is done so that all the pineapples can be harvested at the same time, since left to grow naturally, some will grow faster than others and the harvest will be more difficult."



When the pineapple is mature but not yet ripe, it must be covered to keep it from being burned by the sun. It is covered with paper or with the leaves of the same plant. After the required time has elapsed, the pineapple is ready for harvest. Cut the shell off, and enjoy it in slices! But be careful. Eating the core of the fruit can produce irritation of the tongue. That is the reason why some people enjoy only the pulp and throw the center away.

If you want to taste a sweet and juicy pineapple, do not be influenced by its outer appearance. While showing us one of them, Antonio explains: "Some people choose a pineapple by the color of its peeling, whether it is green or yellow. But the fruit can be ripe even if its shell is green. You should strike it with your fingers. If it produces a hollow, or empty, sound, its pulp will be white and its flavor will be insipid. But if it produces a firm sound, as if it were full of water, then it is ready to eat—sweet and juicy." There are several varieties of this fruit, but the most popular is the one called smooth Cayenne (*Cayena*).

A Real Delight

Besides enjoying the delightful flavor of the juice or of the fruit in slices, you may enjoy it in a syrup, which is available canned in some countries. Also, the pineapple contains certain nutrients like carbohydrates, fiber, and vitamins, mainly A and C.

In Mexico you can enjoy a refreshing drink made out of the peelings of the pineapple. To make it yourself, keep the peelings in a glass container with water and sugar for two or three days. Once this is fermented, you can serve it as a cool drink over ice. It is a very refreshing beverage called *tepache* and has a sweet-and-sour flavor. Would you like a glass? In the Philippines, pineapple is cultivated to obtain fibers from its leaves. These are used to make a dull-white, transparent, and very fine fabric. It is used to make handkerchiefs, towels, belts, shirts, and children's and ladies' dresses.

In the past few centuries, the pineapple has been exported to many countries where it is not grown. All those who enjoy its taste hope that it will continue its journey around the world, delighting mankind.

Are God's Standards Too Difficult to Reach?

"GOD DOES NOT MEASURE MEN BY INCHES."
—OLD SCOTTISH PROVERB.

SCHOOL tests, employment interviews, and medical examinations are just some of life's turning points at which a person is measured. But when it comes to living daily by God's standards, many persons feel they may somehow fail to reach them. Is that your belief too? Can you measure up to God's standards?

To answer, let us first look at the standards God has set for his worshipers. The Bible casts light on the way we should walk through life. (Psalm 119:105) Bible writer wise King Solomon concluded that man's "whole obligation" is to "fear the true God and keep his commandments." (Ecclesiastes 12:13) The prophet Micah observed: "What is Jehovah asking back from you but to exercise justice and to love kindness and to be modest in walking with your God?" —Micah 6:8.

Jesus Christ, God's own Son, declared that no commands are greater than to "love Jehovah your God with your whole heart and with your whole soul and with your whole mind and with your whole strength" and to "love your neighbor as yourself." (Mark 12:30, 31) In addition, we show that we love God by obedience to all of his commands.—1 John 5:3.

Simply expressed, humans should love and respect God, obey his commands, act fairly, be kind to all, and avoid pride. Are such standards not within our reach?

God Makes Allowance

God rightly expects humans to reach his standards. But, in all honesty, does any human conform perfectly to these standards all the time? Obviously no, for we have inherited imperfection from our forefather Adam. (Romans 5:12) Thus, we are prone to err. Yet this does not disqualify us from serving God acceptably.



To illustrate, consider the problems of learning to drive a car. It takes constant vigilance and time to drive well enough to pass a driving test. Of course, we still have to work at driving well even after getting a license. As we gain experience, we hone our skills. But there are no perfect drivers!

Happily, God makes allowance for our failings. He is not unreasonable, demanding what we cannot deliver, nor does he keep finding fault. He understands our frailties and weaknesses. King David, who sinned grievously, confessed: "He has not done to us even according to our sins; nor according to our errors has he brought upon us what we deserve." For what reason? "For as the heavens are higher than the earth, [God's] loving-kindness is superior toward those fearing him." Even though Jehovah knows we sin, he is prepared to put our transgressions "as far off as the sunrise is from the sunset."—Psalm 103:10-14.

Do Not Give Up

"When I'm depressed," explains a sincere worshiper of God, "I sometimes conclude that I shall never succeed in living by God's standards. But when I develop a more positive outlook, I feel I can manage to live the way God wants me to. But it is not all plain sailing!" Do not be discouraged if you feel this way. You are not the first, nor will you be the last, to have such sentiments.

The Christian apostle Paul frankly admitted: "When I wish to do what is right, what is bad is present with me. I really delight in the law of God according to the man I am within, but I behold in my members another law warring against the law of my mind and leading me captive to sin's law . . . Miserable man that I am!" Yet he did not conclude that what God expected was too difficult, for he added: "Who will rescue me from the body undergoing this death? Thanks to God through Jesus Christ our Lord! So, then, with my mind I myself am a slave to God's law, but with my flesh to sin's law." (Romans 7:21-25) He thus felt able to please God though still a sinner.

Jehovah, our loving Creator, forgives our faults and failings through the merit of the ransom sacrifice of his dear Son, Jesus. "If anyone does commit a sin," wrote the apostle John, "we have a helper with the Father, Jesus Christ, a righteous one. And he is a propitiatory [covering] sacrifice for our sins." (1 John 2:1, 2) The barrier that sin interposes and that prevents us from reaching God's standard for friendship is removed or broken by the power of Christ's sacrifice. Thus fellowship with God is restored.

Humbly accepting this loving arrangement brings forgiveness, for God resides "with the one crushed and lowly in spirit." (Isaiah 57:15) We can count on Him to revive our spirits. He promises to 'raise up the lowly one from the very dust.' No longer do we need to remain depressed when we fail to obey God perfectly. Rather, we can be confident that God never ignores the efforts we make to live by his standards.—Psalm 113:7; Hebrews 6:10-12.

Even though it is a struggle, you will observe that you are happier doing what pleases God. Devotion to God makes life more bearable for you and for those around you. Also think of the future. Striving to live up to God's standards now brings the prospect of life everlasting under paradise conditions.—Isaiah 48:17; Romans 6:23; 1 Timothy 4:8.

Experienced mountaineers realize that once at the summit, they are only halfway. They still have to descend safely. Similarly, those fearing God need both to reach God's standards and then to persevere in living by them.—Luke 21:19; James 1:4.

Draw comfort from the knowledge that God's standards are not too difficult to reach. When you occasionally fail to conform perfectly to them, seek his forgiveness. Count on his loving support. (Psalm 86:5) Therefore, with Jehovah and his Son as your Helpers, you can measure up to God's standards and meet with his approval.—Proverbs 12:2.



River Blindness

Conquering a Terrible Scourge

BY *AWAKE!* CORRESPONDENT IN NIGERIA

THE scene was typical of many riverside villages in West Africa. A group of people sat on benches beneath a great tree that shaded them from the scorching sun. Five of them—four men and a woman—were totally and permanently blind.

"They didn't know why they were becoming blind in the old village," said the village chief, who was dressed in a flowing white robe. "Most of the old people there died blind. . . . They thought some devil was against them. They implored their fetishes to protect them. Their ancestors told them to give food to the fetishes. So they killed chickens and sheep as a sacrifice. But they still kept on going blind."

In time, doctors came and explained that the blindness did not come from a supernat-

ural source. It was the result of the disease onchocerciasis, or river blindness, so named because the tiny, biting flies that spread it lay their eggs in fast-flowing rivers.

Fortunately, river blindness is not as easy to catch as are other tropical diseases. It poses no threat to city dwellers nor to those making a short visit to an infected area. Blindness occurs only after repeated infections over many years.

Nevertheless, river blindness is a dreadful tropical disease, devastating the lives of millions. While it rages in some areas of the Middle East and Central and South America, the hardest hit are those who work and live near fly-infested rivers in equatorial Africa. In some villages virtually everyone has the disease. According to estimates by The Carter Center in Atlanta, Georgia, U.S.A., about 126 million people are at risk of infection. Another 18 million people carry in their bodies the parasitic worms that cause river blindness. The number of people already partly or totally robbed of their sight is estimated to be between one and two million.

Now, the centuries-old scourge is being subdued by the united efforts of WHO (World Health Organization) and other agencies, along with the governments of various countries. Against a backdrop of hostilities and hopelessness in much of Africa, this is a disease-control program that is working. The program is being hailed as "one of the twentieth century's great medical and development triumphs."

A Terrible Disease

River blindness is spread by several species of the female blackfly (genus *Simulium*). When an infected fly bites a human, it deposits the larvae of a parasitic worm (*Onchocerca volvulus*). Slowly, under the skin of infected people, the larvae mature and develop into worms up to two feet in length.

After they are fertilized, female worms each begin to produce tiny worms called microfilariae; they continue doing this for 8 to 12 years, producing millions of them. The microfilariae do not grow into adults unless they are picked up by a blackfly, undergo development inside the fly, and are passed back to a human. For the most part, these tiny, immature worms swarm through the skin and may eventually invade the eyes. As many as 200 million worms may seethe in one victim. So plentiful are they that diagnosis involves snipping tiny bits of skin for examination. Under a microscope, a skin sample may reveal hundreds of wriggling microworms.

"They used to blame the blindness on spirits. Now, they know it is the worms"

These parasites torment their human victims. Over the years the skin of the infected person thickens and becomes scaly. Often patches of depigmentation appear. Victims develop what is vividly described as crocodile skin, lizard skin, or leopard skin. Itching is intense, reportedly driving some to suicide. If young worms invade the eyes, in time, vision deteriorates and the victim becomes totally blind.

In the poor, rural areas where the blackfly holds sway, blindness is a particularly difficult burden to bear. One reason is that many villagers superstitiously believe that blindness is a result of divine punishment and that blind people are useless in their communities. Another reason is that there are no governmental social benefits, making victims totally dependent on their families. Sata, a female victim of river blindness in Burkina Faso, said: "For a blind person, whether a man or woman, the suffering's the same. If a young woman is blind and unmarried, she won't get a husband. I got married before I became blind, but my husband died.

My brother became blind when he was young and so couldn't get a wife. We're both supported by our families—for food, for everything. It's terrible."

In areas where river blindness is common, people often abandon their villages, forced by the fly and the disease to flee. Fertile land beside the water suffers neglect and becomes wasteland. This, in turn, contributes to poverty and famine.

Battling the Blackfly

International efforts to control river blindness in seven West African countries began in the early 1970's. Armed with biodegradable larvicides, insecticides that kill larvae, fleets of helicopters, small planes, and trucks launched an offensive against the blackfly, the carrier of the disease. The object was to attack and kill the blackfly when it is most vulnerable—during its larval stage.

It was not necessary to poison entire rivers. Experts knew that female blackflies lay their eggs on water and that the eggs stick to branches and rocks just below the surface of river rapids. Only fast-flowing waters provide the emerging larvae with the abundant oxygen they need to survive. This meant that the breeding sites along rivers were limited and identifiable.

The purpose of spraying the breeding sites was not to eradicate blackflies entirely, an impossible task. But by reducing the numbers of flies, experts hoped that the chain of parasite transmission could be broken. Fewer flies would mean fewer new infections. In theory, if the flies could be suppressed until the existing parasites gradually died in people already infected, the time would come when there would be no parasites left. So, if a fly did bite a person, it would collect no parasites to pass to others.

The project was challenging. The flies breed in thousands of places difficult to reach. Also, since they can fly hundreds of miles, blackflies needed to be battled over a vast area. Moreover, exceptional vigilance would be required since even a month of neglect could result in the resurgence of fly populations, frustrating years of work.

Beginning in the 1970's, aircraft selectively sprayed more than 12,000 miles of remote waterways. As a result, the disease was cleared out of 80 percent of the infected areas in the countries that took part.

One or Two Tablets Once a Year

Then, beginning in 1987, another weapon was developed in the fight against river blindness. This time, instead of attacking the blackfly, the target was the parasites inside the human body. The weapon was a safe and effective drug named Mectizan (ivermectin), developed in the laboratories of an American pharmaceutical company.

To halt the progress of the disease, an infected person needs to take a single dose —one or two tablets—each year. Mectizan does not kill the adult parasitic worms in the body, but it does kill the microworms and inhibits the adult's production of more micro-

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filariae. This halts the progression of the disease in the victim and slows the transmission of the disease to others. The drug also works to reverse early lesions in the cornea of the eye and prevents others from worsening. However, it cannot repair old eye lesions, nor can it reverse blindness once it has occurred.

The problem, however, was distribution —getting the drug to the people in need. Multitudes living in remote and isolated villages can only be reached by foot. Bringing in a vehicle often requires clearing bush or even the construction of bridges. Sometimes civil strife, lack of funding, and local politics add to the difficulties of distribution. Yet, despite these obstacles, by early 1995 about 31 million Mectizan tablets had been distributed, mostly in Africa.

One or two tablets a year may prevent river blindness

Future Prospects

Over the past 20 years, the Onchocerciasis Control Programme has battled river blindness in 11 West African countries, an area three times the size of France. What have been the results? According to WHO figures, the combined use of larvicides and Mectizan has worked to protect more than 30 million people who were once threatened by this ancient and terrible scourge. More than 1.5 million people who were seriously infected by the parasite are now completely recovered. Moreover, the subduing of river blindness is also freeing about 60 million acres of tillable land for resettlement and cultivation—enough land to feed about 17 million people annually.

The war is far from over. The African nations where river blindness has been fought contain less than half of the people threatened by the disease.

In recent years efforts to combat the disease have intensified. In just two years, from 1992 to 1994, the number of people treated with Mectizan more than doubled, from 5.4 to 11 million. By late 1994 some 32 countries in Africa, Latin America, and the Middle East had established Mectizan treatment programs, which may in time protect as many as 24 million people from blindness.

The Pan American Health Organization hopes to eliminate the disease as a public health threat in the Americas by the year 2002. In Africa, of course, the task is bigger. Nevertheless, the United Nations Children's Fund observes: "It is already clear that for the generation now growing up blindness does not present the formidable future threat it once did, in a region in which loss of sight has long been a normal part of ageing."

It warms the heart to learn of the efforts made to help people threatened by blindness. During his earthly ministry, Jesus Christ also showed loving concern for people by miraculously restoring sight to many who were blind. (Matthew 15:30, 31; 21:14) This showed on a small scale what will take place on earth under the Kingdom of God. Indeed, the time is coming when no one will be afflicted by blindness of any kind. God's Word foretells: "At that time the eyes of the blind ones will be opened."—Isaiah 35:5.

IN OUR NEXT ISSUE

What Hope for Longer Life?

A Bullet Changed My Life

Harnessing the Power of Wind

A Vatican "Contradiction"

"Holiness, why does the Vatican still sell cigarettes?" a priest asked John Paul II during the pope's yearly audience with the clergy of Rome. He continued: "Besides damaging health, this commerce contradicts your continual appeals in favor of the protection of health and our pastoral activity." For Ugo Mesini, the 76-year-old priest, the fact that the Vatican sells tobacco and cigarettes containing the statement "smoking is damaging to your health" is a "counter-testimony" and a "contradiction" to the pope's message. As reported in the Rome newspaper *Il Messaggero,* the pope replied that on the matter of tobacco, his "conscience is clear." He promised, though, to speak about the Vatican's cigarette sales with the overseeing cardinal.

"Satan's Century"

"At its worst, this has been Satan's century," says a *New York Times* editorial. "In no previous age have people shown so great an aptitude, and appetite, for killing millions of other people for reasons of race, religion or class." As evidence, it cites the Auschwitz death camp that came to light 50 years ago. The liberators of this German concentration camp found "slave laborers thin as matchsticks, children chewed up in demented laboratory experiments, and the remains of four gas chambers and crematorium ovens that once claimed 20,000 victims a day," the editorial says, and scorched in their memory are "the bodies heaped like kindling, the 43,000 pairs of shoes, the piles of human hair." It adds: "To this day, Auschwitz defeats sense and comprehension."

Food Shortages Expected

"Unless there is a major investment in transforming technology, we are in for very severe problems," says Ismail Serageldin, a development expert from Egypt and a vice president of the World Bank. He is speaking of the increasing need for basic foods—a need that is already outstripping supply in certain parts of Asia and Africa,



where population growth is the fastest. "We will have two billion more [people] in the next 20 years no matter what, and 95 percent of them will be in the poorest countries," he said. Although dramatic increases in basic crop yields have been realized in the past 25 years, additional gains are getting increasingly more difficult to achieve because of environmental and biological limits. Gains are also threatened by more aggressive pests and plant diseases and by degradation of the land. Worldwatch Institute concurs. "Evidence that the world is on an economic path that is environmentally unsustainable can be seen in shrinking fish catches, falling water tables, declining bird populations, record heat waves and dwindling grain stocks, to name just a few," it says in its *State of the World 1995* report.

Age and Diet

Some researchers now say that people over 50 may not need to worry about the added weight of middle-age spread, reports *The Times* of London. For instance, David Dickinson, editor of the Consumers' Association magazine, says: "Advice that everyone with a higher ratio of height to weight is too fat and should slim is mistaken. Slimming can damage your health quite independently of its effect on the height-to-weight ratio. Most people over 50 do not need to slim." Nutrition and Dietetics professor Tom Sanders explains: "The health risks of obesity are often exaggerated. It does increase the risk of diabetes and arthritis, but the health risks of plumpness are negligible. It may even offer advantages to women." And Dr. Martin Wiseman of the Department of Health advises: "At any age it is important not to be too fat or too thin. Eating sensibly and keeping active is the best way of achieving this but as we get older being plump is better than being thin."

Fortunate Accident?

A container filled with 29,000 plastic toys—ducks, turtles, beavers, and frogs—was washed overboard from a ship in a North Pacific storm in January 1992. This accident has proved to be a boon to scientists. Unlike the 61,000 Nike athletic shoes spilled two years earlier, the lightweight toys bob almost completely on

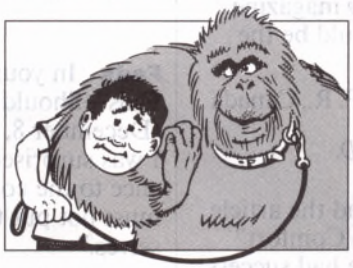
top of the water and are driven by wind as well as by ocean currents. This has allowed oceanographers studying the North Pacific tides to include wind effect in their studies. The first of the toys started appearing on beaches in southeast Alaska some ten months after the spill, and 400 more hit the coast along a 530-mile stretch of the Gulf of Alaska during the following ten months. The small toys, no more than five inches in length, were being shipped from Hong Kong to Tacoma, Washington, U.S.A. It is expected that some will eventually pass through the Bering Strait, make their way in ice packs across the Arctic Ocean, and end up in the North Atlantic.

Partial Victory Over Polio

Paralytic poliomyelitis, commonly known as polio, is said to have killed or disabled over 10 million people down through history. It has been depicted in carvings dating back to ancient Egypt, Greece, and Rome. Striking mostly the young, it can cause paralysis or death by asphyxiation. Now, according to the Pan American Health Organization, an arm of the World Health Organization, polio has been eradicated in the Western Hemisphere. The last reported case was of a Peruvian child in 1991, who survived with damage to one leg. However, unlike smallpox, which was eradicated worldwide in 1977, the polio virus is still found in other regions and could possibly be reintroduced into the Americas by immigration and travel. The last complete report showed fewer than 10,000 cases for the year. Until fully conquered, immunization against the disease must continue, say the health experts.

Taiwan's Orangutan Quandary

Authorities in Taiwan face an unusual problem: What to do with the orangutans that became fashionable as pets in 1986 after one was featured on a television show as an "ideal companion." As reported in *New Scientist,* some one thousand young orangutans were taken into the country and sold as pets. Now, as the animals are reaching sexual maturity and becoming aggressive and unpredictable, hundreds are being abandoned by their owners. Because they are solitary animals and do not face the problem of integrating into a social group



as do chimpanzees and gorillas, domesticated orangutans can be returned to the wild. However, the pets have picked up human diseases, such as hepatitis B and tuberculosis, and could threaten the already endangered wild orangutan population. Many may have to be destroyed, which some consider kinder than having them live out their lives in a bleak animal shelter.

Toronto's Street Kids

Officials say that up to 10,000 street kids pass through the city of Toronto on a regular basis. "The number has skyrocketed in the last decade," reports *The Toronto Star.* "Most street kids tell of problems at home, ranging from abuse to parental rules they refuse to live by. They tell of a world of drugs, violence and prostitution, and endless hours of idle boredom." It is estimated that 54 percent of Toronto's street kids engage in prostitution. One in five girls will get pregnant, 80 percent use drugs or alcohol, 67 percent have been abused, and 43 percent have attempted suicide. "If anyone tells you street life is glamorous and exciting, don't believe it. It's like death, it's not living at all," claims one youth. "Some find no way out of a continuing life of drugs, prostitution and escalating crime; others, older and wiser, look toward getting an education and a job," adds the *Star.*

Save That Tooth!

If a tooth gets knocked out by accident, don't throw it away, advises the *UC Berkeley Wellness Letter.* "Research shows that you have a 50% chance of a successful reimplantation if you get to the dentist within 30 minutes." What should you do? Try to stay as calm as possible. Hold the tooth by the crown and rinse it gently in lukewarm water—do not scrub it. Call your dentist to tell him of your visit and, unless he tells you otherwise, insert the tooth gently back into its socket. Bite down firmly on a clean cloth or handkerchief for five minutes to seat the tooth, and keep biting with moderate pressure until you see the dentist. If you can't immediately reinsert the tooth, keep it bathed in saliva in your mouth. For children who are so young that they may swallow the tooth, place it in a plastic bag or a cup and immerse it in milk or water containing a pinch of salt. Even if a longer time has elapsed, it is best to go to the dentist and let him decide what to do. "Saving a tooth is definitely worth the effort," says the report.

FROM OUR READERS

Court Case I cannot hold back from expressing my appreciation for the article "Christians Face Jerusalem's High Court Again." (November 8, 1994) I read it several times and was thrilled by what took place. Because Ariel Feldman took a firm position in favor of what is right, a marvelous witness was given.

A. I. B., Brazil

Batteries I work with batteries for a living and would like to thank you for the "Watching the World" item "Dangerous Batteries." (August 22, 1994) But there was one important detail missing from the jump-starting instructions given by *Snow Country* magazine, namely, that the black cable should be the last connection made.

P. R., Canada

Thank you for the safety tip.—ED.

***Awake!* Brings Comfort** I read the article "Magazines That Give Practical Comfort" (January 8, 1995), and I too have had success offering back issues of *Awake!* Generally people are grateful for any help they can get with their problems. One woman told me her son had Attention Deficit Hyperactivity Disorder. I placed the issue "Understanding Difficult Children" (November 22, 1994) with her, and she requested another 30 copies to share with friends!

D. Q., United States

After reading the article "Magazines That Give Practical Comfort," I went through my older magazines to see if I could find some to leave with professionals. So far I have visited a day-care center, a couple of funeral homes, a youth detention center, a public school, and the county board of education. I quickly ran out of magazines!

D. R., United States

Singleness Thank you for the article "The Bible's Viewpoint: When Singleness Is a Gift." (February 8, 1995) Where I live, marriage is a big thing; Christian brothers and sisters push you toward it. I never thought much about marriage until I turned 30. Then I started feeling the need for a companion. I am grateful to Jehovah for providing this article at a time when I felt I could no longer endure.

E. M. A., United States

Two years ago I became a pioneer, a full-time evangelizer, and as time passes I realize more and more how satisfying it is to serve Jehovah "without distraction." I decided to make room for singleness—the article arrived at exactly the right time.

G. V., Italy

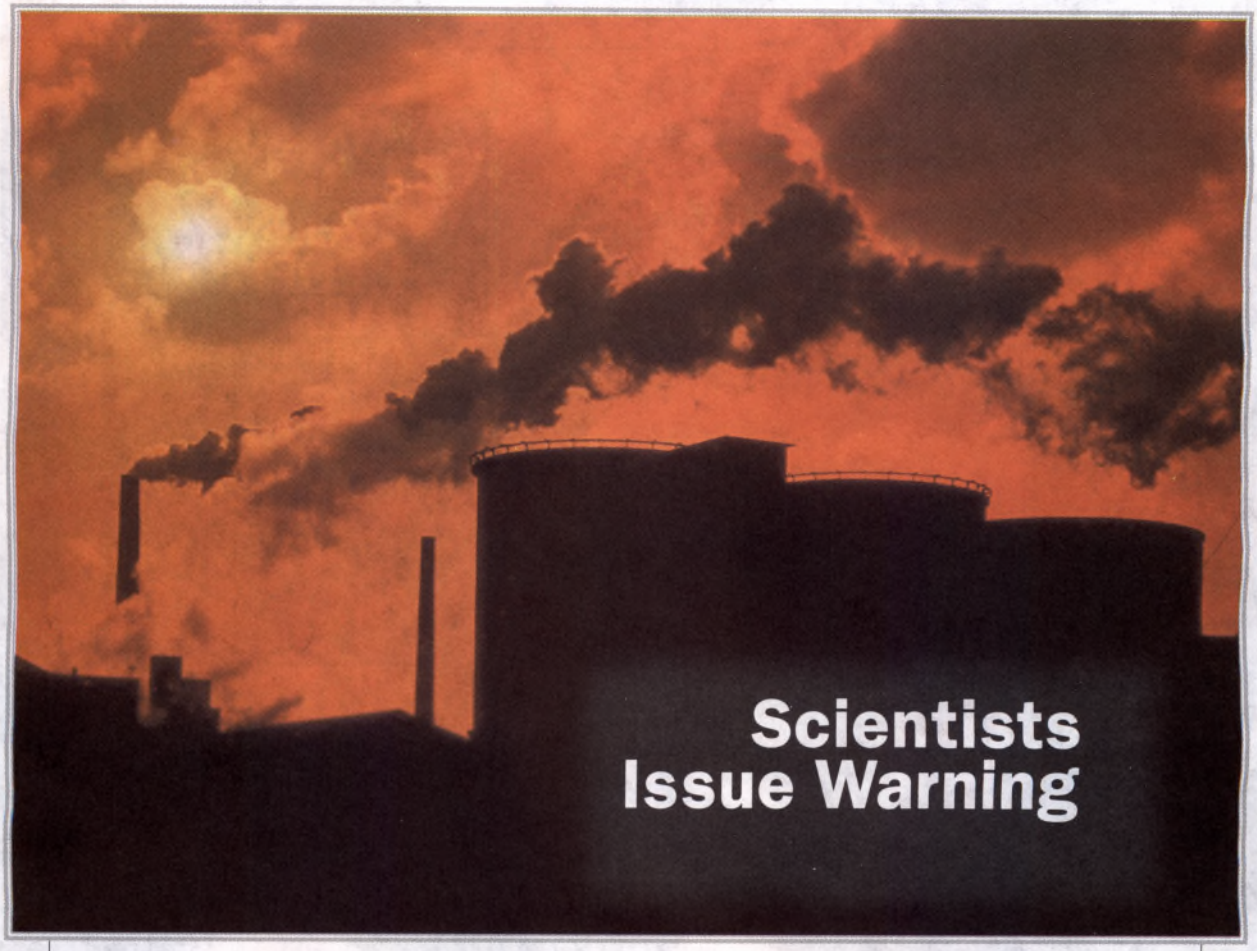
Fads In your article "Young People Ask . . . Fads—Should I Jump on the Bandwagon?" (December 8, 1994), you mentioned tattooing. I was surprised that you did not make reference to the command at Leviticus 19:28: "You must not put tattoo marking upon yourselves."

L. D., United States

These words do indeed give a measure of insight into God's thinking on this matter. Of course, Christians are not under the Mosaic Law. (Colossians 2:14) Still, individuals would do well to bear this scripture in mind when deciding what to do in this regard. The reported health risks and the impression wearing a tattoo might give to others are additional factors that a Christian should weigh very seriously.—ED.

Six months ago I jumped on the fad bandwagon and hopped off with a tattoo on my ankle. Every time I look at my ankle, I am reminded of my decision. I can only wonder what doubts others might now have about my character. I also worry if I might be a cause for stumbling to others in the congregation. I'll think more carefully next time the fad bandwagon pulls around.

S. C., United States



Scientists Issue Warning

"HUMAN beings and the natural world are on a collision course. . . . No more than a few decades remain before the chance to avert the threats [to the environment] will be lost."

This warning, issued by the UCS (Union of Concerned Scientists), was published in *Annals*, a Canadian medical journal. If man's life-threatening practices continue, the report adds, these "may so alter the world that it will be unable to sustain life in the manner that we know."

Cited among urgent problems that must be addressed are ozone depletion; water pollution; deforestation; loss of soil productivity; and the extinction of species, which by the year 2100 may include a third of all species now living. "Our tampering with the interdependent web of life," says the UCS, "could trigger widespread effects, including collapses of biological systems whose dynamics we imperfectly understand."

The concerns of the UCS were endorsed by more than 1,600 scientists worldwide, including 104 Nobel laureates. According to the UCS, "these senior members of the world's scientific community warn all humanity that a change in our stewardship of the earth is needed if vast human misery is to be avoided."

The Bible agrees that man is truly "ruining the earth." (Revelation 11:18) It even acknowledges that a change in world stewardship is needed. (Jeremiah 10:23; Daniel 2:44) In fact, the Bible promises that such a change will occur, not through man's efforts, but by God's Kingdom, the heavenly government for which Jesus taught his followers to pray.—Psalm 145:16; Isaiah 11:1-9; Matthew 6:9, 10.

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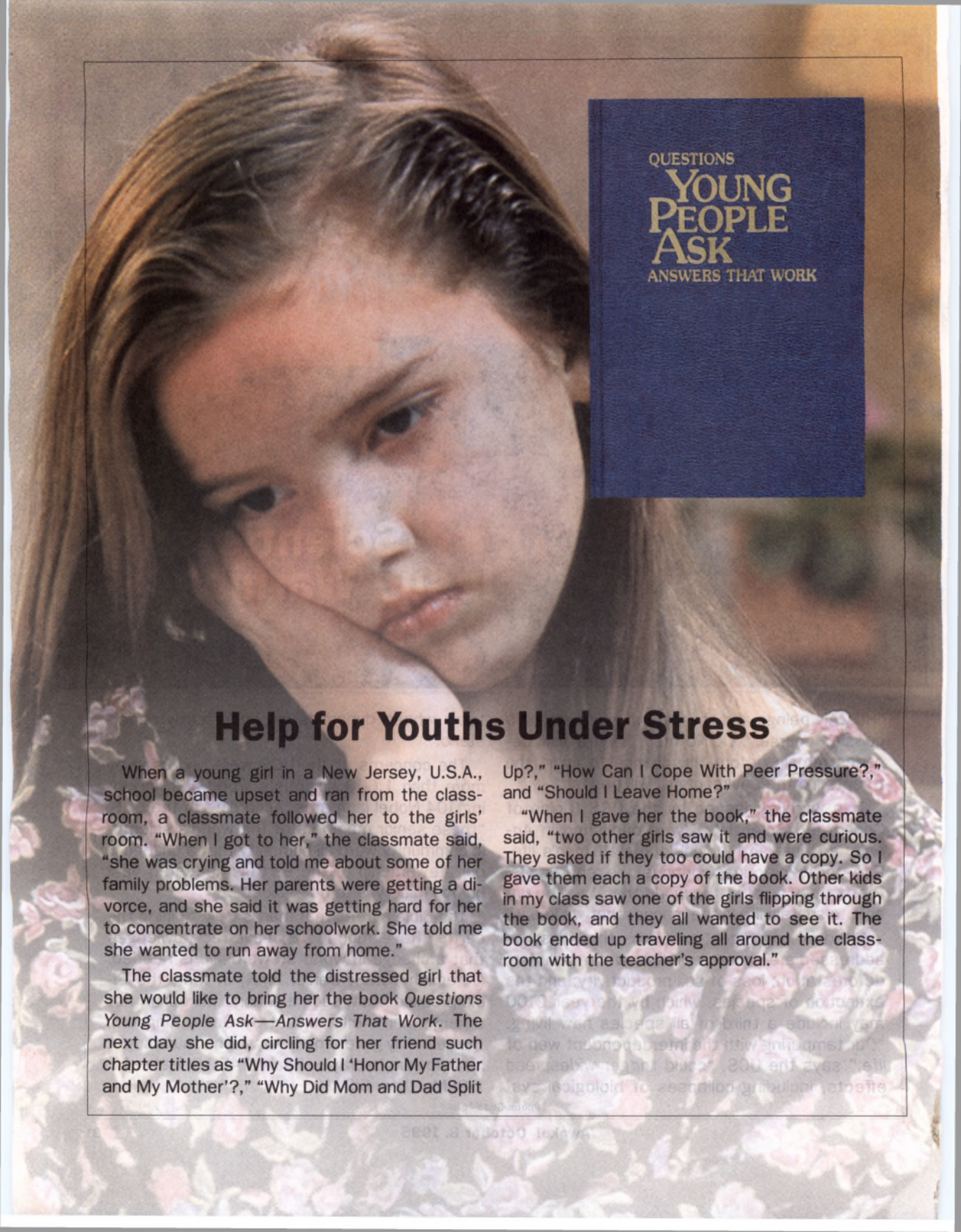


Help for Youths Under Stress

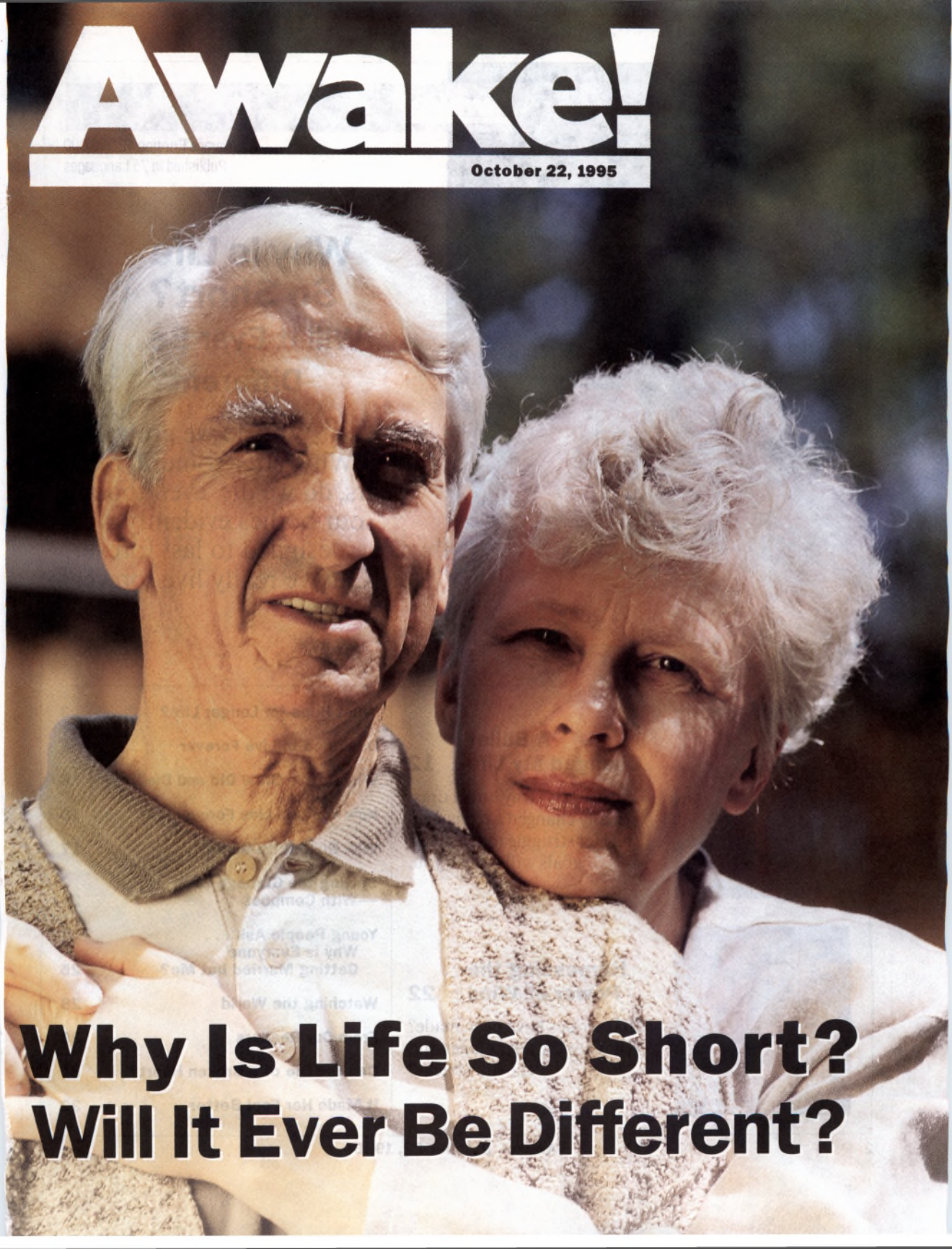
When a young girl in a New Jersey, U.S.A., school became upset and ran from the classroom, a classmate followed her to the girls' room. "When I got to her," the classmate said, "she was crying and told me about some of her family problems. Her parents were getting a divorce, and she said it was getting hard for her to concentrate on her schoolwork. She told me she wanted to run away from home."

The classmate told the distressed girl that she would like to bring her the book *Questions Young People Ask—Answers That Work*. The next day she did, circling for her friend such chapter titles as "Why Should I 'Honor My Father and My Mother'?," "Why Did Mom and Dad Split Up?," "How Can I Cope With Peer Pressure?," and "Should I Leave Home?"

"When I gave her the book," the classmate said, "two other girls saw it and were curious. They asked if they too could have a copy. So I gave them each a copy of the book. Other kids in my class saw one of the girls flipping through the book, and they all wanted to see it. The book ended up traveling all around the classroom with the teacher's approval."

Awake!

October 22, 1995



Why Is Life So Short? Will It Ever Be Different?

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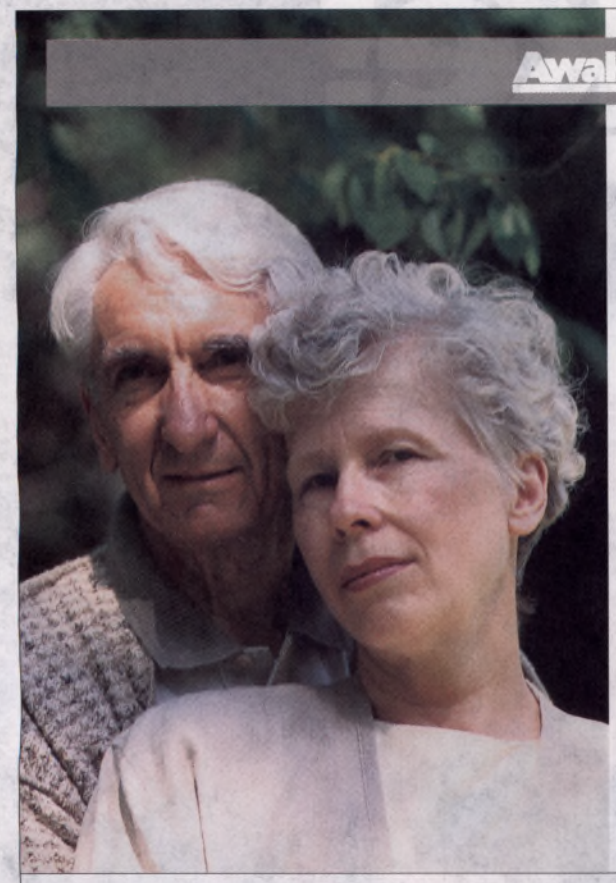

Why Is Life So Short? Will It Ever Be Different? 3-11

Why do we grow old? Why, after some 70 or 80 years, do we die, even though our bodies evidently were designed to last forever? Can we really live forever?



A Bullet Changed My Life 12

Learn how a stray bullet drastically changed a teenager's life. Her struggle to reach her goals will inspire you.



Harnessing the Power of Wind 22

What strides have been made? What are the advantages and the drawbacks?

What Hope for Longer Life?	3
Designed to Live Forever	4
Why Do We Grow Old and Die?	8
How You Can Live Forever	10
Why Build With Wood?	17
Solving the Garbage Glut —With Compost	20
Young People Ask . . . Why Is Everyone Getting Married but Me?	25
Watching the World	28
From Our Readers	30
Can You Die of a Broken Heart?	31
It Made Her Feel Better	32

What Hope for Longer Life?

"Man, born of woman, has a short life
yet has his fill of sorrow."

—Words of Job, recorded at Job 14:1, "The Jerusalem Bible."

HOW often has the shortness of life been described in poetic phrase! Like Job, a first-century writer said: "You are a mist appearing for a little while and then disappearing."—James 4:14.

Have you too noted that life is pathetically short? About 400 years ago, William Shakespeare wrote: "Out, out, brief candle! Life's but a walking shadow." And during the last century, an American Indian chief asked: "What is life?" Then he answered: "It is the flash of a firefly in the night."

How long can humans expect their life span to be? The prophet Moses described the situation in his day, some 3,500 years ago: "In themselves the days of our years are seventy years; and if because of special mightiness they are eighty years, yet their insistence is on trouble and hurtful things; for it must quickly pass by, and away we fly." —Psalm 90:10.

Seventy years—that is only 25,567 days. And 80 years consist of just 29,219 days. Really, so few! Can anything be done to extend human life?

Can Medical Science Help?

Science magazine noted: "Life expectancy at birth [in the United States] has increased from 47 years in 1900 to about 75 years in 1988." As a result of reducing the infant death rate through better health care and nutrition, people in the United States can now expect to live about as long as Moses stated. Nonetheless, are any dramatic increases anticipated in how long most people live?

Significantly, Leonard Hayflick, a leading authority on aging, said in his book *How and Why We Age:* "Advances in biomedical research and the implementation of improved medical care in this century have certainly had an impact on human longevity, but only by allowing more people to approach the fixed upper limit of the human life span." So he explained: "*Life expectation* has increased but *life span* has not; the distinction is critical."

What is the "fixed upper limit" of man's life span? Some say it is uncertain that anyone in recent times has lived beyond the age of 115. Yet, *Science* magazine said: "As of 1990, the oldest verified age that an individual has survived is just over 120 years." And early this year the French minister of health, along with droves of reporters and photographers, visited Jeanne Calment of Arles, France, to mark her 120th birthday. Moses too lived to the age of 120, far beyond the norm.—Deuteronomy 34:7.

Do scientists hold out hope that people may commonly live that long or longer? No, most do not. A headline in the *Detroit News* read: "Researchers Say 85 May Be the Outer Limit of Average Lifespan." In the article a recognized authority on aging, S. Jay Olshansky, said: "Once you go beyond the

age of 85, people die from multiple-organ failure. They stop breathing. Basically, they die of old age. And there's no cure for that." He added: "Barring a reversal of human aging on a molecular level, the rapid increases in life expectancy are over."

Science magazine noted that perhaps "the upper limit to longevity has already been approached and that further significant declines in mortality are unlikely." It is said that if all causes of death reported on death certificates could be eliminated, life expectancy would be increased less than 20 years.

Thus, many scientists view the length of man's life span as neither strange nor subject to change. Yet why is it reasonable to believe that humans will eventually live much longer?

Designed to Live Forever

THE human body is marvelously designed. Its development and growth are simply a miracle. An ancient writer exclaimed: "In a fear-inspiring way I am wonderfully made." (Psalm 139:14) Fully aware of the marvels of the human body, some modern scientists find aging and death a puzzle. Do you?

"Aging," wrote Harvard University biologist Steven Austad, "so constantly confronts us that I'm surprised more people don't perceive it as a central biological mystery." The fact that everyone grows old, Austad noted, "makes [aging] appear less puzzling." Still, when you really think about it, do aging and death make sense?

Last year, in his book *How and Why We Age,* Dr. Leonard Hayflick acknowledged the marvels of human life and growth and wrote: "After performing the miracles that take us from conception to birth and then to sexual maturation and adulthood, nature chose not to devise what would seem to be a more elementary mechanism to simply maintain those miracles forever. This insight has puzzled biogerontologists [those who study the biological aspects of aging] for decades."

Are you also puzzled by aging and death? What purpose do they serve? Hayflick observed: "Virtually all biological events from conception to maturity seem to have a purpose, but aging does not. It is not obvious why aging should occur. Although we have learned much about the biology of aging . . . , we are still left with the inevitable outcome of purposeless aging followed by death."

Awake!®

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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Is it possible that we were not meant to grow old and die but to live forever on earth?

Desire to Live

Surely you are aware that almost everyone resents growing old and dying. In fact, many fear the prospect. In his book *How We Die,* medical doctor Sherwin B. Nuland wrote: "None of us seems psychologically able to cope with the thought of our own state of death, with the idea of a permanent unconsciousness in which there is neither void nor vacuum—in which there is simply nothing." Do you know anyone who wants to grow old, get sick, and die?

Yet, if old age and death were natural and part of some master plan, wouldn't we welcome them? But we don't. Why not? The answer is found in the way we were made. The Bible says: "[God] has even put eternity into [our] minds." (Ecclesiastes 3:11, *Byington*) Because of this desire for an endless future, people have long searched for a so-called fountain of youth. They want to stay young forever. This raises the question, Do we have the potential for longer life?

Designed to Repair Itself

Writing in the magazine *Natural History,* biologist Austad presented the common view: "We tend to think of ourselves and other animals in the same way we think of machines: wearing out is simply inevitable." But this is not true. "Biological organisms are fundamentally different from machines," Austad said. "They are self-repairing: wounds heal, bones mend, illness passes."

Thus, the intriguing question, Why do we age? As Austad asked: "Why, then, should [biological organisms] be subject to the same sorts of wear and tear as machines?" Since bodily tissues replace themselves, couldn't they continue to do that forever?

In *Discover* magazine, evolutionary biologist Jared Diamond discussed the marvelous capacity of physical organisms to repair themselves. He wrote: "The most visible example of damage control applied to our bodies is wound healing, by which we repair damage to our skin. Many animals can achieve much more spectacular results than we can: lizards can regenerate severed tails, starfish and crabs their limbs, sea cucumbers their intestines."

Concerning replacement of teeth, Diamond stated: "Humans grow two sets, elephants six sets, and sharks an indefinite number during their lifetime." He then explained: "Regular replacement also goes on at a microscopic level. We replace the cells lining our intestine once every few days, those lining the urinary bladder once every two months, and our red blood cells once every four months.

"At the molecular level our protein molecules are subject to continuous turnover at a rate characteristic of each particular

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protein; we thereby avoid the accumulation of damaged molecules. Hence if you compare your beloved's appearance today with that of a month ago, he or she may look the same, but many of the individual molecules forming that beloved body are different. While all the king's horses and men couldn't put Humpty Dumpty together again, nature is taking us apart and putting us back together every day."

Most cells of the body are periodically replaced by newly formed ones. But some cells, such as brain neurons, may never be replaced. However, Hayflick explained: "If the cell has had *every* part replaced it is not the same old cell. The neurons you were born with might appear today to be the same cells, but in reality many of the molecules that composed them when you were born . . . may have been replaced with new molecules. So nondividing cells may not be the same cells you were born with after all!" This is because the components of the cells are replaced. Thus, replacement of body materials theoretically could keep us alive forever!

Recall that Dr. Hayflick spoke of "the miracles that take us from conception to birth." What are some of these? As we briefly examine them, consider the possibility of the implementation of what he called "a more elementary mechanism to simply maintain those miracles forever."

The Cell

An adult is composed of some *100 trillion* cells, each of which is incomprehensibly complex. To illustrate the complexity, *Newsweek* magazine compared a cell to a walled city. "Power plants generate the cell's energy," the magazine said. "Factories produce proteins, vital units of chemical commerce. Complex transportation systems guide specific chemicals from point to point within the cell and beyond. Sentries at the barricades control the export and import markets, and monitor the outside world for signs of danger. Disciplined biological armies stand ready to grapple with invaders. A centralized genetic government maintains order."

Consider how you—some 100 trillion cells of you—came about. You began as a single cell that was formed when the sperm from your father united with an egg cell from your mother. At that uniting, the plans were drawn up within the DNA (short for deoxyribonucleic acid) of that newly formed cell to produce what eventually became you—an entirely new and unique human. The instructions within the DNA "if written out," it is said, "would fill a thousand 600-page books."

In time, that original cell began dividing, making two cells, then four, eight, and so on. Finally, after about 270 days—during which time thousands of millions of cells of many different kinds had developed within your mother to form a baby—YOU were born. It is as if that first cell had a huge room full of books with detailed instructions on how to make you. But just as wonderful is the fact that these complicated instructions were passed along to every succeeding cell. Yes, amazingly, each of the cells in your body has all the same information as the original fertilized egg contained!

Consider this also. Since each cell has the information to produce *all kinds* of cells, when it came time, say, to make heart cells, how were the instructions to make all the other cells suppressed? Seemingly, acting like a contractor with a complete cabinet of blueprints for making a baby, a cell picked from its file cabinet a blueprint for making heart cells. Another cell picked out a different blueprint with instructions for producing nerve cells, yet another took a blueprint

for making liver cells, and so on. Surely, this still unexplained ability of a cell to select the instructions needed to produce a particular kind of cell and at the same time suppress all other instructions is another of the many "miracles that take us from conception to birth."

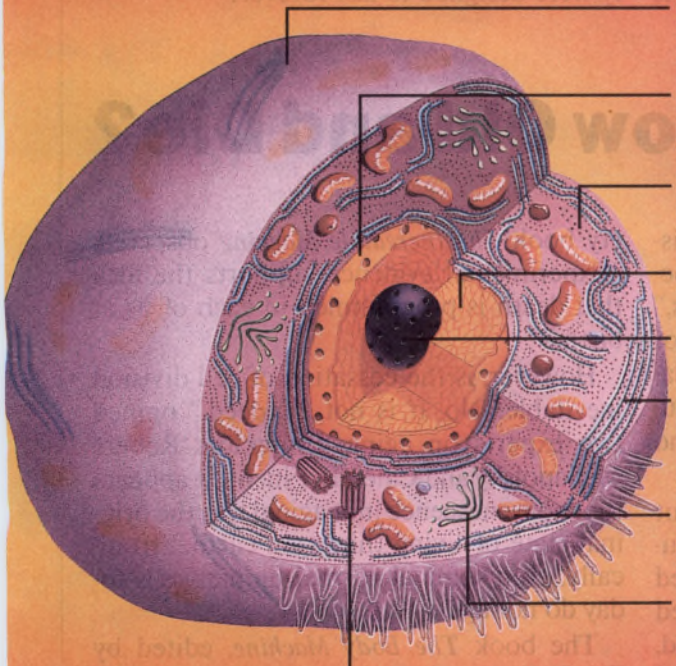
Yet, there is much more to it. For example, the cells of the heart need to be stimulated so that they contract rhythmically. Thus, within the heart a complex system was constructed for generating electrical impulses to cause the heart to beat at a proper rate to sustain the body in the activity in which it is engaged. Truly, a miracle of design! No wonder doctors have said of the heart: "It is more efficient than any machine of any kind yet devised by man."

The Brain

An even greater wonder is the development of the brain—the most mysterious part of the human miracle. Three weeks after conception, brain cells start forming. In time, about 100 billion nerve cells, called neurons—as many as there are stars in the Milky Way—are packed into a human brain.

"Each one of these receives input from about 10,000 other neurons in the brain," reported *Time* magazine, "and sends messages to a thousand more." Noting the

The Cell—A Miracle of Design



Cell Membrane
The covering that controls what enters and leaves the cell

Nucleus
Enclosed in a double-membrane envelope, it is the control center that directs the cell's activities

Ribosomes
Structures on which amino acids are assembled into proteins

Chromosomes
They contain the cell's DNA, its genetic master plan

Nucleolus
The site where ribosomes are assembled

Endoplasmic Reticulum
Sheets of membranes that store or transport the proteins made by the ribosomes attached to them (some ribosomes float free in the cell)

Mitochondria
Production centers for ATP, the molecules that supply energy for the cell

Golgi Body
A group of flattened membrane sacs that package and distribute proteins made by the cell

Centrioles
They lie near the nucleus and are important in cell reproduction

possible combination possibilities, neuroscientist Gerald Edelman said: "A match head's worth of the brain contains about a billion connections that can combine in ways which can only be described as hyperastronomical—on the order of ten followed by millions of zeros."

What potential capacity does this give the brain? Astronomer Carl Sagan said that the human brain can hold information that "would fill some twenty million volumes, as many as in the world's largest libraries." Author George Leonard went further, exclaiming: "Perhaps, in fact, we can now propose an incredible hypothesis: *The ultimate creative capacity of the brain may be, for all practical purposes, infinite.*"

Thus, we should not be surprised by the following statements: "The brain," said molecular biologist James Watson, codiscoverer of the physical structure of DNA, "is the most complex thing we have yet discovered in our universe." Neurologist Richard Restak, who resents the comparison of the brain to a computer, said: "The brain's uniqueness stems from the fact that nowhere in the known universe is there anything even remotely resembling it."

Neuroscientists say that during our present life span, we use just a small part of our potential brain power, only about 1/10,000, or 1/100 of 1 percent, according to one estimate. Think about it. Is it reasonable that we would be given a brain with such miraculous possibilities if it was never to be used fully? Is it not reasonable that humans, with the capacity for endless learning, were actually designed to live forever?

If that is true, why do we grow old? What went wrong? Why, after some 70 or 80 years, do we die, even though our bodies evidently were designed to last forever?

Why Do We Grow Old and Die?

"WITH the exception of the discovery that age changes occur within individual cells," Dr. Leonard Hayflick admits, "we do not know much more today about the fundamental cause of aging than we did a century ago." In fact, he says: "We know of no good reason why aging should happen."

Laboratory experiments conducted about 30 years ago revealed that when normal human cells taken from a fetus were cultured under the best of conditions, death followed after some 50 doublings. On the other hand, cells taken from a very old person divided only between two and ten times before they died. Thus, the National Geographic Society book *The Incredible Machine* observed: "Experimental evidence supports the idea that death is programmed in each of us at birth."

However, is the cessation of cell division inevitable? No, it is not. "Indeed," opined two experts on aging, Professors Robert M. Sapolsky and Caleb E. Finch, "it appears that nonsenescence [not aging] was the original state of living things on earth." Ironically, even some abnormal human cells today do not age.

The book *The Body Machine,* edited by Dr. Christiaan Barnard, who performed the first human-to-human heart transplant, explained: "The discovery of 'immortal cells'

presented a major headache to biologists interested in senescence, until it became clear that such cells were abnormal." Yes, some lines of cancer cells can be sustained in continuous culture through seemingly endless doublings! *The World Book Encyclopedia* noted: "If scientists can determine how such abnormal cells survive, they may gain an insight into the process of cell aging." Thus, today some cancer cells can apparently proliferate indefinitely in the laboratory, but normal cell cultures grow old and die.

A Defective Mechanism

Are human aging and death the result of, as *The Body Machine* puts it, "the loss of proliferation capacity in [normal] cell population"? If so, the book said, "it is important to locate and understand the mechanism that controls this finite repetitive capacity in order to manipulate it in an attempt to increase the human lifespan."

As you may recall from the previous article, Dr. Hayflick spoke of "the miracles that take us from conception to birth and then to sexual maturation and adulthood." He then referred to "a more elementary mechanism to simply maintain those miracles forever."

Despite years of concerted efforts, scientists have failed to discover a mechanism that would maintain life forever. "The causes of aging remain a mystery," admits the book *The Incredible Machine.*

However, the cause of aging and death is actually no secret. The answer is available.

What Is the Answer?

The one who has the answer is the one responsible for "the miracles that take us from conception to birth," our all-wise Creator, Jehovah God. "With you is the source of life," the Bible says of him. "Know that Jehovah is God. It is he that has made us, and not we ourselves."—Psalm 36:9; 100:3.

Think of how wonderfully Jehovah God programmed your development in the womb, writing, as it were, a book of instructions for making you a unique individual! "You yourself produced my kidneys; you kept me screened off in the belly of my mother," wrote a Bible psalmist. "My bones were not hidden from you when I was made in secret . . . Your eyes saw even the embryo of me, and *in your book all its parts were down in writing.*" (Psalm 139:13, 15, 16) Obviously, our marvelously designed human organism is not the product of mere chance!

Yet, if Jehovah God created us perfect so that we could live forever, why do we grow old and die? The answer is found in a prohibition placed upon the first man, Adam, whom God put in a beautiful home on earth. God commanded him: "From every tree of the garden you may eat to satisfaction. But as for the tree of the knowledge of good and bad you must not eat from it, for in the day you eat from it *you will positively die.*"—Genesis 2:16, 17.

What happened? Instead of obeying his heavenly Father, Adam disobeyed, joining his wife, Eve, in eating of the tree. They selfishly grasped at a false promise of an angelic rebel. (Genesis 3:1-6; Revelation 12:9) So, as God had warned, they died. Although Adam and Eve were designed with the potential to live forever, this was contingent upon obedience to God. By being disobedient, they sinned. Then, as sinners, they passed on to all their offspring the death-dealing defect in their bodies. "Thus death spread to all men."—Romans 5:12; Job 14:4.

This, however, does not mean that there is no hope for conquering aging and death. It should not be hard to believe that our all-wise Creator can heal any genetic irregularities and supply energy for the continuation of our lives forever. But how will he do this? And what must we do to enjoy his promises of everlasting life?

How You Can Live Forever

SINCE the human body clearly has the potential for a much longer life than humans enjoy today, some put their trust in science to discover how we can live forever. "As we gain a more complete knowledge of the chemicals of the body and how they interact," Dr. Alvin Silverstein wrote, "we will unravel the essence of life. We will understand . . . how a person ages."

With what consequence? It will lead to "a new era in human history," Silverstein said. "There will be no more 'old' people, for the knowledge that will permit the conquest of death will also bring eternal youth."

Will humans accomplish this? "Do not put your trust in nobles, nor in the son of earthling man, to whom no salvation belongs," the Bible urges. "His spirit goes out, he goes back to his ground; in that day his thoughts do perish." (Psalm 146:3, 4) Humans have been unable to isolate, much less correct, the inherent flaw that results in aging and death, even as we have seen. Only our Creator can do that.

Yet, is it really the purpose of God that humans live forever on earth?

God's Purpose

Where did Jehovah God put the first human couple to live? It was in an earthly paradise. And they were instructed to "be fruitful and become many and fill the earth and subdue it." (Genesis 1:28) Yes, God's purpose was to have, in the course of time, the entire earth inhabited by a righteous human family living together in peace and happiness.—Isaiah 45:18.

Although a death sentence was imposed on Adam because of his disobedience,

Under Christ's princely rule, aging and death will be conquered



God's original purpose for humans to live forever in Paradise on earth did not change. (Genesis 3:17-19) "I have even spoken it," God says, "I shall also do it." (Isaiah 46:11; 55:11) God showed that his purpose had not changed regarding the earth when he said: "The righteous themselves will possess the earth, and they will reside forever upon it." —Psalm 37:29.

As our Creator, God is in a position to correct the defect that causes humans to grow old and die. On what basis does he do this? Since that defect was inherited from the first man, Adam, God has provided as a ransom sacrifice the perfect human life of his Son, Jesus Christ, "in order that everyone exercising faith in him might not be destroyed but have everlasting life."—John 3:16; Matthew 20:28.

Jesus Christ thus replaces, in effect, the original Adam as our father, or life-giver. That is why in the Bible Jesus is called "the last Adam." (1 Corinthians 15:45) So instead of being condemned to die as children of the sinner Adam, obedient humans may be reckoned worthy to receive everlasting life as children of their "Eternal Father," Jesus Christ.—Isaiah 9:6.

Of course, "the King of eternity" and "the Father of our Lord Jesus Christ" is Jehovah God. (1 Timothy 1:17; Revelation 15:3; Colossians 1:3) Yet Jesus Christ, as well as being provided as our "Eternal Father" and "Savior," is also the "Prince of Peace." (Luke 2:11) As representative of his Father, Christ will exercise princely authority to bring peace to the earth. —Psalm 72:1-8; 110:1, 2; Hebrews 1:3, 4.

Under the rule of Jesus Christ, the earthly Paradise that was lost will be regained. This will occur, Jesus said, "in the re-creation, when the Son of man sits down upon his glorious throne." (Matthew 19:28) Faithful followers of Christ—altogether 144,000 of them—will rule with him over the Paradise earth. (2 Timothy 2:11, 12; Revelation 5:10; 14:1, 3) Millions will benefit from that righteous rule by enjoying life on earth in Paradise. Included among them will be the criminal who died alongside Jesus and to whom Jesus promised: "You will be with me in Paradise."—Luke 23:43.

Thus, even the unrighteous dead will be resurrected and will be provided opportunity to qualify for everlasting life on earth. (Acts 24:15) The Bible beautifully describes the elimination of sickness, aging, and death, saying: "God himself will be with them. And he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away."—Revelation 21:3, 4.

How to Live Forever

Surely you want to be among those who will possess the earth and reside forever upon it. If so, you must meet the requirements for living forever in Paradise. In prayer to his heavenly Father, Jesus Christ declared a basic requirement, saying: "This means everlasting life, their taking in knowledge of you, the only true God, and of the one whom you sent forth, Jesus Christ." —John 17:3.

Jehovah's Witnesses will be happy to help you to take in this life-giving knowledge. Simply ask them and they will, free of charge, visit at a convenient time and discuss how God purposes to raise humankind to spiritual and bodily perfection. Be assured that our almighty Creator is fully capable of correcting the inherent flaw that causes aging and death. The time is coming, and it is near, when life no longer will be so short. Jehovah will bless his people with "life to time indefinite."—Psalm 133:3.

A Bullet Changed My Life



THE finest thing that parents can do for their children is instill in them a knowledge of their Creator and a desire to serve him. A tragedy that befell me when I was only a teenager has helped me to appreciate this truth.

Before describing what happened then—over 20 years ago—let me tell a little about my life as I grew up in the southern United States. It bears directly on how I have been able to cope with overwhelming adversities.

What Shaped My Life

I was born in Birmingham, Alabama —part of the racially segregated Deep South—in January 1955. When I was only eight, a bomb blast not far from our home shattered a church during Sunday-school classes. Terrified black children, many about my own age, ran out screaming; others were bleeding and moaning. Four were dead—murdered by whites.

Such tragedies were not isolated incidents in the South. The following summer three civil rights workers were murdered in Mississippi. Those were terrifying days of racial disorder that affected all of us.

My mother was one of Jehovah's Witnesses, and Father became one in 1966. Soon our whole family was sharing with our neighbors our Bible-based hope of a new world of peace. (Psalm 37:29; Proverbs 2:21, 22; Revelation 21:3, 4) Every Saturday during the summers of the late 1960's, we traveled to untouched territory outside Birmingham to preach. There, people had never heard of Jehovah's Witnesses or of the Kingdom message we preached. They didn't even know God's name, Jehovah. (Psalm 83:18) During those troubled times, I really enjoyed talking to people about Jehovah's purpose to replace this corrupt old world with an earthly paradise.—Luke 23:43.

Setting a Goal in Life

In December 1969, I symbolized my dedication to Jehovah by water baptism. I prayed to Jehovah and expressed my sincere desire to pursue the full-time ministry as a career. A few weeks later, Father was assigned to help the small congregation located at Adamsville, a few miles from Birmingham. This change of territory intensified my desire to be a pioneer, or full-time minister. At every opportunity through my high school years, I would temporary pioneer, which involved spending at least 75 hours in the ministry each month.

I decided to learn a skill to prepare me for the full-time ministry after I graduated. But in my last year of high school, I faced a challenge. I was among a group of special achievers, and so one day I was taken to a nearby college for some academic tests. Afterward I was called into the counselor's office. She was excited and happy for me. "You have excelled!" she exclaimed. "You can get into any college you choose!" She wanted me to start filling out scholarship applications right away.

I was upset because I wasn't prepared for this. I immediately explained my plans to

become a full-time minister and to pursue part-time secular work to support myself in the ministry. I even told her that later, as other Witnesses have done, I might be able to serve as a missionary in a foreign country. But it was as if she didn't hear me. She suggested that I major in science and that if I attended a local college, she would see that I got a job in a science center.

"Confine your religion to weekends, Gloria," she said, "your parents will still be proud of you." I felt insulted that she might presume my goal of the full-time ministry was a result of being egged on by my parents. She made me feel pressured, as if I was turning my back on the entire black race by refusing this grand opportunity. However, I stood my ground. After graduation, rather than pursue a college education, I began working part-time as a secretary.

I searched for a pioneer partner but to no avail. When a traveling overseer visited our congregation, I told him about my problem. "You don't need a partner," he said. Then he jotted down a schedule whereby I could fulfill my secular work responsibilities and also have sufficient time to pioneer. I felt the schedule was perfect. I was so elated that I set February 1, 1975, as my date to start pioneering.

However, a few days later, on December 20, 1974, while walking home from a convenience store, I was hit by a stray bullet.

At Death's Door

As I lay on the ground, I could literally see my lifeblood pouring out. I remember thinking that I was going to die. I asked Jehovah to let me live long enough to help Mother understand that such a devastating accident could happen even to a family totally focused on serving Jehovah. Though we were familiar with the Bible text "time and unforeseen occurrence befall them all," I didn't think we were prepared to handle such a terrible tragedy.—Ecclesiastes 9:11.

The bullet hit me in the left side of the neck, severing nerves in my spinal cord. My speaking and breathing were affected. I was not expected to live for more than two days. Then they said "two weeks." But I kept living. As pneumonia set in, I was transferred to a more complicated respirator. In time, my condition stabilized, and plans were made for rehabilitation.

Trials of Rehabilitation

I didn't feel despondent for the first few weeks. I just felt numb. Everyone at the Spain Rehabilitation Center in Birmingham was kind and worked hard in my behalf. I began to learn from the staff that the doctors expected me to be totally paralyzed, flat on my back, for the rest of my life. I was classified a level C2 quadriplegic, which meant they felt I would be on a respirator for the rest of my life, unable to speak above a whisper.

The doctors had inserted a tracheal tube through which I breathed. Later the pulmonary specialist put in a smaller tube to see if it would allow me to speak. However, the size didn't make any difference. So they concluded that my inability to talk was due to nerve damage. About that time I began to get depressed, and there was nothing anyone could say to make me feel better. Every kind word hit me like an insult. So I would cry a lot.

I realized that if something impedes your spirituality, two things can help—persistent prayer to Jehovah and throwing yourself into the ministry, telling others about Bible truths. (Proverbs 3:5) Well, praying was easy. I could do that. But how could I, in my condition, become more active in the ministry?

I asked my family to bring copies of the *Watchtower* and *Awake!* magazines and other

Bible study aids that we were then using in the ministry, such as *The Truth That Leads to Eternal Life, True Peace and Security—From What Source?,* and *Is This Life All There Is?* These were placed in different parts of my room. Staff members often looked at me compassionately and asked: "Darling, is there anything I can do for you?"

I would eye a piece of literature, and by mouthing my words, I would ask the person to read to me. I would count the time the person spent reading as my hours in the ministry. To show my gratitude to the person for reading to me, I would often make a gift of the book or magazine. I counted these as my placements. When someone read to me a second time, I counted a return visit. Sharing in this way in the ministry kept me encouraged, as did the heartwarming cards, flowers, and visits of my many Christian brothers and sisters.

After months of rehabilitation, I was able to raise my head only a little. But I was determined to achieve greater mobility. So I asked for more time in physical and occupational therapy. When I requested to be put in a wheelchair, I was told that it was impossible, that I could not hold my head high enough to sit up. I asked them to try anyway.

After an OK was given by the doctors, the therapist in charge helped get me up into a wheelchair. They wrapped me in ace bandages from chest to waist, from thigh to knee, and from knee to foot. I looked like a mummy. This was a precaution to make sure that my blood pressure remained stable and to prevent shock. It worked! Still, I was only allowed to sit up for an hour at a time. But I was sitting—after having been flat on my back for 57 days!

Home at Last!

Finally, after five long months, my tracheal tube was removed, and I was permitted to go home. That was May 1975. Afterward, I would travel back and forth to the rehabilitation center for treatment. As early as the summer of 1975, I began going in the Christian ministry in my wheelchair. I couldn't do much, but at least I was out there with the friends.

Sometime early in 1976, I was asked to go for reevaluation by the VRS (Vocational Rehabilitation Services), the agency responsible for funding my rehabilitation. I thought I was making progress. I was learning to paint with a brush that I held with my teeth. Using a stick in the same way, I was beginning to type and even write some with a pencil. Since the VRS was paying for most of my treatment, they wanted to find a way for me to get a job and become a productive member of society.

The adviser seemed considerate at first, but he started asking me to try to speak louder. At the time I could only speak slightly above a whisper. Then he asked: "Can't you sit up straight?"

I couldn't.

"Move just one finger," he said.

When I couldn't even do that, he slammed his pen down on his desk and said in a frustrated voice: "You are useless!"

I was told to go home and await his call. I understood his dilemma. No patient before me at the Spain Rehabilitation Center had had limitations that were as severe as mine. The cost of the equipment used there is very high, and the person responsible for making decisions didn't have guidelines regarding what to do with a patient as limited as I. Yet, it hurt to be called useless, since I had already begun to feel that way.

A few days later, I received a call and was told that I no longer was part of the program. I felt abandoned. And that resulted in another bout of depression.

Overcoming Depression

I then thought of the scripture at Psalm 55:22, which says: "Throw your burden upon Jehovah himself, and he himself will sustain you." One thing I was concerned about was the financial burden on my parents, and I prayed about this.

My depressed condition affected me adversely physically, so during the district convention that summer I wasn't able to sit up. I listened to the program lying down. What is called the auxiliary pioneer work was introduced at that 1976 convention, and it caught my attention. To auxiliary pioneer requires spending only 60 hours a month in the ministry, an average of just 2 hours a day. I felt I could do that. Later, I asked my sister Elizabeth to help me auxiliary pioneer. She thought I was joking, but when I turned in my application to pioneer in August, she turned one in also.

Elizabeth would get up early and tend to my personal needs. Then we would begin telephone witnessing. This involved calling people on the telephone and conversing with them about the blessings God has in store for people under the rule of his Kingdom. We also wrote letters, especially to persons who needed comfort. On weekends family or friends took me in the door-to-door ministry in my wheelchair. Of course, since I have no use of my limbs, I can do nothing but speak the Kingdom message, quote scriptures, or ask others to read from the Bible.

By the last day of the month, I still needed 6 hours to make my required 60. Elizabeth was not available to help me, so I asked my mother to set the back of my wheelchair so I could sit erect. Then, using a mouth stick, I typed letters for six hours. No bad consequences were suffered! All I know is that I was really tired!

My Prayer Answered

The following week, sitting erect in my wheelchair, I went to the Spain Rehabilitation Center for a checkup. My doctor, who had not seen me since I had been dropped from the program early in the year, was amazed. He couldn't believe my improvement. "What have you been doing?" he asked. Even before I could finish telling about my ministry, he offered me a job.

His assistant interviewed me and was impressed with what I was doing in the ministry. She asked me to participate in what is called the model patient program. This would match me with another patient that I would help. Referring to our ministry, she

My Christian ministry—going from house to house, witnessing by telephone, writing letters









My paintings have been entered in mouth-painting exhibitions

said: "This is what your people do anyway, isn't it?" I was assigned to assist a patient almost as limited as myself.

Somehow news about what I was accomplishing in the ministry with my family's help reached the VRS. They were so impressed that it was recommended that I be readmitted to the program. This meant our family would receive funding to pay for the special equipment and care I need to carry on my activity. I felt that God had answered my prayers.

My Condition Stabilized

The extent of my physical recovery has been such that I can raise my head, turn it, and sit up. Thankfully, I recovered practically full speaking ability. Using a mouth stick, I can write, type, operate a speakerphone, and paint. Some of my paintings have been entered in mouth-painting exhibitions. I get around in a motorized wheelchair that I drive by chin control. A power lift raises my wheelchair into our van, and with this I can be taken practically anywhere I want to go.

I have had a lot of respiratory problems —pneumonia is a constant threat. Sometimes I require oxygen at night. In 1984, I nearly died as a result of complications from an infection. I was in and out of the hospital several times. But since then my health has improved. Beginning in 1976, I managed to auxiliary pioneer once or twice a year. But I didn't feel fulfilled. I kept thinking about the plans I had as a teenager that had been cut short by the bullet.

My Goal Realized

On September 1, 1990, I finally joined the ranks of full-time pioneers, thus fulfilling my childhood desire. During the winter months when it is cold, I do witnessing by writing letters and using the speakerphone. But when the weather turns warmer, I also share in the house-to-house ministry. Year-round, I conduct Bible studies from home by using the speakerphone.

I'm eagerly looking forward to a wonderful future in the Paradise earth when Christ Jesus and Jehovah God deliver me from this wheelchair. Every day I thank Jehovah for his promises of vibrant health and the ability to "climb up just as a stag does." (Isaiah 35:6) I'm going to run for as long as it takes me to make up for lost time, and then I'm going to learn how to ride a horse.

Awaiting that time, I have indescribable joy even now in being one of Jehovah's happy people and in having a full share in the ministry.—*As told by Gloria Williams.*

Why Build With Wood?

BY *AWAKE!* CORRESPONDENT IN JAPAN

GLISTENING like silvery fish scales in the cool sun of northwest Russia are 22 onion-shaped cupolas sitting atop a wooden church. A closer look reveals that the cupolas are covered with thousands of wooden tiles, now weathered by age. For almost three hundred years, this wooden building on an island in Lake Onega has been defying the country's harsh winters. Silently it testifies to the amazing durability of wood.

Other buildings give even stronger testimony. Scattered throughout northern Europe are wooden structures that have been in use far longer. For instance, the handiwork of Norwegians who went on a wood-building spree about the 12th century can still be seen dotting the countryside. Over in England, still braving the notorious weather, is a wooden building near Ongar, Essex, constructed about 1013. But what seems to be the grandfather of all of them is a wooden temple in Japan that is centuries older.

The Oldest Wooden Building

How is it possible for this wooden Horyuji Temple to stand so long? Basically it is because of the original carpenters' superb knowledge of wood. They knew which wood to choose and which parts to use for specific functions. Their choice in this case was *hinoki* (Japanese cypress), which had been growing for at least a thousand years before it was cut.

Master carpenter Tsunekazu Nishioka, who died recently, spent much of his life working on the temple's renovations. He claimed that the nails—which were made in the same way as samurai swords, using repeated hammering-and-heating techniques—have also played an important part in the temple's longevity. In the renovation work, the old nails were used because, as he said, "modern nails don't last 20 years."

Some may question whether the Horyuji Temple is really 1,300 years old, since 35 percent of it has been replaced this century. However, many major pillars, main

Onion-shaped cupolas atop wooden church on island in Lake Onega



Tass/Sovfoto

beams, and eaves are of the original wood. Nishioka said: "I think the temple will last another 1,000 years."

With wood of this quality growing all around them, it is little wonder that the ancient Japanese developed a love for timber. Even today their homes reflect that this love has been passed down.

Japanese Homes

Indoors, wood is used extensively, but it is not painted. Pillars, doors, furniture, and so forth, are given a finish that allows for the natural grain and color to be admired. Wooden planks on the veranda are given no finish at all. The unfinished wood provides a natural link to the trees and shrubs in the garden. The effect is one of harmony and tranquillity rather than stimulation.

Many Japanese say that this is the kind of house they dream of owning. However, good quality timber to build such a home is now far too expensive for the ordinary worker. Even so, the Japanese like to use wood where they can because history has taught them that besides looking good, wood suits their environment, which includes frequent earthquakes, typhoons, hot humid summers, and cold winters.

Wood is a boon to earthquake-prone countries, since it obligingly bends and twists under strain when materials such as stone would crack. Wood also has the splendid properties of moisture maintenance and insulation. Despite the rain and dampness in Japan from June through August, houses do not rot. Wood adapts and provides a measure of comfort at this time because it







The wooden Horyuji Temple in Japan

can absorb moisture from the air and afterward dry out. Nonetheless, wood is appealing to the ordinary person for far different reasons.

The Beauty of Wood

Throughout the world most people choose wood because of its looks. Albert Jackson and David Day in their *Collins Good Wood Handbook* explain: "Since wood is a product of nature, each piece is unique. Each section of wood taken from a tree, or even from the same board, will be different. It may have the same strength or colour, but not the same grain pattern. It is this diversity of character, strength, colour, workability and even scent that makes wood so appealing."

Why can so much variety be seen in wood grains? Well, for a start, while some trees grow straight grains, others form knotty grains, and still others produce wavy or even curly grains. Then, as trees grow they often twist or change their direction of growth, they send out branches, and insects come and go. All of this makes for interesting patterns. In addition, the pattern looks different according to the direction in which the wood is cut. One reddish-brown wood that is cut to have a pronounced pattern of almost-black streaks has been named zebrawood in some countries and tigerwood in others.

Further enhancing the beauty of wood is the tremendous variety in color. Not all wood is brown. Black heartwood of ebony comes from India and Sri Lanka, red to purple-brown camwood from West Africa, and deep red mahogany from Central and South America. The bright orange-red brazilwood, which on exposure turns to a rich red-brown, originates in Brazil. Some woods are green, and some are pink. Alaska provides the pale yellow wood of yellow cedar, and the European sycamore is even paler. At the end of the spectrum are the whitewoods, so pale as to be almost colorless.

Also attractive to many is the scent of wood. One fragrant wood is juniper, which Solomon's carpenters used to overlay the floor of the temple. (1 Kings 6:15) Perhaps the scent of the juniper wood permeated the air and mingled at times with that of the incense. (2 Chronicles 2:4) Juniper is famed not just for being fragrant but also for being long-lasting and resisting decay.

Much, much more could be said in the praise of wood. Its virtues are so many that we may wonder what could possibly be said against it.

The Gift of Wood

True, not all wood resists pests, nor does all resist decay or last hundreds of years. The major concern in building with wood is fire. Yet, in extreme heat heavy wood chars slowly, loses its strength slowly, and takes longer to fall down than steel. Few houses today, however, have the old-type heavy wood beams and pillars. So a person would have to escape a burning house as fast as possible.

Wood is not a cheap shoddy building material. Rather, wood that is chosen and treated correctly can become a well-insulated building that will provide hundreds of years of use. Some authorities claim that it would never decay if we took care of it properly. Be that as it may, wood is certainly one of the finest building materials the Creator has given us.

IN OUR NEXT ISSUE

In Search of the Greatest Artist

The Tawny Owl by Hadrian's Wall

The Mormon Church —A Restoration of All Things?

Solving the Garbage Glut
WITH COMPOST

BY *AWAKE!* CORRESPONDENT IN FINLAND

AS MANKIND'S garbage piles up, it poses one of the toughest dilemmas of our age. Modern technology, adept though it is at producing garbage, seems quite at a loss when it comes to getting rid of it. The obvious, time-honored solutions are fraught with problems. Since dumping the garbage may pollute neighboring groundwater, many countries have forced garbage dumps to close. And burning the garbage can release toxic chemicals and leave behind ash, both of which present their own disposal problems. High-technology incinerators are thus unpopular in many areas.

What alternative is left? Some suggest a natural way of getting rid of solid waste—a sort of biological "fire" called composting. Like fire, composting reduces organic matter into a number of by-products, releasing heat in the process. The by-products of composting can be quite useful. The gases and heat may be used as sources of energy. And the solid by-product, humus, is a valuable soil fertilizer in agriculture.

Composting is growing in popularity. In Finland, for example, the town of Korsholm and its neighboring city Vaasa have developed an advanced garbage processing plant that uses composting. The plant's designers found an ingenious way to solve two of the region's problems at once. Gravel for construction and roads is a scarce resource. Hence, the idea to blast a wide, 130-foot-deep hole in the bedrock. After producing great amounts of gravel, the hole formed an ideal site for a huge bioreactor to treat municipal waste. Being surrounded by solid rock helps the reactor to maintain the constant temperature so essential to the fermentation process.

The result? To a large extent, this modern plant has solved the region's garbage problem. It reduces garbage in volume by 75 percent and in weight by 66 percent. How is this possible? Let us visit the plant.

A Unique Garbage Treatment Plant

Our first impression on arriving is that this place has little in common with conventional garbage dumps. There are no rats, and there is no foul odor. Here waste management seems only another productive industry.

The plant manager first shows us a chart explaining what happens in the plant. A two-step process reduces most of the bulk and volume of the garbage—first composting it and then rotting it. In composting, the waste is broken down in the presence of air; in rotting, it ferments without exposure to air. But before either of these processes begins, the waste is crushed.

From a window of the control booth, we see a garbage truck backing through a big door. It dumps the garbage into a huge funnel-shaped pit, where a belt feeds it into a shredder. Larger objects, such as bicycle frames, car tires, exhaust pipes, and most pieces of plastic, are removed by a crane. Our host explains that when old refrigerators and freezers come in, they are sent for repairs and are later sold to less-developed countries.

After the first crushing, the waste goes through a coarse sieve where everything smaller than two inches falls through. This is about half the garbage, and it passes on to the first step of its biological treatment, the composting. This takes place in a large tank where the crushed waste is mixed with sludge from the city's sewage treatment plant.

"When developing this process, we were always thinking of the environment," says our host, "therefore, we even separate the dust that comes from the crushing. Furthermore, we blow air into the composter tank where the mixture of waste and sludge is homogenized and heated to approximately 40 degrees Celsius [104 degrees Fahrenheit]. The air coming out would stink terribly because of aerobic decay if we did not pass it through a filter first."

After one or two days in the composter, the material enters the main 130-foot-high biogas reactor. What happens here? Well, the organic components of this mixture are decomposed by tiny microbes that can live in this oxygen-free environment. This stage of the process is called, simply enough, rotting. It takes 15 days at 95 degrees Fahrenheit. The final products are biogas and humus mass, which is about 85 to 90 percent water. Most of this water is pressed off and fed back into the reactor.

But what happened to the half of the garbage that never got through the sieve? Our guide says that this part is quite combustible because it consists mainly of paper and plastics. But to burn the waste safely would require a temperature of over 1,800 degrees Fahrenheit—and there is no such incinerator in the neighborhood. "That is why we crush the remaining waste once more and feed it back into the process," he says. "It is true that the biological process is unable to break down plastics, but the waste is mostly paper, which finally becomes humus compound."

What does this complicated process produce? Our host answers: "Mainly we get two products, humus compound and biogas. We sell the humus mass for building up green areas and covering closed landfills. There is a great need for this now that many old dumps are closed. For the future we have to see whether it can be used in agriculture after removing glass and plastics. The biogas consists of 60 percent methane and 40 percent carbon dioxide. In quality it corresponds to natural gas and is used in the same way. We have a pipeline system for distributing it to the closest industrial plants."

What about problems with heavy metals in garbage and sludge? Our host continues: "These heavy metals are concentrated in the water. Therefore, we intend, in the future, to acquire equipment for removing heavy metals from the water. Then our product may be good for all purposes. When we talk about the future, I must tell you about my dream, which is that all households would sort their garbage so we would receive neither glass, plastics, nor metal. All of that is recyclable. Even synthetic textiles, plastics, and rubber are recyclable."

The plant has the capacity to deal with the waste produced by 100,000 people. This is important in Finland. By the year 2000, this country plans to put about half its garbage to use—in the form of either raw materials or energy.

Our tour has given us concrete proof that it is possible to do something about the garbage glut. Each of us can cooperate with whatever recycling laws are in effect where we live. Before we leave our guide, though, we ask if there are many plants treating garbage as effectively as this one does. "That is difficult to say," our guide answers. "I do not know of any similar plants. Maybe the problems are so much bigger in many places that nobody has dared to try this."

Harnessing the Power of Wind

BY *AWAKE!* CORRESPONDENT IN THE NETHERLANDS

ROUND and round the huge rotor blades turn. They revolve slowly, steadily, like the arms of a giant swimmer who labors tirelessly against a current that forever holds him in place. These arms, though, move because of the current —not in spite of it. The current is the wind. Aside from its rustling, the whirring of these mechanical arms is the only sound to be heard. This is a wind turbine, generating electricity from wind power.

In windswept parts of such countries as Denmark, France, Germany, the Netherlands, and the United States, more and more of these wind turbines dot the landscape. In the United States, California already has more than 16,000 of them. Some 30 miles east of San Francisco, at Altamont Pass, there is a wind farm where some 7,000 turbines crowd the hillsides to draw power from the steady wind. Altogether, California's wind turbines are said to be capable of generating enough power to supply the residential needs of San Francisco and Washington, D.C., combined.

Denmark, surrounded by the sea, is also well suited for harnessing wind energy; already there are some 3,600 wind turbines there. In 1991 the Netherlands had only about 300 wind turbines, but the country's windiest provinces agreed to increase that number to 3,000. Energy planners in England too are hoping to harness the wind to a similar extent in their country.

Of course, harnessing the power of the wind is not a new idea. Just think of all the ships driven by the wind that sailed the oceans during the ages before the advent of engines. Windmills have been used for centuries to pump water, to grind corn and spices, and to saw wood. In the Netherlands there are about 900 of these graceful monuments left. Many of them are still faithfully pumping water; they are reliable even during power outages.

It was a century ago that Danish professor Poul de la Cour first experimented with harnessing wind power to generate electricity. He developed a small forerunner of today's modern wind turbine. However, in the 20th century, mankind found that fossil fuels were much easier to harness and provided greater power. At first, such fuels seemed cheap and plentiful; so they easily eclipsed the wind as a source of power. It was not until the oil crisis of 1973 that wind power was again taken seriously.

Advantages for the Environment

The oil crisis prompted scientists to consider what would happen when fuel supplies were exhausted. Alternatives such as wind power took on a new appeal. Wind, after all, is inexhaustible. In effect, it renews itself constantly, much as the Bible said of it: "Round and round it is continually circling." (Ecclesiastes 1:6) Wind power is also much easier on the environment than fossil fuels, which contribute to fearful phenomena such as acid rain and may intensify the greenhouse effect. Wind energy produces no chemical emissions whatsoever.

And while wind is not as concentrated a form of energy as gas, coal, or oil, it has surprising advantages. For example, picture a wind turbine turning slowly in a gentle ten-mile-an-hour breeze. Suddenly the wind picks up, doubling to 20 miles per hour.

How much more energy is the turbine now drawing from the wind? Double the amount? No. *New Scientist* magazine explains: "Wind energy varies as a cube of the wind speed." So when the wind speed doubles, it provides eight times the power! Even a small increase in wind speed thus means a large boost in energy output from a wind turbine. To take full advantage of this cube law, as it is called, wind turbines are commonly placed on hilltops, where wind accelerates as it rushes over.

Thousands of wind turbines generate electricity in many countries

Another appealing aspect of wind power is that it is a fairly decentralized system. A windmill can bring the source of energy close to the user. The machines are quick to install and easy to move. Wind is not mined, shipped, or bought. This means that the power is not difficult to distribute, especially compared to crude oil, which has to be shipped in large bulk carriers. Accidents involving such carriers have led to enormous environmental disasters time and time again—such as the Alaskan oil spill of 1989. Wind turbines have no such disadvantages.

Some Drawbacks

This does not mean that wind power is a panacea for mankind's energy problems. One major challenge lies in the unpredictability of the wind. It can change direction at any time. Researchers have long looked for solutions to this problem. One answer was devised in the 1920's, when the French engineer Georges Darrieus developed a wind turbine with a vertical axis. It looks much like a huge mixer, and it operates regardless of the direction of the wind. Variations of this odd-looking contraption are in operation today. However, wind can also stop altogether at any time. And at the other extreme, sudden gales can damage the rotor blades and turbine.

Surprisingly, some of the most vocal objections to the use of wind power concern the environment. For one thing, the high-tech wind turbines of today are a far cry from

the picturesque, quaint structures of yesteryear. The large ones are as much as 300 feet tall; the medium ones 130 feet. Few would describe them as pretty. True, many high-tension lines and radio towers may be that tall, but the whirling blades of a wind turbine draw a good deal more attention.

Then there is the matter of noise. Some object strenuously to having wind turbines in their vicinity because of the noise that they generate. Yet, interestingly, one study found that a medium-sized turbine in Cornwall, England, produces about the level of noise you would hear if a car traveling at 40 miles per hour passed 20 feet away from you. This sound level drops dramatically with distance though. A person 1,000 feet away hears no more noise than he would hear in an average library. What is more, the wind that makes the turbine spin tends to mask the noise. Admittedly, however, when there are hundreds of wind turbines at one location—or thousands as there are at California's Altamont Pass—noise can be a significant problem.

Another problem involves birds. A bird protection organization in the Netherlands recently warned against building wind farms where birds feed and breed—when it is dark or foggy outside, they might crash into the rotor blades. According to one estimate, on a Dutch wind farm with 260 turbines, up to 100,000 birds a year could be killed in this way. However, other studies indicate that wind turbines have little effect on bird life.

An Insurance Policy?

Despite these obstacles, it is clear that wind power can make an important contribution to reducing world consumption of fossil fuels. In his book *Wind Energy Systems,* Professor Gary L. Johnson of Kansas State University, U.S.A., explains that wind power could work together with more conventional generation systems. Used in that way, he says, "wind generators may be considered as somewhat of an insurance policy against serious fuel supply problems."

Before long, man may be in sore need of such an insurance policy. The news media often mention man's endless quest for fuel. As he mines for coal and drills for oil and gas, he not only depletes these irreplaceable commodities but in some places also fouls his own nest by putting them to use! Meanwhile, the wind blows on—clean, endless, and, for the most part, still ignored.



Hundreds of these graceful monuments are still left in the Netherlands

Young People Ask...



Why Is Everyone Getting Married but Me?

"I wish I were getting married. Then I'd be happy."—Cheryl.*

IT IS only natural to want to be married. God endowed man and woman with a natural attraction between the sexes. And he established marriage as a permanent union between a man and a woman.—Genesis 1: 27, 28; 2:21-24.

Understandably, then, you may feel somewhat discouraged or even left out if you are not yet married—especially if many of your peers have already entered into matrimony. Well-meaning friends can add to the pressure. "I am 24 years old and single, and I am not currently dating anyone," says Tina. "It seems that everyone else is so concerned that I'm not married that I'm getting a complex about it. They make me feel like an old maid or like there is something wrong with me."

For some persons singleness can begin to seem like a wall, an insurmountable barrier, that separates them from happiness. With each passing year, it may feel as if another course of bricks is being laid on top of that wall. A youth can start feeling that he or she must be unattractive or undesirable. Says a young woman in Italy named Rosanna: "Often I feel alone and useless; it seems that I have no chances of getting married." Young men can have similar feelings. Frank, for example, began to feel that all his friends became more interesting and sophisticated after they got married. He began to wonder if marriage might do the same for him.

Do you find yourself thinking along similar lines? If you are single, do you sometimes wonder if there is something wrong with you or if you may be forever doomed to a life of singleness?

Marriage—Myth Versus Fact

First of all, let's examine the popular belief that marriage automatically opens the door to happiness. It is true that marriage can and often does contribute to one's happiness. However, simply being married does not make one happy. Even the best of marriages bring some degree of 'tribulation in the flesh.' (1 Corinthians 7:28) Marital happiness comes about only through continual self-sacrifice and hard work. Interestingly, the greatest man who ever lived, Jesus Christ, was single. Would anyone call him unhappy? Hardly! His joy came from doing Jehovah's will.—John 4:34.

* Some of the names have been changed.



It's easy to feel left out when one's peers are getting married

Another myth is that marriage is a guaranteed cure for loneliness. It is not! Lamented one married Christian man: "My wife has never confided in me or had a meaningful talk with me, *ever!*" Some Christian wives have similarly complained that their husbands fail to communicate or that they seem more interested in their jobs or friends than in them. Sad to say, being married but lonely is all too common.

Then there are those who see marriage as an escape from family problems. Says one young married woman: "I think my parents should have given me a chance to grow up. But they didn't allow me to have a boyfriend or to go out . . . If my parents had given me a chance, I think I wouldn't have gotten married at 16. But I wanted to show them."

You may feel that life at home is too restrictive. But marriage brings responsibilities that can greatly limit one's personal freedom. Think of what is involved in holding a job, paying bills, doing home and auto repairs, cooking, cleaning, washing clothes, and perhaps even raising children! (Proverbs 31:10-31; Ephesians 6:4; 1 Timothy 5:8) Many youths are shell-shocked when faced with these grown-up responsibilities.

Some also believe that marriage is the key to popularity. But there is no guarantee that others will crave your company—or that of your mate—simply because you are married. People will like you if you are kind, generous, and unselfish, whether you are married or single. (Proverbs 11:25) And even if being a couple makes it a little easier to fit in with married friends, a husband and wife must remember that they are "one flesh." (Genesis 2:24) Their main concern must be how they get along with each other—not with their friends.

Ready for Marriage?

Of course, even if you see the reasonableness of these points, you may still feel discouraged at times. An ancient proverb put it this way: "Expectation postponed is making the heart sick." (Proverbs 13:12) Young Tony, for example, found himself in a state of near desperation because he was single. He began to feel that he was ready to marry *anybody*. A young girl named Sandra likewise became discouraged every time she learned about a budding romance; she would wonder when her turn was going to come.

Before you allow yourself to fall into a pit of gloom, ask yourself, 'Am I really ready for marriage?' Frankly, if you are a teenager, the answer may well be an emphatic no! In the United States, most teen marriages fail within five years.* Of course, some youths may be exceptionally mature for their age and be able to make a success of marriage.

* See the article "Young People Ask . . . Married Too Soon —Can We Succeed?" in our April 22, 1995, issue.

But that does not necessarily mean that *you* should marry. Have you honestly considered whether you are prepared to take on the responsibilities of marriage?

An honest self-examination may prove quite revealing. For example, how mature and responsible are you? Are you able to save money, or do you spend it as soon as you get it? Do you pay your bills on time? Are you capable of holding a job or of managing a household? Do you get along well with others, such as with workmates and parents, or are you in constant conflict with them? If so, you may find that getting along with a marriage mate will be very difficult.

If you are still a teenager, you may well discover that you need a few more years of experience in order to attain the maturity and stability needed to make a good husband or a good wife. Realizing this fact may help you readjust your expectations and view marriage as a *future* possibility. This may help you to be more 'settled in heart' about your single state, at least for the time being.—1 Corinthians 7:37.

Proper Preparation

What, though, if you believe you are past "the bloom of youth" and feel you are ready to get married? It can be discouraging if potential marriage mates are few or if you are rejected every time you express interest in someone. But does this necessarily mean you are undesirable? Not at all. King Solomon got absolutely nowhere with a young girl with whom he had fallen in love—and he was one of the wealthiest, wisest men who ever lived! The problem? The girl's heart was simply not inclined toward having romantic feelings for him. (Song of Solomon 2:7) Similarly, it may be that you have not yet met someone with whom you are truly compatible.

Do you feel that you are simply too plain looking to attract someone? True, good looks have their advantages, but they are not everything. When you think of the married couples you know, isn't it true that among them are people of all heights, shapes, and degrees of attractiveness? Besides, someone who is truly God-fearing will primarily be concerned with what you are like in "the secret person of the heart."—1 Peter 3:4.

Of course, you should by no means ignore your physical appearance; it is only reasonable to try to look your best. Slovenly dress and grooming can give others the wrong impression of you.* Also, poor conversation skills or flaws in your personality may turn others off before they get to know you. A mature friend or a parent can tell you if a few adjustments in these areas are in order. The truth may be painful, but accepting it can perhaps help you to make adjustments and thus be more appealing to others. —Proverbs 27:6.

In the final analysis, however, your worth, or value, as a person is not determined by whether or not you are married. What really counts is how God views you, and he "sees what the heart is." (1 Samuel 16:7) The focus of your concern should therefore be on gaining Jehovah's approval and not on getting married. Try not to let the latter dominate your thoughts and conversation. Carefully monitor your associations, choice of music, and entertainment.

True, the desire to be married may not go away, but don't panic. Exercise patience. (Ecclesiastes 7:8) Instead of viewing your singleness as a curse, take full advantage of the freedom singleness offers and the opportunities it presents to serve God without distraction. (1 Corinthians 7:33-35, 38) Marriage may come along for you in due time —perhaps even sooner than you think.

* For specific suggestions along these lines, see chapters 10 and 11 of the book *Questions Young People Ask—Answers That Work*, published by the Watchtower Bible and Tract Society of New York, Inc.

Blood Money

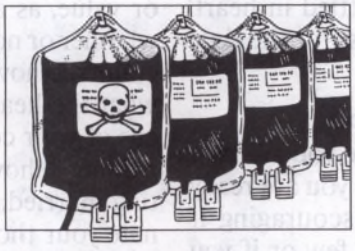
In 1994 the German public was aghast when they learned that some 2,500 persons had been infected with HIV through blood transfusions and blood products. (See *Awake!* of April 22, 1994, page 28.) In a parliamentary debate in January 1995, reports the *Süddeutsche Zeitung,* the federal minister of health asked the victims "for forgiveness in the name of the federal government" for errors that had increased their hardship. In the debate it was said that the pharmaceutical industry and the doctors were chiefly responsible and that the German Red Cross had damaged its image by striving too hard to become "a manufacturer of medicines from blood." One woman who was infected with HIV by her late husband lamented: "At least 700 hemophiliacs could still be alive if the [pharmaceutical industry] had then thought about more than just making money."

A Dearth of Priests

Once renowned for exporting Catholic missionaries, Spain is now struggling to supply sufficient priests for local needs. The Madrid newspaper *El País* reports that the total number of priests in Spain is shrinking by 150 each year. Church authorities fear that the 2,000 seminary students presently enrolled will not supply enough priests to cover future pastoral demands. Last year only 216 priests were ordained—73 fewer than in 1993—and 70 percent of the Spanish clergy are over 50 years of age. On the other hand, recently Jehovah's Witnesses in Spain have seen their pioneer ranks increase by 300 every year. Pioneers are unpaid ministers who spend at least 90 hours each month preaching the good news of the Kingdom.

More Blood Transfusion Dangers

According to *The Canberra Times* of Australia, the Red Cross has warned doctors that contaminated blood can transmit a lethal bacterial infection and that to date there is no certain way to screen out the organism. Referring to an account in *The Medical Journal of Australia,* the *Times* says that four people in the state of New South



Wales died from this bacterially infected blood between 1980 and 1989. The newspaper article further stated: "The problem is that the bacterium, *Yersinia enterocolitica,* can breed rapidly in packets of whole blood even when the blood is close to freezing. People who have had gastric infections weeks before donating blood can occasionally pass on the organism, which can then breed to great numbers while the blood is in storage and awaiting transfusion. Transfused patients can suffer rapid toxic shock and death."

Canada's Obese Children

"Many nutritionists, pediatricians and researchers" say that "frazzled parents are feeding their children unbalanced, overprocessed and high-fat meals," reports *The Globe and Mail.* Often when both parents work, life is hectic, leaving very little time, if any, for the family to eat nutritious meals together. The result? According to expert estimates, "at least 20 per cent of Canadian children are obese because of a combination of a high-fat diet and lack of exercise," says *The Globe.* Dr. Stan Kubow, associate professor in the school of dietetics and nutrition at McGill University in Montreal, says balance is needed. He said parents need to "make sure there are dairy products, protein, fruits, vegetables and fibre in their [children's] diet." One concerned researcher asked: "If you don't care about your health, what do you care about?"

Asbestos Alert Continues

Thousands of British construction workers will die from asbestos-related cancers because of a miscalculation by safety authorities, reports the magazine *New Scientist.* Years ago, in the 1960's, when medical experts were saying that asbestos fibers were a health hazard, the British government introduced factory regulations to limit the concentration of these fibers in the air. However, researchers now find that the employees at highest risk were carpenters, electricians, plumbers, and gas fitters, who worked unprotected with asbestos-related

products. Since one type of lung cancer takes 30 years to develop, the error has only recently come to light. Presently it is unknown which building procedures or asbestos products are the most dangerous. Consequently, Britain's Health and Safety Executive urges construction workers to exercise extreme caution if they discover a substance containing asbestos and to report their concerns to their employers, who should investigate the materials and provide adequate protection.

Who Is the Winner?

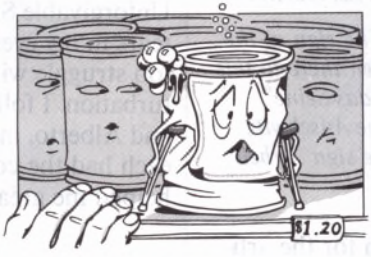
"In the gambling business, there is no crisis," reports *Veja*. The magazine says that Brazilians spend about $4 billion (U.S.) annually on lotteries and other forms of gambling. That is more than the annual earnings of a gigantic national automobile industry! An attraction of bingo is said to be its social aspects. "In bingo it is possible to talk with strangers or acquaintances, eating, drinking, and cheering while trying one's luck," the magazine reported. But who is the winner? "In no other kind of gambling are the returns of the establishment so high," claims mathematician Oswald de Souza. "The winner of the round [in bingo] receives only 45 percent of all the money spent on bets."

Problems Outstrip Remedies

Despite the fact that the government of India finances the largest nutrition program in the world, there are still 250 million people in that country suffering from varying degrees of malnutrition. A United Nations Children's Fund report shows that in spite of the efforts being made, 43.8 percent of the children in India suffer from moderate protein energy malnutrition. In addition, 6.6 million are mildly retarded and have some motor handicaps, 2.2 million are afflicted with cretinism, and each year 60,000 become blind due to vitamin deficiency. Among preschool children 56 percent have iron deficiency, and children are among the 40 million people who have goiter.

Buying Food in Dented Cans

"Grocery shoppers, trying to save money, might be buying or keeping cans which should be thrown out as potentially hazardous," warns the *Winnipeg Free Press*. "A lot of dents on cans are acceptable, but some aren't," Peter Parys of the city's health department said. "Usually the cans are safe at the time



of packing; the damage comes further down the line." A quick list of what to discard, according to the city's health department, includes cans that have rust in their seams, rust on the can top or body that cannot be easily wiped off, or a squishy sound when shaken, as well as cans that are bulging or swollen in any way, cans with leaks, and cans with a missing or outdated label. The newspaper report cautions: "Once the seal is broken, cans become perfect breeding grounds for salmonella and staphylococcus. Each can cause diarrhea, vomiting, and cramps."

Low Birthrates

Many couples in Eastern Europe are putting child-bearing on hold because of their feelings of financial and employment insecurity. *The New York Times* notes that this "insecurity has led not only to a sharp decline in the birth rate but also to a drop in the marriage rate and a more than tenfold increase in sterilizations." The *Times* adds that according to demographers "such precipitous declines have never before been seen except in times of war, plague or famine." To stem a similar tide, the governments of Belgium, Luxembourg, Hungary, Poland, and Portugal have for some time provided payments as an incentive to have babies. More recently, the government of the German state of Brandenburg began offering $650 for every newborn.

Long-Lasting War Effects

The casualties of war in former Yugoslavia include many more than those who have been killed or maimed by bullets or bombs. A recent study reveals that "the hundreds of tons of toxic substances released into the environment by fires, explosions and chemical leaks will have serious health effects," says *The Medical Post*. These chemicals and toxic metals are polluting the rivers and may even be contaminating underground bodies of water. According to the *Post*, experts are warning that there will be "a significant increase in the number of children with congenital malformations as a result of their parents drinking water contaminated with toxic substances."

FROM OUR READERS

Conversation Thank you for the article "Conversation Is an Art." (April 8, 1995) I have been struggling with shyness for a long time. But I now realize that I am not the only person who has this trouble. I will put your suggestions to good use.

A. L., United States

Your suggestion to read articles in *The Watchtower* and *Awake!* really works. You'd be surprised how much there is to talk about when you do so!

V. M. J., United States

Concentration Camp An acquaintance of mine read the article "My Hate Turned to Love." (January 8, 1995) He claims that contrary to what the article stated, there was no sign *"Arbeit Macht Frei"* (Work Makes Free) in the Buchenwald camp.

H. J. Z., Germany

Please pardon the inaccuracy. The sign at the entrance to Buchenwald can be seen there to this day, and it actually reads "Jedem das Seine" (Each According to His Merits). The Auschwitz and Sachsenhausen camps had the sign "Arbeit Macht Frei."—ED.

Autism Thank you very much for the article "Autism—Meeting the Challenges of a Puzzling Disorder." (February 8, 1995) Finally, I can understand the sickness that afflicts my daughter and know that it was not the result of something I did in bringing her up. My service to Jehovah gives me the strength to deal with her situation.

M. H., Switzerland

A lot of superstitious causes have been attributed to autism, such as a curse from ancestors or retribution for past deeds. What you have written will help create better understanding of this disorder. Thank you for such educational articles.

M. A., Nigeria

Orchids I'm an orchid lover! In fact, I have orchids in my garden and a picture collection of them. Thank you for publishing the article "In Search of Orchids in Europe." (January 22, 1995) I hope it's not the last article you publish on this subject.

R. M., Philippines

Safe Driving I am in my mid-40's and was never allowed to drive because of epilepsy. After brain surgery, I got the green light from my neurologist to apply for a driver's license! The article "Are You a Safe Driver?" (February 8, 1995) helped me appreciate the importance of having the right attitude while driving. It came right after I got my license!

G. S., United States

Unforgivable Sin Thank you for the article "Young People Ask . . . Have I Committed the Unforgivable Sin?" (November 8, 1994) I had tears in my eyes while reading it because I too struggle with this unclean habit of masturbation. I followed the examples of Marco and Alberto, mentioned in the article, who each had the courage to talk to an elder. This helped me greatly.

A. M. C., Brazil

Masturbation is one of the toughest fights a young Christian could have. I have felt miserable and downhearted many times. The article encouraged me to keep struggling to win this battle.

F. G. M., Mexico

I got involved in loose conduct with the young man I was hoping to marry; it destroyed our relationship. I was severely depressed and had many tearful days and nights. I truly thought I would not be forgiven. Reading these articles restored my faith in Jehovah and his ability to forgive and forget.

L. C., Australia

Can You Die of a Broken Heart?

SADLY, it's an all too common occurrence: An apparently healthy elderly person who has just lost a mate in death collapses and dies within a few days or weeks. The cause of death? "A broken heart," say friends.

This may be more than a figure of speech. Researchers have long known that unresolved stress floods the heart with chemicals that can throw it into an irregular beat or even convulsions. But just how this process starts in the brain has remained a mystery.

Stephen M. Oppenheimer, a neurologist at Johns Hopkins University medical school in Baltimore, Maryland, U.S.A., believes he has identified a part of the brain that links the heart with the emotions. The insular cortex is a small part of the brain where the autonomic nervous system, which controls such functions as breathing and heartbeat, meets the limbic system, which deals with emotions, such as anger, fear, and pleasure. Dr. Oppenheimer found that stimulation of the insular cortex in rats resulted in heart muscle damage similar to that seen in humans with sudden cardiac fibrillation. Stimulation of the insular cortex in humans has also been shown to produce changes in heart rate and blood pressure. These findings suggest that it is indeed possible to die of a broken heart.

Some say that a broken heart was a factor in the death of Jesus Christ, of whom it was prophesied: "Reproach itself has broken my heart, and the wound is incurable." (Psalm 69:20) Are these words to be understood literally? Perhaps so, for the hours preceding Jesus' death were agonizing—not only physically but also emotionally. (Matthew 27:46; Luke 22:44; Hebrews 5:7) Furthermore, a broken heart may explain why "blood and water" flowed from a spear wound inflicted on Jesus just after his death. A rupture of the heart or a major blood vessel could discharge blood either into the chest cavity or into the pericardium—a fluid-containing membrane that loosely encases the heart. In either location a puncture could cause the flow of what would appear to be "blood and water."—John 19:34.

Of course, other factors were undoubtedly involved in Jesus' relatively swift death, including the manner of his impalement and the abuse he endured prior to it. How grateful we are that under these intense circumstances, Jesus maintained his loyalty! As a result, he was highly exalted by his Father, Jehovah. (Philippians 2:8-11) Moreover, he made it possible for us to live forever on a paradise earth. —John 17:3; Revelation 21:3, 4.



It Made Her Feel Better

TARA PATEL writes a column entitled "On My Own" in *The Daily,* a newspaper published in Bombay, India. In January she wrote about the article "Is Your Life Boring? You Can Change It!," which appeared in the January 22, 1995, *Awake!* "I've got a subscription to it," she said of *Awake!,* "although I tend to dismiss it as one of the goody, goody magazines of the world."

However, she added: "Getting more and more involved with the article, I muttered back, of course, my life is boring, terribly boring. Don't even ask how boring! So what's the solution?" She then went on to quote *Awake!* at length, concluding: "Keep learning. Have personal goals. Be creative. Do something with your hands. Have a purpose in life. Take God into consideration.

"All that. Goody, goody or not, come to think of it, it's sound advice. Somehow this *Awake* mag[azine] makes me feel better. Subscribe to it if you wish." Then Tara Patel provided the address in India for obtaining more information.

Awake!
November 8, 1995



IN SEARCH OF THE GREATEST ARTIST

Awake!

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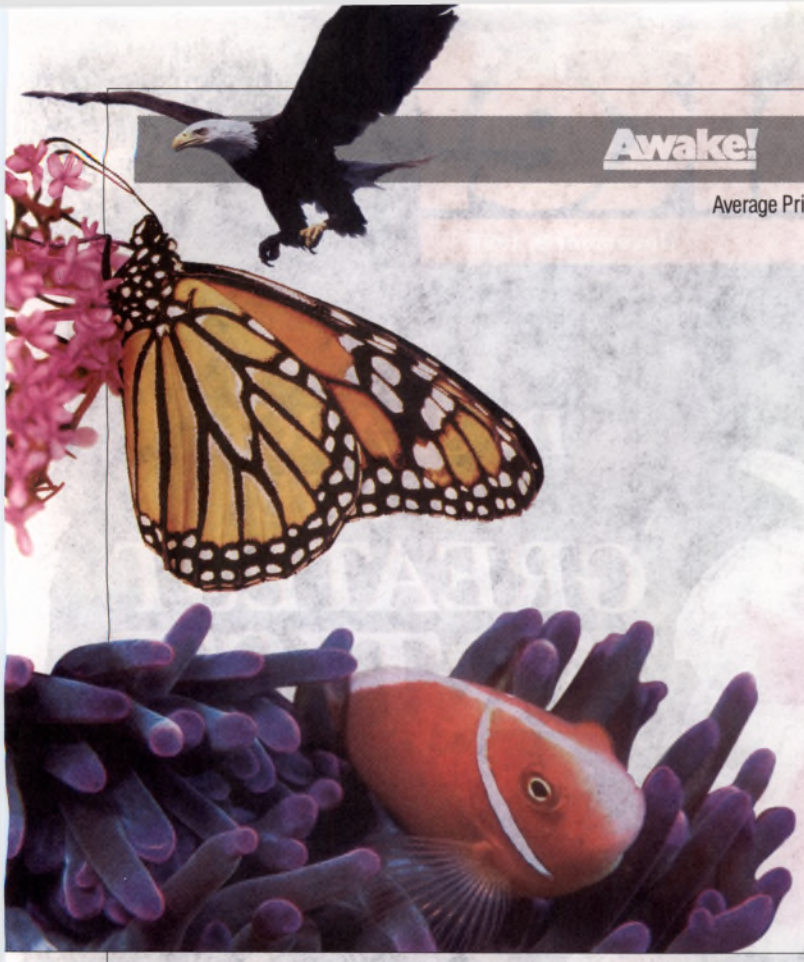


In Search of the Greatest Artist 3-12

Most people appreciate good art. High prices are paid for it. What about earth's beauty that surrounds us? Who should get the credit for that?



Canada's Supreme Court Strengthens Parents' Rights 13

The Canadian Supreme Court has established guidelines that protect parents' rights.



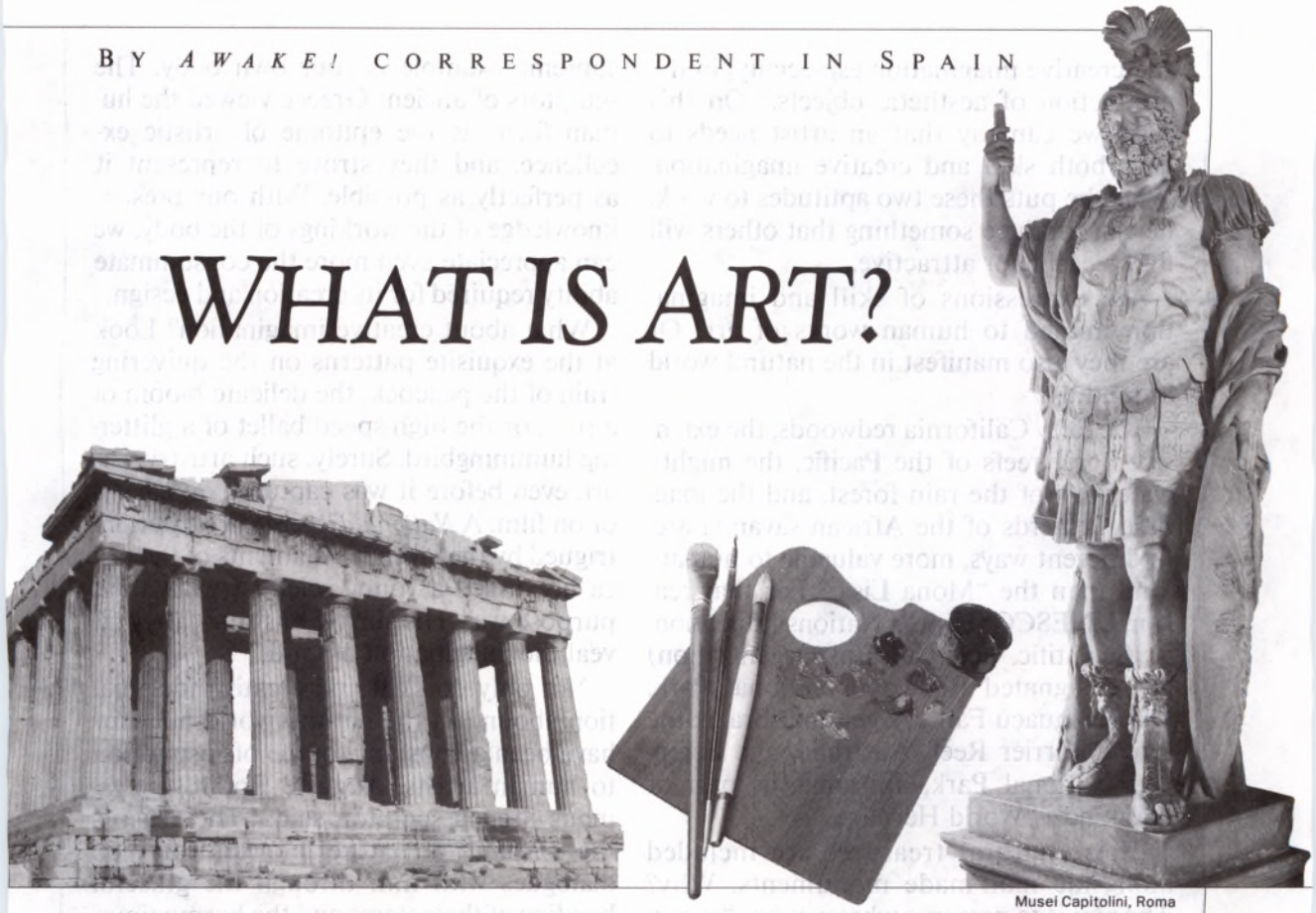
The Mormon Church —A Restoration of All Things? 19

Joseph Smith founded the Mormon religion in the last century. Was this event a restoration of true Christianity?

What Is Art?	3
The Most Neglected Artist of Our Time	5
How to See the Beauty Around Us	10
The Tawny Owl by Hadrian's Wall	15
A Young Man's Search for Answers	17
From Bottles to Beautiful Beads	26
Watching the World	28
From Our Readers	30
Enough Food for All!	31
"Tears Rolled Down My Face"	32

BY *AWAKE!* CORRESPONDENT IN SPAIN

WHAT IS ART?



Musei Capitolini, Roma

WHAT is the most beautiful sight you have ever seen? Was it a tropical sunset, a snowcapped mountain range, a profusion of blossoms in the desert, the glorious colors of a forest in the fall of the year?

Most of us cherish some special moment when we were captivated by the earth's beauty. If we can, we like to spend our vacations in paradisaic surroundings, and we try to capture the most memorable sights on film.

The next time you gaze at this unspoiled grandeur, there are questions you might consider. Wouldn't you feel something was missing if every painting in an art gallery were marked "Anonymous"? If you were deeply moved by the quality and beauty of the paintings in an exhibition, wouldn't you want to know who the artist was? Should we be satisfied with the contemplation of earth's beauteous wonders and yet ignore the Artist who created them?

True, there are those who claim that there is no such thing as art in nature—that art requires human creative skill and interpretation. Such a definition of art, however, is perhaps too narrow. What exactly is art?

Defining Art

A definition of art that will satisfy everybody is probably impossible. But as good an explanation as any is found in *Webster's Ninth New Collegiate Dictionary,* which says that art is "the conscious use of skill

and creative imagination esp[ecially] in the production of aesthetic objects." On this basis we can say that an artist needs to have both skill and creative imagination. When he puts these two aptitudes to work, he can produce something that others will find pleasing or attractive.

Are expressions of skill and imagination limited to human works of art? Or are they also manifest in the natural world around us?

The lofty California redwoods, the extensive coral reefs of the Pacific, the mighty waterfalls of the rain forest, and the magnificent herds of the African savanna are, in different ways, more valuable to humankind than the "Mona Lisa." For that reason, UNESCO (United Nations Educational, Scientific, and Cultural Organization) has designated Redwood National Park, U.S.A.; Iguaçú Falls, Argentina/Brazil; the Great Barrier Reef, Australia; and Serengeti National Park, Tanzania, as part of mankind's "World Heritage."

These natural treasures are included alongside man-made monuments. Why? The aim is to preserve whatever has "exceptional universal value." UNESCO argues that whether the beauty be that of the Taj Mahal, India, or the Grand Canyon, U.S.A., it deserves protection for the sake of future generations.

But you need not travel to a national park in order to observe creative skill. A supreme example is your own body. The sculptors of ancient Greece viewed the human form as the epitome of artistic excellence, and they strove to represent it as perfectly as possible. With our present knowledge of the workings of the body, we can appreciate even more the consummate ability required for its creation and design.

What about creative imagination? Look at the exquisite patterns on the quivering train of the peacock, the delicate bloom of a rose, or the high-speed ballet of a glittering hummingbird. Surely, such artistry was art, even before it was captured on canvas or on film. A *National Geographic* writer, intrigued by the lavender filaments of the tacca lily, asked a young scientist what their purpose was. His simple answer: "They reveal the imagination of God."

Not only do skill and creative imagination abound in the natural world but they have been a constant source of inspiration to human artists. Auguste Rodin, the famous French sculptor, said: "The artist is the *confidant* of nature. Flowers carry on dialogues with him through the graceful bending of their stems and the harmoniously tinted nuances of their blossoms."

Some artists openly recognized their limitations when trying to emulate natural beauty. "The true work of art is but a shadow of the divine perfection," confessed Michelangelo, considered one of the greatest artists of all time.

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's *promise of* a peaceful and secure new world that is about to replace the present wicked, lawless system of things.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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Scientists, as well as artists, may be overwhelmed by the beauty of the natural world. A professor of mathematical physics, Paul Davies, in his book *The Mind of God,* explains that "even hard-nosed atheists frequently have what has been called a sense of reverence for nature, a fascination and respect for its depth and beauty and subtlety, that is akin to religious awe." What should this teach us?

The Artist Behind the Artistry

An art student learns about the artist in order to understand and appreciate his art. He or she realizes that the artist's work is a reflection of the individual. Nature's art also reflects the personality of nature's originator, Almighty God. "His invisible qualities are clearly seen . . . by the things made," explained the apostle Paul. (Romans 1:20) What is more, the earth's Maker is by no means anonymous. As Paul told the Athenian philosophers of his day, "[God] is not far off from each one of us." —Acts 17:27.

The artwork in God's creation is not purposeless or accidental. Apart from enriching our lives, it reveals the skills, imagination, and grandeur of the greatest Artist, the Universal Designer, Jehovah God. The following article will consider how this art can help us to get to know the Supreme Artist better.

THE MOST NEGLECTED ARTIST OF OUR TIME



"Nature is the art of God."—Sir Thomas Browne, 17th-century physician.

LEONARDO DA VINCI, Rembrandt, van Gogh—these are names known to millions. Even though you may never have seen one of their original paintings, you know these men as great artists. Their art has, in a sense, immortalized them.

They captured on canvas an enigmatic smile, a penetrating portrait, a glimpse of the beauty in creation, which still touches the imagination of the onlooker. We are captivated by what captivated them—even though centuries may separate us.

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We may be neither artists nor art critics, but we can still discern artistic excellence. Like the artist whose work we admire, we also possess a sense of beauty. Our sensitivity to color, form, patterns, and light may be something we take for granted, but it is part of our lives. No doubt we like to decorate our homes with objects or paintings that please the eye. Although tastes vary, this sensitivity to beauty is a gift shared by most of humankind. And it is a gift that can draw us closer to our Creator.

The Gift of Beauty

A sense of beauty is one of the many attributes that distinguish mankind from the animals. The work *Summa Artis—Historia General del Arte* (Comprehensive Treatise of Art—A General History of Art) points out that "man could be defined as the animal that has an aesthetic capacity." Because we are different from the animals, we see creation in a different light. Does a dog appreciate a beautiful sunset?

Who made us that way? The Bible explains that "God proceeded to create the man in his image, in God's image he created him." (Genesis 1:27) Not that our first parents looked like God. Rather, God endowed them with attributes he himself possesses. One of these is an ability to appreciate beauty.

By some unfathomable process, the human brain perceives beauty. First of all, our senses convey to the brain information regarding the sounds, smells, colors, and shapes of objects that attract our attention. But beauty is much more than the sum of those electrochemical impulses, which merely tell us what is going on around us. We do not see a tree, a flower, or a bird in the same way an animal does. Although these objects may offer us no immediate practical benefit, they give us pleasure just the same. Our brain enables us to discern their aesthetic value.

This capacity touches our emotions and enriches our lives. Mary, who lives in Spain, vividly recalls one November evening several years ago when she stood beside a remote lake and watched the sunset. "Flying toward me came wave after wave of cranes calling to each another," she says. "Thousands of birds were strung out across the crimson sky in spidery patterns. Their annual migratory journey from Russia and Scandinavia had brought them to this Spanish resting-place. The experience was so beautiful that it made me cry."

Why the Gift of Beauty?

For many people the sense of beauty clearly points to the existence of a loving Creator, who wants his intelligent creation to enjoy his artistry. How logical and satisfying it is to attribute our sense of beauty to a loving Creator. The Bible explains that "God is love," and the essence of love is sharing. (1 John 4:8; Acts 20:35) Jehovah has taken delight in sharing his creative art with us. If a musical masterpiece were never heard or a magnificent painting never seen, their beauty *would* be lost. Art is created to be shared and enjoyed—it is sterile without an audience.

Yes, Jehovah created beautiful things for a purpose—to be shared and enjoyed. In fact, our first parents' home was an extensive paradise park called Eden—which means "Pleasure." God has not only filled the earth with his artistry but he has also given mankind the ability to notice and appreciate it. And what a wealth of beauty there is to behold! As Paul Davies observed, "sometimes it seems as if nature were 'going out of its way' to produce an interesting and fruitful universe." We find the universe interesting and fruitful precisely because Jehovah has 'gone out of his way' to create us with the capacity to study and enjoy it.

We Need to Know Who Put Us Here

Bible translator Ronald Knox was once engaged in a theological discussion with scientist John Scott Haldane. "In a universe containing millions of planets," reasoned Haldane, "is it not inevitable that life should appear on at least one of them?"

"Sir," replied Knox, "if Scotland Yard found a body in your cabin trunk, would you tell them: 'There are millions of trunks in the world—surely one of them must contain a body?' I think they would still want to know who put it there."—*The Little, Brown Book of Anecdotes.*

Apart from satisfying our curiosity, there is another reason why we ought to know who put us here—so we can give Him the due credit. How would a talented artist react if an arrogant critic described his work as nothing better than an accident in a paint shop? Likewise, what greater snub could we give the Creator of the universe than to ascribe his artistry to blind chance?



Courtesy of ROE/Anglo-Australian Observatory, photograph by David Malin

Not surprisingly, the recognition of natural beauty—and the desire to emulate it—is common to all cultures, from cave artists to Impressionists. Thousands of years ago, inhabitants of northern Spain painted graphic animal portraits in the caves of Altamira, Cantabria. Over a century ago, Impressionist painters got out of their studios and tried to capture the flashes of color in a field of flowers or the changing patterns of light on the water. Even young children are keenly aware of pretty things. In fact, most of them when given crayons and paper love to draw whatever they see that captures their imagination.

Nowadays, many adults prefer to take a photo in order to recall a beautiful sight that impressed them. But even without a camera, our minds are capable of recalling images of beauty we may have seen decades ago. Clearly, God has made us with the capacity to enjoy our earthly home, which he has decorated exquisitely. (Psalm 115:16) There is another reason, however, why God gave us our sense of beauty.

'His Qualities Are Clearly Seen'

Deepening our appreciation for the artistry in nature can help us get to know our Creator, whose handiwork surrounds us. On one occasion Jesus told his disciples to take a close look at the wildflowers growing around Galilee. "Take a lesson from the lilies of the field," he said, "how they are growing; they do not toil, nor do they spin; but I say to you that not even Solomon in all his glory was arrayed as one of these." (Matthew 6:28, 29) The beauty of an insignificant wildflower can serve to remind us that God is not indifferent to the needs of the human family.

Jesus also said that you can judge a person



Cranes in flight
Cave paintings in Altamira, Spain

by his "fruits," or works. (Matthew 7:16-20) Thus, it is only to be expected that God's artwork would offer us an insight into his personality. What are some of 'his qualities that can be clearly seen from the world's creation onward'?—Romans 1:20.

"How many your works are, O Jehovah!" exclaimed the psalmist. "All of them in wisdom you have made." (Psalm 104:24) *God's wisdom* can even be discerned in the colors he has used to "paint" earth's flora and fauna. "Color gives much pleasure to the spirit and the eyes," point out Fabris and Germani in their book *Colore, Disegno ed estetica nell'arte grafica* (Color—Design and Aesthetics in Graphic Art). Harmonious and contrasting colors, which delight the eye and uplift the spirit, are everywhere. But perhaps the most eye-catching are those color effects produced by iridescence—lustrous rainbowlike colors—a striking testimony to wise design.

Iridescent colors are especially common in hummingbirds.* What makes their plumage so dazzling? The top third of their unique feathers breaks up the sunlight into distinct rainbowlike colors—somewhat like a prism does. Common names of hummingbirds, such as ruby, sapphire, and emerald, aptly testify to the glittering reds, blues, and greens that adorn these jewellike birds. "What is the purpose of the magnificent loveliness of these exquisite creatures?" asks Sara Godwin in her book *Hummingbirds*. "As far as science can determine, it has no purpose on earth except to dazzle the beholder," she replies. Certainly, no human artist ever wielded such a palette!

We can perceive *God's power* in a thundering waterfall, the turning tides, the pounding surf, or the towering trees of a forest swaying in a gale-force wind. This dynamic artistry can be just as impressive as a tranquil scene. Famous American naturalist John Muir once described the effect of a storm on a group of Douglas firs in the Sierra Nevada of California:

"Though comparatively young, they were about 100 feet high, and their lithe, brushy tops were rocking and swirling in wild ecstasy. . . . The slender tops fairly flapped and swished in the passionate torrent, bending and swirling backward and forward, round and round, tracing indescribable combinations of vertical and horizontal curves." As the psalmist wrote thousands of years ago, 'the tempestuous wind praises Jehovah'—it gives us a sample of his extraordinary power.—Psalm 148:7, 8.

A bird has long been the symbol of love for the Japanese. It is the beautiful Japanese crane, whose elaborate courtship dances are as graceful as any ballet. These avian performers are so prized that they have been classified in Japan as a "special natural monument." Since cranes pair up for life and may live for 50 years or more, the Japanese consider them the epitome of marital fidelity.

What of *God's love?* Interestingly, the Bi-

* Many butterflies, such as the brilliant blue morphos of tropical America, have iridescent scales on their wings.

ble compares Jehovah's loving protection of his loyal ones to that of a parent bird using its wings to shelter its young from the elements. Deuteronomy 32:11 speaks of the eagle that "stirs up its nest, hovers over its fledglings, spreads out its wings, takes them, carries them on its pinions." The parent eagle does these things to encourage the young to leave the nest and fly. Though seldom seen, there are reported cases of eagles helping their young by carrying them on their wings.—Psalm 17:8.

As we take a closer look at the natural world around us, we notice certain principles at work that also reveal aspects of God's personality.

Variety Is the Spice of Life

Diversity in God's handiwork is something immediately apparent. The variety of plants, birds, animals, and insects is astounding. Just two and a half acres of tropical forest may contain 300 different species of trees and 41,000 species of insects; one square mile may harbor 1,500 kinds of butterflies; and a single tree can be home to 150 species of beetles! And just as there are no two people exactly alike, the same could be said of oak trees or tigers. Originality, a quality esteemed among human artists, is an intrinsic part of nature.

Of course, we have just touched briefly on a few aspects of nature's art. By observing it more closely, we can discern many other facets of God's personality. But to do so, we need to put to work our God-given artistic sensitivity. How can we learn to appreciate better the art of the greatest Artist?

Dolphins, hummingbirds, and waterfalls all reveal aspects of the Great Artist's personality



G. C. Kelley, Tucson, AZ

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HOW TO SEE THE BEAUTY AROUND US



"In all languages, one of our earliest expressions is 'let me see!'"—William White, Jr.

THE little child who stares at the fluttering butterfly, the elderly couple who gaze at a glorious sunset, the housewife who admires her display of roses—all are momentarily focusing their attention on beauty.

Since the beauty of God's creation is everywhere, it isn't necessary to travel hundreds of miles to behold it. Awe-inspiring scenery may be distant, but impressive art can be found in your neighborhood if you look for it and—more important—if you know how to look for it.

It has often been noted that "beauty is

Godo-Foto





Examples of pattern and form, light, color, and composition



in the eye of the beholder." However, although the beauty is there, not everyone will spot it. It may take a painting or a photograph to make us sit up and take notice. In fact, many artists believe that their success depends more on their ability to see than to draw. The book *The Painter's Eye,* by Maurice Grosser, explains that "the painter draws with his eyes, not with his hands. Whatever he sees, if he sees it *clear,* he can put down. . . . Seeing *clear* is the important thing."

Whether we are artists or not, we can learn to see more clearly, to notice the beauty around us. In other words, we need to go out and look at things in a new light.

In this regard John Barrett, a writer on natural history, emphasizes the value of personal involvement. "Nothing replaces seeing for oneself, touching, smelling and listening to living animals and plants with all the forces of nature acting upon them," he says. "Let the beauty sink in . . . Wherever one may be, first look, enjoy and look again."

But what should we look for? We could start by learning to notice the four basic elements of beauty. These elements can be discerned in almost every facet of Jehovah's creation. The more often we pause to observe them, the more we will enjoy his art.

Isolating the Elements of Beauty

Forms and Patterns. We live in a world of multiple forms. Some are linear like the columns of a clump of bamboo or geometric like a spider's web, whereas others are shapeless like a cloud that changes constantly. Many forms are attractive, whether they be an exotic orchid, the spirals of a seashell, or even the branches of a tree that has shed its leaves.

When the same form is repeated, it creates a pattern that may also be visually appealing. For example, imagine a stand of tree trunks in a forest. Their forms—each one different, yet similar—create a pleasing pattern. But to discern the forms and the pattern they create, there must be light.

Light. The distribution of light gives a special quality to the forms we find attractive. Details are highlighted, the texture is colored, and a mood is created. Light varies according to the time of day, the season of the year, the weather, and even the place where we live. A cloudy day with its diffused light is ideal for appreciating the subtle tones of wildflowers or autumn leaves, whereas the crags and peaks of a mountain range show off their dramatic forms when sculptured by the rising or setting sun. The soft, wintry sunlight of the Northern Hemisphere lends romance to a pastoral landscape. On the other hand, the bright sun of the Tropics converts the shallow sea into a transparent wonderland for snorkelers.

But there is still an important element missing.

Color. It gives life to the different objects we see around us. While their form may distinguish them, their color highlights their uniqueness. Furthermore, the distribution of color in harmonious patterns creates its own beauty. It may be a vibrant color like red or orange that cries out for our attention, or a relaxing color like blue or green.

Imagine a patch of yellow flowers in a glade. The light catches the yellow blossoms, which seem to glow in the morning air, while dark tree trunks fringed by the morning sun form a perfect backdrop. Now we have a picture. All we need to do is "frame" it, which is where composition comes in.

Composition. The way in which the three basic elements—form, light, and color—combine determines the composition. And

here we, as observers, have a crucial role to play. Just by moving slightly forward, backward, to one side, higher, or lower, we can adjust the elements or the lighting in our picture. We can thus crop the picture to include only the elements that we desire.

Often, we automatically compose a picture when we come across a magnificent view that is framed by nearby trees or vegetation. But many exquisite pictures, on a smaller scale, may be underneath our feet.

Noticing the Small and the Great

In God's handiwork both big and small are beautiful, and our pleasure will be multiplied if we learn to see the details, which also combine pleasingly. They form miniature paintings that are scattered across nature's large canvas. To appreciate them, all we need to do is stoop down and take a closer look.

These pictures within a picture are described by photographer John Shaw in his book *Closeups in Nature*: "It never ceases to amaze me that a close view of a natural detail always invites an even closer view. . . . First we see the great vista, then a patch of color in one corner of the frame. A closer look reveals flowers and, on one flower, a butterfly. Its wings reveal a distinct pattern, the pattern is produced by a precise arrangement of wing scales, and each scale is perfect in and of itself. If we could truly understand the perfection that makes up that one butterfly wing scale, we could conceivably start to understand the perfection of the scheme that is nature."

Apart from the aesthetic pleasure it gives us, nature's art—both large and small—can draw us closer to our Creator. "Raise your eyes high up and see," exhorted Jehovah. By stopping to see, to gaze, and to wonder, whether we fix our sights on the starry heavens or any other of God's creations, we are reminded of the One "who has created these things."—Isaiah 40:26.

Men Who Learned to See

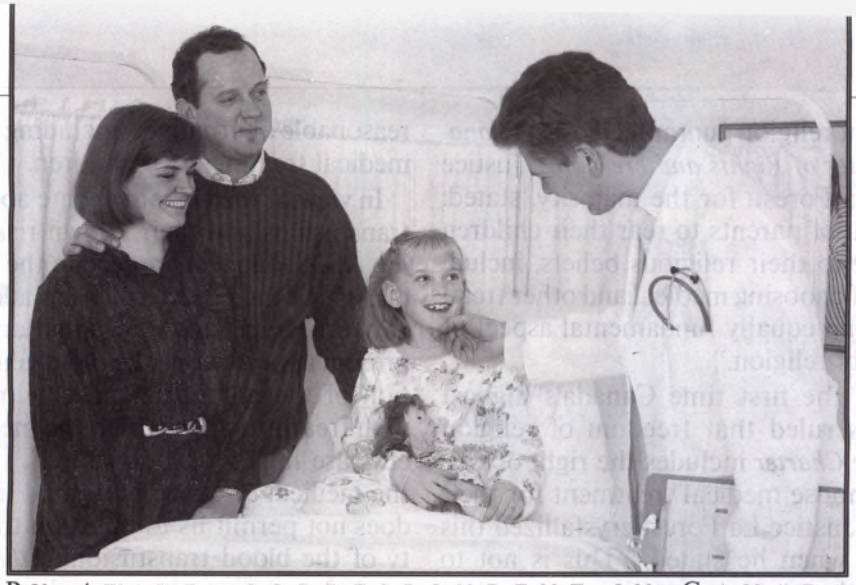
In Bible times servants of God took a special interest in creation. According to 1 Kings 4:30, 33, "Solomon's wisdom was vaster than the wisdom of all the Orientals . . . He would speak about the trees, from the cedar that is in Lebanon to the hyssop that is coming forth on the wall; and he would speak about the beasts and about the flying creatures and about the moving things and about the fishes."

Perhaps Solomon's interest in the glories of creation was partly due to his father's example. David, who spent many of his formative years as a shepherd, often meditated on God's handiwork. The beauty of the heavens particularly impressed him. At Psalm 19:1, he wrote: "The heavens are declaring the glory of God; and of the work of his hands the expanse is telling." (Compare Psalm 139:14.) Evidently, his contact with creation drew him closer to his God. It can do the same for us.*

As these godly men knew, recognizing and appreciating God's handiwork uplifts the spirit and enriches our lives. In our modern world plagued with prepacked entertainment that is often debasing, taking note of Jehovah's creation can provide a wholesome activity for ourselves and our families. For those who yearn for God's promised new world, it is a pastime with a future.—Isaiah 35:1, 2.

When we not only see the art around us but also discern the qualities of the Master Artist who made it all, we will doubtless be moved to echo David's words: "There is none like you . . . , O Jehovah, neither are there any works like yours."—Psalm 86:8.

* Other Bible writers, such as Agur and Jeremiah, were also keen observers of natural history.—Proverbs 30:24-28; Jeremiah 8:7.



BY *AWAKE!* CORRESPONDENT IN CANADA

Canada's Supreme Court Strengthens Parents' Rights

WHEN your child faces serious medical problems, as loving parents you naturally feel concern and anxiety. How reassuring and comforting it is for you when responsible, compassionate doctors respect your choice of treatment! However, situations arise where arbitrary action is taken and parents' wishes are ignored. Very often this leads to a traumatic experience.

In Canada child-welfare statutes authorize state officials to apprehend children. Four provinces permit the state to override parental choices without a judicial hearing. This presents issues important to all parents and children. What area of decision-making belongs to the parents? If the state elects to intervene in parental decision-making, what procedure should be adopted to provide parents and children with fundamental justice? Does the Constitution protect parental decision-making?

An article appeared in *The Toronto Star* of March 3, 1995, which summarized these issues as they related to a case involving a premature baby girl born in 1983. Her parents were Jehovah's Witnesses. "[They] would accept most medical treatment but objected to blood transfusions. The doctors asked for a court order. The judge gave the Children's Aid Society control. No blood was given to the baby until three weeks later, and then only in preparation for an elective eye examination and possible eye surgery. The parents objected all the way to the Supreme Court."

A judgment was delivered on January 27, 1995, and while the Supreme Court did not overturn what had been done in 1983, five of the nine justices set out guidelines to prevent the abuse of state authority. The Court decision strengthens the rights of parents to make medical decisions for their children.

In particular, the Court considered parental decision-making in the light of

freedom of religion guaranteed by the *Canadian Charter of Rights and Freedoms.* Justice Gerard La Forest, for the majority, stated: "The right of parents to rear their children according to their religious beliefs, including that of choosing medical and other treatments, is an equally fundamental aspect of freedom of religion."

This is the first time Canada's highest court has ruled that freedom of religion under the *Charter* includes the right of parents to choose medical treatment for their children. Justice La Forest crystallized this principle when he stated: "This is not to say that the state cannot intervene when it considers it necessary to safeguard the child's autonomy or health. But such intervention must be justified. In other words, parental decision-making must receive the protection of the *Charter* in order for state interference to be properly monitored by the courts, and be permitted only when it conforms to the values underlying the *Charter.*"

Justice La Forest underscored the need to justify interference with parental decision-making when he responded to remarks made by two of his fellow justices: "Some of their remarks may be understood as supporting a parent's rights being overturned simply because a professional thinks it is necessary to do so. I would be very much concerned if a medical professional were able to override the parent's views without demonstrating that necessity."

Parental decision-making as to medical treatment was identified as a constitutional right under the *Canadian Charter of Rights and Freedoms.* Thus, a strong message was sent out to child health-care officials and judges. They must act with caution and proper respect for parents' rights. Responsible doctors will also welcome these guidelines in that they support parental choice of reasonable alternatives, including nonblood medical treatment for children.

In view of the current debate about blood transfusions and their known risks, including AIDS, one can appreciate the comment of Justice La Forest when he added: "The concern voiced by the appellants in the present appeal raises the more general question of the appropriateness of proceeding with treatments for which the medical benefits are highly questionable . . . However, the medical evidence presented in 1983 . . . does not permit us to question the necessity of the blood transfusion, *although some might in retrospect be tempted to do so.* This appeal does remind us, however, of the necessity of proceeding with care when overriding parental refusal."—Italics ours.

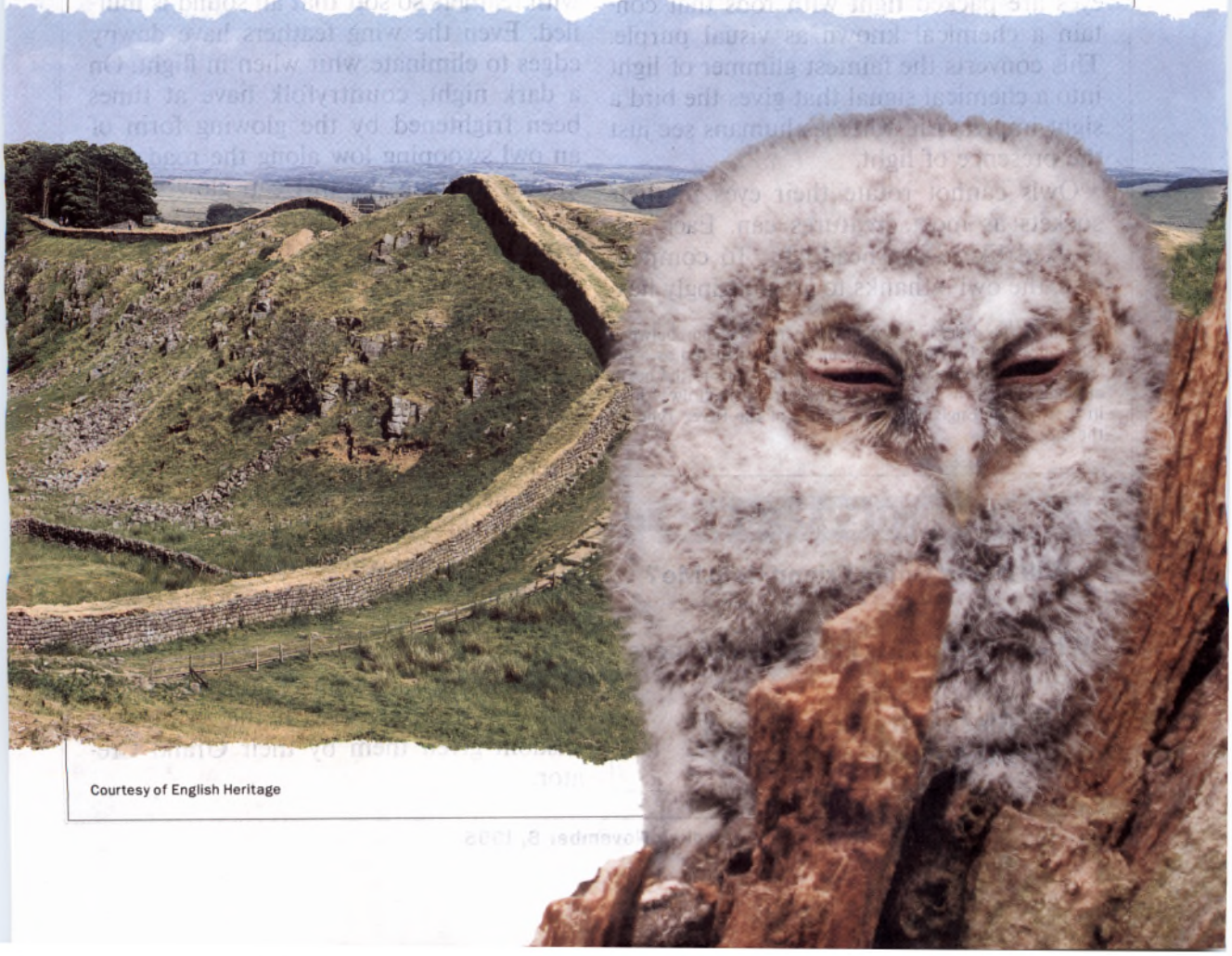
The article in *The Toronto Star* mentioned earlier concluded: "What has been achieved by the Supreme Court decision? First, doctors, parents, social workers and judges now have guidelines for when there is a difference of opinion between parents and doctors. Second, the emphasis on medical alternatives should open the doors to more flexibility on the question of transfusion medicine at a time when more and more non-blood alternatives are being developed and made available. Third, when a decision is made to seek reversal of the parents' decision, there must be a fair hearing in court with the onus on the state and doctors to prove the necessity of the proposed intervention."

Medical practitioners, judges, and parents in other lands will no doubt find helpful and constructive the guidelines set out by the majority in the decision of the Canadian Supreme Court. It is hoped that medical practitioners everywhere will continue to provide medical care in a sensitive and compassionate manner with concern for the rights of both children and parents.

THE TAWNY OWL BY HADRIAN'S WALL

BY *AWAKE!* CORRESPONDENT IN BRITAIN

A THIN trail of mist hung at treetop level as a crescendo of delightful melody broke the stillness of the dawn. Summer migrants had just arrived in the north of England to add their songs to those of the resident blackbirds and thrushes.



Courtesy of English Heritage

I followed a peat-stained stream wending its way between banks studded with primroses and wood violets toward the ancestral home of the tawny owl by Hadrian's Wall.* I knew that about a mile farther upstream, she would be close to the trunk of an old elm tree, keeping watch over her four young chicks. They would be snug and safe in the hollow stump of a dead ash tree.

The owl—what a marvel of creation! Its eyesight at night is a hundred times more acute than that of humans. Even in the diffused light from the moon, an owl is able to capture its prey. Human eyes have cells called cones that separate colors and cells called rods that gather light, but the owl's eyes are packed tight with rods that contain a chemical known as visual purple. This converts the faintest glimmer of light into a chemical signal that gives the bird a sight impression, whereas humans see just the presence of light.

Owls cannot rotate their eyes in their sockets as most creatures can. Each eye is fixed like a car headlight. To compensate, the owl—thanks to an amazingly flexible neck—is able to rotate its head at least 270 degrees to see in all directions!

It has been said that from its perch 50 feet up in a tree, an owl is capable of not only seeing a mouse but also hearing it rustling in the grass. Its amazing ability to hear comes from the design of its ears. If you look at the face of an owl, you will see that it is ringed by stiff curved feathers that collect and reflect sound waves to the ears, bouncing the sound onto the largest eardrums in the avian world. The ears are set one slightly higher than the other, allowing the owl to pinpoint sound accurately.

Once the owl has located its prey —whether by sight or sound—it will swoop silently. The owl's body is covered with feathers so soft that all sound is muffled. Even the wing feathers have downy edges to eliminate whir when in flight. On a dark night, countryfolk have at times been frightened by the glowing form of an owl swooping low along the road. Unknown to them the owl can glow with a phosphorescence rubbed onto its feathers from luminescent fungi that grow on the rotting wood of its nest.

I continued to move upstream and soon came upon the gnarled old tree stump. The warmth of the morning had brought one of the young birds to the hollow's entrance to bask in the slanting rays of the sun as they filtered through the leafy canopy above. There he sat, blinking his eyes in the breaking sunlight—a delightful sight!

Hidden somewhere in the branches above, the old tawny owl was perched with her mate, surveying all before her through half-closed eyes. I knew she would carefully watch over her young until they could fend for themselves with the instinctive wisdom given them by their Grand Creator.

* Under the orders of Roman Emperor Hadrian, between 120 and 130 C.E., Hadrian's Wall was constructed as a defense against the unsubdued Caledonian tribes to the north of England. It runs just over 73 miles from the Solway firth in the west of England to the mouth of the River Tyne on the east coast.

IN OUR NEXT ISSUE

Will Being God's Friend Help Me?

Where Eagles Fly in for Fish Dinners

Glass—Its First Makers Lived Long, Long Ago



A Young Man's Search for Answers

THE morning sun shone brightly, filtering down through the trees to a boy kneeling in fervent prayer. Fourteen-year-old Joseph was confused by the religious tumult of his time. Traditional churches were racked with division. New sects were everywhere. Which group should he join? On bended knee he asked: "Who of all these parties are right; or, are they all wrong together? If any one of them be right, which is it, and how shall I know it?"

Thus Joseph Smith described his early spiritual crisis. Little wonder he was confused. This was rural northeastern America in the early 19th century, a region ablaze with religious fervor.* Hope was sorely needed. Many farmers struggled with a life as hard as the rocky soil they plowed. Yearning for something better, they were tantalized by tales of buried Indian treasure. So they combed the hills, armed with magic seer stones, incantations, and divining rods. Local legends told of a great Indian civilization that perished in a terrible battle somewhere in New York State.

Popular preachers of the day fanned the fires of speculation, saying that the American Indians were descended from the lost ten tribes of Israel. In 1823, for example, Ethan Smith wrote the book *View of the Hebrews; or the Tribes of Israel in America.*

Golden Plates and a Prophet

Raised in this fertile climate of folklore and religious ardor was young Joseph Smith. His family too was caught up in the excitement. Joseph's mother wrote of their experiencing healings, miracles, and visions. But when she and some of the children joined a church, Joseph refused to follow. Later, in his life story, he wrote of his prayer for help and the answer he received.

Joseph told of a vision in which God forbade him to join any of the sects because they were all in error. Then, one autumn day in 1823, the 17-year-old Smith told his family that an angel named Moroni had shown him a set of ancient golden plates. Four years later he claimed he was given the plates and the exclusive divine power to translate them, which required using a special stone called "a seer stone" and a pair of magic silver spectacles—two smooth three-cornered diamonds set in glass. It meant instant death for others to see the plates at that time, Smith warned.

Smith, who could read but not write well, dictated the "translation" of the plates to several scribes. Sitting behind a curtain, he related a story said to be compiled by a Hebrew

* Historians later dubbed this area in western New York State the burned-over district because of the waves of short-lived religious revivals that swept the region during the early 1800's.

Photo: Courtesy Church of Jesus Christ of Latter-Day Saints/*Dictionary of American Portraits*/Dover

man named Mormon. The plates were inscribed in "reformed Egyptian" writing, Smith explained, which was more compact than Hebrew. Mormon and his son Moroni were described as being among the last survivors of a people called the Nephite nation, fair-skinned descendants of Hebrews said to have migrated to America about 600 B.C.E. to escape Jerusalem's destruction.

The account relates that Jesus had appeared to this nation in America after his death and resurrection and had chosen 12 Nephite apostles. The Lamanites, a people also of Hebrew descent, were rebellious and warlike and so were cursed by God with dark skin. Mormon's account principally chronicled the ongoing battles between these two nations. The Nephites grew wicked and eventually were annihilated by the Lamanites, who were ancestors of the American Indians.

According to Smith, Mormon's son, now the spirit Moroni, had given him the record on golden plates and the commission leading to the restoration of Christ's church. Smith soon had a following. A prosperous believer financed the publishing of Smith's manuscript called *The Book of Mormon.* It appeared in print in the spring of 1830. Two weeks later, Joseph Smith announced his official title: "Seer, a Translator, a Prophet, an Apostle of Jesus Christ." On April 6, 1830, the Mormon Church, or The Church of Jesus Christ of Latter-day Saints, was born.*

Smith had a commanding presence that won the devotion of many converts. But his unconventional religion also made enemies. The fledgling church was hounded; its members fled from New York to Ohio and then to Missouri in search of its New Jerusalem. As prophet, Smith uttered revelation after revelation, pronouncing God's will on matters ranging from financial donations to a divine mandate to take multiple wives. This latter revelation particularly spawned much persecution. Faced with suspicion and antagonism at every turn, the Mormons took up arms to defend themselves.

The intrigue and turmoil that marked the early years of Joseph Smith's life never abated. Frontier towns, inundated with influxes of Smith's followers, put up stiff resistance. They had use neither for another sacred book nor for a self-proclaimed prophet. Then, in 1839, to the dismay of the local populace, the Mormons established a thriving colony, with its own mills, factory, university, and militia, in Nauvoo, Illinois. When hostilities erupted, Smith was arrested and jailed in Carthage, Illinois. There, on June 27, 1844, a mob raided the jail and shot and killed him.

The Church Survives Its Prophet

The story by no means ends with Joseph Smith's death. Brigham Young, president of the Council of the Twelve Apostles, quickly assumed command and led many believers on a perilous journey to the Great Salt Lake valley in Utah, where the Mormon headquarters are to this day.*

The church founded by Joseph Smith continues to attract converts, with, according to LDS sources, some nine million members worldwide. It has spread far beyond its cradle in New York State to places as diverse as Italy, the Philippines, Uruguay, and Zaire. Despite continued antagonism, the remarkable Mormon Church has prospered. Is it, indeed, the restoration of true Christianity for which men of faith have waited?

* Originally named The Church of Christ, on April 26, 1838, it became The Church of Jesus Christ of Latter-day Saints, or LDS. Though LDS is the designation preferred by members, the name Mormon (derived from *The Book of Mormon*) is also used in this series of articles, since it is the more familiar term to many readers.

* There are various groups that have broken away from the LDS, who also call themselves Mormons. Principal among them is the Reorganized Church of Jesus Christ of Latter Day Saints, with headquarters in Independence, Missouri.

The Mormon Church
A Restoration of All Things?

THE Mormon Temple in Salt Lake City, Utah, is, for the LDS (Latter-day Saints), a proud symbol of their faith. Diligence, family values, and financial self-sufficiency are Mormon watchwords. Mormon missionaries, with their lapel name badges, are a familiar sight around the world. But some inner affairs sacred to the Mormons are hidden from outsiders. So the church remains a target of sensational rumors. A fair evaluation, however, should be based, not on scurrilous tales, but on facts. What can we learn about this much-maligned faith?

Joseph Smith's Church Today

The Mormons believe that their religion is the restoration of the true church with its priesthood and ordinances. Hence, its official name, The Church of Jesus Christ of Latter-day Saints. In the Mormon Church, no division exists between clergy and laity. Rather, beginning at the age of 12, every worthy male member may become involved with various duties of the church, achieving priesthood by the age of 16.

The majority of church positions are unsalaried, and LDS families join in the many programs sponsored by their local congregation, or ward. On a congregational level, elders, bishops, and stake (district) presidents oversee the well-organized affairs of the church. A council of 12 apostles in Salt Lake City has worldwide jurisdiction. Ultimately, the president of the church—revered as prophet, seer, and revelator—and two counselors form the church's presiding authority, called the Quorum of the Presidency, or the First Presidency.

Several ordinances affect the lives of devout Mormons. Baptism, signifying repentance and obedience, may take place upon reaching eight years of age. Washing and anointing purify and consecrate the believer. The temple endowment ceremony involves a series of covenants, or promises, and a special temple undergarment to be worn ever after, as a protection from evil and as a reminder of the vows of secrecy taken. Also, a Mormon couple may seal their marriage in a temple "for time and eternity" so that their family can remain intact in heaven, where the couple may continue to bear children.

The Mormon Church has won acclaim for its welfare program, established so that "the curse of idleness would be done away with." It is financed by local members who give up two meals a month and donate the value of them to the church. In addition, strict tithing of their income is required. Family and friends supply the funds to support Mormon missionaries. These are generally young men and women, who spend about two years in the service.

Self-sacrifice, close families, and civic responsibility are features of Mormon life. But what of Mormon beliefs?

The Mormons and the Bible

"We believe the Bible to be the word of God as far as it is translated correctly," states the eighth article of the Mormon

Articles of Faith. But it adds: "We also believe the Book of Mormon to be the word of God." Many wonder, though, why the need for other scriptures?

Elder Bruce R. McConkie asserted: "There are no people on earth who hold the Bible in such high esteem as [Mormons] do. . . . But we do not believe . . . the Bible contains all things necessary for salvation." President Gordon B. Hinckley wrote in the pamphlet *What of the Mormons?* that the numerous different sects and churches "bear witness to the inadequacy of the Bible."

LDS writers express profound misgivings about the Bible's reliability because of alleged deletions and translation errors. Mormon apostle James E. Talmage, in his book *A Study of the Articles of Faith,* urges: "Let the Bible then be read reverently and with prayerful care, the reader ever seeking the light of the Spirit that he may discern between truth and the errors of men." Orson Pratt, an early Mormon apostle, went further: "Who knows that even one verse of the whole Bible has escaped pollution?"

On this issue, though, the Mormons do not appear to be aware of all the facts. True, the Bible text has been copied and translated repeatedly over the years. Yet, the evidence of its essential purity is overwhelming. Thousands of early Hebrew and Greek manuscripts have been scrutinized alongside more recent copies of the Bible. For example, the Dead Sea Scroll of Isaiah, dated

Mormon Holy Writings

IN ADDITION to the Bible and *The Book of Mormon,* the Latter-day Saints recognize a number of other writings.

Doctrine and Covenants: This is primarily a collection of what Joseph Smith called revelations from God. These have been revised at times as doctrinal and historical developments dictated.

The Pearl of Great Price: This book contains Joseph Smith's revisions of the Bible book of Genesis, the 24th chapter of Matthew, and Smith's personal history. It also has Smith's translation of a papyrus he purchased in 1835. He declared it to be Abraham's own writing that told how an angel saved him when a priest tried to sacrifice him on an altar. The papyrus was relocated in 1967 and examined by a number of Egyptologists. They found, said one report, that "not a single word of Joseph Smith's alleged translation bore any resemblance to the contents of this document." It turned out to be the *Book of Breathings,* an Egyptian funeral document buried with the dead. Smith's original manuscript shows that he used 136 English words to translate the Egyptian hieroglyph for "lake."

Joseph Smith Translation of the Bible: In 1830, Smith began a revision of the King James Version of the Bible, which he never completed. He revised some 3,400 verses and added much material, including a prophecy at the end of Genesis about his own coming as "a choice seer." Since the manuscript remained with Smith's widow, who did not follow Brigham Young, the Salt Lake church seldom quotes from it, though it is accepted as correct.

Further "inspired" doctrines: These may be handed down by the church's living prophet at any time and are equal in authority to the Holy Bible. The King Follett discourse presented in 1844 is one example. Smith gave this funeral sermon for Elder King Follett in which he explained the doctrine of deified man and humanized God. It appears in the *Journal of Discourses,* a collection of lectures by Smith, Young, and other 19th-century Mormon authorities.

The Mormon Family of Gods

God: Father of all Gods, he has a flesh-and-bone body.—*Doctrine and Covenants* 130:22.

Elohim: Sometimes referred to as an individual. Also described as a council of Gods who organized the earth.—*Doctrine and Covenants* 121:32; *The Pearl of Great Price,* Abraham 4:1; *Journal of Discourses,* Volume I, page 51.

Jesus: God and Creator of the whole earth, the Savior.—3 Nephi 9:15; 11:14.

Jehovah: The Old Testament name for Jesus.—Compare Mormon 3:22; Moroni 10:34; and *Book of Mormon* index.

Trinity: The Godhead of three separate, distinct spirit personages, Father and Son, of flesh and bone, and Holy Ghost.—Alma 11:44; 3 Nephi 11:27.

Adam: Jesus' helper in the creation. Brigham Young stated: "Our father Adam came into the garden of Eden . . . and brought Eve, one of his wives. . . . He is our Father and our God." (*Journal of Discourses,* Volume I, page 50, 1854 Edition) After his sin, Adam became earth's first Christian. (*The Pearl of Great Price,* Moses 6:64-66; *Ensign,* January 1994, page 11) He is "the Ancient of days" (*Doctrine and Covenants* 116) and is the literal physical Father of Jesus.—*Journal of Discourses,* Volume I, page 51.

Michael: Another name for Adam, the archangel.—*Doctrine and Covenants* 107:54.

from the second century B.C.E., was compared with a manuscript dated over a thousand years later. Had serious corruptions crept in? On the contrary, one scholar's analysis stated that the few discrepancies found "consisted chiefly of obvious slips of the pen and variations in spelling."*

After a lifetime of intense study, former British Museum director Sir Frederic Kenyon testified: "The Christian can take the whole Bible in his hand and say without fear or hesitation that he holds in it the true Word of God, handed down without essential loss from generation to generation throughout the centuries." Thus, the psalmist's words are still true today: "The words of the Lord are pure words: as silver tried in a furnace of earth, purified seven times." (Psalm 12:6, *King James Version*) Do we really need more?

"Thou fool," reproaches *The Book of Mormon* at 2 Nephi 29:6, "that shall say: A Bible, we have got a Bible, and we need no more Bible." Many Mormons, however, have pondered the apostle Paul's stern words in the Bible at Galatians 1:8 (*KJ*): "Though we, or an angel from heaven, preach any other gospel unto you than that which we have preached unto you, let him be accursed."

LDS scholars explain that the new scripture is *not* beyond what is declared in the Bible but is only a clarification and complement thereof. "There is no tension between the two," writes Rex E. Lee, president of Brigham Young University. "Both the Bible and the Book of Mormon teach the same plan of salvation." Is there agreement between these books? Consider the Mormon plan of salvation.

"As God Now Is, Man May Become"

"Though we do not remember it," explains Lee, "we existed as spirits before this life." According to this LDS belief of eternal progression, by strict obedience a man may become a god—a creator like God. "God himself was once as we are now, and is an

* For further information see *The Bible—God's Word or Man's?,* published by the Watchtower Bible and Tract Society of New York, Inc.

exalted Man, and sits enthroned in yonder heavens," stated Joseph Smith. "You have got to learn how to be Gods yourselves, . . . the same as all Gods have done before you." Mormon prophet Lorenzo Snow said: "As man now is, God once was; as God now is, man may become."

Is such a future presented in the pages of the Bible? The only offer of godhood ever recorded there was the empty promise by Satan the Devil in the garden of Eden. (Genesis 3:5) The Bible shows that God created Adam and Eve to live on earth and instructed them to produce a perfect human family that would live here in happiness eternally. (Genesis 1:28; 3:22; Psalm 37:29; Isaiah 65: 21-25) Adam's willful disobedience brought sin and death into the world.—Romans 5:12.

The Book of Mormon says that had the former spirits Adam and Eve remained sinless, they would have been childless and joyless, alone in Paradise. So its version of the sin of the first married couple involved sexual intercourse and childbearing. "Adam fell that men might be; and men are, that they might have joy." (2 Nephi 2:22, 23, 25) Spirits in heaven are thus said to await a chance to live on a sinful earth—a necessary step toward perfection and godhood. Says the LDS magazine *Ensign:* "We look upon what Adam and Eve did with great appreciation rather than with disdain."

"This doctrine [that man existed in the spirit creation]," says Joseph Fielding Smith, great-nephew of Joseph Smith, "in the Bible is only discerned through a mist or fog . . . because many plain and precious things have been taken out of the Bible." Further he states: "This belief is based upon a revelation given to the Church, May 6, 1833." Therefore, while accepting the Bible's authority, in case of disagreement LDS doctrine necessarily assigns greater weight to the words of their prophets.

The Book of Mormon —Keystone of the Faith

Joseph Smith lauded *The Book of Mormon* as "the most correct of any book on earth, and the keystone of our religion." One set of golden plates was said to have been the source for his writings. Eleven Mormons testified that they saw the plates. Upon completion of the document, though, Smith said the plates were taken to heaven. Thus, they are not available for textual analysis.

The Pearl of Great Price (see box, page 20) tells of a Professor Charles Anthon who was shown a copy of some of the inscriptions and declared them to be authentic and the translation accurate. But upon being told of the plates' origin, the account says he retracted his verdict. This story appears to be inconsistent, however, with Smith's claim that he alone had the gift to translate the language of the plates, "the knowledge of which was lost to the world." Could Professor Anthon verify as correct a text he could not read and therefore could not translate?

The Book of Mormon quotes extensively from the King James Version of the Bible, with its Shakespearean English, which was already considered archaic in Joseph Smith's day. It has troubled some readers that *The Book of Mormon,* this "most correct" of books, lifts at least 27,000 words directly from the Bible version that is purportedly full of errors and that Smith later undertook to revise.—See box, page 20.

A comparison of the first edition of *The Book of Mormon* with current editions reveals to many Mormons a surprising fact —that the book said to be "translated . . . by the gift and power of God" has itself undergone numerous changes in grammar, spelling, and substance. For instance, there is apparent confusion over the identity of "the Eternal Father." According to the first edition at 1 Nephi 13:40, "the Lamb of God is



The Mormons, Nationalism, and Politics

JOSEPH SMITH—prophet, seer, revelator, according to Mormon belief—was also mayor, treasurer, lieutenant-general, and U.S. presidential candidate. Following his lead, many Mormons are energetic political activists. The church is proud of its American heritage and asserts that God directed the writing of the U.S. Constitution. Brigham Young said: "When . . . the Kingdom of God will bear rule, the flag of the United States will proudly flutter unsullied on the flagstaff of Liberty and equal rights, without a spot."

Article 12 of the Articles of Faith states: "We believe in being subject to kings, presidents, rulers, and magistrates, in obeying, honoring, and sustaining the law." How far does their subjection go? When the United States entered World War I, Elder Stephen L. Richards affirmed: "There is no more loyal people to the government of the United States than the Church of Jesus Christ of the Latter-Day Saints." "When we fight we will conquer by the power of God," said another elder.

Article 12 applied on the other side of the battlefield as well. Professor Christine E. King of Staffordshire University wrote: "German Mormons were encouraged to bear arms for their country and to pray for her victory." The church said they were fighting, not British and American Mormon brethren, but government representatives. "Such a distinction, although transparent, served to salve the moral and religious doubts of German Mormons."

When Hitler seized power, the Mormon policy of wholehearted support continued. "The Nazis met no resistance or evidence of criticism from the Mormon church," wrote Dr. King. Mormon stress on racial purity and patriotism served the church well, and to many Mormons, "the links between their faith and the politics of the Third Reich were clear." When several Mormons dared to defy Hitler, they received no backing from Mormon officials. "The church was patriotic and loyal and decried any attack on the Nazi government." The church even excommunicated one dissident posthumously after the Nazis had executed him.*

How different from those lauded in *The Book of Mormon* at Alma 26:32: "They had rather sacrifice their lives than even to take the life of their enemy; and they have buried their weapons of war deep in the earth, because of their love towards their brethren."

Jesus reasoned with Pilate: "If my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews." (John 18:36, *King James Version*) His disciples were not to take up arms in defense of God's own Son, let alone in a war between governments. They were even to love their enemies.—Matthew 5:44; 2 Corinthians 10:3, 4.

There are true Christians today who have kept strict neutrality individually and as a group. Said the book *Mothers in the Fatherland:* "Jehovah's Witnesses had since their foundation stood resolutely apart from any state." Therefore, during Hitler's reign of terror, they, "practically to a person, unequivocally refused to render any form of obedience to the Nazi state."

Though thousands of them were martyred, Jehovah's Witnesses took to heart the words of Jesus: "By this shall all men know that ye are my disciples, if ye have love one to another." —John 13:35, *KJ.*

* Helmut Hübener was reinstated in 1948.

the Eternal Father." But later editions say that "the Lamb of God is *the Son of* the Eternal Father." (Italics ours.) The two original 1830 manuscripts of *The Book of Mormon* still exist. One of the two originals, held by the Reorganized Church of Jesus Christ of Latter Day Saints, has the words "the Son" added between the lines.

As for the Mormon scripture *Doctrine and Covenants,* the book *The Revelations of the Prophet Joseph Smith,* by LDS scholar Lyndon W. Cook, explains in the preface: "Inasmuch as some revelations have been revised by those committees appointed to arrange them for publication, significant textual additions and deletions have been noted." One such alteration is found at *Book of Commandments* 4:2, which said of Smith: "He has a gift to translate the book . . . I will grant him no other gift." But when the revelation was reprinted in 1835 in *Doctrine and Covenants,* it read: "For I will grant unto you no other gift until it is finished."—5:4.

Historical Enigmas

Some find it difficult to reconcile that about 20 Jews were said to have left Jerusalem for America in 600 B.C.E. but that in less than 30 years, they had multiplied and split into two nations! (2 Nephi 5:28) Within 19 years of their arrival, this small band supposedly built a temple "after the manner of the temple of Solomon . . . , and the workmanship thereof was exceedingly fine"—a formidable task, indeed! The seven-year construction of Solomon's temple in Jerusalem occupied nearly 200,000 laborers, craftsmen, and overseers.—2 Nephi 5:16; compare 1 Kings 5, 6.

Careful readers of the *Book of Mormon*

The Bible and Mormon Writings—A Study in Contrasts

Bible: Although the exact site is unknown, the garden of Eden was probably in the Mesopotamian region by the Euphrates River. —Genesis 2:11-14.

Doctrine and Covenants: Garden of Eden was in Jackson County, Missouri, U.S.A. —*Doctrine and Covenants* 57, as explained by President J. F. Smith.

Bible: The soul dies.—Ezekiel 18:4; Acts 3:23.

The Book of Mormon: "The soul could never die."—Alma 42:9.

Bible: Jesus was born in Bethlehem. —Matthew 2:1-6.

The Book of Mormon: Jesus was to be born in Jerusalem.—Alma 7:10.

Bible: Jesus was begotten by holy spirit. —Matthew 1:20.

Journal of Discourses: Jesus was not begotten by holy spirit. He was begotten in the flesh by Adam's having intercourse with Mary.—*Journal of Discourses,* Volume I, pages 50-1.

Bible: New Jerusalem to be in heaven. —Revelation 21:2.

The Book of Mormon: New Jerusalem, earthly, to be built by men in Missouri, U.S.A. —3 Nephi 21:23, 24; *Doctrine and Covenants* 84:3, 4.

Bible: Writers of the Bible were inspired to write God's thoughts.—2 Peter 1:20, 21.

The Book of Mormon: Its prophets are said to have written according to their own knowledge.—1 Nephi 1:2, 3; Jacob 7:26.

Bible: Mosaic Law, including tithing, terminated by the death of Jesus. Contributions are to be voluntary, not under compulsion.—2 Corinthians 9:7; Galatians 3:10-13, 24, 25; Ephesians 2:15.

Doctrine and Covenants: "Verily it is . . . a day for the tithing of my people; for he that is tithed shall not be burned (at his [the Lord's] coming)."—*Doctrine and Covenants* 64:23.

have puzzled over certain events that seem out of proper chronological sequence. For example, Acts 11:26 says: "The disciples were called Christians first in Antioch." (*KJ*) But Alma 46:15, purportedly describing events in 73 B.C.E., has Christians in America before Christ ever came to earth.

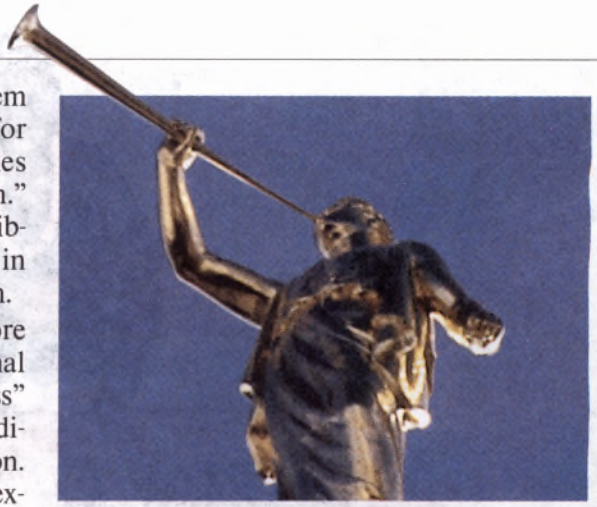
The Book of Mormon presents itself more as a historical narrative than as a doctrinal treatise. The phrase "and it came to pass" occurs about 1,200 times in the current edition—about 2,000 times in the 1830 edition. Many places mentioned in the Bible still exist, yet the locations of virtually all sites named in *The Book of Mormon,* such as Gimgimno and Zeezrom, are unknown.

The Mormon story tells of vast settlements across the North American continent. Helaman 3:8 reads: "And it came to pass that they did multiply and spread . . . to cover the face of the whole earth." According to Mormon 1:7, the land "had become covered with buildings." Many people wonder where the remains of these sprawling civilizations are. Where are the Nephite artifacts, such as gold coins, swords, shields, or breastplates?—Alma 11:4; 43:18-20.

Considering such questions, members of the Mormon faith do well to reflect seriously on the words of Mormon Rex E. Lee: "The authenticity of Mormonism stands or falls with the book from which the Church derives its nickname." A faith based upon solid Scriptural knowledge, rather than just on an emotional prayer experience, presents a challenge to sincere Mormons—as well as to all claiming to be Christians.

The Basis for Restoration

It was the spiritual chaos around him that caused Joseph Smith to spurn the warring sects of his day. Other reverent men before, during, and since his time have sought to return to the true faith.



Statue of Moroni atop the Mormon Temple in Salt Lake City

What is the pattern for true Christianity? Is it not Christ who set "an example, that ye should follow his steps"? (1 Peter 2:21, *KJ*) The life of Jesus Christ stands in stark contrast with LDS theology. While Jesus was no ascetic, his simple life was devoid of any ambition to amass wealth, glory, or political power. He was persecuted because he was "not of the world." (John 17:16, *KJ*) The foremost aim of Christ's ministry was to glorify his Father, Jehovah, and to sanctify His name. The same is true of Jesus' true disciples. They view their own salvation as of secondary importance.

Jesus taught the Word of God, freely quoted from it, and lived it. Brigham Young said of the Bible: "We take this book for our guide, for our rule of action; we take it as the foundation of our faith. It points the way to salvation." (*Journal of Discourses,* Volume XIII, page 236) So he urged: "Take up the Bible, compare the religion of the Latter-day Saints with it, and see if it will stand the test." (*Discourses of Brigham Young*) Not only the Mormon faith but all religions claiming to be Christian must submit to this test, for Jesus said: "The true worshippers shall worship the Father in spirit and in truth."—John 4:23, *KJ*.



From Bottles to Beautiful Beads

BY *AWAKE!* CORRESPONDENT IN NIGERIA

YOU are in a hurry. You reach for a bottle on the table, but it slips from your grasp, falls to the floor, and breaks. You sigh, sweep up the broken pieces, and dump them into the wastebasket. As far as you are concerned, that is the end of the matter.

If you lived in Bida, Nigeria, that might be just the beginning. Why? Because among the Nupe people who live there, craftsmen can take a broken bottle and make from it a beautiful string of beads. It is an art that has been passed on from generation to generation—one that has changed little over centuries of time.



Firing glass in a kiln

Beadmaking in Bida

The workshop is a small, round hut made of dried mud. In the center of the floor stands an earthenware kiln. Into the kiln, craftsmen drop pieces of wood, which they set ablaze. The fire is fanned to a roar by hand-operated bellows. As more sticks are added, a red flame rises above the top of the kiln. A bottle is suspended on a rod over the kiln, and soon the glass softens and hangs molten.

The beadmaker makes beads one at a time. He lays a pointed rod over the fire next to the rod that suspends the glass. When the pointed end becomes a glowing red, he moves it to the hanging glob of molten glass. Then, by turning the rod with his fingers, he wraps a bead-size portion of glass onto it.

Next, using a long, flat bush knife, he smooths and shapes the glass into a bead. If he is especially skilled, he may work with several colors of glass, overlaying a pattern on each bead he makes. Finally, he uses the knife to gently ease the bead off the rod into a pan of ash where it will cool. The bead is now complete. The hole made by the rod becomes the hole used to string the bead. All that remains is to wash the bead and then thread it with other beads to make a necklace.

Learning the Art

How does one learn the art of beadmaking? Nupe children begin by watching. By the time they reach ten years of age, they help collect and cut the firewood.

The next step is to master the bellows. The bellows are twin bags made of cloth, each of which is connected to a stick. To operate the bellows, the "blower" must hold a stick in each hand and rapidly move them up and down. He needs both strength and coordination. He must be strong enough to constantly pump the bellows throughout the beadmaking session, and a session can last for hours!

He must also be coordinated enough to maintain a rapid, constant rhythm, pumping the bellows at precisely the correct speed. If he pumps too slowly, the heat of the fire will not make the glass soft enough to work with. If he pumps too quickly, the heat produced may cause the glass to fall from the rod into the fire.

Typically, an apprentice beadmaker will handle the bellows for five years. Finally, he learns how to fashion beads. Part of the challenge of this job is to learn to endure the heat from the fire, which, added to the tropical heat of the sun, can be a test.

He learns progressively. After helping an experienced beadmaker with the handling of the rods, the apprentice learns to form small, plain beads. In time, he progresses to making larger beads and beads adorned with an overlaid pattern of glass of another color. Experienced beadmakers make the job look easy, but it takes time to master the skill necessary to produce a series of beads, one bead at a time, all of uniform size, shape, and pattern.

Beadmaking is an enjoyable art. The beadmakers delight in seeing people throughout the country adorned with their colorful beads—tiny beads worn by children, delicately crafted beads worn by women, and heavy ceremonial beads worn by men. There is enjoyment too at festival times when people gather around the workshop to sing and dance to the rhythm of the bellows.

Says the book *History of West Africa:* "Nupe artistic production in . . . glass . . . is still some of the best on the continent." Others agree. Said one Christian missionary: "We bought beads from Bida as well as other places to give to our friends and family when we went on vacation. When we got to the United States, our friends chose the beads from Bida every time!"

Deadly Peace Missions

So far, more than a thousand persons have been killed while engaged in United Nations peacekeeping missions, reports the German newspaper *Frankfurter Allgemeine Zeitung.* This figure does not include those who lost their lives during UN combat missions, such as in the Gulf War. Of these 1,000 deaths, more than 200 occurred in 1993 alone. Why so many? The paper explained that the United Nations is now getting involved in a different type of war. Whereas in the past the United Nations mediated in and monitored the settlement of conflicts between countries, the organization is now involved in "civil wars, in which the authority of the state disintegrates and even the parties engaged in the war fail to protect the personnel of the UN."

Mental Illness Among Children

According to *The Sunday Times,* in Great Britain's schools, more than 1,000 children below 10 years of age and about 1,200 between 10 and 14 years of age are being treated for psychoses, severe depression, or eating disorders; and the suicide rate is likewise climbing, with children as young as six years of age threatening to take their own lives. Some mental-health experts think that one of the reasons is the lack of meaningful conversation between children and their parents. They note that many children live in a home environment where television dominates. As a result, the children are unable to discuss and share their anxieties with their parents. One expert observed that lack of communication between parents and children can cause "worries [to] build up and culminate in an unhappy child."

Running the Lights

In Argentina, according to the Buenos Aires newspaper *Clarín,* there were 7,700 serious automobile accidents during 1994. These accidents left 13,505 people seriously injured and 9,120 dead. A study conducted by a government agency has revealed that 90 percent



of all automobile accidents are caused by driver and pedestrian violations of traffic laws. The most frequent accidents in cities are the lateral collisions that result from running through a red traffic light. Eduardo Bertotti, a government official, noted that while in other countries it is unthinkable to disregard a red traffic light, in Argentina "it is not only a frequent occurrence but there are those who even take pride in doing it."

Teen Violence

For three consecutive years, the United States has experienced a downward trend in the number of reported serious crimes. However, the number of teenagers responsible for crimes is increasing, especially among youths between 14 and 17 years of age. Some experts predict that violent crime will escalate as the number of teenagers rises. One expert, James Alan Fox, of the College of Criminal Justice at Northeastern University in Boston, noted that "the number of young people in the United States will climb sharply in the next few years, with 23 percent more teenagers by 2005," reports *The New York Times.* Fox warns that "unless we act now, while our children are still young and impressionable, we may indeed have a blood bath of teen violence by the year 2005."

Unbaptizing the Dead

Recently Jewish Holocaust survivors were shocked to learn that some of their relatives had been baptized as Mormons long after their deaths. *The New York Times* reported on the practice "in which dead people are baptized as Mormons by living church members who stand in as their proxies." Mormons had obtained the names of some 380,000 Jews who had died in concentration camps or who were otherwise victims of the Holocaust. Then, over a period of time, they baptized them in ceremonies in which church members were immersed in water as stand-ins while the names of the deceased were read. Some Jewish organizations have protested this procedure. As a result, Mormon leaders agreed to delete from their list of baptized Mormons the names of Jewish Holocaust victims for whom such ceremonies had been performed.

Stress in Hong Kong

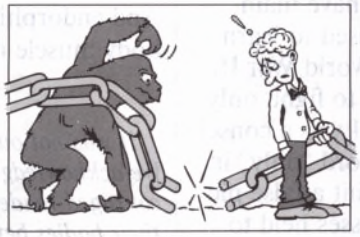
A recent survey in which 5,000 people from 16 different countries were interviewed revealed that Hong Kong rates as the most stressful city in the world, reports *The Medical Post.* For many, the stress is job-related. Researcher Dr. David Warburton, of England's University of Reading, notes that "some 70% of Hong Kong men and 64% [of] women complained of stress at work, compared to 54% of people worldwide." About 41 percent of the interviewees from Hong Kong felt that their jobs were boring in contrast with 14 percent in other countries. The *Post* adds that "one in five people in Hong Kong (compared to less than one in 10 worldwide) said that not liking their boss was the main reason for stress at work."

Electrical Devices Under Suspicion

According to *FDA Consumer,* a magazine of the U.S. Food and Drug Administration, medical equipment can malfunction when exposed to electromagnetic interference, such as from a nearby cellular phone. "Some European hospitals have already banned cellular phones from their buildings, and FDA has encouraged hospitals in the United States to take such action if warranted," says the magazine. Electromagnetic interference is suspected in numerous accidents in which life-saving medical devices such as pacemakers and apnea monitors have malfunctioned. *FDA Consumer* warns: "Patients and doctors who routinely use sensitive medical devices should be aware of the problem and consider keeping cellular phones away from their equipment." Electromagnetic interference can also be caused by wireless computer links, microwave signals, radio and television transmitters, pagers, and other electrical devices. Researchers are exploring ways to minimize the threat.

The Myth of the Missing Link

Evolutionists have long sought fossil evidence to prove the theory that man descended from the ape. However, the Paris newspaper *Le Monde* says that "theories on the origin of man have been shaken" by the discovery in Ethiopia of a series of 90 bones representing what paleontologists believe to



be the remains of an adult humanoid skeleton. The problem, according to paleontologists, is that the new fossils do not fit in with any of the theories that attempt to show a link between humans and apes. Rather, the fossils have raised more questions than they have answered. Some researchers have concluded that the so-called missing link between man and ape may be "nothing but a myth," says *Le Monde.*

Computer Porn Available to Children

As Australian schools connect up to the Internet global information network, they are also linking up to what amounts to a moral minefield. According to *The Sydney Morning Herald* newspaper, they can access "X-rated photos of nude children, orgies, video clips from on-line brothels, a 'bill of rights' for people wishing to have sex with animals—and information on how to join a masturbation 'chat-line.'" The article adds: "Passwords or proof of age were not required—just an ordinary dial-up connection." Experts say it is impossible to censor the network "because its structure was designed . . . by the US Defence Department to survive a nuclear war." The data is not tidily located in one spot but is mirrored on thousands of data bases around the world. Recently a Swedish researcher counted 5,651 messages or postings about child pornography in just four news groups in one week.

Troubled Priests

"Fifty percent of the priests who come to me to be treated for psychological disturbances have problems of a sexual nature," states Valerio Albisetti, one of the best-known Italian Catholic psychologists, according to the newspaper *La Repubblica.* More than anything, sexual desire and the need for fatherhood are the things that torment these men, whose obligation of celibacy was recently reiterated by John Paul II. Albisetti suggests encouraging men to enter the priesthood when of a more mature age and raising the age for entrance into seminaries. He suggests that "it is very harmful for the mental health and psychological equilibrium of the future priest" to live his adolescence "within structures characterized by female absence." Besides problems relating to sexuality, Albisetti comments that "often churchmen suffer from depression, obsessive-maniacal disturbances and bulimia."

FROM OUR READERS

Saved by *Awake!* Some years ago (May 8, 1984) *Awake!* recommended that each family discuss what to do in case of a fire and have regular fire drills. My husband and I took this advice. In January of this year, we had the chance to put our plans into practice when I awoke to find the lower floor of our house burning fiercely. We each did as we had rehearsed and got out safely. I have never been so grateful for an *Awake!* article!

G. E., Germany

Only Witnesses Neutral? Your May 8, 1995, issue ("It's No Secret Anymore") stated: "Only Jehovah's Witnesses have maintained their neutrality and refused to learn or practice war anymore." In World War II, of the 11,996 men who refused to fight, only 940 were Jehovah's Witnesses. I was a conscientious objector myself. The word "only" in your statement was used to paint a false picture that only Jehovah's Witnesses held to this belief.

P. B., United States

We realize that some individuals have refused to participate in war, and we have acknowledged this in our publications. (See "Awake!" of September 8, 1987, page 7.) However, the statement in question specifically referred to the failure of "Catholic and Orthodox believers" to maintain neutrality in Rwanda, Liberia, the Balkans, and other places of recent conflict. Among religious organizations, only Jehovah's Witnesses have taken a consistently neutral stand.—ED.

Hospital Seminars Thank you very much for the article "Seminars to Improve Relations Between Doctors and Jehovah's Witnesses." (March 22, 1995) I am so grateful for the Hospital Liaison Committee. I am 81 years old, and I broke my hip and shoulder while I was away from home. The local committee was at the hospital 30 minutes before I was. Since I had no family in the area, one of the brothers stayed with me through the operation. What a relief! The HLC arrangement is truly a blessing from Jehovah.

A. W., United States

Jogging Risks I am a regular runner. Because of your article "Enjoy Jogging—But Watch the Risks!" (March 22, 1995), I am sure many of my fellow Christians will view me as unbalanced. I am also afraid many will steer clear of running because of the negative connotation you presented. Runners are not prone to heart attacks as you allege. And endorphins occur in the brain not in body muscle nerves as you state.

C. D., United States

It was not our intention to stigmatize running. We acknowledged the benefits of exercise but encouraged readers to be balanced and not push their bodies beyond reasonable limits. More research will have to be done before it is known just how much of a health risk long-distance running may pose for certain individuals. As to endorphins, "The New Encyclopædia Britannica" confirms that they are "distributed in characteristic patterns throughout the nervous system." On the danger of heart attacks, "The Medical Post" acknowledges that strenuous exercise lowers the overall risk of sudden cardiac arrest; however, it states that there is "an increased risk for the exerciser during the period they are actually exercising."—ED.

Stamp Collecting I loved the article "Philately—Absorbing Hobby and Big Business." (January 8, 1995) I am convinced that *Awake!* doesn't overlook anything—not even postage stamps. I collect stamps as a hobby and felt the article was very complete. Thank you for your valuable suggestions.

R. C., Venezuela

Enough Food for All!

BY *AWAKE!* CORRESPONDENT IN BRAZIL



IT IS possible to enjoy plentiful, excellent food and yet still be unhappy. To have true and lasting happiness, something else is needed—spiritual food. Jesus stated: "Man must live, not on bread alone, but on every utterance coming forth through Jehovah's mouth."—Matthew 4:4.

On the other hand, rejecting God's Word leads to spiritual hunger, as foretold at Amos 8:11: "I will send a famine into the land, a famine, not for bread, and a thirst, not for water, but for hearing the words of Jehovah." However, spiritual malnutrition can be avoided. Declared Jesus: "Happy are those conscious of their spiritual need . . . Happy are those hungering and thirsting for righteousness, since they will be filled." (Matthew 5:3, 6) As nutritious food in proper quantities satisfies our body, wholesome spiritual food strengthens our faith and our hope for the future. What kind of world can we hope for?

Plenty of Food for All

Imagine a world with an abundance of delicious and wholesome food. A world without wars, disasters, or misfortunes that cause starvation or malnutrition, which weakens or depresses people. There will no longer be homeless or unemployed people depending on soup distribution or handouts, neither will soaring food prices force people to eat just anything to fill the stomach. "There will come to be plenty of grain on the earth; on the top of the mountains there will be an overflow." (Psalm 72:16) But how will this come about? Who will solve the problem of malnutrition?

Our Creator will give loving attention to man's need for adequate food. Even earth's climate will be under control, thus guaranteeing that there will no longer be any crop failures. "Jehovah, for his part, will give what is good, and our own land will give its yield." (Psalm 85:12) Furthermore, although the earth is capable of producing enough food, only God's Kingdom will end greed and oppression, which lead to inadequate distribution, malnutrition, and misery.

Yes, Jehovah's heavenly government will see to it that any agricultural and transportation systems available will provide wholesome food where it is needed. The Kingdom administration will not enrich a few and leave the majority to eke out a living. Instead of despair and hopelessness, Kingdom blessings will bring the joy manifested in the great banquet of good things foretold at Isaiah 25:6: "Jehovah of armies will certainly make for all the peoples, in this mountain, a banquet of well-oiled dishes, a banquet of wine kept on the dregs, of well-oiled dishes filled with marrow."

Now, visualize today's competitive, stressful, unfeeling life-style gone forever. No one will be undernourished or sick. Therefore, if you really want to enjoy life in that new world, heed Jesus' words: "Work, not for the food that perishes, but for the food that remains for life everlasting."—John 6:27.

"Tears Rolled Down My Face"

"I just opened my March 8, 1995, *Awake!* and read the article on the back cover offering the brochure *When Someone You Love Dies*. The article was entitled 'It Has Been So Difficult to Grow Up Without Him.' Tears rolled down my face as I read the comments from the young person in Austria who lost his father ten years ago. I am 50 years old, and I lost my father when I was 7. He died of cancer at the age of 39. I just started to grieve his death when I was hospitalized for major depression six years ago. I have been in therapy for the last five years and have had to learn how to cope with some very difficult issues.

"Until I read this letter from Austria, I believed that there was something drastically wrong with me or with my faith. I thought I was the only person who had this huge hole inside and an enormous ache of loneliness for my father. It is so encouraging to know that I am not alone and that there are others who feel the same way I do.

"I read the brochure *When Someone You Love Dies* from cover to cover. It was, in my opinion, the best publication ever written for my needs."—Mrs. A. G., Connecticut, U.S.A.



Awake!

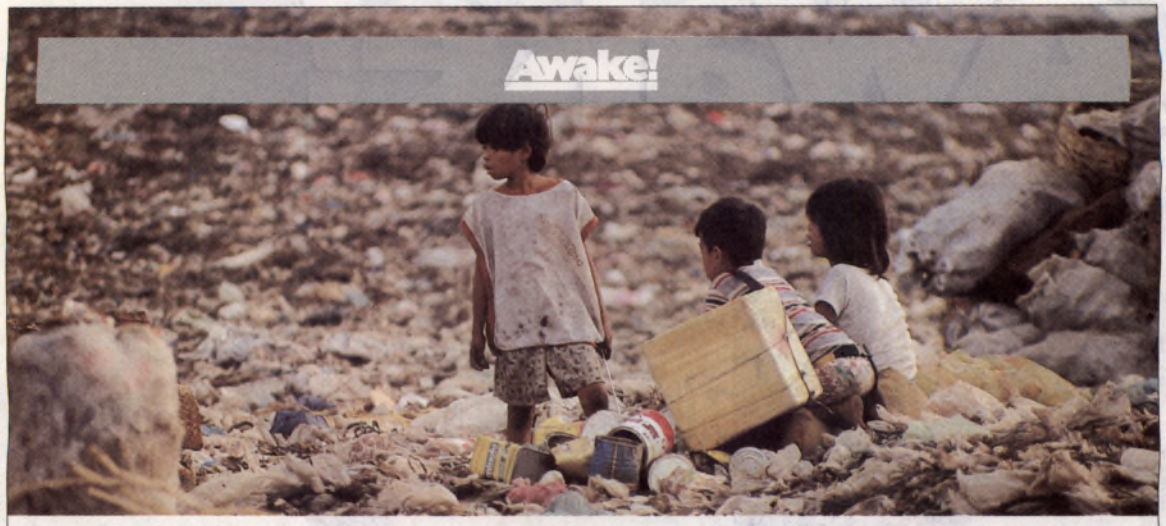
November 22, 1995





Will Rich Nations Always Exploit Poor Ones?

Awake!



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Will Rich Nations Always Exploit Poor Ones? 3-11

Ships, trucks, and trains laden with deadly waste are crisscrossing the planet in search of a place to call home. They find it in countries already ravaged by poverty, famine, and disease. But what will be the final outcome for our planet, Earth?



Will Being God's Friend Help Me? 12

Many youths have found God's friendship to be a great help during the most painful of times.



Alaska Division of Tourism

Where Eagles Fly in for Fish Dinners 15

A natural phenomenon keeps the river running and the fish available only at this small area.

So Many Live and Die in Crushing Poverty! 3

Poor Nations Become Garbage Dumps for Rich Ones 4

The Earth—God's Gift to Us 8

Protect Yourself From Food-Borne Illness 19

Glass—Its First Makers Lived Long, Long Ago 24

Supreme Court of Norway Upholds Religious Rights 27

Watching the World 28

From Our Readers 30

The Rat Snake—Made for Climbing 31

"A Word of Thanks" 32

COVER: Woman working: UNITED NATIONS/UNIDO

So Many Live and Die in Crushing Poverty!

YATI leaves her shanty in a southeast Asian land for the factory where she sews bits of leather and lace for shoes. For one month's work—40-hour weeks plus 90 hours overtime—she makes less than $80. The shoe company that employs her proudly portrays itself as a conscientious promoter of human rights in the less-developed lands. In the Western world, this company sells the shoes for more than $60 a pair. Wages account for perhaps $1.40 of that.

When Yati "leaves the clean, lighted factory," says a *Boston Globe* report, "she has only enough money to rent a 10-by-12-foot shack, with dirty walls alive with gecko lizards. There is no furniture, so Yati and two roommates sleep in fetal curls on a mud-and-tile floor." Her situation is sadly typical.

"Are these people better off with me or without me?" protests a trade association chief. "The small wage gives them the ability to enjoy a decent lifestyle. They may not be living in the lap of luxury, but they aren't starving." They are, however, often malnourished, and their children often go to bed hungry. They face daily the hazards of dangerous workplaces. And many are dying a slow death from handling poisons and toxic wastes. A "decent lifestyle"?

Hari, a south Asian farm laborer, saw things differently. He painted with words and poetic eloquence the grim life-and-death cycle all around him. "Between the mortar and the pestle," he said, "the chili cannot last. We poor are like chilies—each year we are ground down, and soon there will be nothing left." Hari never saw that "decent lifestyle," nor did he have the faintest notion of the lap of luxury in which his employers probably lived. A few days later, Hari was dead—another victim of crushing poverty.

Multitudes live and die as Hari did. They languish in misery, too weak to resist, as they



U.N. Photo 156200/John Isaac

are bled dry of life. By whom? What kind of people would do this? They seem benevolent enough. They say they want to feed your baby, help your crops grow, improve your life, make you rich. In reality, they aim to make themselves rich. There are products to be sold, profits to be reaped. If the by-products of their greed are malnourished children, poisoned workers, and befouled environment, so be it. It is a price the companies are willing to pay for their greed. So as the profits mount, so do the heartbreaking casualty figures.

Poor Nations Become Garbage Dumps for Rich Ones

LIKE an unwanted orphan, the toxic cargo had wandered from ship to ship and port to port in search of a home. Eleven thousand drums brimming with poisonous resins, pesticides, and other dangerous chemicals had been shunted from Djibouti, Africa, to Venezuela to Syria to Greece. Finally the leaking barrels began taking a toll on the crew of one of the freighters. One man died, and most of the others had skin, kidney, and respiratory illnesses from the toxic brew on board.

Ships, trucks, and trains laden with similar deadly waste are crisscrossing the planet in search of places to call home. Very often the countries already ravaged by poverty, famine, and disease become the dumping grounds for tons of poisons and contaminated trash. Environmentalists fear an ecological disaster is only a matter of time.

Old paints, solvents, tires, batteries, radioactive waste, lead- and PCB-laden slag, may be unappealing to you, but they are attractive to the booming industrial-waste business. Ironically, the more environmentally strict a government is, the more toxic waste its industries will dispose of abroad. "Nearly 20 million tons of poisonous chemicals are shipped annually for disposal to Third World countries by unscrupulous" companies of the industrialized nations, stated the London weekly *The Observer.* Legal loopholes and loose enforcement mean that thousands of tons of poisonous waste land on African, Asian, and Latin-American soil.

Little wonder these companies find dumping the waste tempting! The cost can be cut tremendously if the right location is used. An example of this is the cruise ship *United States,* at one time the proud flagship of the American passenger fleet. It was purchased in 1992 to be refurbished for luxury cruising. It probably contained more asbestos than any other ship afloat. Asbestos removal would have cost $100 million in the United States. The ship was towed to Turkey, where it could be done for $2 million. But the Turkish government declined—too dangerous to allow the more than 500,000 square feet of carcinogenic asbestos fiber to be stripped in

Awake!®

Why *Awake!* Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world that is about to replace the present wicked, lawless system of things.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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their country. The ship was finally hauled to another country's port, where environmental standards are less strict.

Deadly Recycling

Western businesses in developing lands may like to think of themselves as benefactors of the poor. Harvey Alter of the U.S. Chamber of Commerce contends that "the waste export and recycling industry raises the standards of living in these countries." But a review of some of their corporate behavior abroad found that in the majority of cases, instead of raising standards of living, these firms are "more likely to be paying no better than local minimum wages, fouling the environment and selling products that in some cases are dangerous and deceptively marketed."

Pope John Paul II added his voice of concern at a recent workshop on pollution in the developing world. Said the pontiff: "It is a grave abuse when rich countries profit from the weak economies and legislation of poorer countries by exporting dirty technologies and wastes which degrade the environment and health of the population."

A classic example is found in southern Africa, home of the world's largest recycler of mercury wastes. In what was dubbed "one of the continent's worst pollution scandals," the toxic wastes killed one worker, another lapsed into a coma, and one third of the work force reportedly suffer some form of mercury poisoning. Governments in certain industrial nations prohibit or greatly restrict the disposal of certain mercury wastes. Ships of corporations in at least one of these countries transport the dangerous cargo to the shores of Africa. An inspection team found 10,000 barrels of mercury wastes from three foreign companies stored at the plant.

Sending materials to developing nations for recycling sounds much better than dumping wastes on them. It can produce valuable by-products, provide jobs, and stimulate the economy. But as the above report from southern Africa shows, disastrous consequences can also result. The reclamation of valuable products from these substances can release deadly chemicals that cause pollution and sickness and sometimes death to the workers. The *New Scientist* magazine observes: "There is no doubt that recycling is sometimes used as a pretext for dumping."

The strategy is described by *U.S.News & World Report:* "False labeling, legal loopholes and lack of expertise make the developing countries easy targets for aggressive waste traders peddling toxic sewage sludge as 'organic fertilizer' or outdated pesticides as 'farm aid.'"

Foreign-owned *maquiladoras,* or factories, have sprouted in Mexico. A primary objective of the foreign companies is to escape stringent pollution standards and to cash in on the endless supply of low-paid workers. Tens of thousands of Mexicans live in hovels skirted by murky canals with polluted water. "Even the goats won't drink it," said

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Deadly Trash That Refuses to Go Away

"Deadly Nuclear Waste Piles Up With No Clear Solution at Hand." So read the headline in the science section of *The New York Times* last March. "The simplest option," the article said, "is to bury it. But that is now under fire as scientists debate, and Federal agencies study, whether a proposed underground dump in Nevada might eventually blow up in a nuclear explosion fed by waste plutonium."

Scientists have proposed many plans for ridding the world of surplus plutonium, but cost, controversies, and fears have kept the schemes in limbo. One idea distasteful to many is to bury it at sea. A more imaginative suggestion is to blast it into the sun. Another solution, use reactors to burn it up. But this was dismissed, as it would "take hundreds or thousands of years" to accomplish.

Dr. Makhijani of the Institute for Energy and Environmental Research said: "Every technically good solution has political sides that are horrible, and every politically good solution tends to be technically shabby. Nobody has any good overall solutions to this mess, including us."

To supply electricity for 60 million homes —20 percent of the country's power—the 107 reactors in the nuclear power plants in the United States produce 2,000 tons of spent fuel each year, and since 1957 the spent fuel has temporarily been stored at the nuclear plants. For decades people have waited in vain for the government to find a way to dispose of it. Nine presidents have been in office, and 18 Congresses have offered plans and set deadlines to secure storage of the radioactive waste in underground facilities, but final disposition of the lethal waste that must be safeguarded for thousands of years is still on hold.

By way of contrast, the trillions of fusion furnaces Jehovah God operates in the far-off stars of the universe pose no threat, and the one he operates in our sun makes life on earth possible.



UNITED NATIONS/IAEA

one woman. An American Medical Association report called the border area "a virtual cesspool and breeding ground for infectious disease."

Not Only the Pests Are Dying

"How can a country forbid a poison at home and yet manufacture it and sell it to other countries? Where is the morality of this?" asked Arif Jamal, an agronomist and pesticide specialist from Khartoum. He displayed photographs of barrels stamped: "Not registered for use"—in the industrial land they came from. They were found in a Sudanese wildlife reserve. Nearby were piles of dead animals.

One rich country "annually exports about 500 million pounds of pesticides that are banned, restricted or not licensed for domestic use," reports *The New York Times.* Heptachlor, one cancer-causing cousin of DDT, was banned for use on food crops in 1978. But the chemical firm that invented it continues to manufacture it.

A UN survey discovered wide availability of "very toxic pesticides" in at least 85 developing nations. About one million people suffer acute poisoning each year, and perhaps 20,000 die from the chemicals.

The tobacco industry might be called the epitome of deadly greed. An article in *Scientific American* entitled "The Global Tobacco Epidemic" states: "The magnitude of tobacco-related diseases and deaths around the world cannot be overstated." The average age for beginning smokers is sinking ever lower, and the number of women smokers is increasing dramatically. Powerful tobacco companies in league with crafty advertisers are successfully conquering the immense market of less-developed countries. A trail of dead and disease-ravaged bodies litters their road to riches.*

* See *Awake!* of May 22, 1995, "Killing Millions to Make Millions."



Poisonous chemicals befoul drinking and washing water

It must be said, however, that not all companies are oblivious to the welfare of developing nations. There are some companies that endeavor to conduct fair and responsible business in developing lands. For instance, one company provides retirement and health benefits and pays its workers three times the required wage. Another company has assumed a strong stance on human rights and has canceled dozens of contracts because of abuses.

Hypocritical Backsliding

In 1989 a UN convention agreement was signed in Basel, Switzerland, to regulate the movement of hazardous waste between nations. It failed to solve the problem, and *New Scientist* reported on a later meeting of the same nations, held in March 1994:

"In response to the understandable anger of developing nations, the 65 countries party to the Basel Convention took an important step forward when they decided to extend the convention by banning the export of hazardous waste from OECD [Organization for Economic Cooperation and Development] to non-OECD countries."

But this latest decision did not seem to sit very well with the developed countries. *New Scientist* voiced its concern: "So the news that the US, Britain, Germany and Australia are all now trying to undermine the decision is disturbing. Documents leaked from the US government betray its 'quiet' diplomatic efforts to 'modify' the ban before it agrees to ratify the convention."

A Day of Reckoning for the Greedy

"Now, you men of affluence, is the time for you to weep and wail because of the miseries in store for you!" warns the Bible at James 5:1. (*The New Testament in Modern English,* by J. B. Phillips) The reckoning will come at the hand of one who can make things right: "Jehovah is executing acts of righteousness and judicial decisions for all those being defrauded."—Psalm 103:6.

Those now living in oppressive poverty can take comfort, knowing that soon the words of Psalm 72:12, 13 will be fulfilled: "He will deliver the poor one crying for help, also the afflicted one and whoever has no helper. He will feel sorry for the lowly one and the poor one, and the souls of the poor ones he will save."



Children play amid dangerous or deadly waste

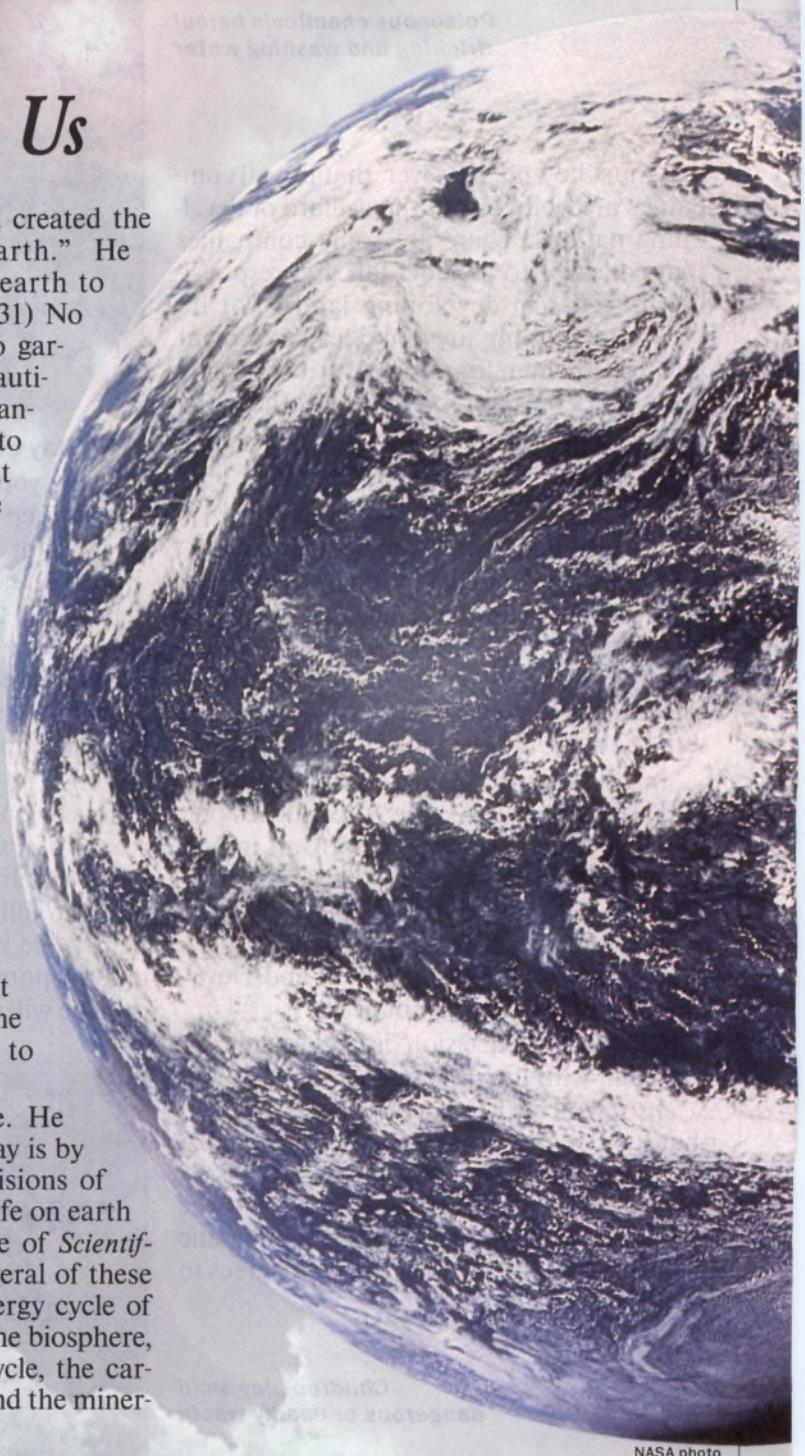
The Earth
God's Gift to Us

"IN THE beginning God created the heavens and the earth." He also pronounced the earth to be "very good." (Genesis 1:1, 31) No piles of trash disfigured it; no garbage dumps polluted it. A beautiful gift was bequeathed to mankind: "As regards the heavens, to Jehovah the heavens belong, but the earth he has given to the sons of men."—Psalm 115:16.

At Isaiah 45:18, he tells what his purpose is for the earth: "This is what Jehovah has said, the Creator of the heavens, He the true God, the Former of the earth and the Maker of it, He the One who firmly established it, who did not create it simply for nothing, who formed it even to be inhabited: 'I am Jehovah, and there is no one else.'"

He shows specifically what man's responsibility toward the earth is—"to cultivate it and to take care of it."—Genesis 2:15.

Jehovah sets the example. He takes care of the earth. One way is by recycling the important provisions of earth, the things on which all life on earth are dependent. A special issue of *Scientific American* had articles on several of these cycles, which included the energy cycle of the earth, the energy cycle of the biosphere, the water cycle, the oxygen cycle, the carbon cycle, the nitrogen cycle, and the mineral cycles.



NASA photo







The Earth—Both Amazing and Beautiful

The widely published biologist Lewis Thomas, in the science magazine *Discover,* wrote this unqualified praise of the earth:

"The overwhelming astonishment, the queerest structure we know about so far in the whole universe, the greatest of all cosmological scientific puzzles, confounding all our efforts to comprehend it, is the earth. We are only now beginning to appreciate how strange and splendid it is, how it catches the breath, the loveliest object afloat around the sun, enclosed in its own blue bubble of atmosphere, manufacturing and breathing its own oxygen, fixing its own nitrogen from the air into its own soil, generating its own weather at the surface of its rain forests, constructing its own carapace from living parts: chalk cliffs, coral reefs, fossils from earlier forms of life now covered by layers of new life meshed together around the globe."

These are just a few of the provisions that Jehovah has put in place to keep the earth functioning as a beautiful gift for mankind, a home created to endure forever for people and untold millions of other living creatures. Psalm 104:5 says: "He has founded the earth upon its established places; it will not be made to

totter to time indefinite, or forever." Another inspired witness testified to this same permanence of the earth: "A generation is going, and a generation is coming; but the earth is standing even to time indefinite." —Ecclesiastes 1:4.

Astronauts circling the earth have waxed eloquent over this beautiful, fragile sphere sailing along in its orbit around the sun and have expressed the need for humankind to appreciate its beauty and to care for it. Astronaut Edgar Mitchell, when he first glimpsed earth from space, radioed Houston: "It looks like a sparkling blue and white jewel . . . laced with slowly swirling veils of white . . . , like a small pearl in a thick black sea of mystery." Astronaut Frank Borman's comment was: "We share such a beautiful planet. . . . The overwhelming wonderment is why in the world we can't appreciate what we have." One of the astronauts of the Apollo 8 moon flight commented: "In the whole universe, wherever we looked, the only bit of color was back on the earth. There we could see the royal blue of the seas, the tans and browns of the land, and the whites of the clouds. . . . It was the most beautiful thing to see, in all the heavens. People down here don't realize what they have."

The facts show that statement to be true —people don't realize the treasure they have. Instead of taking care of this gift from God, humankind is polluting it and destroying it. Astronauts have seen this also. Paul Weitz, commander of the first flight of the space shuttle *Challenger,* said that the damage man has done to the earth's atmosphere is "appalling" when seen from space. "Unfortunately, this world is rapidly becoming a gray planet." He further added: "What's the message? We are fouling our own nest." And especially has this destructiveness escalated perilously in these "last days." Jehovah has pronounced his judgment against those who spoil the earth, namely, that he will "bring to ruin those ruining the earth." —Revelation 11:18.

An Ungrateful Society Unworthy of God's Gift

A materialistic society has trampled underfoot spiritual values to give free rein to the flesh. The practical guidelines Jehovah gave mankind for happy and contented living have been pushed aside by the ascendancy of the selfish me-ism that characterizes our times.

Second Timothy 3:1-5 describes perfectly the perilous times in which we are living: "Know this, that in the last days critical times hard to deal with will be here. For men will be lovers of themselves, lovers of money, self-assuming, haughty, blasphemers, disobedient to parents, unthankful, disloyal, having no natural affection, not open to any agreement, slanderers, without self-control, fierce, without love of goodness, betrayers, headstrong, puffed up with pride, lovers of pleasures rather than lovers of God, having a form of godly devotion but proving false to its power; and from these turn away."

Commercialism fosters consumerism, and advertising is its handmaiden. Much advertising is appropriate; much is inappropriate. The latter fits Eric Clark's observation in *The Want Makers:* "Not only does advertising help sell the wrong things to people who can't afford them, it often does so at prices that are inappropriately high." Says Alan Durning of *World Watch:* "Advertisers sell not artifacts but lifestyles, attitudes, and fantasies, hitching their wares to the infinite yearnings of the soul." Advertising aims to make us discontented with what we have and desirous of what we don't need. It creates an insatiable hunger; it leads to debilitating overconsumption; it spawns

the proliferating waste dumps that pollute the earth. Its insidious persuasion worms its way even into the weary hearts of those living in hopeless poverty. Many advertisers aggressively market goods that are known to kill or sicken people.

What matters is our standing with God, as Ecclesiastes 12:13 says: "The conclusion of the matter, everything having been heard, is: Fear the true God and keep his commandments. For this is the whole obligation of man." Those who do so will qualify for life in Jehovah's clean Paradise! Jesus promised: "Do not marvel at this, because the hour is coming in which all those in the memorial tombs will hear his voice and come out, those who did good things to a resurrection of life, those who practiced vile things to a resurrection of judgment." —John 5:28, 29.

When God's Gift Will Be Appreciated

And what an unbelievably wonderful earth that will be! Jehovah has given us this breathtaking description of it: "I [John] saw a new heaven and a new earth; for the former heaven and the former earth had passed away, and the sea is no more. [God] will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away."—Revelation 21:1, 4.

Gone too will be such former things as garbage dumps, toxic wastes, and those who push their trash off on others. Then the only people alive on the earth will be those who love their neighbors as themselves, who praise Jehovah for his gift of the earth, and who delight to take care of it and keep it in paradisaic condition.—Matthew 22:37, 38; 2 Peter 3:13.

The Vanity of Materialism

Jesus spoke an incisive truth when he warned: "Keep your eyes open and guard against every sort of covetousness, because even when a person has an abundance his life does not result from the things he possesses." (Luke 12:15) It is not what we have that counts; it is what we are that matters. It is so easy to get caught up in the hustle and bustle of life—the making of money, the accumulating of things, the frantic rush to grab all the pleasures the flesh craves—and to think we're living life to the full, missing nothing, when we may be missing the best life has to offer.

It is only as life is slipping away that we realize what we have lost. We realize the truth of what the Bible says: Life is very short—a mist that vanishes, a puff of smoke, an exhalation, a shadow that passes, green grass that withers, a flower that fades. Where has it gone? What have we done? Why were we here? Is this all there is? Just vanity of vanities, a striving after wind?—Job 14:2; Psalm 102: 3, 11; 103:15, 16; 144:4; Isaiah 40:7; James 4:14.

A man in a hospital, dying, looking out a window, seeing a hillside washed in warm sunshine, a mixture of grass and weeds, a few little struggling flowers, a sparrow scratching in the dirt for a few seeds—not much of a scene to emote over. But to the dying man, it is beautiful. A sad yearning touches him, to think what simple joys he has missed, the little things that mean so much. All so soon gone!

The Greek Scriptures of the Bible put it plainly: "We have brought nothing into the world, and neither can we carry anything out. So, having sustenance and covering, we shall be content with these things." (1 Timothy 6:7, 8) The Hebrew Scriptures put it more bluntly: "Just as one has come forth from his mother's belly, naked will one go away again, just as one came; and nothing at all can one carry away for his hard work, which he can take along with his hand."—Ecclesiastes 5:15.

Young People Ask...



Will Being God's Friend Help Me?

MANY young people grow up today under stresses that would have been unbelievable a generation ago. The authors of a national survey of 160,000 youths explained: "Teenagers tell us that much of their turmoil comes from pressures with which they feel inadequate to deal; from discouragement and sadness that overcome their confidence; and from parents who are not sensitive to their problems." You may likewise feel that others just do not understand how painful life can be at times for a youth.

Of course, you may have a close friend you can turn to for emotional support, and this may bring some relief. But is it not true that there are agonizing difficulties that you must face alone? How true it is that at times only your own "heart is aware of the bitterness of [your] soul." (Proverbs 14:10) But there is Someone that completely understands you, and he offers his friendship. Many youths have found that his friendship is a great help even during the most painful of times.

Friendship With God

One youth was asked what she thanked Jehovah God for the most. Her reply: "That we can come to know him and be his intimate friends." Yes, it is possible to enter into the finest friendship in the universe! The psalmist wrote: "The intimacy with Jehovah belongs to those fearful of him."—Psalm 25:14.

"*Intimacy* with Jehovah"—what a precious opportunity! The original Hebrew word conveys the idea of open, confidential speech with someone who is a special friend. Thus, it is a close relationship based on love, a privileged intimacy resulting from mutual trust. As a friend of God, you sense that your true worth as a person is valued by this one who genuinely understands you. But what are the benefits of this friendship?

"My Confidence From My Youth"

Many youths, despite an external bravado, lack inner confidence. "I state my opinions and somebody will come up with theirs and change mine completely," bemoaned 13-year-old Judy. "I'm not very sure of myself." Our heavenly Friend, however, provides in his written Word, the Bible, specific guidance for successful living. In fact, advice given in the Bible book of Proverbs is designed to give "a young man knowledge and thinking ability," enabling him to make his paths straight. (Proverbs 1:1-4; 3:1-6) This can give you confidence! You can *know* the best way to live.

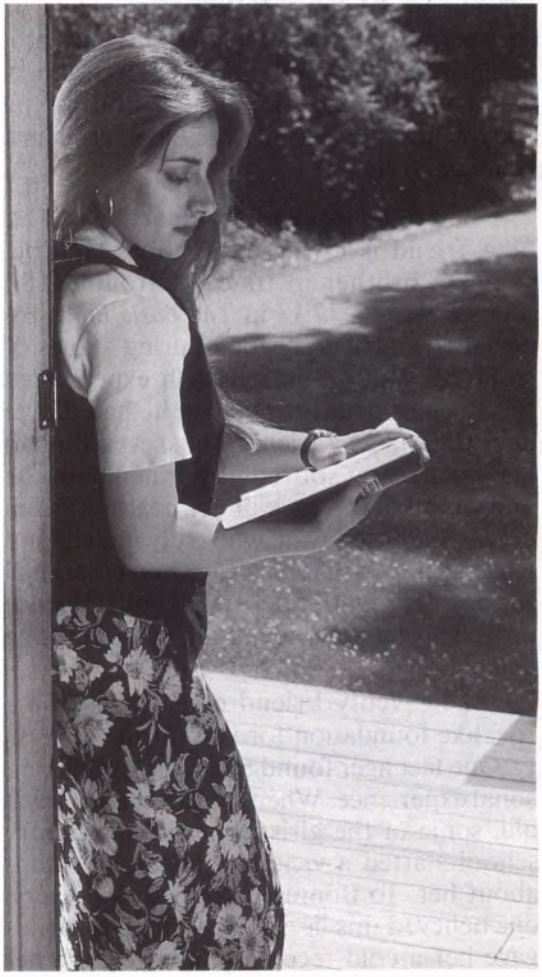
The Bible, along with Bible aids such as this magazine, provides advice on virtually every aspect of life—from how to choose friends to the proper attitude toward your parents. (Proverbs 1:8, 9; 13:20) Those who heed such direction can thus "turn away from the snares of death." (Proverbs 14: 27) For instance, a girl named Mae saw her fleshly sister flout Bible principles. That sister tragically died a premature death because of her promiscuous life-style. Mae explained how she was able to resist such immorality: "I can reflect clearly on Jehovah's principles of morality, and this fortifies me. These principles help me see how real Jehovah is and that his way is best."

Having Jehovah as a friend, however, involves more than just learning his standards. You can experience his personal interest in your life. The Bible tells of King David, who was taught by God from his youth. David became a friend of God, and though he experienced "many distresses," he actually saw God at work in his life. David spoke about God's "wonderful works" in his behalf and about Jehovah's "arm," or strength, exerted in his life. On the basis of such personal experiences, David wrote: "You are my hope, O Sovereign Lord Jehovah, *my confidence* from my youth." (Psalm 71:5, 17, 18, 20) You can have this same confidence as you sense Jehovah's blessing in your life. As you strive to follow his guidance—despite the challenges—you will indeed be walking with God in a treasured relationship.—Compare Genesis 6:9.

God Helps Us Follow the Right Way

With all the temptations and pressures there are in life, following God's guidance is not easy. This was especially true of Peggy, who as a youth was a drug addict and a prostitute. She was able to overcome her addiction and make moral changes by studying the Bible, and so she developed a friendship with God. But Peggy continued to face the same pressures that had caused her to look for escape through drugs. When asked how she continued to resist, she replied: "I can only say it is by Jehovah's spirit."

Peggy knew that God gives his holy spirit, or active force, to his friends and that this can empower them to live by his standards. (Acts 5:32; 1 Corinthians 6:9-11) "There are times now when I get those old feelings back, especially when I am alone," admits Peggy,



God can become 'the rock of your heart'

"but I just immediately start praying. The ability to overcome these problems is more exciting to me than anything I have ever accomplished in my life." How encouraging to know that as a friend, God can help us "according to his power which is operating in us [and] do more than superabundantly beyond all the things we ask or conceive." —Ephesians 3:20.

God's spirit helps us to develop qualities such as long-suffering, mildness, and self-control. (Galatians 5:22, 23) Also, in the congregations of Jehovah's Witnesses, elders, or shepherds, appointed by holy spirit, are provided by God to give practical assistance. Peggy adds: "I had a lot of support from the congregation, especially the elders. It was a tremendous help."

"The Rock of My Heart"

"A friend is loving at all times, and becomes a brother in times of trouble." So states Proverbs 17:17 in *The Basic Bible.* Especially is a friend needed during "times of trouble." The psalmist Asaph experienced severe emotional turmoil, yet he had drawn near to God as a friend. Thus, even though his "heart was soured" by inner pain, he said: "God is the rock of my heart." (Psalm 73:21, 26, 28) Jehovah, who truly understood what Asaph was feeling, gave him emotional support. Jehovah was a stabilizing influence on Asaph so that he would not lose hope and courage.

Our heavenly Friend can likewise be a rocklike foundation for you during adversity. One teenager found this out through personal experience. When Bonnie was 13 years old, some of the girls in her small country school started a vicious, slanderous rumor about her. To Bonnie it seemed as if everyone believed this lie. Many of her classmates gave her a cold reception, even calling her degrading names. "Lots of nights I would come home and cry," explained Bonnie. "I even felt like killing myself because I hurt so bad inside." She turned to some of her friends for support. "I tried to talk to people, but they didn't seem to understand. They made my problem sound as if it were nothing. Sometimes I felt so alone." What kept her from losing hope in the midst of such turmoil? She continues: "If it weren't for Jehovah, I would have killed myself. I love him so much. *He is my best friend.*" Now she knows that it was her friendship with God that helped her to endure that emotionally crushing experience.

Knowing that Jehovah understands our circumstances and knows exactly what has happened is a great comfort when others do not show us the sensitivity we may anticipate. Also, knowing that our Friend is "the Father of tender mercies" is a big help when we are treated unkindly or even abused. Sometimes our own hearts may condemn us, but "God is greater than our hearts and knows all things." (2 Corinthians 1:3, 4; 1 John 3:20) Having Jehovah's viewpoint of a matter can be genuinely comforting. For instance, one 13-year-old boy was brutally molested by three men. "Afterward, I was very ashamed and blamed myself for what happened to me," he admitted. "I was very depressed." Then he began to do research in Bible-based publications of the Watch Tower Society on the subject of rape. "When I read this information, I broke down and cried. I felt as if a heavy burden had been taken off my shoulders. I was a victim. By relying on Jehovah, family, and friends, I was able to make it through this turbulent time." What support those Bible-based words provided!

A friendship with God can help in many ways! We can have real confidence in life, develop the inner strength to follow God's way, and have rocklike support during adversity. But how can we build such a friendship? A future article in this series will explain.

Where Eagles Fly in for Fish Dinners

THEY come in their thousands, beautifully dressed for dinner, flying in from all over Alaska, British Columbia, and as far away as the state of Washington. Very impressive birds, very distinguished with their white heads and showy white tail feathers fanned out for braking as they land. Dark brown bodies, weighing an average of 13 pounds, females slightly larger than males, travel at 30 miles an hour, with a wingspan of 6 to 8 feet—but if their keen eyes spot a fish a mile away, they can dive down on it at 100 miles an hour and pick it off!

For their dinner party at the Chilkat River, however, such spectacular aerial stunts are not needed. Their salmon entrées are not going anywhere. They are spread out before them in abundance, just waiting to be devoured. All these festivities are hosted for them by the Alaska Chilkat Bald Eagle Preserve, created in 1982 by the state of Alaska "to protect and perpetuate the world's largest concentration of Bald Eagles and their critical habitat."

The preserve covers 48,000 acres of riverbottom land of the Chilkat, Klehini, and Tsirku rivers, and only areas important to eagle habitation are included. The special area where the thousands of eagles concentrate and the visitors flock to see them is five miles along the Chilkat River bordering the Haines Highway, between Haines and Klukwan.

A government leaflet entitled "Alaska Chilkat Bald Eagle Preserve" tells why this five-mile stretch of the river is able to serve spawned-out salmon delicacies to the eagles.

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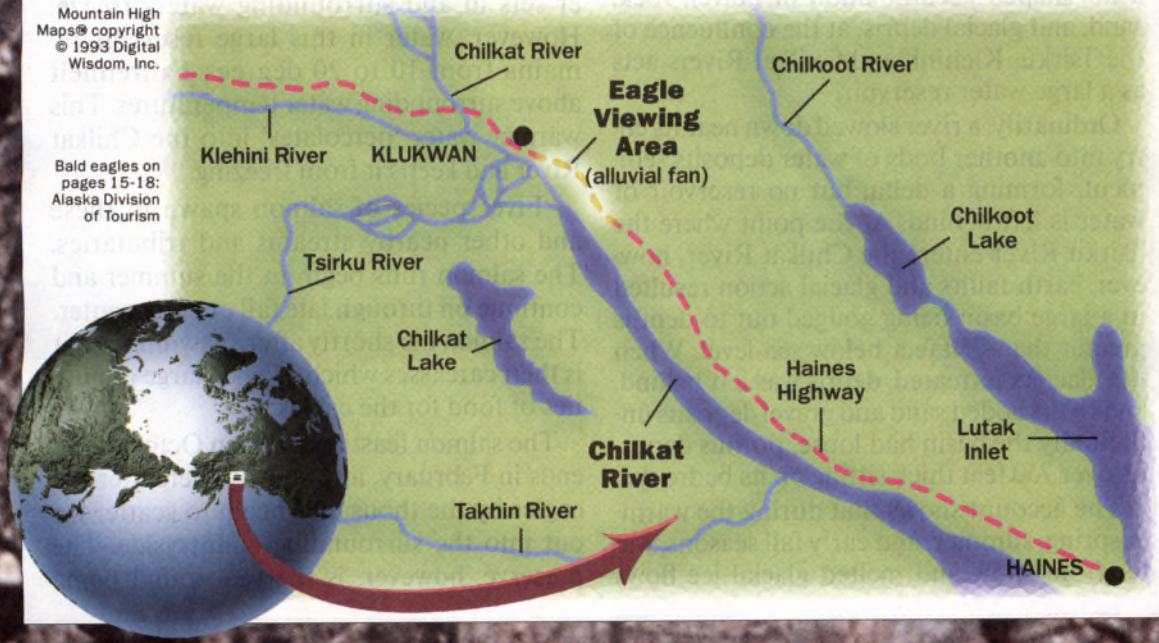
Bald eagles on pages 15-18: Alaska Division of Tourism





"The natural phenomena responsible for five miles of open water on the Chilkat River during freezing months is called an 'alluvial fan reservoir.' The Tsirku fan, which is a fan-shaped accumulation of gravel, rock, sand, and glacial debris, at the confluence of the Tsirku, Klehini, and Chilkat Rivers acts as a large water reservoir."

Ordinarily, a river slowed down near its entry into another body of water deposits sediment, forming a delta, but no reservoir of water is left behind. At the point where the Tsirku River enters the Chilkat River, however, earth faults and glacial action resulted in a large basin being gouged out to depths greater than 750 feet below sea level. When the glaciers retreated, debris was left behind, and rivers added sand and gravel deposits until finally the basin had loose, porous deposits over 750 feet thick sitting on its bedrock.

The account shows that during the warmer spring, summer, and early fall seasons, water from snow and melted glacial ice flows into the alluvial fan. The fan receives water faster than it can flow out, creating a huge reservoir of water. The eagle preserve leaflet continues: "When winter arrives, cold weather sets in and surrounding waters freeze. However, water in this large reservoir remains from 10 to 20 degrees Fahrenheit above surrounding water temperatures. This warmer water 'percolates' into the Chilkat River and keeps it from freezing.

"Five species of salmon spawn in these and other nearby streams and tributaries. The salmon runs begin in the summer and continue on through late fall or early winter. The salmon die shortly after spawning and it is their carcasses which provide large quantities of food for the eagles."

The salmon feasting starts in October and ends in February, and shortly thereafter the eagles by the thousands begin to scatter far out into the surrounding countryside. The preserve, however, is the year-round home

of between 200 and 400 eagles. In addition to any fish they can catch, they supplement their diet with waterfowl, small mammals, and carrion.

Exciting Courtships, Lasting "Marriages"

They mate for life—can reach the age of 40—but usually remain together only during the nesting season. Courting behavior begins in April and "can involve spectacular courtship displays of diving eagles locking talons and somersaulting through the air," according to the folder *Eagles—The Alaska Chilkat Bald Eagle Preserve.* All that and holding hands too? Sounds wildly romantic!

Ninety-four nests have been observed in the preserve. From one to three eggs usually hatch between late May and early June, after an incubation period of 34 or 35 days. The young leave the nest by September, but they must be content with mottled brown and white plumage. They won't get their fancy white heads and tails until they are four or five years of age!

The folder also gives some background on the eagles' struggle to survive and advice to visitors on how to enjoy the preserve safely:

"The Alaska Chilkat Bald Eagle Preserve contains 48,000 acres set aside for the protection of the eagles. But eagles haven't always been protected; they once were fair game for bounty hunters. Based on reports of the eagle's tremendous appetite for live salmon and small animals, the Alaska Territorial Legislature in 1917 created a bounty on eagles. Veterans of Ft. William H. Seward in Haines tell stories of supplementing their meager Army pay with the $1 (later raised to $2) paid for each pair of talons.

"Later investigations found that the eagles' harm to salmon runs had been exaggerated, and the bounty was removed in 1953. By that time, over 128,000 eagles had been shot for the bounty. The eagle population of Southeast Alaska during the 1940's, when the bounty was still in effect, was estimated to be half that of the eagle population in the 1970's.





"When Alaska became a state in 1959, the bald eagle in Alaska came under federal protection of the Bald Eagle Act of 1940. Killing an eagle is a federal offense, and possession of live or dead eagles or any parts (including feathers!), except under certain specific conditions, is also illegal.

"In 1972 the Alaska State Legislature established the Chilkat River Critical Habitat Area, managed by the Alaska Department of Fish and Game, to ensure protection of the major eagle concentration. Extensive tracts of eagle habitat remained unprotected, and a long and often bitter battle raged between environmentalists and pro-development forces over land use issues in the Chilkat Valley. After intensive study by the National Audubon Society and the state-funded Haines/Klukwan Resource Study, loggers, fishermen, environmentalists, business people and local politicians finally reached a compromise. In 1982 the state legislature enacted that compromise into a law creating the 48,000 acre Alaska Chilkat Bald Eagle Preserve.

"No logging or mining is allowed in the Preserve, but traditional uses of the land, such as berry picking, fishing and hunting, can continue. The Preserve is managed by the Alaska Division of Parks with the help of a 12-member advisory board made up of local residents, state officials, and a biologist.

"How to use the valley's natural resources without damaging the environment is an ongoing question, and land-use issues can still provoke controversy in the Chilkat Valley. But local residents are proud that a local solution was found for the protection of the eagles."

The main area where visitors can view the eagles is along the Haines Highway, which parallels the Chilkat River, and there turnout areas have been provided for this purpose.

Protect Yourself From Food-Borne Illness



"I COULDN'T even leave the bathroom for 12 hours," says Becky. "The cramps were incredible. And I became so dehydrated, I had to get IV fluids in the emergency room. It was two or three weeks before I felt normal again."

Becky was afflicted with food poisoning, a food-borne illness. Like most victims, she survived. But the memory of her ordeal remains vivid. "I never realized food poisoning could make you feel so sick," she says.

Experiences such as this, and worse, are disturbingly common. Dozens of bacteria, viruses, parasites, and protozoans threaten to poison our food. And while some types of food-borne illness have decreased in industrialized countries in recent years, *World Health* magazine reports that "salmonellosis and some others have defied all efforts to control them."

The incidence of food poisoning is difficult to track because most cases go unreported. Dr. Jane Koehler of the U.S. Centers for Disease Control says: "What we know about is just the tip of the iceberg."

What causes food-borne illness? You may be surprised to learn that the problem often begins long before food reaches the market.



If it doesn't look fresh, don't buy it

Farming an Epidemic

Modern farming techniques all but guarantee rapid transmission of pathogens among livestock. In the United States beef industry, for example, calves from approximately 900,000 farms are merged into fewer than a hundred plants for slaughtering. Such intermixing can cause one farm's contaminant to start an epidemic.

Furthermore, Dr. Edward L. Menning, director of the National Association of Federal Veterinarians, claims that in the United States, "thirty percent or more of the animal feed is contaminated with pathogens." Sometimes animal feed is fortified with slaughterhouse waste to provide extra protein—a practice that can spread salmonella and other germs. When animals are given low doses of antibiotics to enhance growth, germs can be rendered drug-resistant. "A good example is salmonella, which is becoming more resistant to antibiotics," says Dr. Robert V. Tauxe of the Centers for Disease Control. "We think it is because antibiotics are being given to food animals. This may be the case for other bacteria as well."

In the United States, only a small percentage of chickens have salmonella in their intestines when leaving the farm for the slaughterhouse, but microbiologist Nelson Cox claims that "this explodes to twenty to twenty-five percent in transport." Jammed into small coops, chickens can easily become infected. High-speed slaughter and processing increases the risk. "At the end of the line the birds are no cleaner than if they had been dipped in a dirty toilet," claims microbiologist Gerald Kuester. "They may have been washed, but the germs are still there."

Likewise, large-scale meat processing can be dangerous. "Food batches in modern processing plants are so large that one or two infected lots of incoming food can contaminate tons of the finished product," says *The Encyclopedia of Common Diseases.* A single piece of tainted beef, for example, can contaminate every hamburger emerging from that same grinder. Furthermore, food prepared at a central location

and then shipped to stores and restaurants may be susceptible to contamination if the proper temperature is not maintained during shipment.

How much food arriving at the marketplace is a potential threat? "At least 60 percent of everything in the retail case," claims Dr. Menning, speaking of the United States. But you can take steps to protect yourself from food-borne illness, for *FDA Consumer* magazine notes that "30 percent of all such illness results from unsafe handling of food at home." What precautions can you take?

Before You Buy It . . .

Read the label. What are the ingredients? Be cautious if raw eggs have been used, such as in salad dressings or in mayonnaise. Milk and cheese should be labeled "pasteurized." Notice the "sell by" or "use by" date warnings. Do not assume that products claiming to be all natural are guaranteed to be safe; they may expose you to dangers that additives were designed to prevent.

Scrutinize the food and its packaging. If food doesn't look fresh, don't buy it. As for fish, whole fish should have clear eyes, red gills, and unmarred, firm flesh, and fillets and steaks should be bright and shiny, without a strong and unpleasant odor. Fish should be either on a bed of ice or in a refrigerated case. Precooked fish displayed alongside raw fish can become cross-contaminated. Furthermore, leaking, bulging, or otherwise damaged cans and jars can lead to botulism—a rare but sometimes fatal poisoning that attacks the central nervous system.

Before You Eat It . . .

Cook it thoroughly. This is one of your greatest defenses against infection. "Assume that every product of animal origin is contaminated, and handle it accordingly," advises Dr. Cohen. Eggs should be cooked until both the yolk and the white are firm, not runny. Since bacteria can grow at temperatures between 40 and 140 degrees Fahrenheit, meat should be cooked so that the center reaches 160 degrees Fahrenheit, and poultry should reach 180 degrees Fahrenheit.

Practice clean cooking. All utensils should be thoroughly cleaned after use. While some claim that wooden cutting boards can harbor bacteria, one study suggests that they are safer than plastic boards.* Whatever type of board you use should be washed thoroughly with soap and hot water. Some suggest using bleach as well. Wash your hands after handling raw meat and poultry, for *anything* you touch can become contaminated.

Watch the clock. Bring home groceries as soon as possible. Furthermore, "nothing should be out of the refrigerator for more than two hours, whether it is cooked or raw," says dietician Gail A. Levey. "If the temperature outside is over 90 degrees," she adds, "cut that time to an hour."

Before You Store It . . .

Use adequate containers. Apportion hot foods into small containers so that they will cool quickly in the refrigerator. Allow room for circulation around the containers so that the temperature in your

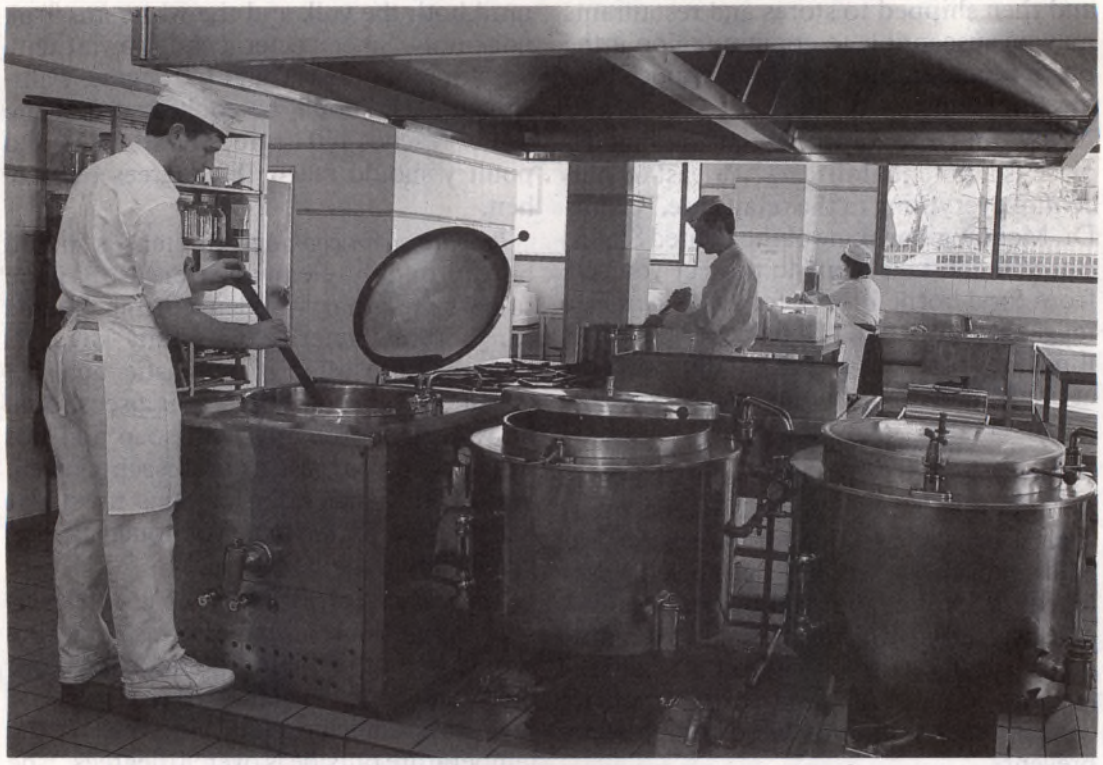
* See *Awake!* of December 8, 1993, page 28.

IN OUR NEXT ISSUE

Science Fiction—A Glimpse Into Our Future?

Crystal Palaces of the Sea

Is Competition in Sports Wrong?



Is the kitchen in the restaurant where you eat clean?

refrigerator or freezer does not rise. *All* containers should be covered to prevent cross-contamination.

Check your refrigerator. The freezer temperature should be no higher than 0 degrees Fahrenheit, and that of the refrigerator should be below 40 degrees Fahrenheit. While meat and poultry can be stored in the freezer for months, they can begin to spoil in the refrigerator in just days. Eggs should be used within three weeks. To avoid cracking and to keep them cold enough, it is best if they are left in their original carton and stored in the main part of the refrigerator rather than in the egg tray located on the inside of the door, one of the refrigerator's warmest areas.

Despite all the above precautions, if food looks or smells suspicious, throw it out! While food-borne illness often comes and goes without severe consequences, in some cases—especially with children, the elderly, and those with immune deficiencies—it can be fatal.*

It was millenniums ago that God told Noah: "All the animals, birds, and fish, . . . I give them all to you for food." (Genesis 9: 2, 3, *Today's English Version*) Production-line slaughtering and centralized processing coupled with large-scale distribution add an ominous commentary to those words. Therefore, do your part as a consumer. Be careful when you shop, cook, and store your food.

* If you should fall victim to a food-borne illness, get plenty of rest, and drink liquids such as juice, broth, or flat soda. If neurological symptoms develop or if fever, dizziness, vomiting, bloody stools, or severe pain persists or if you are in a high-risk group, it may be advisable to consult a doctor.









When Eating Away From Home

Picnics. Use a well-insulated cooler packed with ice. It may be best to keep it in the passenger area of your car rather than in the trunk. At the picnic the cooler should be kept in the shade with the lid shut. Keep all raw foods separate from other food items. Partially cooking food at home and then finishing up later on a grill is not recommended, for incomplete cooking encourages bacterial growth.

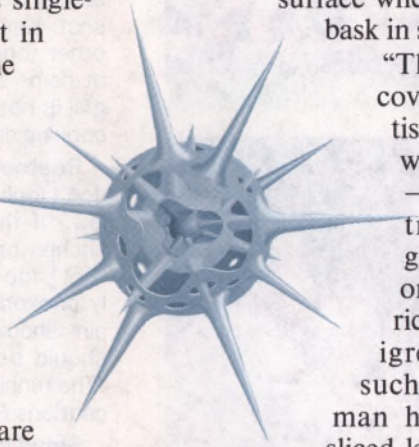
Restaurants. "Avoid restaurants that don't look clean," warns Dr. Jonathan Edlow. "If the dining area seems dirty, the kitchen probably is too." Send back any "hot" food that is not hot or thoroughly cooked. Poultry that is even slightly pink should not be consumed. Fried eggs should be cooked well on both sides. "The runnier the yolk, the higher the risk," cautions *FDA Consumer.*

Salad bars. Since they combine foods that require different levels of cooking and refrigeration, salad bars make what *Newsweek* magazine calls "perfect microbial playgrounds." Check the salad bar for cleanness, and make sure that foods that should be chilled are kept on a bed of ice. Even when salad bars are maintained well, germs can be transmitted from one patron to the next. As microbiologist Michael Pariza said: "You don't know who last touched the scoop that falls in the dressing."

Social gatherings. Dr. Edlow suggests that when serving food buffet-style, the host should "place small amounts of food on the table and restock serving dishes from a refrigerated or heated supply rather than letting food sit for a long time." Keep cold foods below 40 degrees Fahrenheit and hot foods above 140 degrees Fahrenheit. Meat cooked for later use should be immediately refrigerated and should remain that way until ready for transport. Before it is eaten, the food can be thoroughly reheated.

GLASS *Its First Makers Lived Long, Long Ago*

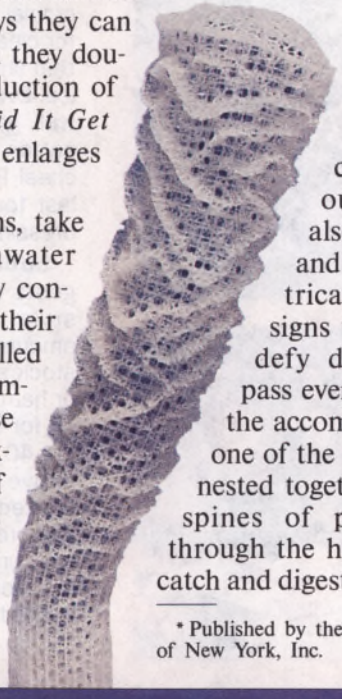
DIATOMS, microscopic single-celled organisms, float in the surface waters of the seas and constitute six tenths of the organisms that make up the plankton of the oceans. The word "plankton" means "that which is made to wander," and plankton are said to be "too small and weak to do anything but drift at the mercy of the currents."



They may be small, but they are hardly weak. When storms stir up nutrients from the depths of the sea, these single-celled algae known as diatoms launch a feeding frenzy, and in two days they can double their number. And when they double, they also double their production of glass. The book *Life—How Did It Get Here? By Evolution or by Creation?* enlarges on this:

"Diatoms, one-celled organisms, take silicon and oxygen from seawater and make glass, with which they construct tiny 'pillboxes' to contain their green chlorophyll. They are extolled by one scientist for both their importance and their beauty: 'These green leaves enclosed in jewel boxes are pastures for nine tenths of the food of everything that lives in the seas.' A large part of their food value is in the oil that diatoms make, which also helps them bob buoyantly near the surface where their chlorophyll can bask in sunlight.

"Their beautiful glass-box coverings, this same scientist tells us, come in a 'bewildering variety of shapes —circles, squares, shields, triangles, ovals, rectangles—always exquisitely ornamented with geometric etchings. These are filigreed in pure glass with such fine skill that a human hair would have to be sliced lengthwise into four hundred slices to fit between the marks.'"—Pages 143-4.*



Another group of tiny works of art flourishing in the ocean's plankton are the radiolarians. These tiny protozoans—20 or more could sit on a pinhead without touching one another—also make glass from the silicon and oxygen in the ocean. The intricate beauty and amazing designs wrought by these creations defy description, for they surpass even the diatoms. Study closely the accompanying picture that shows one of the radiolarians with three balls nested together like Russian dolls, with spines of protoplasm reaching out through the holes of its glass skeleton to catch and digest its prey. One scientist offers

* Published by the Watchtower Bible and Tract Society of New York, Inc.

this comment: "One geodesic dome will not do for this superarchitect; it has to be three lacelike fretted glass domes, one inside another."

There are sponges that construct skeletons of glass—the most amazing one is Venus's-flower-basket. When it was first brought to Europe at the beginning of the 19th century, its design was so spectacularly striking that these sponges became expensive treasures placed in zoological collections—until it was discovered that they were not rare but "formed a carpet on the sea bottom in the vicinity of Cebu, Philippines, and along the Japanese coasts at depths of 200-300 m [700-1,000 feet]."

One scientist was so impressed with it, and mystified by it, that he said: "When you look at a complex sponge skeleton such as that made of silica spicules which is known as [Venus's-flower-basket], the imagination is baffled. How could quasi-independent microscopic cells collaborate to secrete a million glassy splinters and construct such an intricate and beautiful lattice? We do not know."

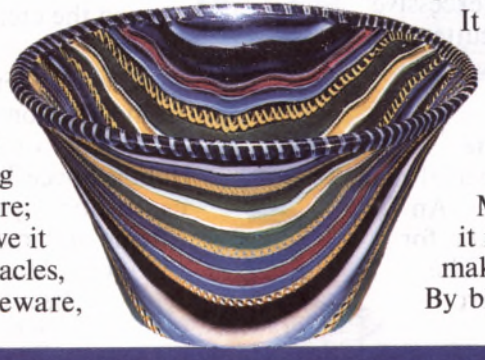
The sponge doesn't know either. It has no brain. It does it because it was programmed to do it. Who was the programmer? Not man. He was not there.



Top and Bottom: The Corning Museum of Glass

Man's Role in the History of Glass

But man is here now, and visibly he occupies center stage in the making and the using of glass. It is everywhere; it surrounds us. You have it in your windows, spectacles, computer screen, tableware, and thousands of other products.



The versatility and beauty of glass have helped it to maintain its popularity. While it may break fairly easily, it has other strengths. It is still favored for storing foods. Unlike metal, for example, it does not impart a taste to the food. Some glass containers can be used for cooking. You could hardly imagine your favorite restaurant serving fine vintage wine in plastic cups.

Job compared glass to gold in value. (Job 28:17) It certainly was not as common in his day as now, but it had possibly already been in use for well over a thousand years.

The art of glassmaking eventually reached Egypt. The Egyptians used a method called core-forming. A shaped core was made of clay and dung, and molten glass was wrapped around it and shaped when it was rolled on a smooth surface. Then threads of brightly colored glass were trailed onto the surface to make various designs. Once the glass had cooled, the clay core was picked out with a sharp instrument. Considering the primitive method, some surprisingly attractive glass objects were produced.

It was much later that a new method, glassblowing, would revolutionize glass production. This art was probably discovered along the eastern Mediterranean Coast, and it is still the primary way of making glass by hand today. By blowing through a hollow

tube, the experienced glassblower can quickly produce intricate and symmetrical shapes out of the "gather" of molten glass at the end of his tube. Alternatively, he can blow the molten glass into a mold. When Jesus walked the earth, glassblowing was in its infancy.

The glassblowing innovation, along with the backing of the powerful Roman Empire, made glass products more accessible to the common people, and glass items were no longer owned exclusively by the nobility and the wealthy. As Roman influence increased, the art of glassmaking spread to many countries.

By the 15th century, Venice, which was an important trading center for Europe, had become the major producer of glassware in Europe. The Venetian glass industry was centralized at Murano. Venetian glassmakers were highly esteemed, but they were forbidden to leave the island of Murano, lest their precious trade secrets be imparted to others.

Beautiful Venetian glassware did much to enhance the popularity of glass, but glassmaking was by no means an easy task. The book *A Short History of Glass* refers to a publication of 1713 that describes what it was like. "The men stand continually half-naked in freezing winter weather near very hot furnaces . . . They shrivel because their nature and substance . . . is burnt up and destroyed by the excessive heat." In later years glass cutters polished glass using a rotating wheel and abrasive powders.

Later Innovations

England has earned special mention in the history of glass. An English glassmaker perfected a formula for lead glass in 1676. The addition of lead oxide produced a heavy glass that was strong, clear, and sparkling.

The British Empire was at its height during the Victorian age, and by this time Britain was also a major glass producer. Specially notable was the great exhibition at the Crystal Palace in 1851, the first world's fair, which attracted exhibitors of industrial art and handicrafts from nearly 90 countries. While glass featured prominently in the displays, it was the Crystal Palace itself, with its central 27-foot-high glass fountain, that stole the limelight. About 400 tons of sheet glass were used for this massive structure, which consisted of 300,000 hand-blown panes.

Yet, it was in the United States that the next major change in glassmaking took place. This was the perfecting of a mechanical pressing machine in the 1820's. The book *A Short History of Glass* comments on this: "At a pressing machine, two men with minimum experience could produce four times as much glass as a team of three or four trained glassblowers."

In the early 20th century, an automatic bottle blowing machine was perfected in the United States. In 1926 one plant in Pennsylvania used an automatic device to produce 2,000 light bulbs a minute.

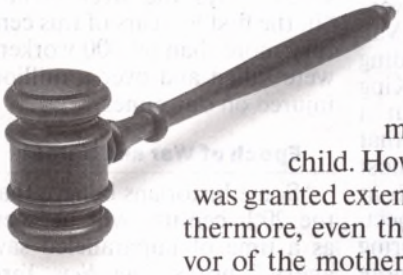
Many artists and designers have been attracted by the artistic potential of glass. This has brought innovative design to glass products and the creation of more artwork in glass.

Glass is certainly a marvel. Apart from all its domestic uses, consider some of its many other applications—in the Hubble Space Telescope, in camera lenses, in fiber-optic communication systems, and in the chemistry laboratory. Fragile maybe, but so versatile and beautiful.



The Corning Museum of Glass

SUPREME COURT OF NORWAY UPHOLDS RELIGIOUS RIGHTS



WHAT circumstances could render a parent unfit to raise a child? This question is fiercely debated in custody cases around the world. Many factors are considered, including each parent's health, living conditions, and rapport with the child.

But what about religion? Can a parent be declared unfit simply because of his or her faith? This question became the focus of a custody battle in Norway involving one of Jehovah's Witnesses. More than two years elapsed and three hearings took place before the issue was settled in Norway's Supreme Court.

It began in 1988. The parents had completely separated by March of 1989, and the mother retained custody of their daughter. The father took the matter to court, claiming that he should be given full parental responsibility for the girl. He asserted that the mother was incapable of providing a normal, healthy upbringing for the child and therefore should be given visitation rights only. The reason for his claim? She was associating with Jehovah's Witnesses.

Soliciting the "expert" testimony of opposers of Jehovah's Witnesses, the father set out to convince the court that the teachings and life-style of Jehovah's Witnesses conflict with the attitudes and values necessary for responsible parenting. The county court ruled 2 to 1 that the child should remain with her mother for daily care, awarding the father visitation rights. The father appealed the case to the high court. Again, a 2-to-1 ruling upheld the mother's daily care of the child. However, this time the father was granted extended visitation rights. Furthermore, even the judges who ruled in favor of the mother seemed beset by doubts about the child's future. With this reinforced foothold, the father appealed the case to the Supreme Court of Norway.

Once again, the father sought to discredit the beliefs of Jehovah's Witnesses. It would be damaging, he claimed, for his daughter to grow up under such an influence.

The Supreme Court, however, viewed the matter differently. In support of a decision handed down on August 26, 1994, the court's first judge declared: "The mother's membership of Jehovah's Witnesses is no hindrance to awarding her the daily care for the child." He also said: "I find that the child is functioning well and is a happy girl. She seems to have handled in a fair manner the problems that must arise because her father and her mother have very different views of life." His conclusion was unanimously supported by the other four judges.

Lovers of truth in Norway greatly appreciate that the Supreme Court judges saw through the false accusations made against Jehovah's Witnesses. With this decision the court confirmed each individual's freedom to worship God and to give his or her children a warm upbringing fostered by Bible principles.*

* Similar cases are reported in *Awake!* issues of April 8, 1990, page 31, and October 8, 1993, page 15.

Archaeological Find

Archaeologists have long felt that no major discoveries were left to be made in Egypt's Valley of the Kings after finding the treasure-laden tomb of King Tutankhamen in 1922. But a new tomb has come to light that may be the largest and most complex in the valley. With at least 67 chambers and a suspected lower level that may bring the total number up to more than 100, it was apparently built by Ramses II as a burial place for his sons. Ramses II ruled for 66 years in the 13th century B.C.E. and had over 100 children, including 52 sons. Tombs for two of the sons had already been found. It is thought that the rest were buried in this newly found tomb, where names of four sons, including his firstborn, Amen-hir-khopshef, have been discovered. This has intrigued religious scholars because some have speculated that Ramses II was Egypt's pharaoh at the time of Israel's Exodus. Other scholarship, however, has placed the time of the Exodus at 1513 B.C.E.

"Dangerous Business"

"Mining is by its nature a dangerous business," notes Johannesburg's *WeekendStar,* "and one that is vital to the country's economy." Just how dangerous was highlighted in May when an underground 12-ton locomotive in one of South Africa's gold mines "ploughed through no fewer than three safety devices before plunging down a 2 103m [6,900 foot] shaft and squashing the lift cage," which contained 104 miners. There were no survivors. "Unfortunately, such tragedies have long been a feature on South Africa's landscape," says the *WeekendStar.* "In the first 93 years of this century more than 69 000 workers were killed and over a million injured on our mines."

Epoch of War and Unrest

"Some historians believe that the 20th century will be seen as a time of unparalleled savagery," notes *The New York Times.* "Increasingly, the 75-year period from 1914 to 1989, covering two world wars and the cold war, is being seen by historians as a single, discrete epoch, a time apart in which much of the



world was fighting war, recovering from war or preparing for war." An article in *The Washington Post* concurs: "Our 20th-century wars have been 'total wars' against combatants and civilians alike," it says. "The casualties, including the genocide of the Jews, are measured in the tens of millions. The barbarian wars of centuries past were alley fights in comparison." Civil insurrections have added to the carnage. How many have died? "The 'megadeaths' since 1914, by an estimate of Zbigniew Brzezinski, have totaled 197 million, 'the equivalent of more than one in ten of the total world population in 1900,'" says the *Post.* It adds that it is an "indisputable fact that terrorism and wanton killing are embedded deeply in the culture of this century" and that "no political or economic system has so far in this century pacified or satisfied the restless millions."

World Health Survey

The World Health Organization (WHO), in its first annual survey of global health, reports that about 40 percent of the world's population—over two billion people—are sick at any given time. Much of the disease and illness is needless and preventable, they say. Poverty is the greatest underlying cause, as more than half of the world's 5.6 billion people do not have access to the most essential drugs, a third of its children are undernourished, and over a fifth of the people in the world have little or no resources to prevent or treat their illnesses. The deadliest diseases—heart disease, strokes, pulmonary disease, tuberculosis, malaria, and respiratory infections, as well as diarrhea in children under five—kill millions each year. However, the report notes that in the last 25 years, life expectancy has increased to 65 years from 61. "For many millions of people for whom survival is a daily battle, the prospect of a longer life may seem more like a punishment than a prize," said Dr. Hiroshi Nakajima, director-general of WHO.

Armageddon Views

Religions in Japan were prompted to express their views on Armageddon after the Aum Shinrikyo religion came to public attention in connection

with the fatal sarin gas attack in Tokyo's subways in March. "For years, cult leader Shoko Asahara . . . has prophesied that the world would witness Armageddon," reports *The Daily Yomiuri*. Although Aum is nominally Buddhist, two Buddhist organizations said that "the Armageddon concept was unknown to Buddhism," reports *Mainichi Daily News*. "Both the mainstream Christian groups surveyed . . . dismissed AUM's belief that Armageddon is imminent. The Catholic group said that the belief is not familiar to Catholics, while the Protestant organization said that the cult should not have used the word 'Armageddon' in that 'a Biblical word was taken out of context.' The Unification Church stated that 'religious propagation methods that fan general fear are undesirable,' and Shinyoen stated that if some view is pushed too hard people feel threatened." Apparently, Aum's founder doubted his own prophecy. One of the cult's top leaders was quoted as saying: "I guess the sarin project was launched so that the guru's prophecy could come true."

Religion and Healing

A study of 232 elderly patients who had open-heart surgery has shown that those patients "who were able to find strength and comfort in their religious outlook had a survival rate three times higher than those who found no balm in religious faith," says the *International Herald Tribune* of Paris. Although previous research pointed to the health benefits of having close relationships with and support from friends and family, this was the first study "to demonstrate such a strong health advantage from religious faith among seriously ill patients," said the *Tribune*. The study's director, Dr. Thomas Oxman, observed: "It seems that being able to give meaning to a precarious, life-threatening situation—having faith there is some greater meaning or force at work—is medically helpful."

Slow Mail

Any who have ever had reason to complain about postal service inefficiency can console themselves with the case of a couple from Vicenza, Italy. While interned in a Nazi concentration camp in northern Europe in 1944, an Italian husband wrote his wife: "Don't worry if it takes a long time for



news from me to get through." "Almost a premonition," says *La Repubblica* newspaper, since the message arrived at its destination 51 years later. The couple, now in their 80's, were pleasantly surprised by the arrival of the letter and organized a small party of their friends to mark the occasion. The route taken by the letter before finally arriving at its destination remains a mystery.

Virtual Reality Impact

Virtual reality (VR) "could take over up to one-third of the home video-game market by the end of the century," claims a report in *The Globe and Mail* newspaper of Canada. In such games players wear a helmet that includes earphones and a display screen in front of each eye. Wired gloves allow the player to transmit motion signals and interact in the computer-generated world. But along with the convincing graphics of such games have also come reports of "cybersickness," possibly due to the time lag as computer-created images react to body movements. Aftereffects include disorientation, nausea, headaches, eyestrain, coordination problems, and flashbacks. "Observers predict that because of the high incidence of cybersickness, it is only a matter of time before someone gets injured and VR is dragged into court," says *The Globe*. The report suggests that until simulations can be speeded up to keep pace with people's reactions, "less-convincing graphics, less motion, less immersive simulations and time limitations on machines may help."

Vending Machine for Religious Images

In traditionally Catholic countries, religious images are one of the most visible signs of "popular devotion to the patron saints and protectors of holy places," notes the Italian daily newspaper *La Repubblica*. Now, technology has been introduced into the flourishing trade of these religious articles. An automatic vending machine for icons, named "icomatic," dispenses religious images when fed a special token. "The self-service system will guarantee discretion in the choice, will eliminate queues, and will assure a religious image for all," says the paper.

FROM OUR READERS

Menopause Thank you from the bottom of my heart for the series "A Better Understanding of Menopause." (February 22, 1995) I am 43 years old, and you gave me satisfactory answers to my questions. Two women who work with me asked for copies, but I had to lend them my personal copy. Our congregation had run out of them!

M. H. S., Brazil

The articles opened my mind and heart to see what kind of a change my mother is going through. I hope I can continue to understand this change in her life and be more helpful.

A. K., United States

I am 47 years old, and until I received that issue of *Awake!,* I had no understanding of the subject, even after consulting doctors. You have helped me to understand that these changes are natural. I am ready now to cope with the problems.

E. M., Sierra Leone

I recently attended a three-hour seminar on this subject. It was put on by the education departments of two major hospitals. The program was very informative, but I learned more in 30 minutes by reading *Awake!* than I learned in three hours at the seminar.

J. B., United States

Missing Articles? I am an 11-year-old girl. I found out that you are no longer printing the "Young People Ask . . ." series. Why is that? I really enjoyed that section. Some of the questions applied to me, and I liked reading them! It was the first thing I looked for when we got the *Awake!* I'm sure that other kids feel the same way. Are you going to print that section in the future?

E. K., United States

"Young People Ask . . ." will continue to be published once a month. It will appear in the issue dated the 22nd of each month. Since the series began in 1982, over 300 articles have been published in this series. We encourage our young readers to look over some of these older articles. Be assured, though, of our continued interest in the problems of young ones.—ED.

Inquisition In your article "The Inquisition in Mexico—How Did It Happen?" (October 8, 1994), you referred to "king of the Aztecs, Netzahualcóyotl." However, Netzahualcóyotl was not a king of the Aztecs but king of the Chichimec.

E. R. C. L., Mexico

Netzahualcóyotl was indeed Chichimecan, not Aztec. Interestingly, though, some reference works, such as the "Nueva Enciclopedia Cultural IEPSA," do refer to him as "king of the Aztecs." As the book "Historia de México" explains, Netzahualcóyotl ruled "in alliance with the Aztecs," who already dominated the Chichimecan people.—ED.

"Prodigal" Youths I can't begin to express to you the spiritual uplift I received upon reading the article "Young People Ask . . . How Can I Straighten Out My Life?" (January 8, 1995) It gave me the courage to pray to Jehovah and ask his forgiveness for the sins I have committed in the past. Before reading this article, day and night my heart grieved over these sins. Many nights I would lie in bed and feel that suicide was the only answer. I now know that Jehovah's principles are for our benefit, and I will *learn* from my past mistakes.

Q. B., United States

As a youth, I left Jehovah and his organization. Even though I have been back now for almost five years, I sometimes felt that Jehovah would never forgive me fully. I now know that I was wrong; the deep, nagging feeling of doubt inside has finally subsided.

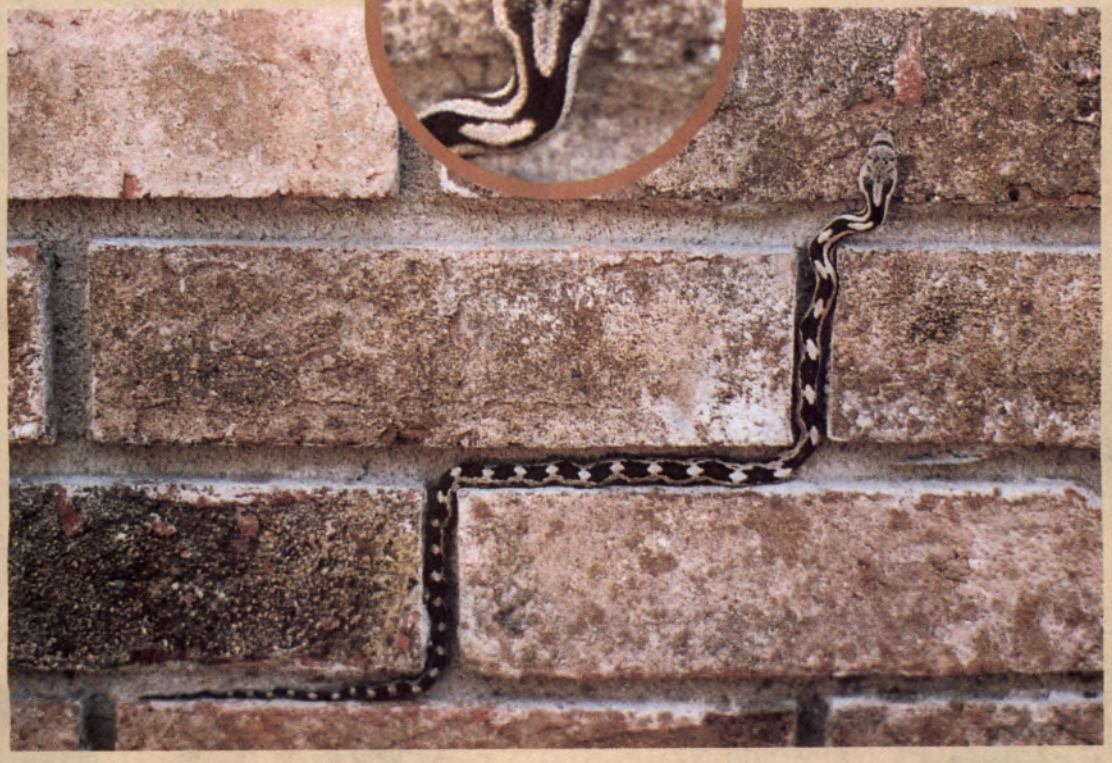
R. D., Trinidad

The Rat Snake
Made for Climbing

A HANDBOOK on snakes in Alabama describes the rat snake as an accomplished climber. This one is showing his skill by climbing the brick side of a building. He is apparently a young one, since he fits nicely into the grooves between the bricks. He loves to dine on rats and mice.

The Audubon Society Encyclopedia of Animal Life reveals his special skill in climbing: "Rat snakes have weakly keeled ventral plates. At least one function of the keel is to provide a sharp corner or projection that the snake can press against bark and thus obtain better purchase. It can climb up the trunk of a large tree by wedging its body between the ridges of bark and hitching upward at least partly by means of the keeled ventrals."

His presence on a tree may make him the target of a flock of screaming, dive-bombing blue jays. A trek up the side of this building will probably not end with birds or bird's eggs on the menu, but it could provide a siesta on warm bricks.



"A Word of Thanks"

That is what a young student in Japan wanted to express. She explained that she had received special prizes at school for essays that she based on articles she read in *Awake!*

"Until then," she added, "I had been storing the magazines in my home without storing the information in my head. When I thought of how useful the magazines had been to me, I said to myself, 'These are the magazines I haven't been reading.' Feelings of regret overwhelmed me. Since then, I have been reading the magazines as I should."

In appreciation, this student wrote further: "The magazines are very useful in helping me handle all the different trials I face in school. Thank you for always providing such wonderful articles. I will continue to look forward to receiving them."



Awake!

December 8, 1995



SCIENCE FICTION

A GLIMPSE INTO OUR FUTURE?

Awake!

Average Printing 12,990,000
Published in 75 Languages



Science Fiction
A Glimpse Into Our Future?
3-10

Science fiction has become popular in books and films. How accurate are its visions of the future? Is all science fiction worthwhile entertainment?



Is Competition in Sports Wrong? **14**

What insight does the Bible give on this question?



Crystal Palaces of the Sea **16**

How do these majestic, massive lumps of ice come into being? What happens to them?

Science Fiction —Its Rise to Popularity	**3**
A Look at Today's Science Fiction	**5**
What the Future Really Holds	**8**
What We Learned From Andrew	**11**
Baby Transport —African and North American Ways	**20**
Crossword Puzzle	**22**
Rocks That Fly	**23**
Hula—The Dance of Hawaii	**26**
Watching the World	**28**
From Our Readers	**30**
Christmas—Its Origins	**31**
'Answered All Questions'	**32**

SCIENCE FICTION
ITS RISE TO POPULARITY





Jules Verne's novel "From the Earth to the Moon" did much to spark interest in space travel

THE year 1982 saw a first for the American movie industry. During the 1982/83 season, the most popular film "performer" was not a person at all. According to *The Illustrated History of the Cinema,* it was ET, the grotesque but somehow cute character from outer space that starred in the film *ET: The Extra-terrestrial!*

This remarkable circumstance is just one evidence of the overwhelming popularity science fiction (SF) has enjoyed in recent years. Once relegated to pulp magazines and considered the fare of loners and dreamers, science fiction has become an established part of mainstream entertainment. But what is behind its dramatic rise in popularity?

To answer this question, we must first consider the history of science fiction. From time immemorial men have told fantastic tales in order to awe, impress, or simply entertain. However, during the 17th and 18th centuries, Europe entered an era of scientific and material progress. Many

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began to challenge traditional ideas and authorities. In this atmosphere some began to speculate on how scientific progress would affect mankind in the future.

Exactly who invented science fiction is a matter of debate. Seventeenth-century authors Francis Godwin and Cyrano de Bergerac wrote fictional works that involved space travel. In 1818, Mary Shelley's book *Frankenstein, or The Modern Prometheus* portrayed a scientist with the ability to create life and depicted the horrific consequences.

Some writers used this kind of fiction to highlight the shortcomings of human society. So when Jonathan Swift derided 18th-century English society, he wove his satire into a series of fictitious voyages. The result was *Gulliver's Travels,* a biting allegory that has been called science fiction's "first literary masterpiece."

But writers Jules Verne and H. G. Wells are usually credited with putting the science-fiction novel into its modern form. In 1865, Verne wrote *From the Earth to the Moon*—one of a string of successful novels. In 1895, H. G. Wells' popular book *The Time Machine* appeared.

Fiction Becomes Reality

By the early 1900's, scientists were beginning to make some of these visionaries' dreams come true. According to the book *Die Großen* (The Great Ones), German physicist Hermann Oberth spent years trying to make Jules Verne's dream of manned spaceflight a reality. Oberth's calculations helped lay a scientific basis for space travel. However, he was not the only scientist influenced by science fiction. Says popular science-fiction writer Ray Bradbury: "Wernher von Braun and his colleagues in Germany and everyone in Houston and Cape Kennedy read H. G. Wells and Jules Verne when they were children. They decided that when they grew up, they would make it all come true."

Actually, science fiction has been the springboard for innovation in many areas. Author René Oth claims there have been few "inventions or discoveries that science fiction did not predict in advance." Submarines, robots, and manned rockets were all the staples of science fiction long before they became realities. Science-fiction writer Frederik Pohl thus maintains that "to read science fiction is to stretch the mind."

Of course, not all science fiction is really about science. Some of the most popular science-fiction books and films are actually forms of what some call *science fantasy.* Scientific plausibility is often the hallmark of science fiction, whereas fantasy stories are limited only by the imagination of their author. Magic and sorcery may even play a role.

How accurate, though, are science fiction's views of the future? Is all science fiction worthwhile for reading or viewing? The following articles will address these questions.

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A LOOK AT TODAY'S SCIENCE FICTION

AUTOMOBILES, telephones, computers—over 130 years ago, could anyone possibly have foreseen their invention? Science-fiction (SF) writer Jules Verne did! These startling scientific insights were found in a recently discovered manuscript of a Jules Verne novel entitled *Paris in the Twentieth Century.* In this previously unpublished novel, Verne even described a contraption that bears an eerie resemblance to a modern fax machine!*

Even the most astute of science-fiction writers, however, fall light-years short of being true prophets. For example, Jules Verne's *Journey to the Center of the Earth* makes for fascinating reading, but scientists now know that it is not possible to make such a journey. Nor does it seem likely that the year 2001 will see manned trips to Jupiter or other planets, as some suggested earlier.

* In Verne's words a "photographic telegraph [that] permitted the dispatch over long distances of the facsimile of any writing, signature or design."—*Newsweek,* October 10, 1994.

Science-fiction writers have also failed to predict many of the startling scientific developments that *have* transpired. In an article appearing in *The Atlantic Monthly,* science-fiction writer Thomas M. Disch admits: "Consider all SF's failures to imagine the cybernetic [computer] age . . . , the greenhouse effect or the destruction of the ozone layer or AIDS. Consider the new geopolitical imbalance of power. Consider all these things, and then ask what SF has had to say about them. Almost not a word."

Science Fiction—Big Business

For fans, of course, science fiction is not hard science but entertainment. Even so, there are those who challenge its value in that respect too. Science fiction's reputation for being trashy literature began early in this century with the publication of pulp magazines that specialized in science fiction. The first of these, the magazine *Amazing Stories,* went on sale in 1926. Its founder, Hugo Gernsback, is credited with coining a word that developed into the term "science

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fiction." Many felt that these sensational adventure stories had little, if any, literary merit.

Science fiction began to be taken more seriously after World War II. The dramatic role science played in that war gave science new prestige. The predictions of science-fiction writers began to seem more credible. So science-fiction comics, magazines, and paperbacks began to proliferate. Hardbound science-fiction books climbed the best-seller lists. But as science fiction struggles to meet the demands of the mass market, literary quality—and scientific accuracy—is often sacrificed. Science-fiction writer Robert A. Heinlein laments that "anything readable and even moderately entertaining" is now published, including "a great many poor speculative novels." Writer Ursula K. Le Guin adds that even "second-rate stuff" gets printed.

In spite of such criticism, science fiction has reached new heights of popularity, having received a significant boost, not by scientists, but by the motion picture industry.

Science Fiction Hits the "Big Screen"

Science-fiction films have been around since 1902 when Georges Méliès made the film *A Trip to the Moon.* A later generation of young moviegoers was mesmerized by *Flash Gordon.* But in 1968, one year before man landed on the moon, the film *2001: A Space Odyssey* received artistic recognition and was a commercial success as well. Hollywood now began allotting huge budgets for science-fiction films.

By the late 1970's and early 1980's, such films as *Alien, Star Wars, Blade Runner,* and *ET: The Extraterrestrial* accounted for half of all U.S. box-office receipts. Indeed, science fiction provided one of the biggest hit movies of all time, *Jurassic Park.* Along with the film came an avalanche of some 1,000 *Jurassic Park* products. Not surprisingly, TV also jumped on the bandwagon. The popular show *Star Trek* spawned a number of programs about outer space.

Many feel, though, that by catering to popular demands, some science-fiction writers have compromised the qualities that gave science fiction a measure of value. German author Karl Michael Armer claims that 'science fiction is now simply a popular trademark defined no longer by content but by marketing techniques.' Others lament that the real "stars" of today's science-fiction films are, not persons, but special effects. One critic even says that science fiction is "abominable and abysmal in so many of its manifestations."

For example, many so-called science-fiction films are not really about science or the future at all. Futuristic settings are sometimes used merely as a backdrop for graphic violence. Writer Norman Spinrad observes that in many of today's science-fiction stories, someone gets "shot, stabbed, vaporized, lased, clawed, devoured, or blasted." In many films this mayhem is portrayed in horrifying detail!

Another area of concern is the supernatural element that is featured in a number of science-fantasy books and films. While some people may see such stories as nothing more than allegorical battles between good and evil, some of these works seem to go beyond allegory and promote spiritistic practices.

The Need for Balance

Of course, the Bible does not condemn imaginative entertainment as such. In Jotham's parable of the trees, inanimate plants are pictured as talking to one another—even spinning plots and schemes. (Judges 9:7-15) The prophet Isaiah likewise used an imaginative device when he portrayed long-dead national rulers as carrying on a conversa-

tion in the grave. (Isaiah 14:9-11) Even some of Jesus' parables contained elements that could not happen literally. (Luke 16:23-31) Such imaginative devices served not merely to entertain but to instruct and teach.

Some writers today may legitimately use a futuristic setting in order to instruct or entertain. Readers who are conscientious Christians keep in mind, though, that the Bible exhorts us to focus attention on things that are pure and wholesome. (Philippians 4:8) It also reminds us: "The whole world is lying in the power of the wicked one." (1 John 5:19) Some science-fiction films and books serve as a platform for ideas and philosophies that are irreconcilable with the Bible, such as evolution, human immortality, and reincarnation. The Bible warns us not to become prey to "philosophy and empty deception." (Colossians 2:8) So caution is in order when it comes to science fiction, as it is with all forms of entertainment. We should be selective about what we read or view. —Ephesians 5:10.

As mentioned earlier, many popular films are violent. Would our consuming a diet of gratuitous bloodshed be pleasing to Jehovah, of whom it is said: "Anyone loving violence His soul certainly hates"? (Psalm 11:5)

Parents should supervise their children's entertainment





Christians must be selective when it comes to science fiction

And since spiritism is condemned in Scripture, Christians would want to exercise good judgment when it comes to books or films that feature such elements as magic or sorcery. (Deuteronomy 18:10) Realize too that whereas an adult may separate fantasy from reality with little difficulty, not all children can. Again, parents will therefore want to be observant as to how their children are affected by what they read and see.*

Some may decide that they prefer other forms of reading and entertainment. But there is no need for such ones to be judgmental of others in this regard or to make issues over matters of personal choice.—Romans 14:4.

On the other hand, Christians who choose to enjoy various forms of fiction as an occasional diversion do well to remember Solomon's warning: "To the making of many books there is no end, and much devotion to them is wearisome to the flesh." (Ecclesiastes 12:12) Many in today's world have clearly gone overboard in their devotion to science-fiction books and movies.

* See the article "What Should Your Child Read?" in the March 22, 1978, issue of *Awake!*

Science-fiction clubs and conventions have proliferated. According to *Time* magazine, *Star Trek* fans on five continents have devoted themselves to learning the fictitious language Klingon, which was featured in *Star Trek* TV shows and movies. Such extreme behavior does not harmonize with the Bible's counsel at 1 Peter 1:13: "Keep your senses completely ["keep balanced," footnote]."

Even at its best, science fiction cannot satisfy man's curiosity about what the future holds. Those who really want to know the future must turn to a source that is certain. We will discuss this in our next article.

WHAT THE FUTURE REALLY HOLDS

MANY science-fiction enthusiasts have an inquiring mind, a desire for change in human society, and a great interest in the future. The Bible has much to say about the future, but the Bible's view of man's fate bears little, if any, resemblance to the speculations of science-fiction writers.

Science fiction offers many, many different versions of what the future may be like. But would you stake your life on any one of these? On what would you base your choice? These scenarios, or projected courses of events, cannot all be true. In fact, since all of them involve conjecture—fiction—can you confidently say that even one of them is the truth? It is far more likely that none of them are.

Coming to Nothing

Already, many science-fiction scenarios are coming to nothing. In what way? In that those that deal with how science could lead the way to a better civilization here on earth have not come to pass. Far from an improved civilization, the reality of today is the opposite. German writer Karl Michael Armer notes: "The future has overwhelmed us." He points to "global threats of atomic death, environmental disasters, hunger, poverty, energy crises, [and] state-sponsored terrorism."

In other words, the future for the earth and for the human family described in many science-fiction stories is not moving toward realization. To the contrary, as conditions deteriorate on the earth, the human situation is going in the opposite direction. In spite of any scientific or technical advancements, throughout the world human society experiences more and more crime, violence, poverty, ethnic hatreds, and family breakdown.

Some scientific endeavors have added greatly to man's ills. Consider just a few examples: the chemical pollution of our air, water, and food; the disaster at Bhopal in India, where an accident in an industrial plant released poison gas, causing the death of 2,000 people and injury to some 200,000; the meltdown of the nuclear power plant at Chernobyl in Ukraine, resulting in many deaths and increases in cancer and other health problems over a wide area.

Colonizing Outer Space?

A large number of science-fiction stories about the future offer escape from life's mis-

eries and the failures of human schemes on earth in yet another way. They transfer the enthusiast to imaginary scenarios in outer space. Humans using intergalactic spaceships to colonize other planets and other parts of the universe are common themes. Such induce many to feel as did the person who wrote to the editor of a New York newspaper: "Mankind's future lies in space exploration."

True, space exploration continues with the flight of space shuttles near the earth and the launching of instruments to probe space. But what about living in outer space? Although there is talk of extended spaceflight by humans, there are at present no definite working plans to colonize the moon or any of the nearby planets—much less the other galaxies. Really, the colonizing of outer space by human efforts is not a realistic option in the near future. And current space programs of various nations cost so much that they are being scaled back or abandoned.

The reality is that mankind's future, *your* future, is not in any space adventures promoted by humans. Your future is right here on earth. And that future will not be determined by scientists, human governments, or script writers. Why can we be so certain?

Because the future will be determined by the Creator of the earth, Jehovah God. And no science-fiction scenario can emulate the promises held out in the Bible.

In that book—God's inspired Word, which he has communicated to mankind—he tells us what the future will be for humans. (2 Timothy 3:16, 17; 2 Peter 1:20, 21) What does it say?

The Future of the Human Family

The Word of God clearly spells out the Creator's purpose to perform a complete overhaul of human society by means of a new government in the hands of Jesus Christ. In the Bible that heavenly government is called the Kingdom of God.—Matthew 6:9, 10.

Regarding that Kingdom the inspired prophecy of Daniel 2:44 declares: "In the days of those kings [existing today] the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end to all these [present-day] kingdoms, and it itself will stand to times indefinite."

Under the inspiration of God's powerful active force, the apostle Peter also wrote concerning future life on earth under God's Kingdom. He said: "There are new heavens



Mankind's future is on the earth

[God's heavenly Kingdom] and a new earth [a new human society under that Kingdom] that we are awaiting according to [God's] promise, and in these righteousness is to dwell."—2 Peter 3:13.

What will life be like for those who are privileged to live on earth under the rule of God's heavenly Kingdom? The Creator's promise is: "'[God] will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away.' And the One seated on the throne said: 'Look! I am making all things new.' Also, he says: 'Write, because these words are faithful and true.'"—Revelation 21:4, 5.

The kind of future that the Creator promises is a marvelous one. It is completely different from any fictitious scenarios by science-fiction writers or scientists, scenarios so often characterized by weird, fantastic beings and surroundings. True Christians put faith in God's sure promises for the future. Indeed, they do more. They stake their life on them.

Why can they do so with such confidence? Because they know from God's Word that this "hope does not lead to disappointment," since 'God cannot lie.' In fact, "it is impossible for God to lie." (Romans 5:5; Titus 1:2; Hebrews 6:18) As Joshua, a servant of God, stated long ago: "Not one word out of all the good words that Jehovah your God has spoken to you has failed. They have all come true for you. Not one word of them has failed."—Joshua 23:14.

Much of science fiction reflects the ideologies of this wicked old system. How so? Science fiction got off the ground in a period of so-called enlightenment, when many persons rejected traditional authority and believed that man could work out his own future. They rightly blamed worldly religion for much of society's trouble, but then they threw out the truth about God's existence and purpose as well. They were disappointed with the way things were working out and so sought other ideas.

However, human ideas, no matter how well thought out, are limited in scope. Our Creator says: "As the heavens are higher than the earth, so my ways are higher than your ways, and my thoughts than your thoughts."—Isaiah 55:9.

True Scientific Discovery

In God's new world, mankind's natural thirst for knowledge will be quenched in part by genuine scientific inquiry. There will be no need to invent scenarios, for the reality will captivate and educate the mind in a wholesome, truthful way.

Many will then understand how the renowned scientist Isaac Newton felt when he likened himself to "a boy playing on the seashore, . . . whilst the great ocean of truth lay all undiscovered before [him]." Doubtless, in God's new world, He will direct faithful humans to one stimulating discovery after another.

Yes, scientific research will then be based entirely on truth, since Jehovah is "the God of truth." He invites us to learn from man's earthly environment and also the animal world. (Psalm 31:5; Job 12:7-9) Honest scientific endeavor guided by the God of truth will surely be a fascinating feature of God's new system. Then credit for all inventions, discoveries, and wonderful improvements in man's life and living standards will be awarded, not to any human, but to the Creator of the universe, Jehovah God.

In that fast-approaching new world, all obedient humans will glorify God for his loving care and guidance. They will serve him with great rejoicing and will say to him, as described at Revelation 4:11: "You are worthy, Jehovah, even our God, to receive the glory and the honor and the power, because you created all things, and because of your will they existed and were created."

WHAT WE LEARNED FROM ANDREW



AS I drove to work, I found it elating to think about what had happened in the few preceding days. I had just become the father of a son, my second child. Today my wife Betty Jane and our little Andrew would be coming home from the hospital.

Before they were due to be released, however, my wife telephoned. There was a tone of anxiety in her voice. I hurried over. "Something's wrong!" was her greeting. We sat together, waiting for the doctor to return with the pediatric consultant.

The consultant's first remark was shattering news. She stated: "We are fairly certain your son has Down's syndrome." She explained that our son would likely be mentally retarded. Virtually nothing more of her explanation penetrated. My numbed brain had disconnected all auditory impulses. But the visual impressions continued to register.

She picked Andrew up and drew our attention to one of the things that had alerted her to the fact that something was wrong. The baby's head dangled limply. This lack of muscle tone was characteristic of newborn Down's syndrome babies. In a subsequent session with the consultant, we asked her the many questions that flooded our minds as slowly our ability to comprehend returned. To what degree would he be disabled? What could we expect? How much could we teach him? How much would he be capable of learning? She explained that the answers to many of our questions would depend on the environment in which he lived as well as his inherent abilities.

In the more than 20 years since then, we have tried to give Andrew the love and affection he deserves and to teach him all we are capable of imparting. But looking back, we now realize that it has not been totally an exercise in giving.

Sound Advice

Before we had time to adjust to Andrew's presence, loving friends gave us advice they had gleaned from bearing up under their own trials. They meant well, but as would be expected, not all the advice turned out to be either wise or useful. After years of testing, however, their advice distilled into two precious drops of wisdom.

Some tried to console us by saying Andrew was not really retarded. But then an old friend admonished: "Don't fight it! The sooner you accept his limitations, the

sooner you will revise your expectations and begin working with him the way he is."

That turned out to be one of the most important lessons we learned in dealing with adversity. *There can be no healing until there has been acceptance.* While denial is often instinctive, the longer denial persists, the longer we postpone coming to grips with, and working within the limits of, the 'unforeseen occurrences that befall all men.'—Ecclesiastes 9:11.

Through the years when we have met parents whose children could not cope with the normal school curriculum or were in remedial schooling, we have often wondered how many of the children might in reality be retarded or otherwise disabled. Could some of them be among the "invisibly handicapped" —those, unlike Andrew, who have no apparent physical difference and look like normal children? Individuals with Down's syndrome are easily recognizable. But other types of disabilities have no overt indicators. How many parents cling to unrealistic expectations and refuse to accept their child's limitations, resulting in exasperation for everyone?—Compare Colossians 3:21.

The second piece of advice that our experience verified is this: *Ultimately YOU will determine how most people treat your child. The way you treat him will likely be the way others will treat him too.*

Much has changed over the last few decades in people's attitudes toward the physically and mentally handicapped. But many of these changes have been stimulated by some of the disabled persons themselves, their relatives, and other lay and professional advocates. Many parents have courageously ignored advice to institutionalize their offspring and have, in effect, rewritten the books. Fifty years ago most medical textbooks on Down's syndrome were based on data gathered from institutions. Today expectations have been completely revamped, often because parents and others struck out in new directions.

Learning More Compassion

It is strange how easily we can deceive ourselves into thinking that we are genuinely compassionate. But until we are personally involved, our comprehension of many problems may often be superficial.

Andrew has forced us to recognize that disadvantaged persons often have no control over their situation. In fact, it has made us face the question, What really is my attitude toward the weak, the slow, and the elderly?

Often we have been in a public place with Andrew and have had strangers, observing our unashamed acceptance of him as a full member of our family, come up to us and share their secret burdens. It was as though Andrew's presence reassured them that we could empathize with their problems.

The Power of Love

By far the most important lesson Andrew has taught us is that *love is not just a function*

Degrees of Handicap

Some experts divide Down's syndrome individuals into three groups. (1) Educable (Moderate): those who can acquire considerable academic skills. This group includes some who have become actors or even lecturers. Some have succeeded in living independently with minimal supervision. (2) Trainable (Mild): those capable of learning certain practical skills. While they can be taught to care for themselves to some degree, more supervision is necessary. (3) Profound (Severe): the least functional group, who need much supervision.

What of Andrew? We now know that he falls into the category labeled "Trainable."

of intellect. Let me explain. One of the fundamentals of our worship as Jehovah's Witnesses is that true Christianity rises above racial, social, and political divisions and prejudices. Confident in this principle, we knew that Andrew would be accepted by our spiritual brothers and sisters. Ignoring the advice of professionals who said it was unrealistic to expect him to sit respectfully through worship sessions, since his birth we have seen to it that he has accompanied us to meetings and also from house to house in our preaching activity. As anticipated, the congregation treats him with kindness and compassion.

But there are those who go beyond this. They have a special fondness for him. Andrew seems to sense this on a level that is completely unimpaired by his diminished intellect. With these individuals he easily overcomes his natural shyness, and he heads straight for them at the end of the meetings. Time and again, we have observed his instinctive ability to be able, even in a crowd, to discern those who feel a special fondness for him.

The same holds true for his demonstration of love. Andrew is very gentle to babies, older people, and pets. Sometimes when he unhesitatingly approaches a baby of someone we do not know, we stay close by, ready to rescue the child if Andrew inadvertently plays too rough. Yet how often we have felt ashamed of our fears as we watched him touch the baby as tenderly as a nursing mother would!

Lessons We Have Learned

Because all children with Down's syndrome are similar in appearance, we expected that they would all have similar personalities. However, we soon learned that they bear more resemblance to their family than to each other. Each has a unique personality.

Andrew, like many other youngsters, does not enjoy hard work. But we found that if we had the patience and endurance to walk him through a task over and over until it became a habit, it no longer seemed like work to him. His chores around the house have now become second nature, and only extras are considered work.

As we look back over the lessons we have learned during Andrew's life, an interesting paradox emerges. Virtually all the principles we learned in raising Andrew turned out to apply equally to our relationships with our other children and with people in general.

For example, who of us does not respond positively to genuine love? If you were ever unfavorably compared with someone whose abilities or experience differed greatly from yours, did you not find that unjust and frustrating? Finally, has it not been true of many of us that tasks that were originally unpleasant eventually became tolerable, even satisfying, when we had the discipline to stick with them?

Though we have shed many tears over Andrew in our human shortsightedness, we have also shared many joys, small and great. And we find that in areas completely unrelated to Andrew, we have grown because of him. We learned that any experience in life, no matter how trying, has the potential to mold us into better persons rather than into bitter ones.

There is something else of great importance to us. We derive much pleasure from anticipating the grand moment when we will witness the reversal of Andrew's disability. The Bible promises that soon in God's righteous new world, all blind, deaf, lame, and speechless ones will be restored to radiant health. (Isaiah 35:5, 6; Matthew 15: 30, 31) Imagine the joy all will have then in observing firsthand the healing of mind and body as mankind blossom to their full potential! (Psalm 37:11, 29)—*Contributed.*

Is Competition in Sports Wrong?

TWO elderly men sit in a park on a sunny day, playing a game of checkers. Nearby are the sounds of children squealing and running about playing tag. Not too far away, a group of young men enjoy a game of basketball. Yes, all around us every day, young and old delight in sports and games. When they take part, most people try hard to do their best. Perhaps you do too.

But could it be said that such friendly forms of competition are wrong? Many are aware of the apostle Paul's admonition at Galatians 5:26, where he said Christians should not be "stirring up competition with one another." In view of this, would it be improper for Christians to compete in recreational sports and games?

Simply stated, no. Why is that? Before answering that question, let us look briefly at the history of sports and games.

The History of Sports and Games

Participation in sports and games dates back to ancient times and has been a constant feature throughout history—including the history of God's people. The word "ball" even appears in the Bible. At Isaiah 22:18, when mentioning Jehovah God's denunciations against wicked men, it says: "He will wrap (them) up tightly, like a ball." Some modern balls—like golf balls and baseballs—are still made by wrapping materials tightly. The King James Bible translates the same verse: "He will . . . toss thee like a ball." For this analogy to have been relevant, balls must have been used by those living at that time.

In addition, in the Bible there is the case of the patriarch Jacob wrestling with an angel. This account seems to presuppose some prior practiced skill on Jacob's part, since the struggle was an indecisive one that lasted for hours. (Genesis 32:24-26) Interestingly, according to some scholars, the account may indicate Jacob had a recognition of wrestling rules. Israelites likely engaged in archery too—another sport requiring practice and skill. (1 Samuel 20:20; Lamentations 3:12) Running was another athletic endeavor for which men of old exercised and trained.—2 Samuel 18:23-27; 1 Chronicles 12:8.



Games that engaged the mind—like the propounding of riddles—were evidently popular and much esteemed. Perhaps the most notable example of this is Samson's propounding of a riddle to the Philistines.—Judges 14:12-18.

In the Christian Greek

Scriptures, sports and games were sometimes used as metaphors for Christian living. For instance, at 1 Corinthians 9:24, 25, Paul cites an athlete's vigorous training regimen and applies it to a Christian's need for self-control and endurance. Also, it is clear Jehovah incorporated a playful streak into much of his creation, for both man and beast find time to play.—Job 40:20; Zechariah 8:5; compare Hebrews 12:1.

When Competition Goes Too Far

What, then, was the apostle Paul saying to fellow Christians when he told them not to be "stirring up competition with one another"? (Galatians 5:26) The answer lies in the context. Paul prefaced this statement by telling them not to "become egotistical" or, as other Bible translations phrase it, not to become "proud," "conceited," "desirous of vain glory." The pursuit of fame and glory was prevalent among the athletes of Paul's day.

So too in today's vainglorious world, more and more athletes resort to strutting and calling attention to themselves and their skills. Some go so far as to demean others. Taunting, finger-pointing, and verbal degradation, or what some athletes call "trash talking," are rapidly becoming the norm. All of this would be *"stirring up* competition," leading to what Paul referred to in the concluding part of Galatians 5:26 —envy.

At its worst, unbalanced competition leads to fights and even death. Consider the meeting between Saul's men and those of David at Gibeon, when Abner and Joab agreed to "let the young men come forward and sport before [them]." (2 Samuel 2:14-32, *Tanakh*) This seems to refer to a wrestling tournament of sorts. Whatever the contest was, it quickly degenerated into a fierce and bloody battle.

A Balanced View

Recreational sports and games should be refreshing—not depressing. This we can achieve by keeping things in perspective, remembering that our worth to God and our fellowman has nothing to do with our skills in sports or games.

It would be foolish to allow feelings of superiority to well up within us because of physical or mental abilities. So let us avoid the unseemly, worldly tendency to call attention to ourselves, lest we provoke envy in others, for love does not brag. (1 Corinthians 13:4; 1 Peter 2:1) And while it is reasonable to expect excitement, spontaneous bursts of enthusiasm, and congratulations among teammates, we would not want these emotions to run wild and become showy displays.

We would never measure the worth of others by their abilities in sports and games. Similarly, we would not want to think any less of ourselves because of lack of skill. Does that mean it would be wrong to keep score? Not necessarily. But we should remember how insignificant any game really is—people's true worth does not depend on how well they perform. In team play some regularly change the mix of players on each team so that no one team always wins.

Christians should also keep in mind that while sports and games are mentioned in the Bible, they are mentioned only sparingly. It would be a mistake to conclude that the mere mention of sports in the Bible constitutes an outright endorsement of all sports. (Compare 1 Corinthians 9:26 with Psalm 11:5.) Also, Paul noted that "bodily training is beneficial for a little; but godly devotion is beneficial for all things."—1 Timothy 4:8.

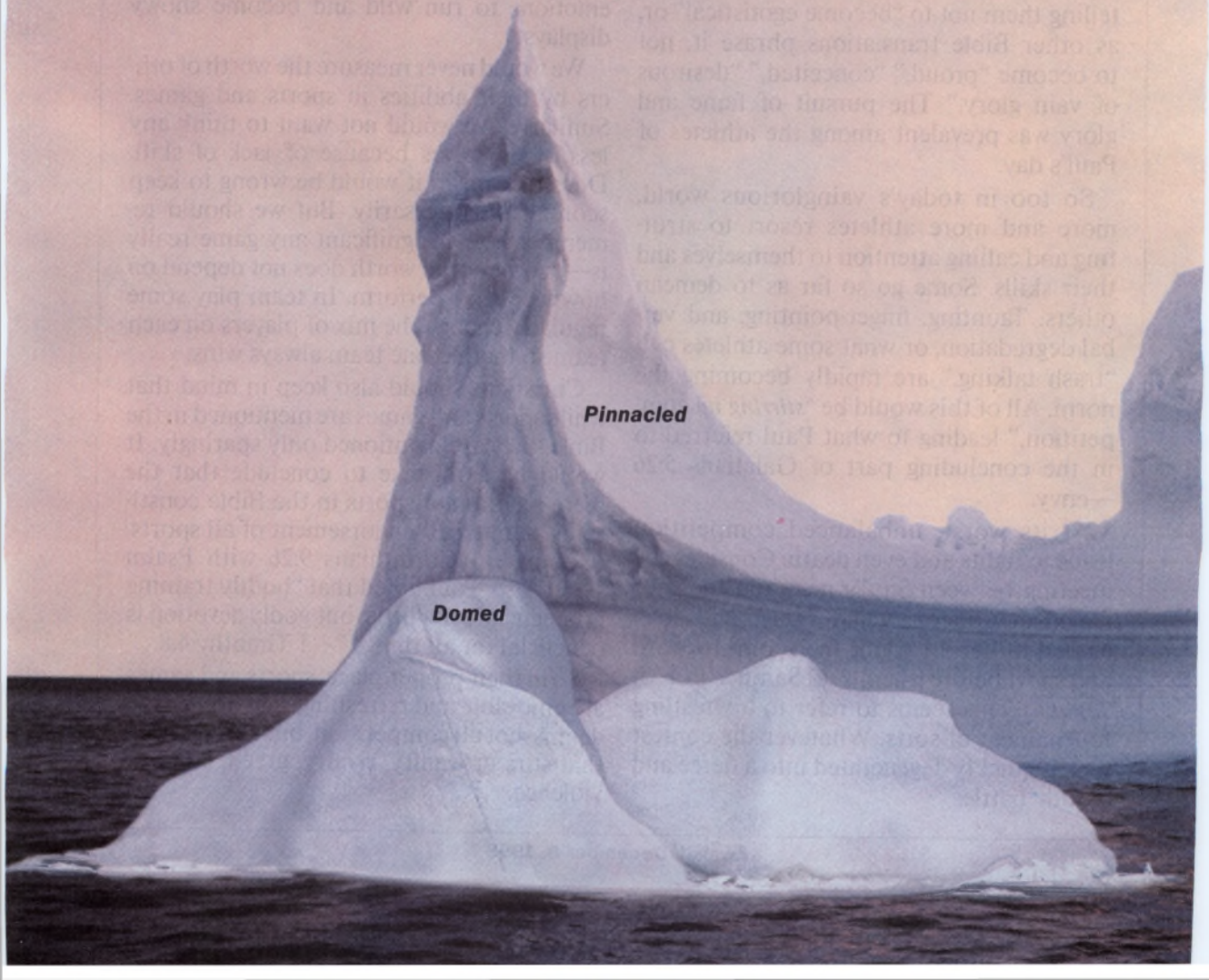
So in their proper place, sports and games are enjoyable and refreshing. The Bible condemns, not all competition, but competition that stirs up vanity, rivalry, greed, envy, or violence.

BY *AWAKE!* CORRESPONDENT IN CANADA

"ICEBERG right ahead!" shouts the anxious lookout. The crew on the ship's bridge reacts immediately. Engines are reversed to avoid a collision. But it is too late. The ship's starboard side sustains a fatal gash.

In less than three hours, the North Atlantic swallows the world's then largest luxury ocean liner. On April 15, 1912, just five days into its maiden voyage from Europe to North America, the *Titanic* comes to rest on the ocean floor, two-and-a-half miles beneath the surface. About 1,500 passengers and crew die at sea.

CRYSTAL PALACES OF THE SEA



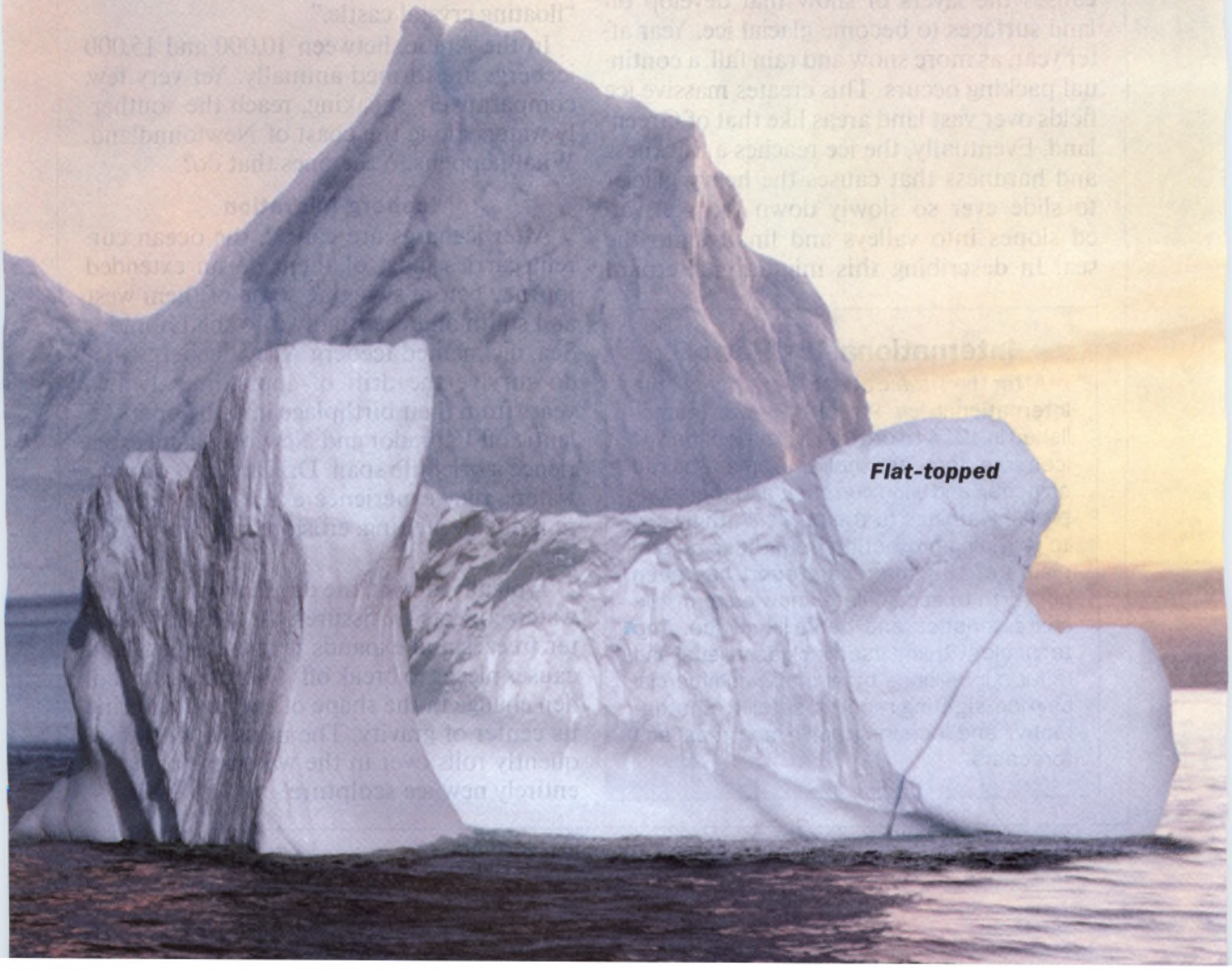
And what was left of the massive ice lump? It remained virtually intact. Only its tip collided with the *Titanic.* The following day, searchers spotted it floating south into warmer waters, as if nothing had happened. The berg's demise, a gradual melting into the vast ocean, would soon be forgotten. The sinking of the *Titanic,* though, is still remembered as a traumatic sea disaster.

Icebergs! They are so inviting and majestic, yet so unyielding. Have you ever seen them close up and sensed the effect they have on man and nature? Would you like to know why and how they come into existence? And what is done to safeguard people at sea from the potential peril of icebergs? (See box "International Ice Patrol.")

Origin and Life Cycle

Icebergs are like giant freshwater ice cubes. They come from glaciers and ice sheets in the North and in the Antarctic. Did you know that the Antarctic ice cap produces some 90 percent of the earth's icebergs? It also yields the largest ones. These stand as high as 400 feet above the waterline and can measure more than 200 miles in length and 60 miles in width. Large icebergs can range between 2 million and 40 million tons. And like snowflakes, no two bergs look alike. Some are tabular, or flat-topped. Others are shaped like a wedge, are pinnacled, or are domed.

Usually only about one seventh to one tenth of an iceberg's mass is visible above



the water. This is especially true of flat-topped icebergs. It is much like what you see when a cube of ice floats in a glass of water. However, this ratio of exposed ice to submerged ice varies, depending on the berg's shape.

Antarctic icebergs tend to be flat-topped and slab-sided, while Arctic icebergs are often irregular and turreted. These latter ones, which mostly come from the great ice cap covering Greenland, pose the greatest threat to man, since they may drift into transatlantic shipping lanes.

Just how are icebergs produced? In the northern and southern regions of the earth, the accumulation of snow and freezing rain often exceeds melting and evaporation. This causes the layers of snow that develop on land surfaces to become glacial ice. Year after year, as more snow and rain fall, a continual packing occurs. This creates massive ice fields over vast land areas like that of Greenland. Eventually, the ice reaches a thickness and hardness that causes the heavy glacier to slide ever so slowly down from elevated slopes into valleys and finally into the sea. In describing this migration, Bernard Stonehouse stated in his book *North Pole, South Pole:* "Hard ice is elastic but readily deformable; under pressure its hexagonal crystals align, then slide on each other to create the flowing and slumping we associate with glaciers."

Just imagine a river of ice moving across uneven terrain very slowly, like cold molasses. Already carrying deep vertical cracks, this giant sheet of ice will be further influenced to produce a spectacular phenomenon once it reaches the coastline. With the combined effects of the rise and fall of tides, flexing waves, and underwater erosion, a huge chunk of freshwater ice that can extend some 25 miles out to sea will thunderously break away from the glacier. An iceberg is born! One observer described it as a "floating crystal castle."

In the Arctic, between 10,000 and 15,000 icebergs are formed annually. Yet very few, comparatively speaking, reach the southerly waters along the coast of Newfoundland. What happens to the ones that do?

Iceberg Migration

After icebergs are calved, the ocean current carries most of them on an extended journey before swinging some of them west and south and eventually into the Labrador Sea, nicknamed Iceberg Alley. Icebergs that do survive the drift of approximately two years from their birthplace into the open Atlantic off Labrador and Newfoundland experience a brief life span. Drifting into warmer waters, they experience extensive deterioration due to melting, erosion, and more calving.

Typically, during the day the ice melts and water collects in fissures. At night the water freezes and expands in these cracks and causes pieces to break off. This creates a sudden change in the shape of the berg, altering its center of gravity. The mass of ice subsequently rolls over in the water, exposing an entirely new ice sculpture.

International Ice Patrol

After the *Titanic* ocean liner tragedy, the International Ice Patrol (IIP) was established in 1914 to determine the location of icebergs, forecast their movement based on ocean and wind currents, and then supply ice warnings to the public. With a view to providing protection from these crystal giants of the sea, every effort has been put forth to accumulate knowledge of the characteristics and behavior of ice. The technology being used includes visual and radar surveillance by aircraft, commercial ship ice-sighting reports, satellite photography, and oceanographic analyses and forecasts.

As this cycle continues and the ice castles further reduce in size by splitting, they produce their own icebergs called "bergy bits," about the size of an average house, and "growlers," about the size of a small room —the latter so named because of the sound they make while floating in the waves. Some smaller growlers may even flounder in the shallow waters of the shoreline and inlets.

Whatever the circumstances, the environment in the more southerly waters will cause the iceberg's rapid disintegration into small fragments of freshwater ice and then into part of the mighty ocean. Until that happens, however, icebergs are to be treated with caution.

How Icebergs Touch Our Lives

Fishermen who depend on the ocean for their livelihood tend to view icebergs as a nuisance and a hazard. Said one fisherman: "The iceberg may be desired by the tourists, but to the fisherman it is a possible menace." Fishermen have returned to check their catch, only to find that an iceberg, moved by the tide and the current, has destroyed their valuable nets and their catch.

Icebergs deserve respect. "You want to keep your distance," says a sailboat skipper. "Icebergs are most unpredictable! Huge sections can break off from high ones, or when striking bottom, great chunks can break off and shoot up at you. Also, the berg can spin and roll, all of which could be disastrous to anyone venturing too close!"

Ocean floor scouring by icebergs is another aspect of concern. "If a berg's draft is about equal to the water depth, its base is known to excavate long and deep channels. Such activity in regions of oil exploration would have devastating effects on seafloor installations such as well-heads," according to one observer.

By now you might be thinking that we would be better off without icebergs. The story of the iceberg, however, is by no means all negative. One Newfoundlander remarked: "Years ago, before refrigeration was common, people in some small coastal villages would retrieve small pieces of berg and drop them into their wells to keep the water icy cold. Another practice was to preserve pieces of berg ice in bins of sawdust to assist in the production of homemade ice cream."

Tourists are especially attracted to these huge mountains of floating glacial ice. They seek vantage points on Newfoundland's rugged coastline to get a panoramic view of the Atlantic and feast their eyes on these sea giants. Cameras click to capture the moment on film.

Icebergs also have the potential to furnish an almost endless supply of fresh drinking water. Distilling and bottling iceberg water could eventually become a feasible venture in this day of unprecedented water pollution. On a large scale, it may seem to be a simple matter to locate a giant "ice cube" and tow it to port for processing. In reality, it is a colossal challenge that so far has proved formidable.

A Wonder of Jehovah's Creation

The Creator of heaven and earth asks: "Out of whose belly does the ice actually come forth?" (Job 38:29) Elihu knew, for earlier he had said: "By the breath of God the ice is given."—Job 37:10.

Thus, when we view these towering, glistening wonders of the sea, our thoughts turn to our Creator, who put them there. Like the psalmist, we say: "How many your works are, O Jehovah! All of them in wisdom you have made. The earth is full of your productions." He adds: "Your works are wonderful."—Psalm 104:24; 139:14.

Truly, Jehovah is a wonder-working Creator. How we long to know him better! We can do so by paying attention to his Word. —Romans 11:33.

BABY TRANSPORT
African and North American Ways



BY *AWAKE!* CORRESPONDENT IN NIGERIA

THERE are a variety of ways that people throughout the world transport babies. The North American and African ways offer quite a contrast.

On these different continents, economic conditions vary dramatically. So we would expect that methods of transport would vary dramatically too. First, let us see how people in North America often handle the matter.

The North American Way

In the United States and many other parts of the world, four-wheeled baby strollers or prams are a common method. And the trend in recent years has been to make them easier to use, more stylish, and more comfortable for the baby. Many have plush cushioning, washable pads, and elevated seats.

Strollers offer children a welcome repose, a change of pace, a rest for sore feet. For a sleepy youngster, a stroller can be like a bed on wheels. Often the motion of a moving stroller soothes and calms a tired and irritable child.

Strollers can make life easier for parents too. One parent said: "It's easier than carrying a child everywhere." A child may be easy to carry when small, but it is a different story when he or she begins to double or triple in weight. Moreover, parents enjoy knowing that their child is safe and secure in a stroller that they are able to control.

In the United States, care is taken to make strollers safe. They are designed with a wide base and a low center of gravity so that they cannot be easily toppled. Brakes must be strong and in a position where they cannot be disengaged by a child in the stroller. Latches are installed to prevent the accidental folding of the stroller. Care is taken to eliminate any "pinch points"—areas that can pinch tiny fingers. Seat belts give added protection.

Strollers may range in price from over $20 to some eight or ten times that much. One

luxury model that retails for about $300 features an extra-large basket, a plush interior, a weather-resistant exterior, multidirectional wheel movement, and a fast-fold, lightweight frame. A specially designed "joggers stroller," which allows mom or dad to wheel the baby while jogging, sells for some $380.

The African Way

In Africa, as well as in many lands of Asia, most mothers carry babies on their backs, just as their mothers did and their mothers before them. "Baby-backing," as many Africans call it, could hardly be less expensive or more convenient. The only equipment needed is a strong, rectangular piece of cloth called a wrapper. In a simple, safe maneuver, mother bends over, positions her baby on her back, and then wraps and ties the cloth around both of them.

Do babies ever fall while being tied in place? This almost never happens. When tying on an infant, mother gives support with one hand while she secures the wrapper with the other. Concerning older youngsters, a Nigerian woman named Blessing said: "Babies don't resist; they hold on tight. They love to be on their mother's back. At times they cry to be there. But if the baby does struggle, the mother can pin one or both of its arms to her side with her upper arms until she gets the wrapper in place."

To give support to the neck of very young babies, mothers use a second piece of cloth, which they tie in the same way as the main wrapper. Added support for young or sleeping babies is achieved by covering the child's arms with the wrapper. Older children enjoy having their arms free.

How long do African mothers carry their youngsters on their back? In times past some ethnic groups, such as the Yoruba of Nigeria, backed their babies for up to three years. Nowadays a baby gets a free ride for about two years, unless in the meantime mother gives birth to another baby to take his or her place.

Comfortably tied to mother's back, baby can go wherever mother goes—up and down steps, over rough terrain, and in and out of vehicles. But apart from being a practical and inexpensive means of transport, baby-backing meets important emotional needs, such as comfort. A crying baby is put on mother's back; baby goes to sleep, and mother goes on with her work.

Transferring a sleeping baby from back to bed requires gentleness, since many babies do not like to be disturbed. To do this, mother carefully lies down on her side and gently unties the wrapper, which now becomes a blanket. Sometimes, to simulate the security of the back, she will prop a pillow in front of the baby.

Baby-backing has other benefits. It enables mother to keep in touch with her baby's needs. If the child is lethargic, agitated, feverish, or wet, she will feel it. Baby-backing can bring long-term benefits also. The book *Growth and Development* states: "Close physical proximity in babyhood creates a secure and loving bond between mother and baby, forming the basis for interpersonal relationships in later years. An important factor in this bonding is believed to be the fact that a child held so close can easily detect the rhythm of the mother's heartbeat, just as he or she did when still in the mother's womb."

Babies love the close contact baby-backing provides. In Africa you don't have to look far to see happy children on mothers' backs. Some doze peacefully. Others play with their mother's hair, ears, or necklace. Still others join in with contented sounds as the mother softly sings to the rhythm of her footsteps.

Yes, the African way of transporting babies is usually much different from the North American way. But each is suited to its culture and accomplishes its purpose.

CROSSWORD PUZZLE

Clues Across

1. This expression conveys the power God holds as he commands vast forces of spirit creatures [3 words] (Isaiah 1:24)

8. The band of raiders who took Job's cattle and she-asses and slaughtered his attendants (Job 1:14, 15)

11. This city was on the boundary of the territory of the tribe of Asher (Joshua 19:30)

12. The Shulammite likens her shepherd companion to the pleasant shade of this fruit tree (Song of Solomon 2:3)

13. The number of gods that Jehovah is (Deuteronomy 6:4)

14. Away from (John 15:19)

15. A place where travelers could find accommodations for themselves and their animals (Luke 10:34)

16. Two of Jesus' ancestors through Mary shared this name (Luke 3: 24, 29)

21. To keep in memory a cause for complaint [3 words]

23. A descendant of Koz in the tribe of Judah (1 Chronicles 4:8)

27. The unrighteous steward in Jesus' illustration, knowing he would be dismissed, felt he was not strong enough to do this (Luke 16:3)

29. A flying mammal (Leviticus 11:19)

30. The last of God's earthly creative works (1 Timothy 2:13)

31. A feature that James used in distinguishing the rich man from the poor man in his illustration concerning favoritism (James 2:1-4)

32. One floor level of a building (Acts 20:9)

33. A head priest who returned from Babylon with Zerubbabel (Nehemiah 12:2)

35. What Jesus called the temple [4 words] (John 2:16)

Clues Down

1. Peter told Cornelius that all Judea had heard about Him [3 words] (Acts 10:37, 38, *King James Version*)

2. In a Christian's armor, it represents salvation (Ephesians 6:11-13, 17)

3. This Persian queen was deposed for disobedience (Esther 2:1)

4. The city where David first ruled as king of Judah (2 Samuel 2:11)

5. This city, originally assigned to the tribe of Judah, was later reassigned to the tribe of Simeon (Joshua 19: 7, 9)

6. A head of the people among the Benjamites living in Jerusalem (1 Chronicles 8:16)

7. It was at this point in Jehoshaphat's reign in Judah that Ahaziah became king in Israel [2 words] (1 Kings 22:51)

9. A Levite city given to the Gershonites (1 Chronicles 6:73)

10. Known as "Dead" today, the sea was called by this name in the Bible (Joshua 15:2)

17. What Adam did with the forbidden fruit (Genesis 3:12)

18. A set of draft animals harnessed to a vehicle (Micah 1:13)

19. John was exiled on the one called Patmos (Revelation 1:9)

20. An occupation requiring knowledge (Acts 16:16)

22. A son of Jether of the tribe of Asher (1 Chronicles 7:38)

24. One of the men who, following the lead of Nehemiah, attested by seal to the confession contract (Nehemiah 10:13)

25. Not yet found at the beginning of the third creative day (Genesis 2:5)

26. After the Flood, God decreed this as one of the things that would never cease on earth (Genesis 8:22)

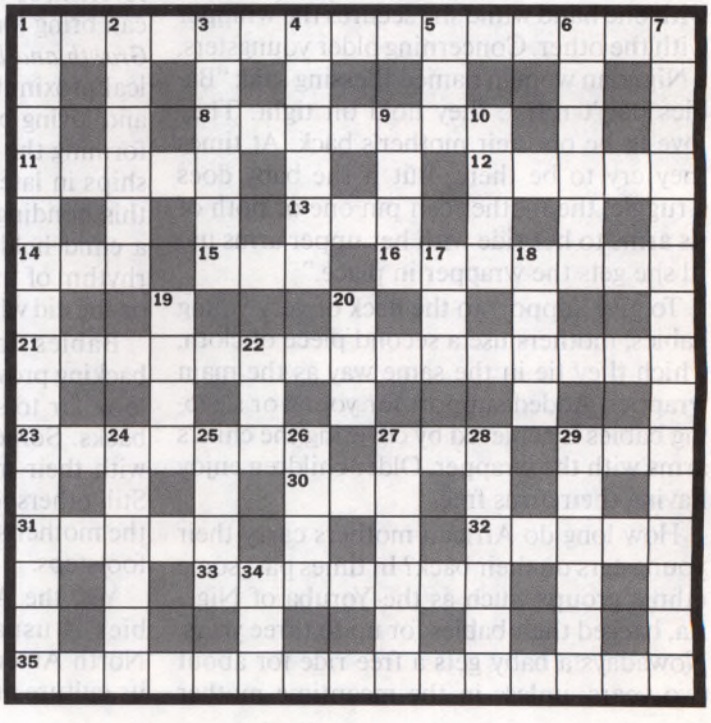
27. One was appointed in Edom to act in place of the king during the time that Jehoshaphat was king of Judah (1 Kings 22:47)

28. An overseer of the Nethinim temple slaves in Nehemiah's day (Nehemiah 11:21)

29. A decorative metal clasp (See Exodus 35:22.)

34. Earlier than the present time (Hebrews 1:1)

Crossword Solutions Page 27





ROCKS That Fly

Sara Eichmiller Ruck

HAVE you ever seen a shooting star blaze across the sky on a clear night? It may be just a matter of time before you do. According to scientists these fireworks of nature trace their paths across earth's skies some 200,000,000 times every day!

What are they? They are simply chunks of stony or metallic matter known as meteoroids that light up in white heat as they enter the earth's atmosphere. The bright streak of light they trace across the sky as observed from earth is known as a meteor.

Most meteoroids burn up completely

A Fireball on Videotape

Some meteors are unusually bright and large. They are known as fireballs. On October 9, 1992, the fireball shown in the above photograph streaked across the skies over several states in the United States. The fireball was seen first over West Virginia and appeared over a 430-mile stretch of land. One fragment, weighing about 26 pounds, landed on a parked car in Peekskill, New York.

What is unique about this event is that because of the grazing angle at which the meteoroid entered the atmosphere, a bright fireball was produced that lasted more than 40 seconds. This afforded an unprecedented opportunity to record it on video, and this was done from at least 14 different points of view. According to the magazine *Nature*, "these are the first motion pictures of a fireball from which a meteorite has been recovered."

The fireball broke into at least 70 fragments, which appear in some of the videotapes as individual glowing projectiles. Although just one meteorite from this event has been found, scientists believe that one or more other fragments may have pierced the earth's atmosphere and crashed on land. That is all that may be left of the large meteoroid that previously weighed about 20 tons.

Rocks From Outer Space

Asteroid: Also known as a planetoid or a minor planet. These extremely small planets travel in an orbit around the sun. Most have irregular shapes that may indicate that they are fragments of once larger objects.

Meteoroid: A relatively small chunk of metallic or stony matter floating in space or falling through the atmosphere. Some scientists think that most meteoroids are fragments from asteroids produced by collisions or by the rocky debris from extinct comets.

Meteor: When a meteoroid penetrates the earth's atmosphere, the air friction produces intense heat and a bright glow. This trail of hot glowing gases is momentarily visible as a streak of light in the sky. The streak of light is known as a meteor. Many call it a shooting star or a falling star. Most meteors are first sighted when they are about 65 miles above the earth's surface.

Meteorite: Sometimes a meteoroid is so large that it does not burn up completely when entering our atmosphere, and it crashes into the earth. Meteorite is the term for such a meteoroid. Some can be very large and heavy. One meteorite in Namibia, Africa, weighs more than 60 tons. Other large meteorites weighing 15 tons or more have been found in Greenland, Mexico, and the United States.

before they reach the earth, but some survive the intense heat and reach the earth's surface. These are known as meteorites. Some scientists estimate that each day some 1,000 tons of this flying rock is deposited on earth.*

These crashes are seldom dangerous to hu-

* Estimates vary.



NASA photo/JPL

Ida and Its Baby Moon

While photographing an asteroid named Ida, the *Galileo* spacecraft, on its way to Jupiter, made an unexpected discovery—the first documented example of a moon orbiting an asteroid. As reported in *Sky and Telescope,* scientists estimate that this egg-shaped moon, named Dactyl, measures one mile by three quarters of a mile. Its orbit is about 60 miles from the center of asteroid Ida, which measures 35 miles by 13 miles. Their infrared color properties suggest that both Ida and its tiny moon are part of the Koronis family of asteroids, which are thought to be fragments of one single, large rock that was shattered by a collision in space.

Photo by D. J. Roddy and K. Zeller, U.S. Geological Survey



Meteor Crater, near Flagstaff, Arizona, U.S.A. is 4,000 feet in diameter and 600 feet deep

mans, mainly because of the relatively small size of these flying rocks. In fact, most meteors are caused by meteorites no larger than a grain of sand. (See box, "Rocks From Outer Space.") But what about the thousands of larger rocks flying in space? Take, for instance, the one known as Ceres, which is about 600 miles in diameter! And there are about 30 other known rocks with a diameter greater than 120 miles. These larger rocks are actually minor planets. Scientists call them asteroids.

What if one of these asteroids were to crash into the earth? This apparent threat is one important reason why scientists study asteroids. Although most asteroids orbit in a belt between Mars and Jupiter, some tracked by astronomers actually cross the orbit of the earth. The threat of a collision is reinforced by the existence of huge craters such as the Meteor Crater (also known as Barringer Crater) near Flagstaff, Arizona, U.S.A. One of the theories for the extinction of the dinosaurs is that a large impact altered the atmosphere and plunged the earth into an extended period of cold weather through which the dinosaurs could not survive.

Such a catastrophic collision today would likely destroy mankind. However, the Bible indicates that "the righteous themselves will possess the earth, and they will reside forever upon it."—Psalm 37:29.

IN OUR NEXT ISSUE

Schools in Crisis

Should I Attend Rock Concerts?

Doctors Learned From My Near Death

HULA

THE DANCE OF HAWAII

BY *AWAKE!* CORRESPONDENT IN HAWAII







MENTION Hawaii, and often the hula comes to mind. Although the hula is uniquely associated with Hawaii, its origins are in the South Pacific.

In ancient times Hawaiians had no written language, so songs and chants were used to relate their history and customs. The hula, with movements of the hips, hands, and feet, along with facial expressions, accompanied these chants and songs.

There is no way to document anything associated with the hula before 1778, when Captain Cook and his men arrived. What is known today is largely based on late 19th-century practices, songs, and chants.

The first hulas may have been sacred rituals. Yet it is not thought that all hulas were acts of worship or part of a religious service.

Influence of Missionaries

The hula was being performed for explorers and sailors on visiting ships in the 18th and 19th centuries. It is possible that these paying customers wanted the hulas to be sexually explicit.

When the missionaries arrived in 1820, they had strong reason to condemn the hula. After securing the approval of the chiefs, the missionaries attacked the hula as heathen and vulgar —and the work of the Devil. Even before this, in 1819, changes in the ancient reli-

gious practices were brought on by Queen Regent Kaahumanu, widow of King Kamehameha I. These included the tearing down of idols and the elimination of complicated rituals. Countless dances and chants were also lost forever.

Kaahumanu was accepted into the church in 1825. In 1830 she issued an edict forbidding public performances of the hula. After her death in 1832, some chiefs ignored the edict. For a couple of years, when moral constraints were openly flouted by young King Kamehameha III and his companions, the hula briefly became popular again. But in 1835 the king conceded that his ways were wrong, and the kingdom returned to the power of the Calvinists.

Revival of the Hula

During King Kalakaua's reign (1874-91), a resurgence occurred with full reacceptance of the hula at public performances. For his coronation in 1883, months of training and excitement culminated in the public performance of many chants and hulas, some especially written for that occasion. By the time of his death in 1891, the hula had gone through many changes in steps and body movements, and accompaniment by instruments like the ukulele, the guitar, and the violin had been introduced.

After the end of the monarchy in 1893, the hula again declined. By the mid-20th century, however, it was flourishing. To appeal to a more diverse audience, numerous innovations were made. Since many could not understand the Hawaiian language, English words were used. The modern hula places more emphasis on the dance itself—the movements of the hands and the feet, the swaying of the hips, and the expression of the face.

As the number of visitors to the islands increased, the hula became more and more popular. Travelers from the mainland took back with them the dances that they learned and began featuring them in Hollywood films with non-Hawaiian dancers. In 1935 even Minnie Mouse danced the hula for Mickey, who played his steel guitar.

The Hula Today

With the "Hawaiian Renaissance" in the 1970's, the knowledge of a few chanters, dancers, and master teachers became the basis for revitalizing older hula forms. Today there are hula masters who reproduce the old dances and those who create new ones. In either case, their attempts have resulted in extravagant and spectacular displays.

A spiritual affinity with the many Hawaiian gods has carried over to a degree into modern times. Each year before the start of the Merrie Monarch Festival held in Hilo, Hawaii, hula schools make their pilgrimage to Pele's fire pit or sites of recent lava flows. They chant, dance, and make offerings of flowers, berries, and gin, asking for her blessings on their efforts for the contest. Groups from around the world compete in three nights of competition viewed as the Olympics of hula.

The hula has become a large part of the cultural rebirth in Hawaii. It includes the somber dances accompanying chants with reverence to gods and goddesses as well as the simple expressions of everyday life in the islands that have no religious significance at all.

Christians should be very selective in dancing or in viewing certain hulas. They need to be sure that they are not unknowingly paying homage to a god or a goddess. Care also needs to be exercised when listening to or singing songs or chants. Many of these contain words with hidden or double meanings. If this is kept in mind, a viewer or a participant can enjoy the hula as a wholesome form of entertainment.

CROSSWORD SOLUTIONS

J	E	H	O	V	A	H	O	F	A	R	M	I	E	S
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S	■	L	■	S	A	B	E	A	N	S	■	H	■	V
U	M	M	A	H	■	R	■	N	■	A	P	P	L	E
S	■	E	■	T	■	O	N	E	■	L	■	A	■	N
O	U	T	■	I	N	N	■	M	A	T	T	H	A	T
F	■	■	I	■	■	■	A	■	T	■	E	■	■	E
N	U	R	S	E	A	G	R	I	E	V	A	N	C	E
A	■	■	L	■	R	■	T	■	■	■	M	■	■	N
Z	O	B	E	B	A	H	■	D	I	G	■	B	A	T
A	■	E	■	U	■	E	V	E	■	I	■	R	■	H
R	I	N	G	S	■	A	■	P	■	S	T	O	R	Y
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Literacy and Health

A higher level of literacy may contribute to a longer life expectancy, according to statistics cited by UNESCO (United Nations Educational, Scientific, and Cultural Organization). "People who have learned to read and write," notes the magazine *UNESCO Sources,* "are more attentive to hygiene and health care; they tend to be less fatalistic and, in the event of illness, more likely to turn to a doctor." Literacy, though, is only one of the factors that affect life expectancy. "Access to medical treatment, the family's financial circumstances and the social environment" also play crucial roles.

Empty Summit

Approximately 20,000 delegates from around the world met in Copenhagen, Denmark, on March 6-12, 1995, to attend an assembly sponsored by the United Nations entitled: "World Summit for Social Development." Their purpose in meeting? To discuss ways to bring an end to poverty, unemployment, and segregation in developing countries. It did not take long, however, to identify a major roadblock —a lack of funds. It seems that many of the poverty-stricken countries are so heavily indebted to the wealthy nations that they cannot even afford to make their interest payments. The hosting nation, Denmark, proposed that the wealthy nations follow their lead and cancel the poorest nations' debts. There is one problem, though. Many of the poorer nations' debts have resulted from arms procurement. Therefore, as one UN adviser explained, if the debt is canceled, they will only use the opportunity to buy more guns.

Learning Empathy

Researchers who study empathy in children have proposed that the capacity for understanding the feelings of others is learned. "It's been shown that children who have been abused don't respond empathically to distress in



other children," says Dr. Mark A. Barnett, a professor at Kansas State University in Manhattan, as quoted in *The New York Times.* "They may look at the distressed child and do nothing, or they go over and yell and push the child." On the other hand, he adds that "a child whose own emotional needs are taken care of is more responsive to the emotions of others." In addition to providing emotional security, however, parents need to show their children how to be empathetic. As Dr. Barnett says, empathetic parents generally rear empathetic children.

Women or Men —Who Work Longer?

Except in North America and Australia, women everywhere work longer hours on the job than men, reports *Populi,* the magazine of UNFPA (United Nations Population Fund). The greatest gap exists in Africa and the Asia-Pacific region, where women in the labor force, on the average, work some 12 hours per week more than men. "In many developing countries," notes the magazine, "women are now working 60-90 hours a week just to try to maintain their meagre living standards of a decade ago." Meanwhile, in the industrialized world, men's share in household work is increasing. "But," explains *Populi,* this increase "is not due to a more equal division of routine cooking, cleaning, and laundry. Rather, men are taking longer to do such tasks as shopping."

China's Population Reaches 1.2 Billion

Earlier this year China's population hit the 1.2 billion mark, reported *China Today.* The population might have reached this size nine years earlier without the national family planning program introduced in the 1970's. Nevertheless, at the current rate of growth, China's population will reach 1.3 billion early in the next century. Though among the world's largest countries geographically, China's per capita output of grain, meat, and eggs is lower than the output of countries that are more developed. In addition, total cultivated land

is shrinking because of pollution and heavier land occupancy, said *China Today*.

Snails on the Attack

Before live South American golden snails were imported to Vietnam as a food item six years ago, scientists warned that the snails would cause great trouble if they ever escaped. Time, it seems, has proved the scientists right. Some snails did escape and quickly showed a penchant for eating rice. The government then banned the snails, but many small establishments continued to grow them anyway and sell them for food. The Associated Press reports that according to the official Vietnam News, merely eight of these tiny creatures can devour 11 square feet of rice paddy in a day! The snails have reportedly destroyed 77,000 acres of rice already and have spread into the country's most productive rice-growing region. A single female snail can lay some 40 million eggs in one year.

A Footnote to World War II

Over 50 years ago, at the height of World War II, a farmer in rural Colorado, U.S.A., might have thought himself relatively safe from enemy attack. How surprised one such farmer must have been when his tractor suddenly fell into a small cavern caused by a bomb blast! It turned out that the bomb had been launched on the other side of the Pacific Ocean—via balloon. In a curious footnote to a global war, the Japanese decided to retaliate for U.S. air raids in 1942 by launching more than 9,000 hydrogen balloons carrying small incendiary and antipersonnel bombs. The idea, according to Scripps Howard News Service, was to start forest fires and panic in the United States, some 6,200 miles distant. The damage was relatively minor, although several people were killed. There were 285 balloon-related incidents reported, and at the government's behest, the media kept the news of these quiet to avoid panic.

Tennis Anyone?

The demand for illicit drugs in Australia's prisons has given rise to some innovative methods of drug smuggling. "People are filling tennis balls with illegal drugs and using racquets to hit them into Australian jails," reports Reuters news service. Prison spokesman Keith Blyth



says: "They pack the drug and then wrap it (in plastic film)." They then put it in a tennis ball and literally throw or hit it over the fence. In an attempt to stem the flow, the South Australian government has considered, among other things, using "drug-sniffing dogs" to patrol outside the state's jails for "people with suspicious tennis balls," explained Blyth. Another enterprising smuggler used a crossbow to propel drugs over a prison wall. The report said, however, that the "more traditional method of hiding drugs in cakes" and carrying them into prison is still popular.

Plants With a "Memory"

When attacked, many plants produce chemicals to ward off their attackers. *New Scientist* magazine reports that some also form a "memory" of the attack, allowing them to begin producing the repelling toxins more quickly if attacked again. A caterpillar chewing on a tobacco leaf triggers the manufacture of jasmonic acid, which travels to the roots. This initiates the production of nicotine, which returns to the leaves to make them undesirable to the eater. Plants with roots previously exposed to the acid reacted more quickly to attack. "This suggests that plants do indeed have a memory," says Ian Baldwin of the State University of New York at Buffalo.

Surplus Clergy

Declining membership in Canada's Protestant churches has led to an "unprecedented surplus of Protestant clergy," reports *The Globe and Mail*. Over the last ten years, the Anglican Church in Montreal, Quebec, has seen membership plunge from 67,000 to 27,000, while the number of priests has remained the same. The surplus of clergy has resulted in some having to take on part-time jobs or go on unemployment insurance to survive. In Toronto, Ontario, the Presbyterian Church is facing a similar crisis. Jean Armstrong, the associate secretary of ministry and church vocation, says: "We're not sure how much longer congregations can afford full-time ministers."

Missing Children By the time I finished reading the series of articles "Missing Children—When Will the Tragedy End?" (February 8, 1995), tears were rolling down my face. Some of the experiences related in the articles were similar to mine. I thank Jehovah for giving me the strength to endure. Through his Word I have gained the hope of a paradise in which people will no longer suffer such evils.

T. O., Brazil

Japanese Prisoner I was encouraged to read the article "My Father Was 'Atom-Bombed Out Of Prison.'" (October 8, 1994) I was recently baptized as a Christian, and I have often wondered if I would maintain my integrity under test. As I read about Brother Katsuo Miura's rocklike faith, strong emotions welled up inside me. It helped me realize what I am lacking in my own faith—that I need to make Jehovah God the source of my confidence.

K. T., Japan

Genetics We have been discussing the genetic code in school. So I took the occasion to put the magazine on the subject "Human Genetics—What Makes You 'You'" (March 22, 1995) in my exercise book. Our science teacher analyzed the article with me. She told me that even though she is a biologist and has studied DNA for years, she was impressed by how deep the material was.

P. N., Italy

The articles showed how a complicated subject can be explained in comprehensible terms. It enabled me to understand better the material I am studying in biology class. However, I am unable to make use of the quotes in the article, since you do not give reference information such as author and publisher.

M. G., Germany

Because of space limitations, we usually do not publish lists of secular references as is often done in technical and scientific journals. Since "Awake!" is written for the general public, not for professionals only, we feel that such bibliographic information would be of interest to relatively few readers.—ED.

Homosexuality I serve as a ministerial servant and a pioneer, a full-time evangelizer. The "Young People Ask . . ." articles on homosexuality seem to have been written for me! (February 8, February 22, and March 22, 1995) In my early and mid-teens, I explored homosexuality. I stopped, but ever since I've found it hard to fight these feelings. With these articles, however, I finally understand my feelings, and I've received help to keep on fighting!

Name withheld, Denmark

I've had homosexual feelings since puberty. I was raised a Christian, so these feelings have been really confusing to me. Because I felt so ashamed and confused, I could never bring myself to confide in anyone, not even my own parents. I'm married now to a beautiful woman, but I still have wrong desires from time to time. Finally, I told my wife my secret, and she encouraged me to talk with the congregation elders. They were very understanding and supportive. If I could say anything to anyone struggling with these feelings, it would be this: Don't keep it a secret. Tell your mate, your parents, an elder, or a trusted friend—but don't keep it inside.

Name withheld, United States

From childhood, I suffered sexual abuse. No love or affection was ever shown to me. I practiced homosexuality, but if young people only knew the shame, pain, sadness, and frustrations that homosexual attitudes bring, they would flee from them. Many avoid talking about this topic, but you treated it in a clear manner. I thank you with all my heart for publishing such subjects.

Name withheld, Brazil



Christmas—Its Origin

BY *AWAKE!* CORRESPONDENT IN ITALY

JUST three days before Christmas 1993, Pope John Paul II acknowledged that the celebration of Christmas is not rooted in the Bible. Regarding the date December 25, the pope admitted: "On that day in pagan antiquity, the birthday of the 'Invincible Sun' was celebrated to coincide with the winter solstice." How, then, did Christmas begin? The pope continued: "It seemed logical and natural to Christians to replace that feast with the celebration of the only and true Sun, Jesus Christ."

"In other words," wrote journalist Nello Ajello in *La Repubblica,* "someone had Jesus born on an imaginary, fabricated, false date." When did this fabrication take place? A press release from the Vatican stated: "The festival of Christmas appeared for the first time in 354 [C.E.]."

What about January 6, Epiphany, which commemorates the coming of the Magi to visit the newborn Jesus? "Much evidence leads us to believe that the choice of January 6, like that of December 25 for the Roman holiday celebrating the birth of Jesus, was also influenced by a pagan anniversary," continued the press release. "In Alexandria, in fact, on the night between January 5 and 6, pagans used to celebrate the birthday of the *god Aeon* (god of time and eternity). . . . It would seem that the Church wanted to Christianize this festival."

Jesus never authorized his followers to merge true worship with pagan customs. Rather, he told them to teach "all the things *I* have commanded you." (Matthew 28:19, 20) Furthermore, when confronted by the religious leaders of his day, Jesus asked them: "Why do you break the command of God for the sake of your tradition?" (Matthew 15:3, *New International Version*) That same question may well be asked of so-called Christians who perpetuate pagan customs today.

'Answered All Questions'

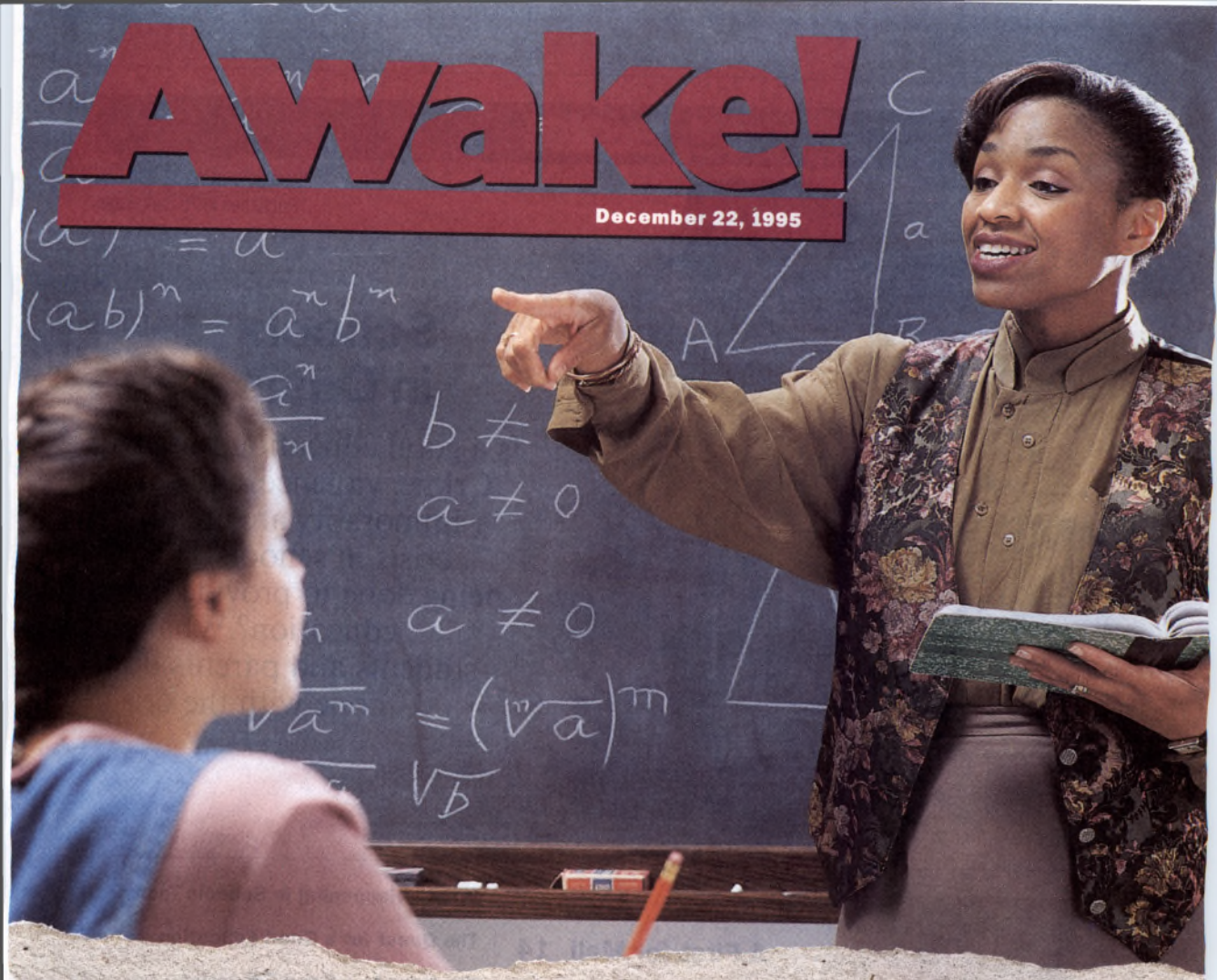


Commenting on the series in the February 22, 1995, *Awake!*, "A Better Understanding of Menopause," a reader from Kentucky, U.S.A., wrote: "I recently attended a three-hour seminar on this subject. It was put on by the education departments of two major hospitals. The program was very informative, but I learned more in 30 minutes by reading *Awake!* than I learned in three hours at the seminar (and it didn't cost $15)."

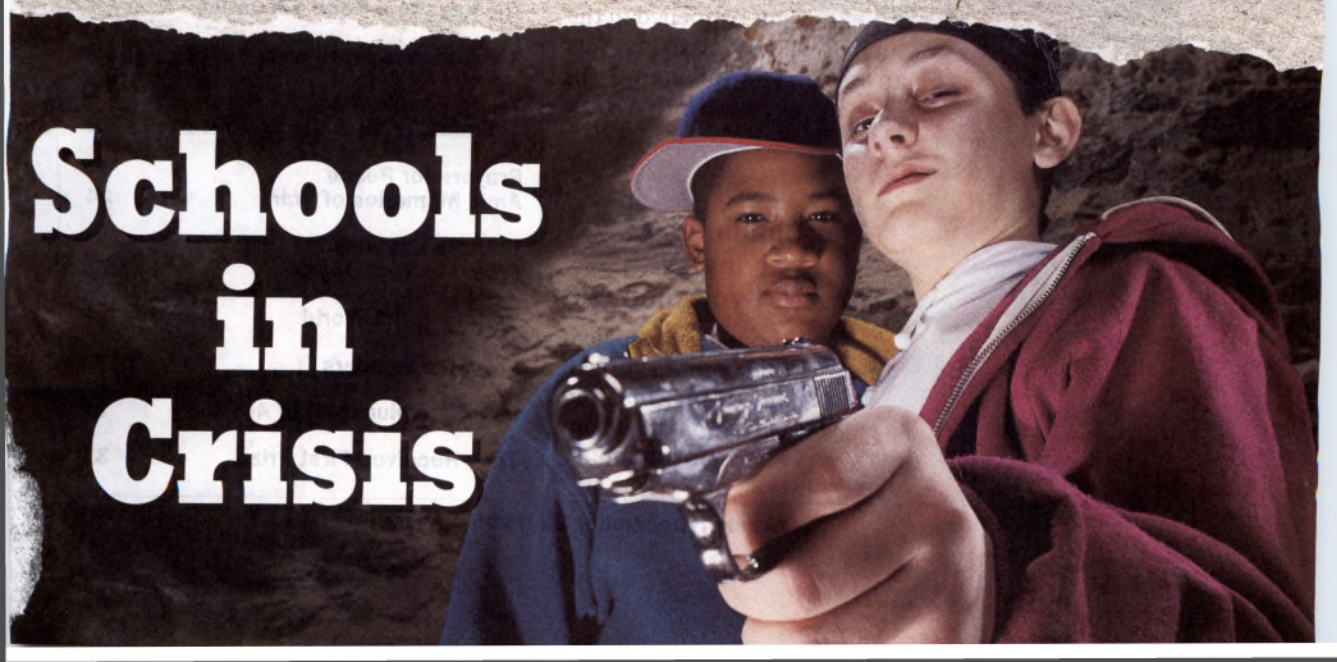
Another reader of *Awake!* noted: "I've read a number of books and articles on menopause in the last three years. Afterward I always had unanswered questions. Your articles answered all my questions pertaining to this subject."

Awake!

December 22, 1995



Schools in Crisis



Awake!

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Schools in Crisis 3-13

Is a good education possible? Crime, violence, and sexual immorality are creating a crisis in schools. What is being done to provide better education? What can students and parents do to cope with the crisis?



A First for Mali 14

Learn what happened in the small town of Sikasso that was an epic first for this country in western Africa.



The Challenge of Living With Tourette Syndrome 20

Read about a neurological disorder that is characterized by spasmodic muscular and vocal tics. Is there help for sufferers?

What's Happening in Schools Today?	3
The Quest for a Good Education	5
The Keys to a Good Education	7
A Successful Worldwide School	12
Young People Ask . . . Should I Attend Rock Concerts?	17
Prayers for Peace Amid Memories of War	24
Doctors Learned From My Near Death	25
Watching the World	28
From Our Readers	30
Index to Volume 76 of *Awake!*	31
They Received First Prize	32

What's Happening in Schools Today?

"OUR Schools in Crisis: Bring in Cops Now" was a recent front-page headline in a New York City newspaper. The New York City Board of Education has its own school security guards—a force of 3,200—who patrol the more than 1,000 city schools. Now many want the regular city police brought into the schools to help with security. Are they really needed?

A *New York Times* headline said: "Report Finds 20% of Students in New York City Carry Arms." The head of New York City schools from 1990 to 1992, Joseph Fernandez, admitted: "I've never seen anything like the violence we now have in our big-city schools. . . . I could not imagine when I accepted the chancellorship in New York in 1990 that it would be so bad. It's not a phase, it's a malignancy."

How Bad Is It?

Fernandez reported: "During my first ten months as chancellor, we averaged a school kid murdered every other day—stabbed on subways, shot in school yards or on street corners . . . Some high schools have fifteen or sixteen [security guards] working the halls and grounds." He added: "Violence in our schools is epidemic, and extraordinary measures have had to be taken. Schools in Chicago, Los Angeles, Detroit —*all* the big metropolitan centers—now present the same image of an almost apocalyptic savagery.

"The shame in this is stunningly obvious. Over the last two decades we have come to accept the unacceptable: American schools as war zones. Houses of fear and intimidation instead of havens of enlightenment."

There are security officers in 245 school systems in the United States, and in 102 of these, the officers are armed. But they are not the only ones armed. According to a University of Michigan study, it is estimated that students in the United States carry some 270,000 guns, not counting other arms, to school every day!

Instead of improving, the situation has grown much worse. The metal detectors used in many schools have failed to stop the flow of weapons. During the fall of 1994, reported incidents of violence in New York City schools rose 28 percent compared with the same period a year earlier! "For the first time ever," explains *Phi Delta Kappan* about a poll taken in the United States, "the category 'fighting, violence, and gangs' shares the number-one position with 'lack of discipline' as the biggest problem confronting local public schools."

School violence has created a crisis for schools in many countries. In Canada, Toronto's *Globe and Mail* carried the headline: "Schools Are Turning Into Danger Zones." And a survey in Melbourne, Australia, revealed that almost 60 percent of primary-school children are driven to and from their school by parents because of fear of assault or abduction.

Violence, however, is only part of the problem. There are other things happening in our schools that cause grave concern.

The Question of Morals

Even though the Bible says that fornication—having sexual relations outside of

marriage—is wrong, schools today do not uphold such sound moral teaching. (Ephesians 5:5; 1 Thessalonians 4:3-5; Revelation 22:15) Surely this has contributed to the situation Fernandez described when he said: "As many as 80 percent of our teenagers are sexually active." In one high school in Chicago, a third of the female students were pregnant!

Some schools have nurseries to care for students' babies. In addition, condoms are routinely handed out in a futile effort to stem the epidemic of AIDS and of skyrocketing illegitimacy. If condom distribution does not actually encourage students to commit fornication, it condones their doing so. When it comes to morals, what are students to think?

A longtime university teacher said that there is a "surprising number of young people who think there's no right or wrong, that moral choices depend on how you feel." Why do youths think this way? The teacher noted: "Perhaps it was their high-school experience that led them to become moral agnostics." What is the consequence of such moral uncertainty?

A recent newspaper editorial lamented: "No one, it sometimes seems, is to blame for anything. Ever." Yes, the message is that anything goes! Consider an example of the profound effect this can have on students. In a university class on the subject of World War II and the rise of Nazism, a professor found that most of his students did not believe anyone was to blame for the Holocaust! "In the students' minds," the teacher said, "the Holocaust was like a natural cataclysm: It was inevitable and unavoidable."

Whose fault is it when students are unable to recognize right from wrong?

In the Midst of Critical Times

In defense of schools, a former teacher said: "The problem originates in the community, and the schools simply reflect the problems already existing there." Indeed, it is difficult to successfully teach what society's leaders fail to practice.

Illustrating this, during a time when the immorality of U.S. government officials was headline news, a well-known columnist wrote: "I have no idea how teachers in this cynical age can set about teaching morality. . . . 'Look at Washington!' the littlest voices will cry. They know . . . that the dirtiest cheating in history has gone on under the roof of that big white house."

The Bible foretold that "in the last days critical times hard to deal with will be here." (2 Timothy 3:1-5) Surely these are critical times! In view of this, what is being done to cope with the crisis in schools today and to help students get a good education? What can you as parents and students do? The following articles will discuss this.

Awake!®

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Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

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The Quest for a Good Education

A GOOD education prepares children to cope successfully with life in today's society. It equips them with academic skills, including the ability to read and write well and to do arithmetic. Moreover, it affects their interaction with others and fortifies wholesome standards of morality.

Because these are critical times, though, such an education is very difficult to provide. A veteran Australian schoolteacher lamented: "Classes are made up of children prone to violence, who use foul, abusive language; children exhausted from lack of sleep as a result of TV viewing; children malnourished or hungry; and children reared without discipline." And teachers will tell you: "Unruly children are impossible to teach."

Albert Shanker, president of the American Federation of Teachers, described the dilemma of teachers: "They have got to do drug and alcohol education, sex education, . . . student self-esteem exercises, gang member detection, . . . and a whole bunch of other things. Everything but real teaching. . . . What they're really asked to do is be social workers, moms, dads, therapists, cops, nutritionists, public health workers, medical technicians."

Why is this required of teachers? A summary of the makeup of classrooms in one large city in the northeastern United States indicates why. *The New York Times* reported statements by one expert concerning an average class of 23 students. He said that "8 to 15 were likely to be living in poverty; 3 to have been born to mothers on drugs; 15 to live with single parents."

Clearly, the family is in the process of disintegration. In the United States, nearly 1 of every 3 births is illegitimate, and 1 in every 2 marriages ends in divorce. Yet the percentage of out-of-wedlock births in Denmark, France, Great Britain, and Sweden is even higher. What efforts are being made to cope with the crisis that this situation creates in the schools?

Seeking Solutions

Various experimental or alternative schools have been set up. These are usually smaller—making possible closer supervision—and many develop their own curricula in an effort to meet the needs of children better. In New York City, 48 such smaller schools have opened since 1993, and 50 more are being planned. "It is [school] violence that set off the experiment," *The New York*

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Times noted. By 1992 more than 500 alternative schools had been started in Russia, with over 333,000 students.

On the other hand, *The Toronto Star* reported: "Thousands are shipping their children off to exclusive private schools." In the Canadian province of Ontario alone, almost 75,000 children go to private schools. These are now also found throughout Russia, and the magazine *China Today* says that they have sprung up in China "like bamboo shoots after a spring rain." *The Handbook of Private Schools* provides free listings for nearly 1,700 of such schools in the United States, where the annual tuition can be $20,000 or more.

Still other parents have opted for teaching their children at home. In the United States alone, it is estimated that the home-schooling ranks swelled from about 15,000 in 1970 to as many as one million in 1995.

In Russia, "a teacher earns half as much as a typical bus driver"

Different Results

Not all school systems throughout the world are realizing comparable results. In July 1993, Shanker told a group of U.S. educators: "Other countries are running schools and they are getting results that are substantially better than ours." To illustrate, he told about meeting a couple from Russia who had moved to the United States. He related: "They said that even though they had their kid in a very good private school, their eighth-grade youngster was learning what she had learned in the third grade back home."

The former Soviet Union developed a school system that taught nearly all of its people to read and write. On the other hand, according to a U.S. Department of Education estimate, 27 million Americans can't decipher a street sign or the number on a bus. And Australia's *Canberra Times* reported that "up to 25 per cent of primary school children were going on to high school without being able to read and write."

The crisis in schools now exists to some extent almost everywhere. The 1994 book *Education and Society in the New Russia* says that "72.6 percent of Soviet teachers interviewed agreed that the school system was in a severe crisis." According to Tanya, a veteran teacher in Moscow, a major factor for the crisis is that "parents and students themselves no longer esteem education." She noted, for example, that "a teacher earns half as much as a typical bus driver—or even less."

A Good Education Vital

As human society becomes ever more complex, a good education takes on greater importance. In many places the amount of schooling needed to enable a young adult to get employment that will support him and a future family has become higher. Therefore, those who have mastered basic academic skills will have far better job opportunities. Employers are particularly concerned with the bottom line—how well the job applicant can do the work.

The manager of a job service office observed regarding many high school graduates: "They haven't been taught to work." He added: "In dealing with young people the problem that employers tell me about constantly is that they can't read or write very well. They can't fill out a job application."

Parents will surely want a good education for their children, and young ones will wisely want one for themselves. But it is important that they use the keys needed. What are these keys, and how can they be used?

The Keys to a Good Education



RECENTLY *The New York Times* featured a front-page story about Latoya, a 16-year-old high school student. She was 11, she said, when her father began to beat and sexually abuse her. Her mother, who used drugs, had left the family. "Home," the newspaper reported, "was an abandoned apartment with no toilet, or a room where she was too afraid to sleep." However, Latoya was exceptional. Despite all of this, earlier this year Latoya was president of the National Honor Society at her high school and maintained a B average in honors classes.

What can assist a child even from a bad environment to do well in school? Often, a key to a good education is having a caring adult —preferably one or both of the child's own parents—who is supportive and deeply involved in the child's education. One high school senior felt this was so important that she was moved to say: "It is only with parental support that children can survive in school."

Most teachers agree. A New York City teacher claimed: "For every student who does well and gets through the educational system—and there are many—there is a parent who was there every step of the way."

Parental Support, an Important Key

Reader's Digest last year explored the question, "Why do some students do better than others?" One of the conclusions was that "strong families give kids an edge in school." Parents of such families provide their children with loving attention and impart to them proper values and goals. But one parent noted: "You can't give the proper guidance if you don't know what's going on at school."

A good way to find out is to visit. A mother who makes visits wrote: "When I walk the halls of my daughter's school, I hear foul, obscene language. Kids are making out everywhere—if it were a movie, it would be rated X." Such visits may help you to appreciate how difficult it is for children today to get a good education, as well as to live a moral life.

Pampering or Loving Discipline?

The Bible warns that pampering young ones leads to disaster. (Proverbs 29:21) In agreement, Albert Shanker, president of the American Federation of Teachers, said: "There are parents who think that they're doing everything right for their kids if they do everything the way the kids want them to do it. And we know that's wrong."

Even many young ones know that such pampering is wrong. Earlier this year a Massachusetts newspaper reported: "A survey of 1572 West Springfield students in grades six through twelve found that 'parental permissiveness' and not peer pressure is a more significant influence in terms of drug and alcohol use among children in this age group."

Such pampering of young ones has also contributed to an epidemic of sexual promiscuity. Indeed, as the Bible says, failure to provide discipline leads to family shame. —Proverbs 29:15.



Listen respectfully if a teacher has complaints about your child

Significantly, the publication *The American Teacher 1994* noted: "Students who have been victims of violence are more likely to say their parents have infrequent communications with school, such as individual meetings with teachers, parents' or group meetings, or visits to the school."

A concerned mother revealed what parents need to do. "Be there!" she said. "Let the school administration know that you're interested in what your child is learning. I visit school often and sit in on classes." Another mother emphasized the value of being a child's advocate. She explained: "My children have gone to the office to speak to a counselor and have literally been ignored. When my child brought me in the next day, they bent over backward to help me—*and my child.*"

This mother of four boys also stressed the importance of taking an interest in school activities that directly affect your child's education. "Attend open house, the science fair—anything your children may be doing that parents are invited to," she said. "This gives you opportunities to meet your child's teachers. They need to know that you view your child's education as a very important part of his life. When teachers know this, they are more inclined to put time and extra effort into your child."

Cooperation With Teachers

Some parents may feel that they have more important things to do on evenings when schools schedule special occasions for parents to interact with teachers. Yet, really, what is more important than making yourself available to those who are trying to help your children get a good education? Good parent-teacher cooperation is vital!

In Russia there is a fine provision to enhance parent-teacher cooperation. All school assignments are recorded in what is called a Dnievnik—a daily activity record that is combined with a calendar. A student must bring his Dnievnik to each class and make it available to the teacher on request. Students must also show the Dnievnik to their parents, who are requested to sign it each week. As Victor Lobachov, a Moscow father of school-age children, noted, "this information helps parents to keep acquainted with the assignments and grades of their children."

Teachers today, however, often complain that parents fail to take an interest in the education of their children. One high-school teacher in the United States said that he once sent out 63 letters to parents informing them of their children's poor academic performance. Only three parents responded by contacting him!

Truly, that is sad! Parents should be deeply involved in their child's education, which is primarily *their* responsibility. An educator stated the matter correctly when he said: "The primary objective of formal education is to *support parents* in producing responsible young adults."

Thus, parents should take the initiative in getting to know their child's teachers. As one parent said, "the teachers need to feel free to call you at anytime." And parents should welcome —even encourage—teachers to speak openly about their child. Parents should ask such specific questions as: Are you having any problems with my child? Is he respectful? Does he attend all classes? Does he arrive on time?



Ask your child about school every day

What if the teacher says something about your child that is not favorable? Do not assume that it is untrue. Unfortunately, many youths who appear to live honorable lives at home or at their place of worship are actually living a double life. So listen respectfully to the teacher, and check out what he or she says.

When Your Child Comes Home

How do you as a parent feel when you return home from work? Stressed out? Frustrated? Your child may feel even worse when he or she comes home from school. So one father encouraged: "Make coming home a nice thing to do. They've probably had a very hard day."

When it is possible, it is certainly desirable for a parent to be at home when the child arrives. As one mother noted, "children can't tell you what's going on if you're not there to talk with them. So I make it a point to be there when the kids get home." A parent needs to know not only what his child is doing but also what he or she is thinking and feeling. Finding this out involves a lot of time, effort, and gentle probing. (Proverbs 20:5) A *daily* interchange is important.

A primary-school teacher in New York City noted: "On any given day, values of a school system in crisis may have been imparted to your child." So he encouraged: "Be alert to what is being developed in your child's heart. Take time, regardless of how tired you may be, to draw him out and replace any wrong values with the right ones." —Proverbs 1:5.

Similarly, a veteran high-school teacher advised: "Rather than merely ask what happened in school, it would be beneficial to ask pointed and specific questions concerning the day and its activities. This need not be done in a rigid or prying manner but in casual conversational dialogue with the child."

What Parents Can Do

- ✔ Get to know your child's school, its aims, and its attitude toward the values and beliefs you hold.
- ✔ Become acquainted with your child's teachers, and try to build a good working relationship with them.
- ✔ Take a deep interest in your child's homework. Read with him frequently.
- ✔ Control what your child watches on TV and how much he watches.
- ✔ Watch your child's eating habits. Junk food can have adverse effects on his ability to concentrate.
- ✔ Make sure your child has sufficient sleep. Tired children do not learn well.
- ✔ Try to help your child choose wholesome friends.
- ✔ Be your child's best friend. He needs all the mature friends he can get.

What Children Can Do

- ✔ With your parents' help, work out educational goals and ways to achieve them. Discuss these goals with your teachers.
- ✔ Choose your subjects carefully with the help of your teachers and parents. Optional courses that are easy are generally not the best.
- ✔ Try to build up a good relationship with your teachers. Find out what they expect of you. Discuss your progress and problems with them.
- ✔ Pay good attention in class. Don't be drawn into disruptive behavior.
- ✔ Select your friends wisely. They can help or hinder your progress at school.
- ✔ Do your homework and assignments as well as you can. Give them quality time. Ask your parents or another mature adult for help if you need it.

Richard W. Riley, the U.S. secretary of education, urged: "Talk directly to your children, especially your teenagers, about the dangers of drugs and alcohol and the values you want your children to have. Such personal talks, however uncomfortable they make you feel, may save their lives."

Never should a parent, especially one who has responsibilities in a Christian congregation, give the impression that he is too busy to listen to his children. Even though it may be disturbing to hear what they say, let them know by your facial expressions and manner that you are pleased they are speaking freely with you. One student advised: "Don't be shocked when your child talks about drugs or sex in school."

Because of the breakdown in family life, there are many today who may be referred to as "fatherless boys." (Job 24:3; 29:12; Psalm 146:9) Within a Christian congregation, there is usually someone who can assist a youngster who needs help. Are you one who can?

Promote Study and Responsibility

Most young people are not as committed to schoolwork as Latoya, who was mentioned in the introduction. The majority need a lot of encouragement to study. Regarding his own children, former New York City school chancellor Joseph Fernandez said: "We had mandatory study periods in the home. We made books available, encouraged trips to the library, and made priorities out of attendance and involvement."

Another school administrator said: "We need to surround our children with books and stories the way we now surround them with television, movies, videos and malls." When children are doing their homework, parents may be able to arrange to be nearby doing some personal study or reading. Your children can thereby see that you value education.

In many homes television is the greatest challenge to studying. "By age 18," one educator said, "young people have spent 11,000 hours in the classroom and 22,000 watching television." Parents may need to limit TV viewing by their children, perhaps only watching it occasionally themselves. In addition, commit yourselves to learning something with your children. Read together. Schedule daily time to check homework.

In school your children will receive many assignments to prepare. Will they fulfill these? They probably will if you have taught them to care for responsibilities at home. An important way to do this is to assign them a daily routine of chores. Then require that they fulfill these according to a specific schedule. True, such training will take a lot of effort on your part, but it will teach your children the sense of responsibility that they need in order to succeed in school and later in life.

Student Commitment, a Vital Key

Guidance counselor Arthur Kirson identified another key to a good education when he said regarding Latoya, mentioned at the beginning: "The first time I met her was after one of the major incidents at home. Here's this kid sitting with a scratched up face [from the alleged abuse suffered from her father]. And the only thing I've ever seen her worry about is her school work."

Yes, a vital key to a good education is a child's intense *commitment* to learning. A New York City youth observed: "In schools nowadays it's completely up to the students to develop self-motivation and discipline in order to benefit."

For example, a mother who was concerned about her child's education was told by a teacher: "Don't worry Mrs. Smith. Justin's so smart, he won't need to know how to spell. He'll have a secretary do it for him." Regardless of how smart a child is, mastering the skills of reading and writing—including clear composition, readable penmanship, and accurate spelling—is important.

Shockingly, some educators failed to protest when renowned psychologist Carl Rogers claimed: "No one should ever be trying to learn something for which one sees no relevance." What is wrong with his statement? As should be obvious, a child often cannot foresee the future value of what he is asked to learn. In many cases the value of it is not realized until later in life. Clearly, a child today needs personal commitment to get a good education!

Cindy, a 14-year-old ninth grader, is a good example of a youth who demonstrates such commitment. She explained: "I stay after school and talk to the teachers and get to know them. I try to determine what they want from their students." She also pays attention in class and gives her homework priority. When listening in class or when reading, successful students make it a habit to do so with pencil and paper handy so they can take good notes.

Also vital to getting a good education is a commitment to avoid bad associates. Cindy related: "I am always looking for somebody who has good morals. For example, I'll ask schoolmates what they think about so-and-so's using drugs or sleeping around. If they say something like, 'What's wrong with it?' I realize that they are not good associates. But if someone shows real disgust with such behavior and says she wants to be different, then I'll choose her to sit next to at lunch period."

There are clearly many challenges to getting a good education today. But such an education is possible if both students and parents use the keys. Next we will consider another provision that can assist you tremendously in obtaining a good education.

A Successful Worldwide School

THIS is not some expensive private school or prestigious university that only a select few can attend. No, this school operates without charge to its students. Sessions of it are likely being held at a location near you. It is called the Theocratic Ministry School, and it is conducted at the meeting places of Jehovah's Witnesses. Some five million persons worldwide attend this school.

You may wonder, 'What are the requirements for enrollment? What is taught in the school? How is it conducted? And how are people benefiting from it?'

Requirements

While all persons are welcome to attend the Theocratic Ministry School, those who enroll must be in agreement with the teachings of the school's principal textbook, the Bible. They are required to lead a life that meets the moral requirements of the Bible. So students cannot be living a life of immorality. They cannot be thieves, drunkards, fornicators, users of tobacco, and so forth. —1 Corinthians 6:9-11.

Many schools today have abandoned dress codes, but students who are enrolled in the Theocratic Ministry School are expected to be modestly attired in clean clothes. (1 Timothy 2:9, 10) There is no age requirement for this school. Children as young as four or five who are able to read are enrolled and regularly handle assignments, as do men and women in their 90's.

Format and Curriculum

To make attendance convenient, the 45-minute-long sessions of the Theocratic Ministry School are almost always held on a midweek evening. Following brief welcoming comments by the school instructor, the first speaker for the evening gives a 10-to-15-minute talk based on one of the school's textbooks. Then, he often conducts a three-to-five-minute oral review of the material he has covered.

Next, a qualified teacher covers highlights of the weekly Bible-reading assignment, which is generally composed of from two to four chapters in the Bible. Six minutes is allowed for this review. Students who keep up with this weekly homework assignment will over a period of time read the entire Bible.

After the Bible highlights, three student presentations are given, each of which is limited to five minutes. One is a Bible reading from a portion of the homework assignment. The other two presentations are based on school text material that all students are encouraged to read in preparation for class. After each student's assignment, the school instructor offers commendation and, often, suggestions for improvement.

The school instructor's counsel is based on the publication *Theocratic Ministry School Guidebook,* which each student is expected to study carefully. To improve on a particular speech quality for his next assignment, the student may be asked to review a chapter from the guidebook, such as "Audience Contact and Use of Notes," "Fitting Illustrations," "Use of Repetition and Gestures," and "Sense Stress and Modulation."

In some communities the Theocratic Ministry School has an extension literacy and reading-improvement class. Tens of thousands have learned to read or improve



The Theocratic Ministry School is helping millions to get a good education

their reading in such literacy classes. For example, in Mexico between 1946 and 1994, more than 127,000 were helped to become literate.

Assisting Millions

Throughout the world the Theocratic Ministry School is supporting parental efforts to provide a good education for their children. Sixteen-year-old Moriah said: "I learned to dig for information and to rehearse my presentations. Now every assignment I get in high school is a piece of cake."

Fifteen-year-old Matthew, who enrolled in the Ministry School at age seven, noted: "I have a great advantage over my peers when it comes to academic achievement. I have acquired study and listening skills and the ability to deliver speeches with effectiveness." His 17-year-old brother, Phil, added: "The Theocratic Ministry School has made me more confident. I know that if given an assignment, I can handle it."

The Theocratic Ministry School has also educated adults. Michael, who reached goals such as giving presentations to management, explained: "I was extremely timid when I joined the Ministry School. I am no longer shy. The school provided the safe environment, the knowledge, the skills, and the personal encouragement that I needed to break out of my shell." A parent noted: "I feel that I have made up for missed opportunities of learning as a youth."

In a small Latin-American village, members of the Department of Education attended the Theocratic Ministry School. After listening to a local speaker, one of the visitors, a school principal, exclaimed: "It is not possible that this man that we have always known as an illiterate is able to converse in Spanish [rather than his native dialect], much less to talk to an audience, but he is."

Indeed, the Theocratic Ministry School is one of the finest schools in the world! It can help both young and old to get a good education. As one youth said, "I would recommend that anyone who is considering joining the school join immediately."

A First for Mali

MY HUSBAND serves as a traveling overseer of Jehovah's Witnesses in Mali, a sparsely populated country in western Africa. Its northern part is covered by the Sahara Desert, and most of the rest of the country is made up of rolling grasslands. Mali is larger than England, France, and Spain combined. Although these countries have over 140 million inhabitants, Mali has a population of only some ten million—about 150 of whom are Witnesses.

Our home base is Ziguinchor, a small city in neighboring Senegal. In November 1994 we flew from there to Dakar, then on to the capital of Mali, Bamako, a large city of well over a half million inhabitants. From Bamako we traveled either by bush taxi, bus, or train to smaller cities, such as Ségou, San, and the ancient city of Mopti. We stayed in each of these places about a week to share in the Christian ministry with the few Witnesses there.

In December we returned to Bamako to enjoy the district convention, which had a peak attendance of 273. How delighted we were to see 14 new ones baptized! The day after the convention, we left by bus for the small city of Sikasso, where the first Kingdom Hall in Mali constructed by Jehovah's Witnesses was scheduled to be dedicated the following weekend.

A Real Challenge

The congregation in Sikasso is made up of only 13 Witnesses, 5 of whom are pioneers, or full-time ministers. When we arrive on Monday, we are anxious to hear what their plans are for the dedication. They tell us that they are counting on my husband, Mike, to arrange for it! So after unpacking our luggage, we are off to look at the Kingdom Hall. When seeing it, we are thrilled that such a building could be built by just this handful of Witnesses. However, much is yet to be done. There are no curtains, the outside is not painted, and there is no sign "Kingdom Hall of Jehovah's Witnesses."

We realize that in a few days, at least 50 visitors are coming from Bamako to attend the dedication. Local people have also been invited. The congregation has just one elder, Pierre Sadio. When we ask him how he expects to finish the hall before Saturday, the day of the dedication, the friends draw closer to hear his reply. "I think Jehovah will help us to finish in time," he answers.

So much has to be done in such a short period of time! I hesitantly ask if I may help provide the curtains. A big smile of relief appears on the faces around me. Then Mike suggests that we get a sign made for the front of the hall. Soon we are all talking at once. Everyone is so excited. It will be a real challenge to put the finishing touches on the hall in time!

A Flurry of Activity

We Christian sisters rush off to the marketplace to pick out the material. Afterward we find a tailor to make the curtains. "You have four days to finish them," we tell him. To provide something decorative, Mike volunteers to do a lovely macramé plant hanger for the front of the hall. So off we go again, this time to find the rope needed for the plant hanger as well as to find a flowerpot.

Arrangements are also made for someone to provide the Kingdom Hall sign. Inside and outside the hall, there is a flurry of activity. A group of neighbors gather to watch. There is so much to do! How will we feed the

50 visitors? Where will they sleep? We race all week to prepare, but nothing seems to go smoothly.

We are up early Friday, the day before the dedication. The air is filled with excitement because the visitors from Bamako are to arrive. Around noon the Kingdom Hall sign arrives. When Mike unveils it, the brothers sigh in admiration. Even the curious onlookers watch in appreciation. We wait impatiently as it is attached to the front wall. Now it is evident that this is not just an ordinary building. It is the "Kingdom Hall of Jehovah's Witnesses."

Nearby, at a pioneer's house, the sisters are busy cooking. A big, black caldron boils over with food. We just finish clearing the paint pails and brooms from the side of the hall when shouts ring out: "They're here! They're here!" The friends come running from the hall, others from the house. The neighbors are amazed by it all. The brothers dance in excitement. What a reception the friends receive when they get off the bus! I feel so very proud to be one of Jehovah's Witnesses!

I look around at the visitors—friends from local tribes as well as from Burkina Faso and Togo. Americans, Canadians, French, and Germans have also come. That night we have a big feast. We build a huge fire to light up the yard. I feel like pinching myself to be sure that I am actually having the privilege of being part of the event. As the evening wears on, we reluctantly begin to leave for our respective lodgings.

As many as 20 are housed in one dwelling. I can tell it is hard for some. I see a local sister help a French visitor to the outside toilet. The visitor is a relative of one of the missionaries, but she is not a Witness herself. As they return, she says: "You people are so poor, but you really are so loving and kind." I feel like saying: "No, they're not poor. All of Jehovah's people are rich!" Really, where else can you see such a diversified group of people living in peace and harmony?

A Moving Dedication

The night is short, and dedication day arrives quickly. After a meeting for the field ministry at the Kingdom Hall, the Witnesses go out and invite people of the town to the dedication. I stay behind to arrange flowers and plants. The local sisters bustle around cooking for the evening.

Finally, at four o'clock, the time of the dedication arrives. A total of 92 are present, yet the hall is not overcrowded. I'm so excited that it's hard to sit still. Pierre Sadio gives the history of the work in Sikasso. When he was assigned here, there were just he and his wife and their two children. Life was very rough, but in time Jehovah



First Kingdom Hall built by Jehovah's Witnesses in Mali

blessed their service. The first person to become a Witness in Sikasso is now a special pioneer. Then Pierre explains how the few Witnesses were able to build. They hired a mason, and every Sunday the whole congregation worked all day on the project.

Now Mike interviews friends who worked on the hall. One by one, he asks them if they ever thought that this day would come and how they feel when they look at the Kingdom Hall full of people. Most become so choked up that they can hardly finish their comments. Among the Witnesses present, there is not a dry eye.

Next the dedication discourse is given by Ted Petras from the branch office of Jehovah's Witnesses in Senegal. The dedication prayer is given, and the brothers clap for the longest time. Afterward Mike invites everyone who helped build the hall to come forward. There they stand, their faces beaming, tears of joy rolling down their cheeks. As we sing the concluding song, I'm feeling so very happy. Being a missionary allows me to be in on the most wonderful experiences. We would have missed so much if we had stayed home in the United States.

Further Warm Association

After the dedication, refreshments are provided. The sisters file in carrying large plates of watermelon on their heads. They are followed by two brothers, wearing chef's hats for the occasion and carrying platters of cakes. The flat cakes are gaily decorated with orange slices and lemon slices. The whole atmosphere is so festive.

The visitors leave after they are served. Then the Witnesses proceed to a nearby house for the evening meal. We all sit outside under the full moon, a roaring fire lighting up the yard. I am so excited and tired from the day's activities that I can't finish my meal. I give a half-eaten chicken leg to a little girl. The local pioneers watch our plates, and if anything is left, they finish it. Leftovers do not exist here. We are so spoiled in the United States.

As our evening comes to a close, a brother reminds those who came from Bamako that the bus will pick them up at 9:15 a.m. The next morning the brothers are sitting all over the yard, waiting for the bus to arrive. Then we sing one last song, "We Thank You, Jehovah." The tears start flowing, and just as we are finishing, the bus comes into view. All the brothers and sisters hug one another.

We stand there waving as the bus slowly pulls out. All in the bus wave until it disappears from sight. After that, those of us who remain turn to look at one another. It was a truly wonderful dedication and a wonderful week.—*Contributed.*



This happy group traveled by bus

Young People Ask...



Should I Attend Rock Concerts?

A well-known band is coming to your hometown. Tickets are selling fast, so you must decide now. Are you going to attend?

WHOLESOME music in a suitable setting can be a good thing. After all, Jehovah God created us with the ability to enjoy music, and a great variety of music is acceptable to him.

Among youths today, the music of choice is usually rock music in any of its many forms. Many enjoy it the most when it is performed live. Nevertheless, among other things, reports of mayhem and wild behavior at rock concerts raise serious questions for God-fearing youths. Just what goes on at rock concerts? Would attending one be a good idea?

Testing out the Music

First, let's consider the music itself. Music can express—and arouse—a wide range of emotions. In Bible times, God's people often used music to express their love for God. (Psalm 149:3; 150:4) Music was also used to express joy, excitement, and sorrow. (Genesis 31:27; Judges 11:34; 1 Samuel 18:6, 7; Matthew 9:23, 24) Sad to say, though, music was not always wholesome even in Bible times. Wild, sensual music may have played a role in inciting some Israelites to sin when the nation camped at Mount Sinai.—Exodus 32:1-6, 17, 18, 25.

To be honest, much of rock music likewise promotes bad things—sexual immorality, drugs, rebellion, spiritism. This does not necessarily mean you have to swear off music, but the Bible does tell Christians to "keep on making sure of what is acceptable to the Lord." (Ephesians 5:10) So you have to be selective and discerning when it comes to music.*

How does your choice of music affect you? Does it make you feel happy, calm, or peaceful? Or does it make you feel angry, rebellious, or depressed? One Christian man in Denmark recalls the days when he was a fan of heavy metal, a form of rock music. He says: "I would listen to it while working. And if I made a mistake, I would get so mad that I would crush the thing I was working on and throw it away in a fit of anger!" Another youth admits: "I listened to much rap and heavy metal that glorified sex and a worldly life-style. This music fed my mind, and the result was a craving for the things they sang about." Now if a mere recording can have such an effect, think of the power of a live performance!

* See the "Young People Ask . . ." articles on music appearing in the February 8, February 22, and March 22, 1993, issues of *Awake!*



Alcohol, drugs, and wild behavior are common at rock concerts

Consider too: Just how *loud* will the music be? Granted, people have different preferences in this regard. And the Bible does not rule out reasonably loud music. Why, at the dedication of Solomon's temple, the trumpeters alone numbered 120! (2 Chronicles 5:12) That must have been impressively loud! However, there is a world of difference between a loud shout of praise to God and earsplitting rock music. In the latter case, the loudness is often used to stir the crowd into a spirit of wild abandon. But the Bible condemns "revelries," or "wild parties." (Galatians 5:21; *Byington*) And respect for your body would rule out listening to music at a level that is so loud that you risk damaging your hearing.—Romans 12:1.

Another point to consider is made at Job 12:11. There the Bible asks: "Does not the ear itself test out words as the palate tastes food?" In harmony with this, you should "test out" the song lyrics! One Christian youth admits: "I started listening to the lyrics of some of the songs that I liked, and to my surprise they were not fit for a Christian to listen to. I found it necessary to get rid of that music." (1 Corinthians 14:20; Ephesians 5:3, 4) Be forewarned, too, that many performers use concerts to promote their latest releases—material that may be markedly different from their older, perhaps more wholesome, music.

In addition, you should be sure the music has no demonic overtones—something particularly prominent in forms of heavy-metal music. Heavy-metal bands are notorious for adorning themselves and their albums with demonic symbols and satanic paraphernalia. (James 3:15) Attending a concert by such a group could hardly be pleasing to God, who commands us to "oppose the Devil"!—James 4:7.

Out Of Control

What might take place at the concert itself? One teenage girl named Stacey went with her friends to see a band that they felt played relatively innocent music. But in the middle of the concert, the band's lead singer simulated a séance and invited the audience to join in trying to contact the spirit world! Just a gag? Perhaps. But since the Bible condemns spiritism in any form, Stacey

and her friends felt obliged to walk out.—Leviticus 19:31; Deuteronomy 18:10-13; Revelation 22:15.

Other Christian youths have had similarly harrowing experiences, for while overt spiritism may be relatively rare at rock concerts, out-of-control behavior is common. At one concert the band helped instigate a riot that resulted in 60 injuries and over $200,000 in damages! At yet another concert, three youths were crushed to death. True, most rock concerts do not end up in rioting, injuries, or deaths. But there is an obvious need for caution. Proverbs 22:3 says: "Shrewd is the one that has seen the calamity and proceeds to conceal himself, but the inexperienced have passed along and must suffer the penalty."

So if you should think of going to a concert, get the facts. Does the band have a reputation for inciting out-of-control behavior? What type of audience does the band attract? (1 Corinthians 15:33) To what extent does use of alcohol and drugs go on? And what about the concert hall itself? Has it experienced problems with security in the past? What will the seating arrangements be? When seating is a free-for-all, the likelihood of someone getting hurt is greatly increased.

Drug and alcohol abuse are epidemic at rock concerts. "People don't come for the music," said one disillusioned Christian man who in his youth attended a concert by a classic rock band. "They come to get drunk." He decided it was his last rock concert. One teenage Christian girl similarly reports: "I remember going to a concert where a 'progressive' band was playing. It was so awful! People were smoking pot. The language was horrible, and many there looked like Satan worshipers because of the way they were dressed." Even where drugs and alcohol are vigorously prohibited, it is not uncommon for many in the audience to arrive already intoxicated. Could attending such an affair possibly be in harmony with the Bible's command to "repudiate ungodliness and worldly desires and to live with soundness of mind"?—Titus 2:12.

The Power of Environment

You might feel, though, that there's no need for you to worry about how those around you behave as long as you don't join in the mayhem yourself. However, your environment does affect you. At Ephesians 2:2, the Bible speaks of "the *authority* of the air, the spirit that now operates in the sons of disobedience." Note that this world has a "spirit," or dominant mental attitude. It is everywhere, as pervasive as the air itself. But observe also that this spirit, or attitude, has "authority"—the power to alter your thoughts, feelings, and behavior—if you expose yourself to it! You simply cannot breathe in this powerful air and be unaffected.

In most cases rock concerts are high-level exposures to the world's spirit. One can easily be drawn into the rowdy atmosphere that usually prevails—or into the screaming and waving that amount to almost worshipful adoration of the performers. Such excess admiration negates the adoration that rightfully belongs to God. It amounts to idolatry, something clearly condemned in the Scriptures. (1 Corinthians 10:14; 1 John 5:21) Do you want to risk getting swept up into it?

It is safe to say that most rock concerts involve risks that overshadow any benefits one might gain by attending them. Of course, your parents will have the final say as to whether or not attending a particular concert will be allowed. But if you have the freedom to make that decision yourself, choose wisely. There are many ways of enjoying oneself that are wholesome and do not entail the risks of attending rock concerts.

The Challenge of Living With Tourette Syndrome

AS A toddler, Edward was overactive. He would frantically empty cupboards, throw pillows, and move chairs from one room to another. He was —in his mother's words—"a holy terror."

But when Edward started school, his behavior became even more startling. First, he began to make strange siren noises. Later, he developed twitches in his face and neck. He would grunt, bark, and make other odd sounds. He even had outbursts of vulgarity.

To an observer it might have seemed that Edward was a spoiled child who just needed discipline. In reality, however, he suffered from Tourette syndrome, a neurological disorder characterized by spasmodic muscular and vocal tics.

Many children develop temporary minor tics as a normal phase of development. But Tourette syndrome, usually with lifelong symptoms, is the most severe in the range of tic disorders.* Despite increasing public and professional awareness, this tormenting disorder is still unfamiliar to many persons, and its bizarre symptoms are easily misunderstood.

What Causes Their Tics?

Admittedly, the muscular tics associated with Tourette syndrome can seem peculiar. Twitches in the face, neck, shoulders, or limbs may occur. Symptoms may also include odd mannerisms, such as repeatedly touching the nose, rolling the eyes, or pulling or flicking the hair.

Vocal tics can be even more disturbing. Some of these are involuntary throat-clearing, sniffing, barking, whistling, cursing, and repeating words or phrases. "By the time my daughter was seven," says Holly, "she repeated *everything*. If she was watching TV, she would repeat what she heard, or if you talked to her, she would echo what you said. You might think she was being a smart aleck!"

What causes these strange tics? Experts say that a chemical imbalance in the brain may be involved. Yet, there is still much to learn about the disorder. Chemical abnormalities are considered important, but *The American Journal of Psychiatry* reports: "The exact nature of these abnormalities remains to be determined."*

Whatever the exact cause, most experts say that Tourette syndrome is a physical disorder over which the sufferer has little control. Therefore, simply telling a child or an adult with Tourette syndrome, "Stop doing that" or, "Stop making that noise," is futile. "He wants to stop even more than you want him to," says the brochure *Coping With Tourette Syndrome*. Pressuring him to stop will likely add stress, which may even cause the tics to increase! There are more effective ways to cope with Tourette syndrome, for the sufferer as well as for his family and friends.

* Tourette syndrome is three times more common in males than in females. For this reason we will refer to the Tourette patient in the masculine gender. Of course, the same principles apply to females with Tourette syndrome.

* Studies have shown that as many as one half of Tourette syndrome patients are also afflicted with obsessive-compulsive symptoms, and one half display Attention Deficit Hyperactivity Disorder symptoms. The relationship between these disorders and Tourette syndrome is still being researched.

Support From Parents

Elinor Peretsman of the Tourette Syndrome Association told *Awake!:* "Adults who grew up with Tourette syndrome and who are now leading successful lives all say that they got wonderful help from their families. They were loved and supported, not berated or blamed for their condition."

Yes, a child with Tourette syndrome must have—*and must sense that he has*—parental support. For this to be accomplished, parents must work *as a team.* Neither parent should carry the entire load. A child who senses one parent's passive withdrawal may begin to blame himself for his condition. "What did *I do* to get this way?" cried one teenage Tourette sufferer. But, as already noted, the tics are involuntary. Both parents can reinforce this truth by taking an active part in the child's life.

Admittedly, this is not always easy. At times parents—especially fathers—feel somewhat embarrassed by the child's symptoms. "I hate to take my boy to movies or sporting events," confesses one father. "People turn around and glare at him when he tics. Then I get angry at them, feel helpless about the situation, and end up taking it out on my son."

As this candid statement reveals, often the greatest challenge for parents is their own view of the disorder. Therefore, if your child has Tourette syndrome, ask yourself, 'Am I more concerned about the embarrassment that the disorder causes *me* than about the embarrassment that it causes *my child?*' "Always put your feelings of awkwardness aside," urges one parent. Remember, your embarrassment is minute compared with that of the sufferer.

In contrast, mothers usually must guard against the other extreme, that of becoming exclusively focused on the one child to the exclusion of her husband and the other

The Role of Discipline

OBVIOUSLY it would be wrong to chastise a child simply for the involuntary manifestations common to Tourette syndrome. The presence of such behavior does not mean that the child is not being properly disciplined. However, the word "discipline" can mean "to train or develop by instruction and exercise." While tics cannot be eliminated, parents can train the child to subdue unacceptable behavior that is a by-product of the disorder. How?

(1) Teach him that actions have consequences. A child with Tourette syndrome needs to know that his impulsive actions have consequences. Teach him this by asking questions about everyday matters, such as, 'What would happen if this food was not put back in the refrigerator?' Allow him to respond. He may say: 'It would get moldy.' Then, let him choose a course of action that would prevent the undesired outcome. He may conclude: 'We should put it back in the refrigerator.' If this is done repeatedly and with a variety of situations, the child can be trained to think before impulsively acting.

(2) Set boundaries. This is especially important if a child's behavior is potentially harmful to himself or to others. For instance, a child with a compulsion to touch a hot stove can be told that he is not allowed near the stove. A child who tends to get excessively angry can be taught to go to a private place until he cools down. Make it clear which actions are appropriate and which ones are not.

(3) If possible, teach the child to modify objectionable tics. Some can control their tics temporarily. Often, however, forcing such restraint simply delays the inevitable outburst. A better approach is to help the child modify tics that are socially objectionable. For example, spitting can be made less objectionable by having the child carry a handkerchief. This teaches the child responsibility for managing this symptom so that he can function in society.

"We must not be afraid to discipline," says *Discipline and the TS Child.* "Over time this will give him the knowledge and self-confidence that he *can* function autonomously, without us there, in any social situation."

children. Balance is required so that no one is neglected. Parents still need time to themselves. Also, notes a parent named Holly, "you have to spend private time with each of the siblings, so that they don't feel encompassed by the child with Tourette syndrome." Of course, both parents must cooperate to achieve this family balance.

What about discipline? Having Tourette syndrome does not take away the need for training. On the contrary, since the disorder is often accompanied by impulsive behavior, structure and guidance are all the more essential.

Of course, each child is different. Symptoms vary in type and degree from one person to another. But experts say that regardless of the tics, you can teach the difference between acceptable and unacceptable behavior.

Support From Friends

Do you have an acquaintance who has Tourette syndrome? If so, you can do much to alleviate his turmoil. How?

First, learn to see the person behind the illness. The *Harvard Medical School Health Letter* says: "Behind the unusual movements, the strange sounds, and the aberrant behavior is someone who desperately wants to be normal and who needs to be understood as a person as well as a patient." Indeed, persons with Tourette syndrome do feel the pain of being different. This feeling can be more disabling than the tics!

So do not withdraw from someone with this disorder. The Tourette patient needs association. You may well benefit from his company too! Nancy, the mother of a 15-year-old boy with Tourette syndrome, says: "Those who stay away from my son miss out on the opportunity to learn empathy. We come out of any experience with an education, and living with my son has taught me to be more understanding and not to prejudge." Yes, insight will help friends to be supportive and not judgmental.—Compare Proverbs 19:11.

Debbie, one of Jehovah's Witnesses whose symptoms began at the age of 11, says: "I have lots of friends at the Kingdom Hall, including traveling overseers, who love me and take my tics in stride."

Help for the Sufferer

Many are relieved simply to know that their tics are due, not to a personal failing, but to a neurological disorder with a name —Tourette syndrome. "I'd never heard of it before," says Jim, "but I was relieved when they put a name to what I had. I thought, 'It's OK. I'm not the only one.' I'd always felt I was."

But what can be done about the tics? Many have been helped by medication. However, results vary from one person to another. Some experience side effects, such as muscular rigidity, fatigue, and depression. Shane, a teenager who has tried several medications, says: "The side effects were less tolerable than the tics. So I decided that I would rather continue without medication as long as possible." For others, side effects may not be as severe. Thus, whether or not to use medication is a personal decision.*

* While the link between nutrition and behavioral problems is controversial, some suggest that parents be alert to any foods that seem to intensify a child's tics.

IN OUR NEXT ISSUE

Our Threatened Planet —Can It Be Saved?

The Greek Orthodox Church —A Religion Divided

Is Mary the "Mother of God"?



"I don't allow my condition to keep me from everyday activities"

With or without medication, "the social terrors that must be overcome may be the toughest challenge," notes *Parade Magazine*. Kevin, a young man with chronic muscular tics, decided to meet this challenge head-on. "Out of fear of being embarrassed," he says, "I used to turn down invitations to play basketball or to go over to a friend's house. Now I just tell people straight out what I have, and it makes me feel a lot better."

But what if you have Tourette syndrome and your tics are disturbing to others, perhaps including coprolalia, the involuntary outburst of offensive words? You can draw comfort from what the Bible says. It assures us: "God is greater than our hearts and knows all things." (1 John 3:20) He knows that you would 'put away' this "obscene talk" if you were physically able to. (Colossians 3:8) Yes, the Creator understands this disorder better than any human. He does not hold one accountable for a physical disorder over which one has no control.

Those who live with Tourette syndrome face a daily challenge. "If you have Tourette syndrome," says Debbie, "be assured that you can still accomplish many things. I have been able to share fully in the preaching work, auxiliary pioneering many times."

Of course, some, whose symptoms are more severe, may be more limited. Mark used to give talks in the Theocratic Ministry School, held at the Kingdom Hall of Jehovah's Witnesses. Now, at age 15, his coprolalia and screaming tics prevent him from doing so. "This does not make him any less of a Witness," says his mother. "Mark loves Jehovah very much and is looking forward to the time when he will be cured of this terrible disease."

Debbie is also comforted by this hope. She says: "It is wonderful to know that I, along with many others, will no longer have Tourette syndrome in the new world to come."—Isaiah 33:24; Revelation 21:3, 4.



Luc Delahaye/Sipa Press

PRAYERS FOR PEACE AMID MEMORIES OF WAR

IN November 1994, Pope John Paul II hosted a multidenominational assembly in the Vatican. Prayers for world peace marked the occasion. "Whatever the conflicts of the past and even of the present," said the pope in his opening address, "it is our common task and duty to make the relation between religion and peace better known."

Ironically, religions of this world have a poor reputation in this regard. William Vendley, secretary-general of the conference, acknowledged that "religions are deeply involved in conflicts in various parts of the world." Consider the massacres in Rwanda, a predominantly Roman Catholic land.

In May 1994, Pope John Paul II admitted that the Rwandan tragedy was "a real and true genocide for which, unfortunately, even Catholics are responsible." Has Catholic participation affected people's belief in the church? "The massacres have shaken many people's faith," said André Bouillot, a Belgian Jesuit. And with good reason.

According to a Reuters report published in the Miami *Herald,* "priests, pastors and nuns are among the 40,000 Hutu prisoners awaiting trial for acts of genocide." *The New York Times* reported: "Many Rwandans say their bishops and archbishops did not condemn the massacres quickly or forcefully enough and that they were too close to the Habyarimana Government, which helped to train the death squads. At least one priest has been arrested by the new Tutsi-dominated Government on charges of collaboration in the massacres." Not surprisingly, "the new Government," adds the *Times,* "says it does not want the Catholic Church to be as powerful as before, and soldiers have harassed and even threatened to arrest priests who are too outspoken and independent."

How does Jehovah God view prayers for peace that are offered by bloodguilty religionists? Isaiah 1:15 answers: "When you spread out your palms, I hide my eyes from you. Even though you make many prayers, I am not listening; with bloodshed your very hands have become filled."

Meanwhile, Jehovah's true servants remain "no part of the world" and its conflicts. During the massacres in Rwanda, Jehovah's Witnesses of each tribe provided asylum in their homes for threatened Witnesses of the other tribe, thus protecting them at risk to their own lives. The "great crowd" of Witnesses, drawn worldwide from every ethnic background, pray for and advocate God's Kingdom as the only hope for true peace and security.—John 17:14; Revelation 7:9; Matthew 6:9, 10; 24:14.

Doctors Learned From My Near Death

IN MID May 1991, we learned that we were expecting our fourth child. Our youngest, Mikael, was nine, and our twin daughters, Maria and Sara, were 13. Although the addition was unplanned, we soon got used to the idea of having another baby.

One evening in the third month of pregnancy, I felt a sudden pain in my lung. The following day I could hardly walk. The doctor said that I had pneumonia, and she gave me penicillin. I began to feel better after a couple of days, but I was quite weak. Then I suddenly experienced pains in my other lung, and the same procedure was repeated.

During the days that followed, I could not lie down because of difficulty in breathing. A little over a week after the first attack of pain, one of my legs became blue and swollen. This time I was admitted to the hospital. The doctor informed me that the pain in my lungs had not been due to pneumonia but to blood clots. She also said that I had a blood clot in my groin. I learned that blood clots are one of the most common causes of death among pregnant women in Sweden. A few days later, I was moved to the Karolinska Sjukhuset Hospital in Stockholm, which has a special maternity clinic for complicated pregnancies.

The doctors decided to put me on the blood-thinning medication heparin. They assured me that the danger from hemorrhaging due to taking heparin was small compared with the risk of suffering another clot in the lungs. After a couple of weeks, I was well enough to return home. I felt a warm, ardent happiness at being alive with the lively little child growing inside me.

Time for Delivery

It was decided to induce the delivery, but before steps could be taken to start the procedure, I felt severe pain in my lower abdomen. So I was rushed to the hospital. The doctors, however, could not find anything wrong.

The following evening my abdomen was very swollen, and the pain had not diminished. In the middle of the night, a doctor examined me and found that I was in labor. The next morning my abdomen was swollen even more, and the pain was insufferable. The doctor looked worried and asked when I had last noticed the child's movements. I suddenly realized that it had not been for a long time.

I was immediately rushed to a delivery room. From a distance I could hear the staff talking. "She refuses to have a blood transfusion," someone said. Then a nurse bent over me and said in a loud voice: "You know your child is dead, don't you?" I felt as if someone had stabbed a dagger into my heart.—Proverbs 12:18.

Firm Refusal to Accept Blood

Suddenly my doctor appeared and told me that my condition was extremely serious. He asked if I still wanted to stick to my decision not to accept a blood transfusion. I emphatically stated that I did, but I don't remember much after that. However, I had made very clear to my doctor that Christians are commanded to abstain from blood and that



With my helpful surgeon

I wanted to be obedient to God's law.—Acts 15:28, 29; 21:25.

In the meantime they called for another doctor, Barbro Larson, a skilled surgeon. She quickly arrived and operated immediately. When they opened my abdomen, they found I had lost three liters of blood through internal bleeding. But Dr. Larson respected my decision concerning blood transfusion.

Afterward, another doctor said that it was only a matter of minutes before I would die. "I don't know if she is alive right now," he reportedly claimed. Later it was learned that the doctors could not find the source of the bleeding, so they put a compress in my abdomen. The doctors and nurses offered no hope whatsoever for my survival.

When my children arrived at the hospital and learned of my condition, one of them said that Armageddon will soon be here and that afterward they would have me back in the resurrection. What a wonderful and just arrangement the resurrection is!—John 5: 28, 29; 11:17-44; Acts 24:15; Revelation 21: 3, 4.

Life in the Balance

My hemoglobin had fallen to 4 grams per deciliter, but the bleeding seemed to have ceased. Earlier I had put a copy of the *Awake!* magazine of November 22, 1991, in my case record. Dr. Larson found it and noticed the heading, "Preventing and Controlling Hemorrhage Without Blood Transfusion." She eagerly scrutinized it to see if there was something she could use to help me survive. Her eyes fell on the word "erythropoietin," which is a medication that stimulates the body to produce red blood cells. She now administered it. But the medication takes time to produce results. So the question was, Would the erythropoietin work in time?

The following day my hemoglobin level had decreased to 2.9. When I woke up and found all my family at my bedside, I wondered what had happened. I could not speak

because of the respirator. I felt almost hysterical with grief, but I could not even cry. Everybody told me I had to save my strength in order to survive.

The next day I had a fever due to the inflammation caused by the compress left in my abdomen. My hemoglobin had dropped to 2.7. Although it is very dangerous to anesthetize a person in that condition, Dr. Larson explained that despite the risk, they were forced to operate again to remove the compress.

Before the surgery the children were allowed to come in and see me. Everyone thought it was a farewell. Several members of the medical staff were crying. They didn't believe I was going to make it. Our children were very brave, and this made me calm and confident.

Because the anesthetic given was minimal, sometimes I could hear what the staff were saying to one another. Some were talking about me as if I were already dead. Later, when I recounted what I had heard during the operation, a nurse said she was sorry. But she said that she was convinced I was going to die and still didn't understand how I survived.

The following day I felt a little better. My hemoglobin was 2.9, and my hematocrit was 9. My Christian brothers and sisters visited, bringing food and coffee for my family. We were grateful for their love and affection. By evening my condition was still critical but stable, and I was moved to another ward.

The Doctors Learn

Many members of the medical staff were curious about me, and most of them were very kind. One nurse said: "Your God must have saved you." A doctor from another ward came by and commented: "I just want to see what a person with such a low hemoglobin level looks like. I cannot understand how you can be so alert."

The next day, although it was her day off, my doctor came to see me. She told me that she felt a humbleness because of what had happened. If I fully recovered, she said, they were going to initiate new research into alternatives to blood transfusion therapy in treating patients.

My recovery was dramatic. Two and a half weeks after my tragic delivery, my hemoglobin level had increased to a little more than 8. So I was discharged from the hospital. Three days later we had our annual circuit assembly of Jehovah's Witnesses, and I was there. How encouraging it was to see again our Christian brothers and sisters who had been so supportive during our ordeal!—Proverbs 17:17.

As Dr. Larson promised, a report about my case, called "Erythropoietin Replaces Blood Transfusion," was later published in the Swedish medical journal *Läkartidningen.* It said: "A 35-year-old woman, one of Jehovah's Witnesses, suffered an acute massive obstetric bleeding. She refused blood transfusion but accepted erythropoietin therapy. After nine days of postoperative treatment with high doses of erythropoietin, the hemoglobin increased from 2.9 to 8.2 grams per deciliter without any side effects."

The article concluded: "Initially the patient was very weak, but she recovered surprisingly fast. Moreover, the postoperative course was totally without complications. The patient could be discharged from the hospital after two weeks."

Even though this experience was a hard blow for us, we are pleased that as a result, some doctors may have learned more about alternatives to blood transfusion. Hopefully, they will be prepared to try the methods of treatment that have proved successful.—*As told by Ann Yipsiotis.*

World Faces "Health Catastrophe"

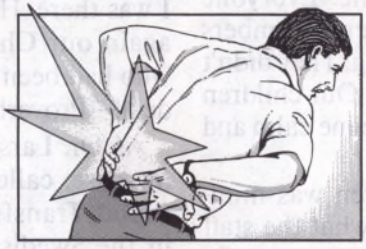
"The world's biggest killer and the greatest cause of ill-health and suffering across the globe is . . . extreme poverty." So states *The World Health Report 1995,* published by WHO (World Health Organization). Half of the world's 5.6 billion people do not have access to essential medicines; almost one third of the world's children are undernourished; and one fifth of the global population live in extreme poverty, according to the report. *The Independent,* a London, England, newspaper, quotes the director-general of WHO as warning of a "health catastrophe in which many of the great achievements . . . in recent decades will be thrown into reverse."

Reducing Crib Deaths

In the German state of North Rhine-Westphalia, a program provides all parents of newborn babies with a leaflet informing them of factors that may increase the risk of crib death. After the program was instituted, crib deaths in the state fell by 40 percent, according to the newspaper *Süddeutsche Zeitung.* Following similar programs, Australia, England, the Netherlands, and Norway are said to have experienced reductions of as much as 60 percent in such fatalities. This new crib-death awareness program warns parents against laying the baby down to sleep on its stomach, using a large feather bed or a soft mattress, smoking during pregnancy, and exposing the newborn to tobacco smoke.

Coping With Back Pain

Occurring in 90 percent of the people around the world at some time in their lives, low back pain is "the most frequent condition to affect human beings," according to *The Medical Post* of Canada. In the majority of cases, however, expensive



medical intervention may not be necessary. Dr. Garth Russell, an orthopedist, says that "90% of cases of sudden or acute inflammatory back pain (usually following physical activity) involve only severe muscle spasms of the back, and will respond to two to three days of bed rest." Thereafter, Dr. Russell recommends, "begin light exercise and resume your daily activities."

Violent Video Games

Realistic, violent video games are prevalent in the culture of many young people, according to a report in *The Vancouver Sun* of Canada. The paper cites a study demonstrating that young players become physiologically excited when playing such games. Their heart rate increases significantly—in some cases it more than doubles. Of concern to the researcher was the question, "Do kids keep the violence in the realm of the video game or does it leak into their life"? University of British Columbia education professor Charles Ungerleider believes such games send the message that violence is a way to solve problems. He observes: "It's a peculiar commentary on society that violent video games are an acceptable form of entertainment."

Troublesome Viruses

According to an article in *U.S.News & World Report,* "new plagues as well as old diseases are on the rampage." Why? A number of factors have increased human vulnerability to diseases, explains Swiss newspaper *Neue Zürcher Zeitung.* The factors include the increase in international travel, which results in the introduction of diseases into populations with no immunity. Additionally, what scares people at the CDC (Centers for Disease Control), in Atlanta, Georgia, notes *U.S.News,* "are the mundane microbes, once easily quashed with antibiotics, that have started defeating even the newest and most powerful drugs."

Effects of a Toxic Environment?

According to *The Globe and Mail* newspaper, for the first time, Canada experienced an increase in the national mortality far greater than predicted. Instead of the expected 3-percent increase, deaths among Canadians from 1992 to 1993 increased 4.3 percent, the highest increase

on record. The figures include a rise in infant deaths, the first in 31 years. These increases are unusual and alarming, according to the report. One Canadian expert was reminded of the death of the canary—used in the past to warn of poisonous gases in mines. "Could this be the first indication that the environment is becoming increasingly toxic?" was the question asked.

Youths Pessimistic About Future

Australia used to be called the "lucky country," but an increasing number of Australian young people might not agree with that assessment today. The newspaper *The Australian,* reporting on a study of young people between 15 and 19 years of age, found they had "an 'apocalyptic' vision of Australia's economic future." Students in their 9th, 10th, and 11th year in state, Catholic, and private schools were interviewed. "According to the report, the findings suggest 'quite clearly' that the current generation of 15 and 16-year-olds are 'not rushing to embrace the future'—believing society is getting more violent and unemployment will remain high," the paper said. When asked to describe their lives ten years hence, "most of the respondents identified a deteriorating economy and a society in which individuals had reduced control over their economic destiny."

HIV Carriers Not Told

In Japan some doctors are failing to inform HIV carriers of their infection, and spouses of such carriers have been infected. After surveying 363 of the country's hospitals and medical institutions, the Health and Welfare Ministry revealed that only 43 percent of the institutions inform all HIV patients of their condition. About 28 percent inform only some of their patients. Some hospitals admitted failing to inform their patients at all, while others declined answering the survey's question, said *The Daily Yomiuri.* One main reason given by doctors for withholding information was the "extremely unstable mental condition" of the carriers.

Something New at the Camel Fair

While tourists often look for the unusual when they travel, they themselves may seem quite odd to local residents.



The *International Herald Tribune* reports that Western tourists have discovered what may be the world's largest camel market in the northern desert city of Pushkar, India. There, the camel traders find their foreign visitors amusing. The *Tribune* explains that the "camel drivers marvel at this bizarre breed that turns red under the desert sun, views the world through black boxes held in front of their faces [cameras] and is willing to pay $2 (more than two days' wages for most desert farmers) for an hour's ride on a lumbering camel." When asked if the growing number of tourists is good or bad, a camel trader replied: "Good. We like to look at them."

China's Eroding Values

"Preoccupation with wealth is threatening the foundation of Chinese society, the family," reports *The Wall Street Journal.* "Families are disintegrating, spawning a selfish 'me generation' of youths. Crime and corruption are at record levels." Children who formerly respected their parents now use them as servants and are unwilling to care for them in their old age, says one researcher. Although many in China still hold to traditional values, these are being eroded as millions leave their homes in search of opportunity elsewhere. "Chasing money has become the goal. For money, people are willing to neglect the good, to neglect social morals," says the public security vice-minister Bai Jingfu.

New Species

Searching for new plant species, British and Brazilian botanists have been exploring a single mountain in northeastern Brazil for over 20 years. So far they have discovered a staggering 131 species that were formerly unknown, all growing within an area of only 66 square miles. This "garden of Eden," as the newspaper *Folha de São Paulo* calls the site, grows on 6,420-foot-high Pico das Almas in the Brazilian state of Bahia. Botanists checked some 3,500 herbaria to be sure that all these plants were indeed new discoveries—and they were. Simon Mayo of England's Royal Botanic Gardens told the newspaper: "It is impressive to discover so many plants at the end of the twentieth century."

FROM OUR READERS

Procrastination The article "Procrastination—The Thief of Time" (April 8, 1995) was written in a practical and humorous way. As I read it, I found myself laughing at myself, since I have the terrible habit of procrastinating.

F. B. H., Brazil

I have been a chronic procrastinator most of my life, so this was timely information for me. It was well written, and I plan to use the information to help me structure my time better. Often I have wanted to write a letter of thanks for different articles and never got it done. Now I finally have accomplished that!

M. H., United States

I was leafing through the magazine when I noticed the article. I read the introduction, thinking I would read the rest of the article later. But the opening words said: "Stop! Don't put this article down!" I realize now that I have allowed myself to be robbed of time because of procrastination.

A. E., Italy

I am a tailor, and procrastination had been a way of life for me. I ignored making lists, delegating at the appropriate time, and planning for interruptions. But now I have learned to put your suggestions to use, and I am enjoying the rewards.

S. N., Nigeria

Last Days As a full-time evangelizer, I would like to thank you for our journals. As I was reading the featured series of articles in the April 22, 1995, issue, "Are These the Last Days?," I thought to myself, 'How clear, direct, and well illustrated these articles are!' The layout, superb photography, and captions truly brought the points home and made the articles easy to read and comprehend. It was a delight to offer such material to our neighbors!

J. B., United States

Shingles I read your article "Shingles —Coping With the Pain." (April 22, 1995) Three days later I developed a skin rash that closely resembled the description of shingles in your article. I went to the doctor and told him I thought I might have shingles. Sure enough, he told me to "go to the head of the class"—my diagnosis was correct! Since the disease was discovered in an early stage, he said I would be spared much of the pain that most shingles patients get. Thanks for your article!

K. B., United States

Matreshka Thank you for the article "Matreshka—What a Doll!" (April 22, 1995) As I read it, I was struck by the way it was written. The photos are beautiful! I have been fascinated by this doll since I was little, but I did not know anything about its origin. Now I'll have to persuade someone to buy one for me!

M. T., Italy

Abortion The article "Young People Ask . . . Abortion—Is It the Answer?" caught my attention. (March 8, 1995) Twenty-four years ago, when I became pregnant at 15 years of age, I experienced the same flood of emotions as the girls mentioned in the article. The baby's father encouraged me to have an abortion, but I decided to have my baby. My priest wanted me to give my baby up for adoption. I never set foot in the Catholic Church again! My parents, though, were supportive. I began thinking about giving my baby a solid spiritual upbringing. When Jehovah's Witnesses came to our house, I accepted a Bible study and was soon baptized. Today I am happily married. And my son? He is serving at the headquarters of Jehovah's Witnesses. I shudder to think about the first alternative—abortion. It is *not* the answer!

G. J., United States

INDEX TO VOLUME 76 OF *AWAKE!*

ANIMALS AND PLANTS

Africa's "Tree of Life" (Baobab), 3/22
Aquaculture, 5/22
Australia's Parrots, 3/8
Bee Versus Computer, 2/8
Coconut Crab, 5/8
Crocodile, 3/22
Fritillary (Butterfly), 3/8
Have You Seen a Thylacine?, 6/22
Largest Cashew Tree, 8/22
Leopard, 4/8
Megapode, 1/22
Moles, 2/22
Mysteries of Migration, 9/22
One-Eared Mantis, 4/8
Orchids in Europe, 1/22
Pineapple, 10/8
Rat Snake, 11/22
Rhinoceros, 8/8
Tawny Owl by Hadrian's Wall, 11/8
Termite—Friend or Foe?, 5/22
Toad or Frog—The Difference, 7/8
Water Buffalo—Faithful and Useful, 7/22

ECONOMICS AND EMPLOYMENT

Pay to Go Into Debt?, 6/8

HEALTH AND MEDICINE

Autism, 2/8
Bad Breath, 7/8
Burnout, 1/8
Canada's "Tainted Blood" Inquiry, 6/8
Die of a Broken Heart?, 10/22
Doctors Learned From My Near Death, 12/22
Drinking Water, 9/8
Enjoy Jogging, 3/22
Food-Borne Illness, 11/22
Food Really Nutritious?, 3/8
Killing Millions to Make Millions (Smoking), 5/22
Menopause, 2/22
Ocean Pharmacy, 9/22
Premenstrual Syndrome, 8/8
River Blindness, 10/8
Shingles, 4/22
'Thank You for Bringing Me Home, Mom' (Accident Victim), 7/8
Tourette Syndrome, 12/22
Walking on Sand, 3/8
What We Learned From Andrew (Down's Syndrome), 12/8
When Sickness Is No More, 4/8
Where AIDS Is Pandemic, 7/22
Why Is Life So Short?, 10/22
Why Your Body Needs Sleep, 6/8
World Health Situation, 4/8

HUMAN RELATIONS

Conversation Is an Art, 4/8
Do You Appreciate Grandparents?, 7/8
Missing Children, 2/8
One-Parent Families, 10/8
What Does It Mean to Be Aged?, 6/22

JEHOVAH'S WITNESSES

A First for Mali, 12/22
Bullet Changed My Life (G. Williams), 10/22
Canada's Supreme Court Strengthens Parents' Rights, 11/8
Discipline Has Been My Salvation (S. Burke), 8/22
Family That Truly Loved Me (U. Udoh), 7/22
Holocaust—Who Spoke Out?, 8/22
How I Benefited From God's Care (C. Jones), 6/22
Joshua's Faith (Blood), 1/22
Literature Appreciated in Former Soviet Union, 6/8
Magazines Give Practical Comfort, 1/8
My Hate Turned to Love (L. Wurm), 1/8
My Long, Hard Fight to Find True Faith (K. Malone), 9/22
"Now It Is Only Mia and Jehovah" (Blood), 2/22
Over 40 Years Under Communist Ban (J. Hálová), 4/22
Return Visit to Russia, 2/22
Seminars to Improve Relations Between Doctors and Witnesses, 3/22
She Touched Many Lives (K. Roberson), 6/22
Successful Search for Meaning of Life (H. Dies), 5/22
Supreme Court of Norway Upholds Religious Rights, 11/22
Victory for the Minority (Japan), 10/8

LANDS AND PEOPLES

African School, 9/22
Costa Rica—Abundant Variety, 7/8
From Bottles to Beads (Nigeria), 11/8
Hula—Dance of Hawaii, 12/8
Hungary's Vineyards, 9/8
Japan's Sudden Disaster (Kobe Earthquake), 8/22
Meaning Behind the Mask (Africa), 8/8
Visiting Omdurman's Camel Market (Sudan), 6/8
Where Eagles Fly in for Fish Dinners (Alaska), 11/22
Women of India, 7/22
Zanzibar—"Spice Island," 2/22

MISCELLANEOUS

Baby Transport, 12/8
Battle of Marathon, 5/8
Boredom, 1/22
Captain James Cook, 3/22
Catacombs, 8/8
Crossword Puzzles, 2/8, 4/8, 10/8, 12/8
Crystal Palaces of the Sea (Icebergs), 12/8
Fashion—Ancient Greek Style, 3/8
Glass, 11/22
Iditarod (Sled Dog Race), 10/8
Is This the Game for You? (Computer Games), 5/8
Is Your Home Earthquake Resistant?, 6/8
Maps to Meet Your Needs, 9/8
Maps—Useful Imaginary Lines, 3/8
Matreshka—What a Doll!, 4/22
Nature's Tears (Dew), 5/22
Philately (Stamp Collecting), 1/8
Procrastination—Thief of Time, 4/8
Rice—Boiled or Raw?, 1/22
Safely Exploring Beneath the Waves, 5/8
Solving the Garbage Glut—With Compost, 10/22
Valentine Day, 2/8
Why Build With Wood?, 10/22
Your Car—Shelter or Trap?, 6/8

RELIGION

Christmas—Its Origins, 12/8
Clergy Attempt to Reach Youths, 5/22
Ever Wondered? (Quiz on True Religion), 5/8
False Predictions or True Prophecy, 6/22
In Search of the Greatest Artist, 11/8
Mormon Church, 11/8
No Part of the World?, 1/8
Ordination of Women, 7/22
Prayers for Peace Amid Memories of War, 12/22
Who Will Evangelize Britain?, 1/22
Will They Preach From Door to Door?, 2/22
World Council of Churches, 3/22

SCIENCE

Alpine Iceman, 5/8
Harnessing the Power of Wind, 10/22
Hubble Space Telescope, 9/8
Human Genetics, 3/22
Rocks That Fly, 12/8
Science Fiction, 12/8
Solar Eclipse, 3/8
Theory That Startled the World (Evolution), 8/8
Why Drill Down So Deep?, 5/8

THE BIBLE'S VIEWPOINT

Adultery—To Forgive or Not?, 8/8
Forgive and Forget—How Possible?, 6/8
God Pleased to See Us Suffer?, 3/8
God's Standards Too Difficult?, 10/8
Is Competition in Sports Wrong?, 12/8
Matter What You Believe?, 7/8
Meaning of Life, 5/8
Singleness, 2/8
Who Go to Heaven?, 1/8
Your Role in Your Prayers, 9/8

WORLD AFFAIRS AND CONDITIONS

1945-1995, 9/8
Are These the Last Days?, 4/22
Chains and Tears of Slavery, 6/8
Drinking Water, 9/8
Gambling—A Growing Addiction, 9/22
Holocaust—Who Spoke Out?, 8/22
Missing Children, 2/8
No Secret Anymore (Letter on U.S. Civil War), 5/8
Poor Nations Become Garbage Dumps, 11/22
Schools in Crisis, 12/22
Will Man Ever Cope With Disaster?, 7/22
Will Rich Nations Always Exploit Poor Ones?, 11/22
World Health Situation, 4/8

YOUNG PEOPLE ASK

Abortion the Answer?, 3/8
Being God's Friend, 7/22, 11/22
Homosexuality, 2/8, 2/22, 3/22
Improving Wardrobe, 1/22
Learn Self-Defense?, 9/22
Married Too Soon, 4/22
Parent Who Falls Short, 5/22
Rock Concerts, 12/22
Sexual Harassment, 8/22
Stealing—Why Not?, 6/22
Straightening Out Life, 1/8
Why Is Everyone Getting Married?, 10/22

They Received First Prize

Two young students in Madras, India, shared the first prize for their model of a space station with a space vehicle and the launchpad. Where did the young boy and girl, seen in this photograph, get the idea for their project?

The youths explained in a letter to the publishers of *Awake!:* "We are taking this opportunity to thank you specially, since we obtained the prizes only because of the series on space exploration that appeared in the September 8, 1992, *Awake!*"

Awake! is published for the enlightenment of the entire family. Customs and people in many lands, the marvels of creation, practical sciences, and points of human interest are all embraced in its coverage.

