

Awake!

July 22, 1992



**When a Loved
One Dies**



When a Loved One Dies 3-9

Death is a universal scourge. It comes to all without regard for race, religion, nationality, social standing, wealth, or poverty. What can be done to ease the pain? How can inconsolable grief be consoled?



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Death The Universal Scourge



ACH year some 50 million people die around the globe. That translates into 137,000 a day, 5,700 an hour, about 100 a minute, or over 3 persons every two seconds. No family is exempt from the scourge of death. King or commoner, rich or poor, male or female—all alike die.

"In this world nothing is certain but death and taxes," wrote the famous American publisher, inventor, and diplomat Benjamin Franklin to a friend in 1789. His observation, however, was not unique. About 2,800 years earlier, wise King Solomon of the ancient nation of Israel stated: "The living are conscious that they will die." Yet, he merely confirmed what was said some 3,000 years earlier to the very first human on earth: "Dust you are and to dust you will return."—Ecclesiastes 9:5; Genesis 3:19.

As inevitable as death has been throughout human history, it is still a source of great sorrow. It has rightly been said that our normal desire is to live, not die. The relationships we have with family and friends are strong bonds that cry for continuance. But one by one, as the years advance, these bonds are broken by death. Our grandparents, parents, and friends die.

"The facts are that centenarians surviving beyond their 113th year are of the extremest rarity and the present absolute limit of proven human longevity does not admit of anyone living to celebrate any birthday after their 120th," states the *Guinness Book of World Rec-*

ords. Therefore, no one is alive today who witnessed the birth of Winston Churchill (1874) or that of Mohandas Gandhi (1869), the sale of Alaska to the United States by Russia in 1867, or the assassination of Abraham Lincoln in 1865—not to mention all the events of history that preceded these of the 19th century.

Actually, despite all modern medical and scientific breakthroughs, the human life span still amounts to that which was stated by the ancient man Moses: "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) This was a generalization. Moses himself lived 120 years.

As troubled as life may be, bereavement brings special pain and grief. Often it has an adverse impact on the health of those left behind and has even been known to precipitate illness and death. No matter which member of a family dies, there is a great sense of loss. As one psychiatrist put it, "when your parent dies, you have lost your past. When your child dies, you have lost your future." The distress and emotional strain that follow can be beyond description. Financial resources are often heavily taxed, making matters worse. Pressure to adhere to certain funeral practices and customs can add to the grief.

Is there any way, though, that we can alleviate some of the stress and burdens that befall us when a loved one dies?

Easing the Burdens of Death



UNERAL customs and burial practices vary greatly from country to country and from culture to culture. Governmental regulations may stipulate some procedures that must be followed.

The most decisive factor, however, is usually the religious beliefs of the family and the community. "The study of death rites and customs illustrates impressively the relation between religious belief and popular practice in the presence of the dead," states *The New Encyclopaedia Britannica*.

Consider a Hindu funeral in India. The body is prepared for cremation according to the rites of the particular sect. "Holy water," preferably from the Ganges River, is sprinkled on the floor. A white sheet is then placed over this area, and the body is laid upon it. Sweet-smelling incense is burned in the belief that it will bring clean spirits to the area. Sandalwood paste and a red powder are applied to the face. The body is bathed and then covered with a white cloth over which flowers are strewed. The body is then carried with head

forward on a bamboo stretcher to the burning ghat (place for cremation). There the stretcher is reversed to position the body with feet forward, toward the burning ghat, to indicate that it is looking ahead to future life. The funeral pyre is lit by the eldest son, for it is believed that only in this way will the "soul" of the deceased find peace. Afterward, the ashes are collected and consigned to one of India's "holy" rivers.

In Papua New Guinea, it is customary for relatives to keep in close contact with the dead body, kissing it, crying over it, making it promises, and asking forgiveness for sins committed against the dead person. Mourning is intense, and the crooning of dirges adds to the sadness. It is the custom to have at least two lavish feasts sometime after the death to honor the "spirit" of the dead person and ward off any retribution it may bring.

In Africa, funeral practices and traditions lay emphasis on belief in the immortality of the soul. A need to appease the dead is felt, lest they wreak havoc on their relatives. A lot of money is spent and many sacrifices offered in hopes that the dead will show the living

Awake!

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favor. Many believe in reincarnation, that the dead one will return either as an animal to be honored worshipfully or as another family member through a woman then pregnant. "Thus," a report from Nigeria says, "special care is taken while dressing a corpse to ensure that everything is in shape. For instance, it is believed that if the hand of the dead person is not straight in the coffin, it will show up as a birth defect when the person reincarnates. Or a dead man who is not properly dressed will reincarnate as a madman." Fear of the dead and their presumed control over the living are often factors in the conduct at African funerals.

In many parts of rural Greece, long and elaborate ceremonies also take place after a death. "During the five years that follow, female relatives of the deceased prepare and direct many memorial services," notes *Science* magazine. "For the wives, mothers, and

"You must accept life as it is, not as you would like it to be"

daughters, mourning becomes a defining role. They will visit the grave each night to light candles, clean the headstone, talk to the dead, sing lamentations, and weep. The perfect performance of these rituals, they believe, will help the soul of the loved one into heaven."

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Eventually, the bones of the deceased are dug up and deposited in a common village vault.

Most funerals in Japan conform to Buddhist rites. After the body is washed and dressed, it is covered with a white sheet, and a knife is placed on the chest to ward off evil spirits. As candles and incense burn, a priest will recite sutras (passages from Buddhist canonical literature) at the bedside and give the deceased a posthumous Buddhist name for which, depending on the number of characters used, a large sum of money must be paid. The body is then placed in an unpainted wooden coffin. An all-night wake or a shorter half wake is held to mourn the dead and pray for the repose of the soul. As the priest recites sutras, mourners take turns burning a pinch of incense. Similar rites take place the following day during the funeral service before an altar upon which the coffin, a picture of the deceased, and other Buddhist ritual implements are placed. Cremation, required by law, then takes place. For some time thereafter, incense will be burned at intervals and a priest will recite sutras until it is believed that the soul has lost its influence over human affairs and melts into the ancestral soul of the universal nature.

Make Your Wishes Known

Rather than alleviating the stress that accompanies the death of a loved one, funeral practices such as these often add greater

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burdens. One is cost. Impressive funerals do not come cheap. Priests usually expect large donations or payments for their services. Lavish feasts and ceremonies are also very expensive. There may even be pressure to go beyond the dead one's wishes or to engage in rites in which he did not believe. Loud can be the complaint from family or friends that the deceased will not be given a proper and decent burial according to community standards. If you have any wishes about how your funeral is to be conducted, you will be wise to put them down in writing and have the document witnessed.

A Japanese housewife learned this lesson when her 85-year-old father died. He had asked for a simple memorial service with just family members present. However, this brought much criticism from those who favored the conventional funeral program. Afterward, his daughter wrote the *Asahi Shimbun* newspaper of Tokyo: "If one wants to have a funeral that is different from others, however rational that may seem to oneself, it is best to talk it over with one's family in daily conversation and have their agreement on the idea. It is also important to leave one's wishes in writing so that the bereaved family members can deal with the criticism."

It is even more important to do so when you have strong religious beliefs that go counter to local practice. For instance, a Christian in Japan may fear that if he should die, his non-Christian relatives would bow down in worshipful reverence before his coffin or picture at the time of the funeral as they would in front of a Buddhist altar. So he could stipulate beforehand in his written instructions that after people bid farewell to him at home, his body should be cremated and afterward a simple memorial service be held where neither casket nor picture is pres-

ent. To avoid problems, the relatives can be informed of the procedure beforehand.

Dealing With the Death Industry

Up until about a hundred years ago, most people died at home, surrounded by friends and family. Children were not excluded from attendance at deathbeds and learned of death in this manner. But all of this has changed in the advanced, industrial countries of the world. Many dying people are whisked away to hospitals, and efforts are made to extend their lives. "Instead of perceiving death as something natural, modern physicians have come to see it as bad or alien, a defeat of all their therapeutic endeavours, at times almost as a personal defeat," states *The New Encyclopaedia Britannica*. "Sickness is treated with all possible weapons, often without sufficient thought for the sick person—at times even without thought as to whether there is still a 'person' at all."

The average funeral in the United States now costs over \$3,000—and that does not include the cemetery plot. The tendency in dealing with a sympathetic funeral director is to forget that he is in the business to make money. "The profit motive is very much alive in the final-arrangements industry," says the magazine *Changing Times*. "And as in any commercial realm, the buyer risks getting hustled, bamboozled, overcharged or short-changed by an unethical seller. In fact, the risk is higher because most people are buying for the first time, they are bereaved and they must act quickly."

However, there are other options. One is to set aside the money for your funeral yourself. This can be done by means of a special bank savings account placed in trust for a survivor. According to U.S. banking laws, the money in such an account (called a Totten trust) can be withdrawn by the beneficiary upon showing identification and proof of death. Meanwhile,

the funds stay in your control. Life-insurance policies with a solid, reputable company are another option. If married, make sure that your mate is informed, particularly in regard to financial matters. Making a will is also very beneficial. The odds are against both of you dying at the same time. In most cases wives survive their husbands. Often wives find themselves ignorant of these things, which adds to their heartache and pain. As death may come unexpectedly, do not postpone discussing these matters with your family.

Handling Grief

A person who has endured the loss of a loved one has suffered a great hurt. The need to cry and mourn will be ever-present until

the death can be accepted. The length of the grieving process varies from individual to individual. Some may come to terms with their loss fairly soon, while others may take a year or more. A few never stop grieving. How can one learn to cope?

It is important that you do not isolate yourself and withdraw from society. Getting back into the routine of life and keeping in touch with friends and relatives by phone or through visits are essential to recovering from grief. Although there are times when you need to be alone, it should not become a habit. Help people to reach out to you by your reaching out to them.

Some good advice was given by a man who

What Shall We Tell the Children?



Tell them the truth, according to the level of their understanding. Speak of death and dying as such, and avoid ambiguous terms. If you say, "Grandpa is gone" or, "We lost Grandpa," the child may expect Grandpa to return or to be "found." Help the child un-

derstand the reality of death, and answer questions Scripturally. A child can be introduced to death through nature. You might explain the death of animals, birds, or bugs. Be patient, and correct wrong thoughts a child may have obtained from movies or TV. Completely

shielding children from death may produce anger or fear of the unknown.

A young child may feel responsible for the death, particularly if he had angry feelings toward the one who died. Help the child to understand that he is not at fault, so as to avoid feelings of guilt.

Fear of abandonment is very real to children who have lost a parent. Calm them as much as possible, and let them know that they will be loved and cared for. A child may also feel angry. If told that God took his parent, he may feel hatred for God. Knowing Bible truth helps in these matters. Reassure the child, and give him love and support.

Give support and encouragement to grieving ones



suffered the loss of five close relatives in but a three-year span, including his mother and his beloved wife of 41 years, who had a prolonged bout with cancer. He commented: "I've certainly had my share of grief. At times I would cry. But you have to look at life realistically. *You must accept life as it is, not as you would like it to be.* You need to adjust to the adversity and accept death, rather than grieve endlessly."

It is important to give support and encouragement to grieving ones. Unfortunately, most of us feel unqualified to do so and are at a loss as to what to say. We may even feel embarrassed by displays of emotion. Therefore the tendency is to shy away from the grieving one—just when that one needs us most. Some have even been accused of crossing the street and walking down the other side just to avoid having to talk to someone who is bereaved! Said one widow: "I was left alone to grieve. I desperately needed to talk but nobody would listen."

Others who do rush in and give support at the time of death often drop off just as quickly. "After a death, it sometimes takes weeks or months before a bereaved person can overcome the initial shock. That is when support is most important and is least available," says psychology professor Patricia Minnes. And it is a mistake to conclude that those who do not exhibit intense distress are either cold and unloving, denying the loss, or have got over it. Some may simply

have more inner strength to bear their grief, but they also have need of comfort and support.

How wonderful it is, then, when friends step in to assist the bereaved to care for matters and procure the needed documents! How reassuring it is to have someone's firm, supporting hand and clear head when funeral arrangements are made! How appreciated it is when someone assists with the children and sees to the needs of visiting relatives and friends! How thoughtful it is when friends and neighbors bring over food day after day and offer to do chores or take mourning ones where they want to go! How great it is to have someone with whom grieving ones can discuss their feelings! How comforting it is to hear words of consolation and feel a warm touch! How good it is when, even months later, inquiries are made as to how the grieving ones are and a loving word is spoken!

But having a hope for the future is most helpful. Is there such a hope?

The Sting of Death Removed



IT IS not unusual to read of death as natural or normal. Actually, it is not, according to the Bible account. Death is an enemy that resulted from sin. "Through one man sin entered into the world and death through sin, and thus death spread to all men because they had all sinned," the Bible says at Romans 5:12.

Since death was not God's intent for mankind, he has lovingly made the way out. In allowing his Son to die in our behalf, he provided a corresponding ransom to offset the death penalty. (Matthew 20:28; 1 John 2:2) He has also promised an earthly paradise with an entirely new government to rule over all mankind. That government will completely erase the effects of sin and death. (Luke 18:30) The Bible says at Revelation 21:3, 4: "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." But what about those who have already died?

They have the resurrection hope—the prospect of living again as humans on that Paradise earth, with perfectly healthy bodies and minds. Yes, "the hour is coming in which all those in the memorial tombs will hear his voice and come out." (John 5:28, 29) The one sent by God to redeem mankind, Jesus Christ, further assures us: "This is the will of my Father, that everyone that beholds the Son and exercises faith in him should have everlasting

life, and I will resurrect him at the last day."
—John 6:40.

It is this hope of the resurrection that sustains many who have lost a loved one in death. They realize that their loved ones merely "sleep in death," and therefore they do "not grieve like the rest of men, who have no hope." (1 Thessalonians 4:13, *The New English Bible*) They look forward to enjoying association with them again in that new system of things promised by God. They have faith in the God who gives comfort and hope.—Romans 15:4, 13; 2 Corinthians 1:3; 2 Thessalonians 2:16.

That is why the funeral services of Jehovah's Witnesses stand out as different from others. In order to merit God's favor, the Witnesses avoid any practices that run counter to his Word, the Bible. Customs and trappings that have their basis in beliefs not taught in the Bible are avoided. As they worship only the true God, Jehovah, they refuse to give such worshipful honors to their dead. And they do not put on any showy display of wealth or status, as they know that this displeases God. (1 John 2:16) Their funerals are simple and dignified and help to calm the hearts of those bereaved. A talk is given in memory of the dead one, setting out the hope found in the Bible. They mourn, but not excessively.

Jehovah's Witnesses know that soon "the last enemy, death," is to be removed. Then the foretold words will come true: "Death is swallowed up forever. Death, where is your victory? Death, where is your sting?"—1 Corinthians 15:26, 54, 55.

Radioactivity

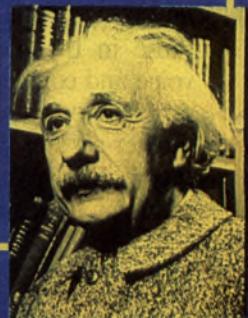
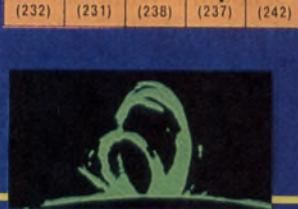
How Does It Threaten You?

"RADIOACTIVE!" What comes to your mind when you hear that word? For most people, radiation is "inexplicable, unseeable, untouchable and almost mystically evil," asserts the British House of Commons environment committee. Do you share this view?

By Awake! correspondent in Britain

1	H	1.0080
3	Li	6.941
4	Be	9.0122
11	Na	22.9898
12	Mg	24.305
19	K	39.102
20	Ca	40.08
21	Sc	44.956
22	V	47.90
23	Cr	50.941
24		51.996
37	Rb	85.467
38	Sr	87.62
39	Y	88.906
40	Zr	91.22
41	Nb	92.906
42	Mo	95.94
43	Tc	(99)
44	Ru	101.07
45	Rh	102.905
46	Pd	103.54
47	Ag	107.870
48	Cd	112.40
49	In	114.82
50	Sn	118.69
51	Sb	121.75
52	Te	127.60
53	I	126.9045
54	Xe	131.30
55	Cs	132.906
56	Ba	137.34
57	La	138.906
72	Hf	178.49
73	Ta	180.948
74	W	183.85
75	Re	186.2
76	Os	190.2
79	Au	196.967
80	Hg	200.59
81	Tl	204.37
82	Pb	207.2
83	Bi	206.981
84	Po	(210)
85	At	(210)
86	Rn	(222)
87	Fr	(223)
88	Ra	(226)
89	Ac	(227)
58	Ce	140.12
59	Pr	140.908
60	Nd	144.24
61	Dy	162.50
66	Ho	164.930
67	Er	167.26
68	Tm	168.934
69	Yb	173.04
70	Lu	174.97

90	Th	(232)	91	Pa	(231)	92	U	(238)	93	Np	(237)	94	Pu	(242)
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5	B	10.81	6	C	12.011	7	N	14.067	8	O	15.9994	9	F	18.9984	10	Ne	20.179
13	Al	26.9815	14	Si	28.086	15	P	30.9738	16	S	32.06	17	Cl	35.453	18	Ar	39.948
7	O	16.9992	28	Ni	58.71	29	Cu	63.54	30	Zn	65.37	31	Ga	69.72	32	Ge	74.9216
33	As	78.96	34	Se	78.96	35	Br	79.909	36	Kr	83.80						
37	Rb	85.467	38	Sr	87.62	39	Y	88.906	40	Zr	91.22	41	Nb	92.906	42	Mo	95.94
43	Tc	(99)	44	Ru	101.07	45	Rh	102.905	46	Pd	103.54	47	Ag	107.870	48	Cd	112.40
49	In	114.82	50	Sn	118.69	51	Sb	121.75	52	Te	127.60	53	I	126.9045	54	Xe	131.30
72	Hf	178.49	73	Ta	180.948	74	W	183.85	75	Re	186.2	76	Os	190.2	77	Au	196.967
79	Au	196.967	80	Hg	200.59	81	Tl	204.37	82	Pb	207.2	83	Bi	206.981	84	Po	(210)
85	At	(210)	86	Rn	(222)												



Only a century ago, radioactivity was an unknown entity. Today, radioactive materials are used so extensively that you can often spot the characteristic hazard symbol in hospitals, on trucks transporting radioactive materials, in factories, as well as at nuclear installations. They play a significant role in modern life.

On the other hand, in the closing days of World War II, atom-bomb explosions at Hiroshima and Nagasaki unleashed massive doses of nuclear radiation and wrought unprecedented havoc and destruction. More recently, the power station accidents at Three Mile Island (U.S.A.), Chernobyl (Ukraine), and near St. Petersburg (Russia) have added to people's fear of radioactivity.

What, then, is radioactivity? How can it threaten you?

A Powerful Phenomenon

Everything material is made up of atoms, and most atoms are stable. The exceptions, having unstable nuclei, are termed "radioactive." Best known among them is uranium. To achieve stability, the unstable nucleus changes and, in the process, emits radiation in the form of small particles and rays. In this way the uranium is transformed into a succession of other elements and finally becomes the stable element lead.

All radiation penetrates but to different degrees. The heaviest (alpha) particles typically travel less than two inches through the air. Your clothes or the top layer of your skin stops them. The tiny electrons that form beta radiation pass a few yards through the air, but a thin sheet of aluminum or glass bars their progress. Far more penetrating is a third variety, gamma rays. Heavy barriers of lead or concrete can shield us from this kind of radiation. Unprotected, we are under threat. How?

How Radiation Causes Damage

When radiation of the above types penetrates the human body, it causes changes in some of the atoms in the cells along its path. This can cause chemical changes that may damage or even kill the cells. The total effect on the body depends on the extent of the damage and the number of cells killed. If the damage occurs in the DNA molecules in the chromosomes, the result may be especially serious because they govern the normal development and function of the cells. Scientists believe that this damage is linked to cancer.

Large amounts of radiation delivered in a short span of time damage both bone tissue and blood cells, causing radiation sickness and death. In September 1987 the Brazilian town of Goiânia witnessed a tragedy that Dr. Gerald Hansen of the World Health Organization reportedly described as "the worst [nuclear] accident in the Western hemisphere, second only to Chernobyl." A scrap-metal dealer handled highly radioactive cesium powder from a discarded radiotherapy machine. He and others in the immediate neighborhood absorbed a massive dose of radiation. Fear spread as the bodies of the first victims to die were placed in lead coffins and buried in concrete-lined graves. According to *The Times* of London, survivors who absorbed heavy doses of radiation faced "almost certain cancer or sterility."

Smaller radiation doses spread over a period of time also lead to a slightly enhanced risk of contracting cancer. The human body can sometimes successfully repair cells struck by radiation. When the repair is faulty, however, cancer may develop. Paradoxically, radioactivity is used in radiotherapy to target and destroy cancerous cells.

How We Get It

In the aftermath of the 1986 Chernobyl disaster, several governments imposed bans on

certain foodstuffs judged to be dangerously contaminated. In Sweden, for example, the consumption of reindeer meat with a high level of radioactive cesium was prohibited. Likewise, bans were reimposed on the marketing of lambs from many farms in Wales and Scotland when radiation above the prescribed safety limit was detected in flocks reared in 1987.

While the public understandably express anxiety over the threats from contaminated foodstuffs and radioactive waste, they rarely, if ever, worry about radioactive drugs and X rays. Yet, these provide approximately 12 percent of our total annual dose. By far the greatest amount of our radiation comes from natural sources. Cosmic rays from space deliver 14 percent.* As we eat and drink, we ingest an additional 17 percent. Even the earth's naturally radioactive rocks and soil contribute a sizable portion, namely, 19 percent. So from where does the remainder come?

Danger—Radon!

'On the edge of Dartmoor in southwestern England lies the village of Chagford. One of its buildings, used as a health center, houses what has been called the world's most radioactive washroom. If you visited this place four times a day for 15 minutes at a time, you would be exposed to more than the recommended national annual level of a radioactive gas called radon, probably the biggest single cause of cancer in Britain after smoking.'

—*New Scientist*, February 5, 1987.

While that report may be sensational, on the average, about a third to a half of our annual radiation dose comes from radon and its associated radioactive gas, thoron. As a gas, radon is the odd man out in the radioactive decay series that begins with uranium. Bubbling up through fissures in the bedrock, it seeps through the foundation and into the

* Cosmic radiation differs from the nuclear radiation emitted by radioactive materials.

house and contaminates the air with radioactivity.

Studies by Britain's National Radiological Protection Board discovered areas where the air is so contaminated with radon that it "would not be tolerated inside a nuclear power station," reports *New Scientist* magazine. Indeed, the board estimates that 20,000 homes in Britain have concentrations of radioactivity exceeding ten times the usual annual radiation dose. Because many modern homes are tightly draft proofed, they trap the radioactive gases inside and increase the incidence of lung cancer.

Though the risks may be small, they are not insignificant. According to present estimates, about 2,500 people a year in Britain contract lung cancer from radon's radioactivity. In the United States, where a ten-state survey revealed that a fifth of all homes have levels of radon considered unsafe, it is estimated that from 2,000 to 20,000 deaths a year result from lung cancer brought on by the gas. From Sweden researchers report that because of radon gas trapped in gravel, levels of radioactivity in some houses there are calculated to be four times those in Britain.

How Real the Risks?

"As far as anybody knows," comments *The Economist*, "any one single [gamma] ray can cause cancer and the more rays that go through your body, the more chance there is of one doing damage." But it adds reassuringly: "The probability of one doing so is tiny."

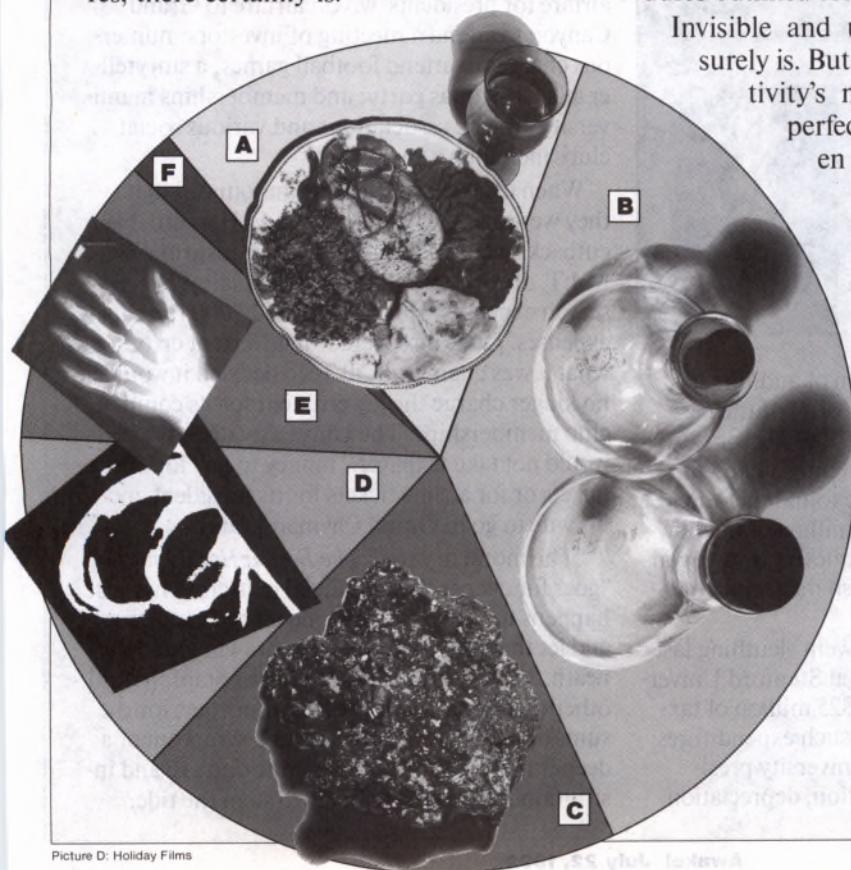
The risk that a person will develop a fatal cancer by exposure to a dose of one millisievert (over and above the doses from natural background) is, according to ICRP (International Commission on Radiological Protection), one in 80,000.* Thus, ICRP gives

* The sievert is a measure of the amount of energy that radiation imparts to body tissues. One millisievert (mSv) is a thousandth of a sievert. The average annual dose in Britain is about 2 mSv, and a chest X ray gives about 0.1 mSv.

the advice that "no practice should be adopted unless its introduction produces a net positive benefit." It recommends that "all exposures shall be kept as low as is reasonably achievable, economic and social factors being taken into account."

The United Kingdom Atomic Energy Authority believes that the risk of radiation-induced cancers from such a dose may be even lower. On the other hand, environmental pressure groups, backed by a number of researchers, claim that recommended safety levels should be reduced. One suggests that the ICRP's guideline be changed to read that all exposures should be kept "as low as technically achievable."

Meanwhile, is there anything you can do to protect yourself from the radiation threat? Yes, there certainly is.



Precautions You Can Take

Just as you can take precautions to protect yourself from overexposure to the sun and thus avoid skin cancer, you can take precautions to protect yourself from the hazards of radioactivity. So search out and follow the warnings.

If you live in an area where there are radon-producing rocks, you may be able to install ventilation for the foundation of your house that will help avert a dangerous buildup of the gas in the house. On being prescribed medical examinations that use radioactive materials or X rays, ask your doctor how necessary they are. Perhaps he can suggest a less hazardous alternative. And when you see the radiation-hazard symbol, take adequate precautions to follow the safety procedures outlined for the area.

Invisible and untouchable, radioactivity surely is. But if kept in its place, radioactivity's menace diminishes. Under perfect conditions, it will threaten no more.

A—Food and drink

B—Radon and thoron

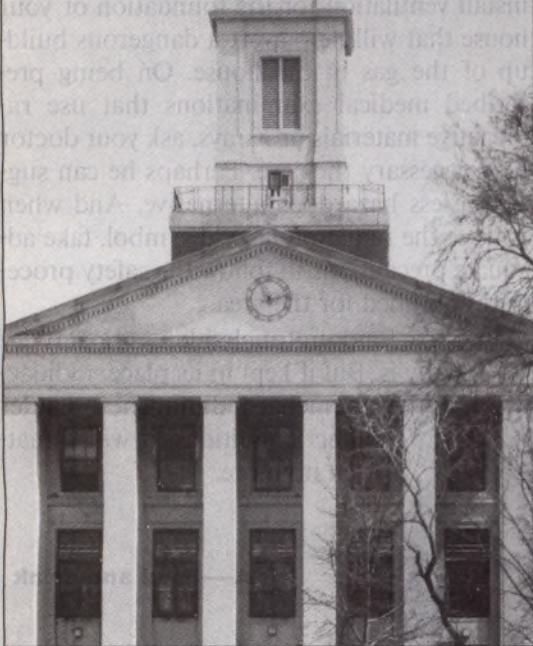
C—Rocks and soil

D—Cosmic

E—Medical

F—Nuclear fallout

'Moral Dry Rot in Higher Education'



"FOR the past 6 months a team of auditors has been scrutinising the accounts of 14 of the nation's [U.S.A.] top universities, looking for expenses that have been 'inadvertently' charged against government funds. 'We found that the 14 schools included about \$20.4 million of unallowable costs'" the auditors were quoted as saying in a report published in the British magazine *New Scientist* of January 25, 1992.

The government's auditors went sleuthing last year when it was discovered that Stanford University had helped itself to some \$25 million of taxpayers' money. Included were such expenditures as daily fresh flowers for the university president's house, a wedding reception, depreciation

on a yacht, country-club fees, and running a shopping center. Faced with these unsavory facts, Stanford's president at the time, Donald Kennedy, said he would eliminate "expenses that are easily subject to public misunderstanding" and thereby "avoid any confusion that might result." The *Boston Herald*, January 1, 1992, commenting on his answer, said: "In other words, the only problem was that the great unwashed masses beyond the campus might not be able to understand what the noble Olympians were doing in aca-deme."

It was after these revelations regarding Stanford that U.S. government auditors were sent on their more recent tour of the 14 universities and discovered the additional \$20.4 million rip-off. Involved were such prestigious universities as the University of Michigan, Johns Hopkins, Yale, and Emory. Expenditures submitted by the 14 universities included such items as "expenses for airfare for presidents' wives; airfare to Grand Canyon to attend a meeting of investors; numerous charges to attend football games; a storyteller at a Christmas party; and memberships in university athletic associations and various social clubs including a yacht club."

When federal investigators announced that they were also going to M.I.T. and Harvard, big cutbacks were announced by these institutions. M.I.T. dropped \$731,000 from its claims for research expenses; Harvard cut \$500,000 from its expenses. Duke discovered "inadvertent errors" in what it was charging. Cal Tech decided it would no longer charge the government for its country-club memberships. The University of Pittsburgh would not take taxpayers' money to pay for opera tickets or for airline tickets for its president and his wife to go to Grand Cayman Island.

"The moral dry rot," *The Boston Herald* said, "goes far deeper than financial matters. That just happens to be where someone turned over a rock and let the public see what was crawling underneath. . . . The spending scandals at Stanford and other elite institutions are less important for the sums of money involved than as a symptom of a deeper moral failure. Only public outrage and institutional changes are likely to stem the tide."

Those Amazing Marsupials From Down Under

By Awake! correspondent in Australia

EXACTLY what is a marsupial, and what makes marsupials amazing?

Put simply, a marsupial is a type of mammal, that is, a warm-blooded animal that suckles its young. Unlike most mammals, however, female marsupials do not form placentas in their womb at the time they become pregnant. They give birth to young that are in a tiny, sightless form, then suckle and protect them in external pouches. So, basically, a marsupial is a mammal with a pouch, for

the Latin word *marsupium* means "pouch" or "pocket."

Actually, the kangaroo is just one of about 250 species of marsupials. There are marsupials in countries other than Australia—but not many. For example, the North American opossum is a marsupial, and others are found in South America. But by far most of the world's marsupials are limited to the Australasian region, some 175 different kinds having been identified there. Altogether, there are 45 species of kangaroos in Australia, but the giant red kangaroo is the best



known. He is the largest of all marsupials, weighs up to 200 pounds, and stands taller than most men. His female mate, though, is noticeably smaller and is bluish-gray in color.

Kangaroos can jump up to 37 feet in a single bound. Some have been clocked at speeds of up to 40 miles per hour and have jumped over fences more than ten feet high. This giant red and the slightly smaller gray kangaroo are found in most parts of the continent down under. They are a common and exciting sight for tourists who drive across semiwooded areas and even over the arid desert regions of central Australia. Kangaroos are gregarious animals and usually stay together in groups called mobs.

A Spectacular Birth

Perhaps the most amazing aspect of marsupial life is the birth and care of the young. Kangaroos are typical of most marsupials. Just 33 to 38 days after mating, baby kangaroo is born. But the new baby is really little more than an embryo—a tiny, bean-shaped creature, weighing about one fiftieth ounce, smaller than the top of your little finger, and almost transparent.

Immediately after he is born, he “climbs” from his mother’s uterus into her fur. Then, using tiny forearms equipped with claws, he struggles six inches to mother’s pouch. There he attaches himself to one of four teats, which then swells inside his mouth. Through this lifeline, he receives all the nourishment needed, and for the next five months, he re-

mains in this comfortable nursery before poking his head outside for the first time.

At about six months, young joey (as baby kangaroos are called) takes his first tentative step outside, but he often returns to the pouch for nourishment and security. Finally, however, mother decides that joey is too big for the pouch and so prevents him from hopping back inside at all. By the time he is 18 months old, he is completely independent of mother.

Another amazing phenomenon is that mother kangaroo can produce two different types of milk at the same time. Just after the birth of joey number one, she mates again. The newly conceived embryo remains dormant until the first joey begins his brief excursions from the pouch. Then joey number two is born in his tiny form and attaches himself to another teat in the pouch.

But big joey is still taking milk from his original teat. To further complicate matters, the new embryolike joey needs a different milk formula. This is no problem, however, as from his teat, mother is now able to provide high-sugar-content milk, while from big brother’s original teat she continues to provide high-protein and high-fat milk for him!

Although not normally aggressive animals, males sometimes engage in what seem to be boxing matches. Often it is only two younger males testing their strength. At other times two adult males fight by fisticuffs—actually boxing each other over a chosen female! These fights



**Mother kangaroo with joey
in pouch**

can be quite serious, as the rival suitors claw each other with their forearms and kick violently with their hindlegs.

The Delightful Koala —Another Amazing Marsupial

Almost as well-known as the kangaroo, and featured just as often on Australian tourist brochures, is the cutest marsupial of all—the koala. This little creature is strictly tree-dwelling and moves around mainly at night. He is often confused with a bear because of his appearance, and so he is sometimes erroneously called a koala bear. But he has no relation to the bear family whatsoever, nor is he a kind of opossum or monkey. He is truly unique. Yes, there is only one species of koala.

Koala eating gum leaves



Melbourne Zoo Education Service, Victoria, Australia

ala, and it is limited to the eastern states of Australia.

The koala has an infinite ability to charm, with its soft, cuddly appearance, bright button eyes, soft rubbery nose, and almost constantly perplexed expression. Not large animals, they grow some two feet in height and weigh from 18 to 30 pounds.

Baby koala is born like most other marsupials except that mother koala has a backward-opening pouch. The newborn remains in the pouch for six months, and when he finally ventures out, he clings to his mother's back as she goes about busily searching trees for tasty leaves.

A Unique Digestive System

Koalas are fussy eaters. They limit themselves to the leaves of the eucalyptus tree. And not just any leaf will do. Of the available 600 different species of eucalyptus, koalas eat only 50 or 60. If other animals were to eat these leaves, they would most likely die because of the oil and toxic chemicals in the leaves that are poisonous. A highly complex digestive system helps koalas digest their special food, but such a unique diet does tend to give them a rather distinctive body odor!

Some authorities claim that koalas do not drink water at all, and the word "koala" is purported to be an Aboriginal word meaning "I do not drink." Yet careful observation has shown that koalas do occasionally come down from their trees to drink, and sometimes they even eat a little soil to augment their mineral-deficient diet.

Although kangaroos can be seen in a number of zoos around the world, koalas are found in very few zoos outside of Australia. But whether you ever have the opportunity personally to see them or not, we feel sure that you will agree that they are truly amazing animals—these mammals with pouches and no placentas.

**Young
People
Ask . . .**



How Can I Adjust Now That My Grandparents Live With Us?

YOU always got along well with your grandparents. Time you spent with them was enjoyable, special. But now they have moved in with your family.

When grandparents move in, it may mean making adjustments for everyone concerned.* All need to adjust to one another's ways. But the situation is far from hopeless. By applying

* See the article "Why Did Our Grandparents Move In?" appearing in our July 8, 1992, issue.

Bible principles, you can help your family to pull together, not pull apart.

The Power of Love

One way to minimize family tensions is to apply the principle at 1 Corinthians 16:14: "Let all your affairs take place with love." Christian love "covers a multitude of sins." (1 Peter 4:8) And as a study in the journal *Family Relations* showed, genuine love and affection for one's elderly folks have practical value; it minimizes the stresses and strains of care-giving.

Unfortunately, not all youths feel such affection for their grandparents. Some view them with disdain, as being old and useless. But Christian youths do not view old ones in this way. They recall the words of Proverbs 20:29: "The splendor of old men is their gray-headedness." Yes, your grandparents have maturity and experience. They may be an excellent source of advice and guidance, especially if they are Christians. And like most grandparents, they probably care for you far more deeply than you realize.—Proverbs 17:6.

If your relationship has not been the closest up till now, why not try to change things? One teenage girl thus decided to make a gesture of friendship. She recalls: "I bought my grandmother a pair of socks in a color combination I knew she would like. She showed those socks to everyone who visited!" Along similar lines, you might try taking a few minutes every day to make conversation. Or you could offer to run an errand for them. Doing so may do much to draw you close to them.

Granted, circumstances may put everyone's love to the test. It can be difficult for older ones to adjust to new surroundings. They may be ill and not always in the best of moods. And while you may have to make some adjustments in your life-style—perhaps even sacrifices—realize that it is no bed of roses for your grandparents either. Indeed,

these may be "calamitous days" for them. (Ecclesiastes 12:1) Appreciate that these ones cared for your parents when they were young. God views the care you render your grandparents as "due compensation" and as an expression of your devotion to him.—1 Timothy 5:4; James 1:27.

The Art of Compromise

Problems can often be avoided, though, if you show unselfish consideration for your grandparents. (Philippians 2:4) For example, you can bear in mind that elderly ones are often very sensitive to noise; loud music may upset them. (Ecclesiastes 12:4) They may also be upset if you make noise whenever you have friends over. Such issues could easily become the source of bickering. But the Bible reminds us that "the wisdom from above is . . . peaceable, reasonable."—James 3:17.

A peaceable person promotes peace. He is willing to go out of his way—even at the cost of personal convenience—to maintain good relations with others. Similarly, a reasonable person does not insist on his own way all the time but is willing to yield to another person's viewpoint. With those thoughts in mind, try approaching your grandparents calmly. Rather than demanding your "rights," try working out compromises.

Perhaps your friends can visit on the days your grandparents go shopping. Or maybe they would be more tolerant of the noise in the first place if your friends simply visited at an earlier hour. Of

course, agreement is not always possible, and it may be best simply to yield to their preference. Perhaps you can see your friends at another location or wear headphones when you want to listen to music. Inconvenient? No doubt. But by doing so you help maintain peace.

The ability to compromise also comes in handy if your grandparents have habits that disturb you. For example, they may not seem to respect your privacy. Perhaps they may want to chat when you are busy doing your homework. Rather than getting upset, realize that they are probably a bit lonely and simply desire your company. Isolating yourself or snubbing them would only aggravate the situation and show a lack of respect for them. (Proverbs 18:1) Nineteen-year-old Chris worked out a compromise. He says: "I take the initiative to talk with my grandmother at times convenient for both of us."

Keep Your Balance

What if your grandparents need considerable personal attention and care? Loving your



The friendship you enjoy with your grandparents may prove to be richly satisfying

grandparents does not mean you must carry this responsibility single-handedly. Indeed, the Bible indicates that such duties should be shared among Christian 'children and grandchildren.' (1 Timothy 5:4) Your parents therefore have the primary responsibility in this regard and can determine what an equitable share of the work would be. Besides, 1 Peter 1:13 urges Christians to "keep [their] senses completely," or as the footnote rendering of this verse puts it, "keep balanced." To take on an inordinate share of work could wear you out and, in the long run, nurture resentment.

Christian balance will also help you cope with your own limitations as well as those of your family members. True, all should make special efforts to display the 'fruitage of God's spirit.' (Galatians 5:22, 23) But in spite of the best of intentions, family members may tend to lose their patience. Rather than becoming exasperated, accept the fact that "we all stumble many times. If anyone does not stumble in word, this one is a perfect man, able to bridle also his whole body." (James 3:2) Occasional family friction is really no cause for serious alarm.

Confidential Talk

Much good can be done if you simply communicate with your parents. "There is a frustrating of plans where there is no confidential talk." (Proverbs 15:22) For example, are you feeling tense and irritable because you no longer have a room of your own? Are you concerned because you think that you are carrying an unfair share of the burden of caring for your grandparents? Instead of sulking or becoming depressed, let your parents know how you feel.

Of course, your parents may be under stress themselves and may have little power to change things. So find the right time to speak to them in a calm, not demanding, tone, approaching the problem as one you face in

common. (Proverbs 15:23) Be truthful and clear in identifying what is bothering you. (Ephesians 4:25) Once matters are out in the open, you may at the very least gain a sympathetic ear. And it may even be possible to find workable solutions.

Perhaps an area in the house can be set aside for your use when you need a private place to read or study. Or maybe more chores can be shared if you have brothers and sisters. In one family it was decided that the teenage son would read to his grandmother—something they both enjoyed and looked forward to. His two sisters were assigned to assist with dressing and washing her.

A Rewarding Experience

No doubt about it, having grandparents at home may be a new experience in life—for them *and* for you. But if all show patience, love, and a willingness to yield, it can prove to be a very rewarding experience. You may have an opportunity to develop a warm, loving bond with two wise and experienced people who truly care for you. Such a friendship may prove to be far more satisfying than a short-lived relationship with a peer. And it may help you to grow as a person. One young woman named Beverly says: "I view helping my grandmother as an opportunity to learn self-sacrificing qualities that I will need later in life."

A youth named Aaron made a similar discovery. He says: "Spending time with my grandmother taught me to talk to older ones in my congregation. I used just to say hello to them. Now I take a few minutes to talk to each one. I enjoy it! And I've come to view these older ones as my friends."

So do more than just put up with the situation; make the most of it! In time you may come to bless the day your grandparents moved in.

You Can Speak Before an Audience!



MARIE humorously recalls her first attempt at speaking before a large group. "Shortly into my speech," she says, "I collapsed!"

Though extreme, Marie's experience illustrates the aversion many have to public speaking. Some view it as a fate worse than death! This was revealed in a poll asking, "What do you fear most?" As expected, "heights," "financial problems," "flying," "serious illness," and "death" were high on the list. But topping

them all—the number one fear—was "speaking before a group"!

Even famous men of the Bible expressed initial fear at public speaking. "I actually do not know how to speak," said Jeremiah. "I am but a boy." (Jeremiah 1:6) Moses' reaction to his assignment was: 'I am not a fluent speaker. Send, please, someone else.' (Exodus 4:10, 13) Yet, both Jeremiah and Moses became outstanding orators, speaking before prominent leaders and huge crowds.

The same can be true of you. Public speaking is a latent capability that anyone can develop. You can overcome fear of speaking in public by following these suggestions:

1. Don't Label Yourself

"I'm too shy." "I'm too young." "I'm too old." "I'm too self-conscious." These are examples of self-imposed labels. They hinder you from reaching goals that are quite attainable.

Labels often become self-fulfilling prophecies. For example, the person who labels himself "shy" will keep closing the door on opportunities that challenge shyness. This behavior, in turn, convinces him that he really is shy. Thus a cycle is created in which he acts out and reinforces his self-imposed label. One psychologist notes: "If you believe that you can't do something, . . . you will act that way, and even be that way."

Dr. Lynne Kelly of the University of Hartford (U.S.A.) claims that shyness can be a learned response. What we learn, we can unlearn. The same can be true of self-

consciousness, stage fright, and other hindrances to public speaking.

2. Make Nervousness Work for You

A longtime actress was once asked if after years of experience she still got nervous before a performance. "Sure," she said. "I still get butterflies before *every* performance. But over the years, I've managed to teach them to fly in formation."

The objective, then, is to control nervousness, not to eliminate it altogether. Why? Because not all nervousness is bad. There are two types of nervousness. One stems from lack of preparation. But the other is a more positive anxiety. This type of nervousness is *good* for you because it will prompt you to do your best. This nervousness simply proves that you care. To keep nervousness to a minimum, try the following:

Think of your talk as a conversation rather than a speech. "It's just plain talking," says veteran Charles Osgood, "and you talk all the time." Collectively, the audience is the person you are conversing with. At times it may be appropriate to relax and smile. The more conversational your approach, the more relaxed you will be. There are times, however, when the material and the occasion may call for a more formal, serious, and even dynamic tone.

Remember that the audience is on your side! Even when nervousness shows, most audiences are empathetic. So view the audience as your friend. They want you to succeed! Think of them as your guests, and yourself as the host. Rather than thinking that the audience should make you comfortable, tell yourself that as the host you will make them comfortable. Turning the tables this way will help to allay your nervousness.

Concentrate on your message, not on yourself. Think of yourself as a messenger who is simply delivering a telegram. The messenger

Nerve-Calming Exercises

When circumstances permit, the following exercises can reduce nervousness before facing an audience.

- Wriggle your fingers, shake your wrists and arms. Draw the shoulders up high, then relax them. Repeat this several times.
- Bend the head forward, then move it from side to side.
- Move the jaw from side to side. Stretch the mouth wide open.
- Hum softly, alternating between a high and a low pitch.
- Take several slow, deep breaths.

gets little attention; it is the telegram that the receiver wants. The same is true when you are delivering a message to an audience. The spotlight is primarily on the message, not on you. The more enthused you are about the message, the less anxious you will be about yourself.

Do not overeat beforehand. One professional speaker remembers eating a hearty meal before giving a two-hour lecture. Of his talk, he recalls: "The blood that ought to have been in my brain was down in my stomach wrestling with steak and potatoes." A big dinner can be your worst enemy when you go before an audience. Watch what you drink as well. Caffeine may make you jumpy. Alcohol will dull your senses.

You may always experience a surge of nervousness when you begin speaking before an audience. But with experience, you will find that this initial nervousness is nothing more than that—initial nervousness, which vanishes shortly after you begin speaking.

3. Prepare!

"A speech is a voyage with a purpose, and it must be charted," said Dale Carnegie. "The person who starts nowhere, generally gets there." To get somewhere, you must be well prepared. The gift of gab is no gift to your audience. So how can you go about preparing?

Research and sift. Never skimp on research. "The only way to be comfortable in front of an audience is to know what you're talking about," says communications expert John Wolfe. Become an expert on your subject. Collect much more information than you can possibly use. Then sift through your material, separating the "chaff" from the "wheat." Even the "chaff" will not be wasted—it will give you added confidence in the information that you do use.

Think. 'Eat, sleep, and breathe' your subject. Turn it over in your mind during all odd moments of the day. "Think over it for seven days; dream over it for seven nights," said Dale Carnegie. The apostle Paul admonished Timothy: "Pay constant attention to yourself and to your teaching." But *before* saying this, Paul urged: "Ponder over these things; be absorbed in them." Yes, a good speaker is first a good ponderer.—1 Timothy 4:15, 16.

Ponder until the importance and urgency of your message overrides your nervousness. This is what enabled Jeremiah to say about

Improving Delivery

Adapt to the size of the audience: With a large audience, you need more projection. Gestures should be wider, and the voice more energetic.

Put life in your voice. Imagine playing a musical instrument that only has one note! Your voice is your instrument. If your delivery is "one-note"—monotoned—you will tire your listeners.

Watch your posture. Slouching conveys indifference. Rigidity reveals anxiety. Strive for a balance—relaxed and alert, but not indifferent or tense.

Gesture. It's not just for emphasis. Gesturing relaxes muscles and improves breathing, calming voice and nerves.

Dress modestly. You are delivering the message, not your clothes. The audience's opinion of how you look is just as important if not more important than your own.

Maintain eye contact. When you throw a ball in a game of catch, you look to see if it is caught. Each thought in your talk is a separate "throw" to the audience. A "catch" is indicated by their response—a nod, a smile, an attentive look. Maintain good eye contact to make sure that your ideas are being "caught."

his message: "In my heart it proved to be like a burning fire shut up in my bones; and I got tired of holding in, and I was unable to endure it." (Jeremiah 20:9) And this from the same man who at first said about his assignment: 'I do not know how to speak.'

Consider your audience. Wear your most presentable clothing. Also, your research material must be made to fit your audience. So consider their thinking: What are their beliefs? What do they already know about your subject? How does your material fit their daily life? The more you address these questions,

the more intensely the audience will listen, viewing your information as tailored to their specific needs.

Best Foot Forward

Today's world contains every means of instant communication imaginable. Yet "in most situations," notes the book *Get to the Point*, "the most effective means of communication is human being to human being." The above suggestions should help you master such communication. Rather than holding back with needless fear, you will find that you can speak before an audience!

RESEARCHERS from the Mayor de San Marcos National University in Peru examined 30 samples of water from public facilities and residences in the city of Lima. According to *Visión*, a Latin-American magazine, 29 samples were heavily contaminated with bacterial agents and fecal residue. Only one sample of water was fit for human consumption.

The Peruvian Ministry of Health has concluded that 50 percent of the water consumed by the people of Lima can transmit "dysentery, typhoid, hepatitis, cholera, and other gastrointestinal disorders." Particularly notorious has been the cholera epidemic that broke out in Peru, infecting some 150,000 people and causing 1,100 deaths just between January and April of 1991.

A widely recommended solution to the problem is to boil the water long enough to destroy infectious organisms. However, this is not always so

Water That Kills



easy to accomplish. *Visión* notes that for "many families it is practically a luxury to boil water for ten minutes because kerosene costs more than one dollar a gallon," which is a high percentage of the average weekly wage.

The problem of contaminated drinking water is not unique to poverty-stricken countries. For example, according to *The New York*

Times, in the United States, it is "estimated that each year more than 250,000 children are exposed to lead in drinking water at levels high enough to impair their mental and physical development." And in Europe there is growing concern over polluted waterways. The magazine *New Scientist* reports that "much of the water supply in Europe comes from aquifers, which are prone to serious contamination by chemical and metallic compounds."

At Revelation 14:7, the Bible refers to Jehovah as "the One who made the heaven and the earth and sea and fountains of waters." He also has the power to turn bitter and polluted waters into sweet and clean waters. (Exodus 15:22-25; 2 Kings 2:19-22) This he will do on a worldwide scale after bringing to ruin those who are now ruining the earth.—Revelation 11:18.

How to Improve Your Memory



'But if my memory is such a marvel,' you may wonder, 'why do I forget things? Why do I frequently misplace items? Why do I go to a store and forget what I came for? Worse yet, why do I have such a hard time recalling names—not to mention telephone numbers and appointments?' These are common concerns. Nevertheless, your memory is far better than you might realize—and it can be improved.

Why We Forget

God created us with a marvelous ability to remember. Appropriately, the brain resides in what is poetically referred to in the Bible as a "golden bowl"—a precious receptacle of memories. (Ecclesiastes 12:6) Why, then, do our memories seem to fail us at times? Often it is due to a lack of interest. The famous conductor Arturo Toscanini conducted entire symphonies from memory. Business tycoon Charles Schwab could remember the names of 8,000 employees. But were their memories equally extensive on subjects outside of their

YOU have an excellent memory! Do you find that hard to believe? Well, consider for a moment the many things you readily remember: childhood scenes, the names of friends and relatives—even fictitious characters from books and television, the melodies and lyrics to your favorite songs, the alphabet, how to count, thousands of words. Yes, you have already demonstrated the ability to remember millions of things!

areas of personal interest? Not likely. No matter how good your memory may be, then, it will be extremely difficult for you to learn and remember things that do not interest you.

Another factor that can cause us to forget is a change in situation or location. Things are best remembered in the context in which they were learned. One man who was visiting the area in which he was raised was greeted by a strange woman. Naturally, he assumed that this must be someone he grew up with in his old neighborhood. Suddenly he realized, though, that she was someone he saw every day—a current workmate! By sheer coincidence she was visiting the same area. Seeing her in a different setting had momentarily made him forget who she was.

Fortunately, you do not need to remember the millions of bits of data that pour into your mind every day; much of it is trivia. However, when something is important, you can learn to retain it. How? By paying special attention to it.

How to Remember

Let's say you need to make an important phone call tonight. If you do no more than simply make a quick mental note of this need, you are likely to forget. So stop and think about this phone call that you plan to make. The book *Instant Recall—Tapping Your Hidden Memory Power*, by Jeff Budworth, recommends taking "minutes, not seconds," to etch important information into the memory. Tell yourself that you are really intent on remembering to make this call. Having paid special attention to this matter, you are not likely to forget it.

What are some other ways, though, in which you can pay special attention to things you do not want to forget? The following suggestions, if applied, can soon become second nature to you.

Get your information straight: A computer cannot retrieve data accurately unless it was entered properly to start with. To a large extent, the same is true of our memories. Consider, for example, the matter of learning names. Dr. Bruno Furst notes in his book *Stop Forgetting*: "If we don't get the name clearly and accurately, we cannot even speak of remembering or forgetting. We can neither remember nor forget something we never knew. Therefore our first step must be to get the name in such a way as to leave no doubt as to its pronunciation or spelling." If someone mumbles his name upon being introduced to you, do not hesitate to ask the person to repeat it. Ask how it is spelled.

Visualize: Try to picture what you are trying to remember. Is there a certain chore you must not forget? Then picture yourself doing it. The more detail you add to this mental image, the more easily you will remember it.

Visualization can also help you form associations between seemingly unrelated things. Imagine, for example, that you have to remember to buy milk and toothpaste. You might try creating a mental picture of a cow brushing her teeth. This is not an image you are likely to forget, try as you may!

Verbalize: Saying to yourself out loud, 'I must call John tonight,' is another way to help you remember to do it. On the other hand, do you often forget whether you have locked the door or turned off the oven? The book *How to Improve Your Memory*, by Dr. James D. Weinland, says: "The problem can usually be solved by verbalizing the tasks as we do them . . . When you wind the clock and set the alarm, say, 'I have wound the clock and set the alarm.' When you lock the door, say to yourself, 'I have locked the door.'" You may feel silly doing this, but it may help you remember.

Develop an interest in your subject: You may not be naturally drawn to a subject, but if you remind yourself of the reasons you need to learn the information and of the consequences of failing to remember it, learning will come easier. Besides, the more you learn about any subject, the more impressive it becomes to you. Says the Bible: "To the understanding one knowledge is an easy thing."

—Proverbs 14:6.

Count: Suppose you need to take several items to work tomorrow morning. By noting the exact number of items to take, you will be less likely to leave any behind.

Organize: If you need to buy several items in a food store, try putting them in categories. You might, for example, decide you need to purchase three dairy products, two meat products, and two miscellaneous items. Organizing things in this way helps you to pay more attention.

Use it and review it: You will always remember your own name, the alphabet, or how to use a fork or a pencil. Why? Because you have made repeated use of this knowledge. Frequent use reinforces a memory, making it easier to recall. From time to time, then, mentally review or use the things you want to remember. After being introduced to someone, try using his name several times. Or having learned some new information, try working it into your conversations, taking care not to sound as if you are showing off.

The Value of Remembering

"But why go to all this trouble?" you might ask. "Wouldn't it be easier just to write things down?" Calendars, lists, alarm clocks, notes written to yourself—all these serve a useful purpose. However, at times it simply is not practical to write things down, such as when you are meeting people in a social setting. And when your well-thought-out shopping

list needs revision, a pencil is often not handy. Besides, lists can easily be lost. And what if you forget to consult your calendar? Training your memory is thus a worthwhile endeavor.

The more you practice, the less effort memorizing will require. Indeed, you may soon find that you prefer memorizing things to writing them down. Do not fear, though, that you will somehow clutter your mind and render it less effective or creative. The mind, like a muscle, becomes stronger and more effective with use. Says Dr. Joan Minninger: "Most people think of long-term memory as a large dresser drawer that has to be emptied periodically to make room for new things. Wrong. There are no known limits to the storage in your memory. You can learn and remember new things all your life."

Dr. Furst similarly points out that "it would be a fallacy to think that in order to take proper care of our brain cells we should spare them every effort and preserve them unused. Just the contrary holds true." Your memory will become stronger through use. (Compare Hebrews 5:14.) Some, like Harry Lorayne, coauthor of *The Memory Book*, even believe that "memory can actually get better as you get older."

Be that as it may, you have nothing to lose and much to gain by using the God-given gift of the memory. The benefits may be unforgettable.

In Our Next Issue

AIDS in Africa—How Will It End?

**An Alcoholic Parent
—How Can I Cope?**

**Should Christians
Use Religious Titles?**

Watching the World

"New Factors of Instability"

Has the newfound freedom of religion in Eastern Europe brought a measure of peace and harmony to the political turmoil in that area? "The Roman Catholic and Orthodox clergy in Romania, Ukraine, and along Poland's eastern border are fighting over ownership of churches," observes the French newspaper *Le Monde*. The newspaper added: "But there is something very irrational about the dispute. . . . These hints of a war of religion floating again over Europe and in the Caucasus, coming on top of all the nationalistic agitations, are creating new factors of instability and forebode nothing good."

1991—Record Year for Bible

According to *Ecumenical Press Service*, the United Bible Societies' annual *Scripture Language Report* shows that during 1991 "for the first time . . . , thirty-two languages received at least one book of the Bible," increasing the total number of languages into which at least one book of the Bible has been translated to 1,978. That same year, says the Dutch magazine *Vandaar*, the more than one hundred national Bible societies sold a record 16 million Bibles worldwide, a 3.5-percent increase over 1990. Bible shipments to the former Soviet Union (over 700,000 copies), Romania (nearly 340,000), and Bulgaria (140,000) resulted in a 34-percent increase in Bible distribution in Europe, while shipments to China (nearly one million copies) and Republic of Korea (1.8 million) led to a 13-percent increase in Asia. At the same time, however, Bible distribution dropped more than 10 percent in Africa and 11 percent in the Amer-

icas. *Vandaar* adds that Bibles are sold in developing countries for a price equivalent to an average day's wage.

Drug-Fouled Neighborhoods

In Spain, where some 100,000 people are addicted to heroin, the drug trade has infiltrated many urban neighborhoods—with devastating results. According to *Cambio 16*, a Madrid magazine, "everyone knows" about the worsening situation, "everyone suffers, and everyone is waiting for solutions that are not forthcoming." In the city of Valencia, drug addicts



and dealers have proliferated so openly that thousands of residents demonstrate nightly to protest this fouling of their neighborhoods. One resident told *Cambio 16*: "We cannot take our kids to play in the parks, because they are full of syringes. There are muggings every day." Similarly, the newspaper *El País* reports that in one slum outside Madrid, there is gunfire virtually every day.

Witch-Hunt

Many people in Venda, in the north of South Africa, believe that people do not die from natural causes. As the periodical *Indicator South Africa* reported, they think that death is the result of witchcraft or interference by ancestral spirits. On the other hand, many

Venda youths, eager for change, are determined to eradicate traditional beliefs. They have set off a wave of witch-hunts. *Indicator South Africa* stated: "In a growing climate of terror, anyone accused of being a witch was simply killed on the spot despite protestations of innocence. . . . March 1990 was a month filled with nightly burnings of those accused of practising witchcraft. In some villages, up to five or more accused witches were either burnt or driven out of their homes each night."

Weapons Sales Boom

"Weapons dealers around the world are enjoying a boom in business," reports the British journal *New Scientist*. What stimulates the flourishing trade? International arms trade researcher Chris Smith says that the demise of the Soviet Union and the instability surrounding the recent Persian Gulf war have fueled supply and demand for many cheap, secondhand arms across the Middle East and Eastern Europe. According to Smith and Andrew Ross of the U.S. Naval War College, the disturbing trend is that "nations of the Third World are becoming more important suppliers of arms."

Search for Enduring Youth

A host of products on the market are reputed to retard the aging process. Unfortunately, there is little evidence to support such claims, according to *Consumer Reports* magazine. Further, these costly products may harbor harmful side effects. Caleb Finch, professor in the neurobiology of aging at the University of Southern California, said: "Peculiar things happen when you dump chemicals in

your body. Each has its own effect, and there's no way to predict the interactions or the long-term consequences." *Consumer Reports* stated: "Few researchers expect in the near future to be able to increase the maximum human lifespan." The magazine commented that a proper diet, regular exercise, avoidance of tobacco and too much alcohol, and maintaining the right weight can "produce the same effects claimed for life-extension products."

Dumped Babies

"Desperate mothers have taken to abandoning their children—some only months old—in hospitals throughout South Africa," says the *Saturday Star*, a newspaper of Johannesburg. "Overwhelmed by a combination of poverty, unemployment, homelessness and hopelessness, more and more mothers are simply booking children into hospitals, under false names and with nonexistent illnesses, and leaving them there." Some children have been forced to stay in the hospitals for over a year and could not be moved to foster homes or orphanages, as these were filled to capacity. In some hospitals most of the abandoned children were babies. "Rural men have affairs (in the cities), leaving young girls pregnant, and then return to their rural families. The girls are left little choice but to abandon the baby," Johannesburg child welfare director Dr. Adele Thomas is quoted as saying. Civil unrest is another reason. "We saw an increase last year when the situation was particularly violent and many people had to flee their homes," said one hospital superintendent.

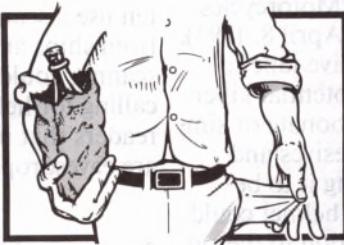
Honesty in Europe

Does civic morality vary from one nation to another in Europe?

The European Value Systems Study Group polled 19,000 persons from 13 nations in order to find out. Each was asked whether things like cheating on taxes, bribery, littering, and claiming State benefits without entitlement are justified. *The European* reports that Scandinavians are the most honest. Why? Persons there feel they can trust official institutions, whereas in other lands, low civic morality reflects a critical view of the State. Thus, honesty appears to reflect one's attitude toward society. "When people are negative about the state, they are negative towards everything to do with society," said Jan Kerkhofs, emeritus professor in social science at Leuven University, Belgium.

The High Cost of Alcoholism

Alcoholism costs. It costs both the alcoholic and society in innumerable ways, including rising health costs, broken homes, accidents, and death. However, a cost that is often overlooked is the actual amount of money an alcoholic



spends to support his addiction. According to the Paris newspaper *Le Figaro*, a study conducted in France shows that an alcoholic spends an average of over 3,000 francs (\$540, U.S.) a month on his drinking habit. Moreover, the study reveals that alcohol consumption typically takes up 50 percent of an alcoholic's family budget—as much as 80 percent for those who live alone. After one

year of complete abstinence, almost all the alcoholics who took part in the study had improved their general standard of living. They ate better and were better clothed. Half of them were even able to save money.

Quicker Malaria Test

A quicker and more accurate method for detecting malaria has been used with success in the African country of Kenya. *Panoscope* magazine reports that by using "a centrifuge, a capillary tube, a polystyrene float and ultraviolet light, parasites can be detected in 45 seconds, compared to four minutes with the present method." This new method, notes the magazine, will cut down on technician fatigue and therefore reduce the number of diagnostic errors. More than 150 million people around the world are suffering from malaria. Each year, the disease kills over a million people—mostly children.

Dangerous Fishing

The U.S. National Research Council recently made public the results of a study in which commercial fishing was ranked among the most hazardous industries in the country. According to *The New York Times*, the study found that "with 47 deaths for each 100,000 workers, commercial fishing tied with mining as the most dangerous occupation in the United States." In Maine alone, there is an average of six work-related deaths among fishermen each year. During 1991 that figure nearly doubled. With lobster prices going down, some fishermen who would normally never go lobstering in the winter now find it necessary to do so. *The Times* noted that in the winter "icy boats, erratic seas and high winds make a dangerous enterprise even more dangerous."

From Our Readers

Eating Disorders How I wish that my family years ago could have read "Helping Those With Eating Disorders." (February 22, 1992) I have been struggling with anorexia for 35 years, since age 9. The article accurately and concisely discussed the most important issues. Indeed, you stated things that my loved ones have come to understand only after years of counseling! I know the article will help many concerned friends and families of sufferers.

C. S., United States

Unborn Children I have enjoyed your science and nature articles for many years now. I found the article "Learning Begins in the Womb" of particular interest. (January 22, 1992) It is truly amazing how wonderful and complex the brain is. And the photo of the eight-week-old embryo was breathtakingly beautiful. The article made my heart swell with appreciation at how wonderfully I am made!

J. J., United States

Motorcycles In your article "Motorcycles—How Dangerous Are They?" (April 8, 1992), you advise riders to apply reflective tape to their helmets. This advice is a potential killer if the helmet is made of polycarbonate or similar materials, as many are. Adhesives and paint attack this material, causing it to become brittle. In an accident, the helmet could just shatter, affording no protection to the rider. Better advice would be to purchase a helmet that is already brightly colored.

S. J. H., England

We appreciate this safety tip. It would be wise to read the manufacturer's instructions before making any such alterations.—ED.

I appreciated the article. The father of my three children was recently killed when a part broke on his motorcycle, spilling oil onto the rear tire. He was in a coma for three weeks

following extensive brain surgery. Needless to say, I will remember this article for future reference should my son ever desire to ride a motorcycle.

M. G., United States

Cockroaches I have been a reader of your magazine for eight years, and I would like to commend you for the variety of articles you publish related to domestic chores. I refer in particular to the article "The Enduring Cockroach." (January 22, 1992) Besides being very well written, it also teaches us how to get rid of this bug. Following the instructions, I will soon free my home of their annoying visits.

A. F. A. A., Brazil

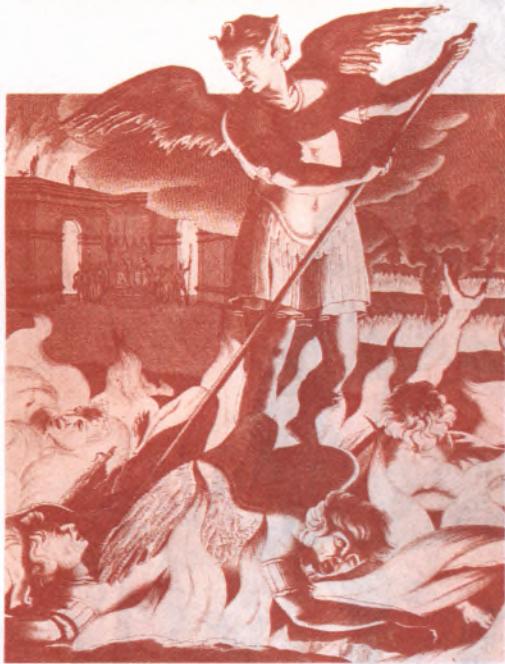
Electronic Eavesdropping I read with interest the article "Is Eavesdropping Here to Stay?" (December 8, 1991) I found it disturbing, though, to learn of the abuse of scanner radios. It really is disgusting to think that people would listen in on other people's conversations. I am an amateur radio operator and often use a scanner to listen to transmissions from ships and small boats. Someone with a scanner could be a lifesaver to someone at sea calling for help. So please explain to your readers that not all people who own scanners are eavesdroppers.

R. P., England

Crossword Puzzle As your issue of February 8, 1992, contained the first crossword puzzle you have published in quite some time, I would like to explain why the puzzles are so worthwhile. My son suffers from a disorder that makes reading and writing difficult. However, he is able to work your crossword puzzles. This gives him a feeling of achievement and has helped him to learn the order of the books of the Bible. As you can see, your hard work is of much benefit.

C. G., Germany

Have They Discovered Hell?



Picture Book of Devils, Demons and Witchcraft/Ernst and Johanna Lehner/Dover

HAVE you noticed that the doctrine of hellfire seems to be on the wane lately? Perhaps it just can't survive this skeptical age we're living in. Or perhaps more and more people are realizing that the notion of tormenting human beings forever in fire is not compatible with the just and loving God portrayed in the Bible. Whatever the reason for the disbelief, some religious leaders are responding with measures that smack of desperation. Consider a case in point.

In the United States, both a national "Christian" television network and an evangelical newsletter recently reported that scientists had discovered

"hell" while drilling in Siberia! The magazine *Biblical Archaeology Review* wryly summarized one such account.

Allegedly, a team of Finnish and Norwegian scientists were in Siberia drilling deep into the earth's crust as an experiment. They were quite surprised when, several miles below them, the drill bit began to spin in empty space! They were even more surprised when they found that the temperature down there was over 2,000 degrees Fahrenheit! They were most surprised of all, though, when they lowered a microphone down the hole and subsequently heard thousands—perhaps millions—of human

voices, all screaming in agony! So unnerved were the scientists, the story goes, that many abandoned the project. Some were sworn to secrecy, while others converted from atheism to "Christianity" because of this proof of hell.

Not surprisingly, those who printed and repeated this story claimed that it was well documented. Rich Buhler, host of a radio talk show, wrote in *Christianity Today* that he and his staff tried to follow up on such reports. Under investigation, one source evaporated in a tangled web of articles that quoted from letters that were quoting from equally unsubstantiated articles.

The other source was a letter from a Norwegian man who, upon inquiry, frankly admitted that his letter was a fake. He sent it simply because he felt sure it would be believed and publicized. No doubt he realized the sad truth about far too many religious organizations—they believe what they want to believe.

In the Hebrew Scriptures of the Bible the word "hell" is translated from the Hebrew word *sheol*. It occurs 65 times and in the Authorized King James version Bible is translated 31 times "hell," 31 times "grave," and 3 times "pit." In the Greek Scriptures of that Bible version the word "hell" is translated from the Greek word *Hades* in all of its ten occurrences. Both *sheol* and *Hades* mean the common grave of mankind, and never relate to pain or fiery torment or to anyone living several miles below the surface in Siberia!

"Written Just for Me"



THAT is what a youth from St. Lucia in the West Indies said about the book *Your Youth—Getting the Best Out Of It*. "When I reached chapter 5," she explained, "I saw that the information was written just for me. It was about masturbation and homosexuality.

"Masturbation has been one of my major problems. For three years I've been fighting to overcome it. I even thought I was the only one in the whole world doing that. Praise God for having you people write this precious book that gave me advice as to what to do. I'm putting your solutions into practice.

"My second problem is concerning boyfriends. I've faced many disappointments in this area. My last boyfriend has another girlfriend, and it seems he loves her more than me. I just don't know what to do.

"I must comment, however, that when I've been hurt by my friends, especially my boyfriend, I just take hold of this little book and read it. It has been a great help to me. It has given me lots of advice that I have never thought about. After reading many chapters in this little red book, I could have just sat down and cried. I was really consoled and comforted by chapters 8 and 23."