

APRIL 8, 1981

Awake!



**So lovable now—
Why heartaches later?**

FEATURE ARTICLES

When children are small they can be so lovable. But when they grow up, many become rebels that lash out at parents and society. What makes them act that way? What can assure a happier outcome?

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WHY THIS MAGAZINE IS PUBLISHED

"Awake!" is for the enlightenment of the entire family. 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 stays politically neutral and does not exalt one race above another. It also shows how to cope with today's problems. Most importantly, "Awake!" builds confidence in the Creator's promise of a peaceful and secure new order within our generation.

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Children—A Blessing Or A Heartache?

"**B**Y THE time we got home I was numb," recalled one father who had just struck a boy with his van. The youngster had darted without warning into the street and was run down. The screech of the brakes, the sickening thud and the siren of the ambulance were all whirling in the man's head as he finally reached home with his children.

"The kids could see that I was in a terrible state," said the father. He described how the children then made him lie down on the living-room floor and gave him a back rub. "You did the best you could, Dad. You did the best you could," said the sympathetic youngsters. The loving care that flowed from those youthful hands as they rubbed his back not only removed the tension but helped the father to escape much of the emotional turmoil that usually follows such a tragedy.

How grateful this father was for his children! Would you not also cherish such youngsters? Yes, children can be delightful.

But what a different scene in another home. The father also was lying on the floor with the son and the daughter hovering over him. But this father was dead—allegedly murdered by a killer whom police said had been hired by the *father's own son and daughter!* Now the eager hands of the two youngsters were plundering their dead father of \$300 (U.S.) and his credit cards, which they quickly used. "He wouldn't let us do anything we wanted to do, like smoke pot," said the youngsters in justification.

Very few children actually bring about the death of their parents, but millions

rebel in other ways. An increasing number of parents are deeply concerned about the things that their children say and do. All too often, lovable infants grow up to become youths who lash out at both parents and society. "Why do they act that way?" is a question that persists in the minds of countless parents.

There are answers, but they are complex. Children of the same parents will often act very differently. Some, given the best of parental care, will still become delinquent. The opposite is also true. "Because I was born out of wedlock, my mother gave me to her sister, who showed me no love, beat me frequently and considered me merely a 'tool' for the housework," sighed one man. "I became a compulsive gambler by age 14, and my uncle taunted, 'You're never going to be worth anything!'" Yet this man is now successfully raising 10 children.

This man's story, as we shall see later, reveals a factor that can make a dramatic difference in how a person acts when he grows up.

IF YOU ARE A PARENT—having insight into the possible reasons why children act certain ways can mean the difference between success and failure as a parent. Such knowledge can help you to be more effective in your efforts to train your offspring.

IF YOU ARE A CHILD—there are many powerful forces that can cause you to act in certain ways. Knowing what they are and how to deal with them successfully will add to your own happiness.

So what are some of the reasons why children act as they do?

What Makes Them Act That Way?

THE researchers felt that they had it all figured out. They had intently examined 200 children from their infancy through adolescence. They analyzed the parents, the home environment and the disposition of each child. Then they predicted which of these children would become happy adults. It seemed simple—a happy childhood under a pleasant family environment would produce a happy adult. After waiting till the children became 30 years of age, they reinterviewed them. *Two out of three of their predictions were wrong!* There is no simple explanation as to why children act as they do. Yet several factors play a heavy role in determining how a child develops.

ARE THEY BORN THAT WAY?

Much of our physical appearance comes from our parents. But what about our behavior? Some authorities, such as Dr. A. H. Chapman, say: "The influence of heredity on a child's personality development is much less than the impact of how he is reared. . . . The role of heredity is small." Yet many parents strongly disagree. For instance, one mother asked about her child: "How is he able to imitate his father so perfectly—mean, defiant, spiteful—when he has never seen him? His father [left me] about two minutes after he got me pregnant."

Recently, a team of scientists studied 15 sets of identical twins who were raised apart. They were "overwhelmed with the similarities of the participating pairs." Since the twins were separated and raised in different environments, the scientists

felt that heredity was a strong factor in the striking similarity of their behavior. As one of the scientists, David Lykken, concluded, the study shows "that vastly more of human behavior is genetically determined or influenced than we ever supposed."

ENVIRONMENT

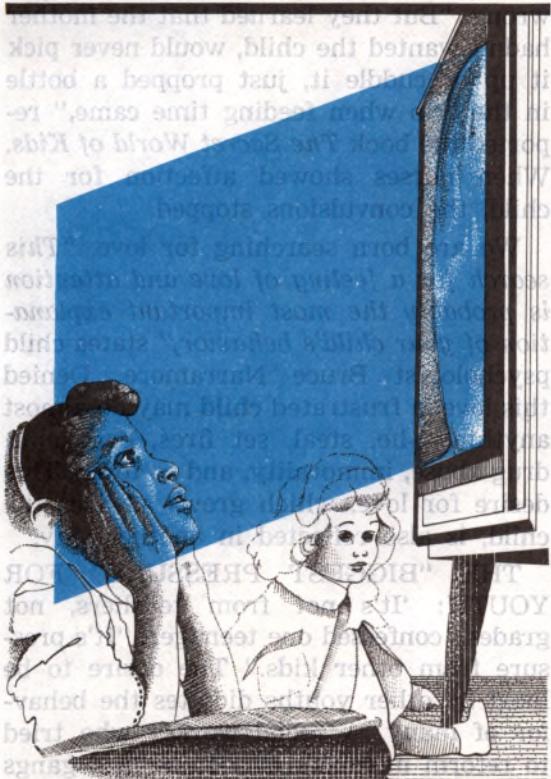
WHERE THE CHILD LIVES: "Tommy was also the unluckiest kid I ever knew," began a social worker who for five years worked with juveniles. "He lived in a four-and-a-half-room cold-water flat with ten relatives. . . . At home Tommy faced the frustrations of a drunken father, an overcrowded dwelling . . . and the feeling of being utterly useless and unwanted." The boy became a heroin addict at age 14 and died of an overdose three years



A bad environment can breed criminal actions—but not always

later. Where he lived obviously had a negative effect on this youngster. Yet, another teenager, also living in a crowded city, turned out differently. His mother reports: "Though I can sense Jeff's frustrations at times, still being around a number of people living close by who really cared for them has made both my children warm and friendly toward others."

WHAT A CHILD WATCHES: In some countries, children reportedly may watch nearly 8,000 hours of TV before they start school. Such is bound to affect their view of life. "It teaches them that might makes right," says psychologist Robert Liebert, one of the most respected observers of child behavior. "The lesson of most TV series is that the rich, the powerful and the conniving are the most successful."



Too much TV can hinder learning ability, and some shows can teach wrong conduct

Additionally, much research is surfacing to show that extensive TV viewing hinders learning ability. As one authority reported: "When the television set is on, it freezes everybody . . . everything that used to go on between people—the games, the arguments, emotional scenes out of which personality and ability developed—is stopped. So when you turn on television, you turn off the process of making human beings human."

DIET—HOW IMPORTANT?

'Very important,' say some doctors. Illustrating this is the experience of a boy whose mother said: "He is seven and loves school once he gets there. But I have to drag him out of bed, forcibly dress him, and spank him before he'll eat. He throws up. We drive him to school." Bemoaning the situation, she added: "Is there a better way to live?" However, it was discovered by a discerning doctor that the boy ate a lot of ice cream each night before going to bed. When the sweet snack was replaced by something more nutritious, his conduct in the morning dramatically improved. The observant doctor, Lendon H. Smith, in his book *Improving Your Child's Behavior Chemistry*, stresses the need for proper nutrition, stating: "The successful functioning of any individual depends upon the full nourishment of the brain."

"Junk food might eventually mean a 'junk body,'" is the report from *Science World* (February 22, 1979), which calls attention to the damage caused by increased consumption of sodas, candy bars, hot dogs, fruit pies, and so forth, especially by the young. At least one study has claimed that such a diet can cause "severe personality changes, generally [causing a person to become] highly aggressive and irritable."

Allergies to food and other substances



A steady diet of junk food can cause aggressive behavior

can also affect the way a child acts. One 11-year-old boy was described by his mother as being very moody, always unhappy, sullen and argumentative. A doctor discovered that the child had an allergy, and the parents reported that, with proper treatment, their boy was a "new person." Similar results have been reported with some hyperactive children where there has been a careful control of their diet.

PARENTAL EXAMPLE

"I felt pity for my mother," explained a 17-year-old boy. How did he show it? He had just sexually molested a girl at knife point. He did so, he said, to embarrass his father, who was openly cheating on his wife.

Instead of lashing out against the bad example of the parent, many children react in another way. The book *Who's Bringing Them Up?* explains: "The toddler learns through the power of imitation . . .

They absorb all the habits, feelings, tensions, joys, sorrows and behaviour of the adults they imitate. Children with violent parents will tend to copy violence, those with loving parents will tend to imitate that behaviour."

There are many forces affecting a child's life, but as one educational specialist put it: "Parents . . . have to realize they are still the most important force in their children's lives."

THE YOUTHFUL SEARCH FOR LOVE AND ACCEPTANCE

After only three months in the world a certain baby knew that something vital was missing. His persistent convulsions were the most violent protest he could make. The doctors could find nothing wrong. "But they learned that the mother hadn't wanted the child, would never pick it up or cuddle it, just propped a bottle in the crib when feeding time came," reported the book *The Secret World of Kids*. When nurses showed affection for the child, the convulsions stopped.

We are born searching for love. "*This search for a feeling of love and attention is probably the most important explanation of your child's behavior,*" states child psychologist Bruce Narramore. Denied this love, a frustrated child may do almost anything—lie, steal, set fires, engage in drug abuse, immorality, and so forth. This desire for love, which grows as does the child, is also reflected in another way.

THE "BIGGEST PRESSURE" FOR YOUTH: 'It's not from teachers, not grades,' confessed one teenager. "It's pressure from other kids." The desire to be liked by other youths dictates the behavior of many. A social worker who tried to reform members of vicious teen gangs reported: "Basically what these unfortunate brats are seeking is just what all of us want—to be somebody rather than no-

body, to be recognized as a human being, to be appreciated and even loved." (Emphasis added.) Desperately they try to find this in their peer group.

Just how powerful is this desire to be accepted by the group? A team of doctors decided to see. They invited a group of 10 teenagers into a room and held up before them a card containing several lines. "When we point to the *longest* line," said the doctors, "please raise your hand." However, unknown to one youngster, the other nine had previously been told to vote incorrectly.

When the moment to vote came, the teenager being studied looked in disbelief

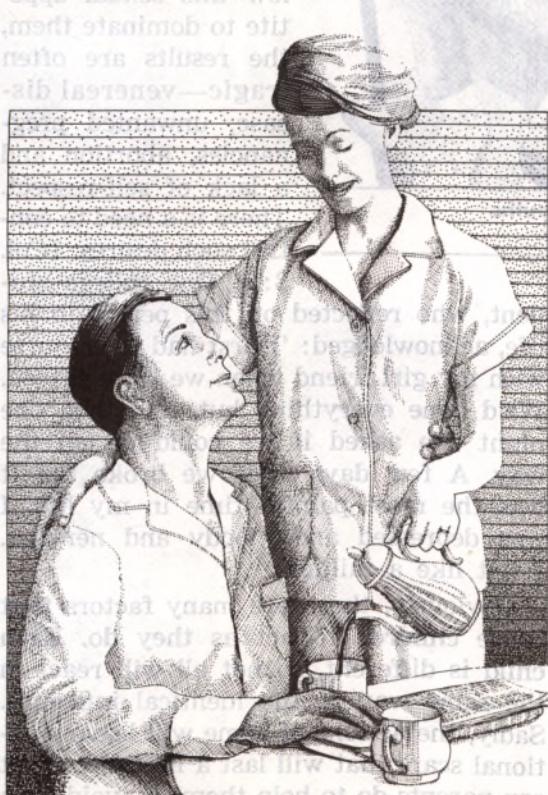
as all the others voted for the *shorter* line. "Somehow I missed the point, and I'd better do what everybody else is doing or they'll laugh at me," thought the youngster. So he *carefully raised his hand with the rest!* This was repeated several times. To prevent 'being laughed at,' he denied his own intelligence. "More than 75 percent of young people tested," reported Dr. James Dobson, "behaved that same way!"

How many children have denied their own intelligence by engaging in immorality, drug abuse, drunkenness, and so forth, all because of the desire to be accepted by the group. However, another emotion also affects how children act.

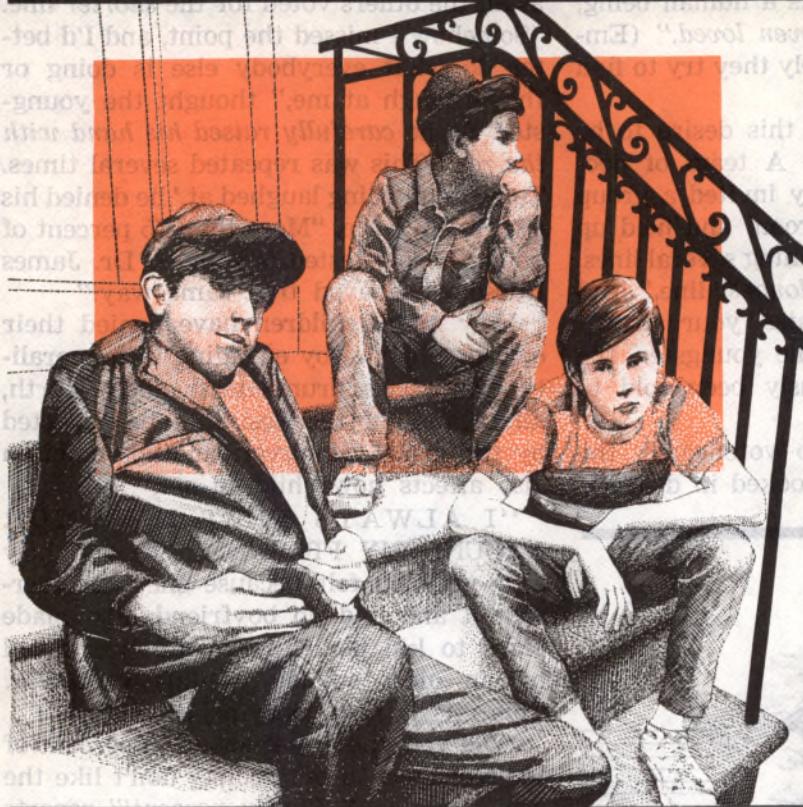
"I ALWAYS FELT INFERIOR AROUND MY FRIENDS": This is how a 15-year-old felt because she was overweight and had no boyfriend. She made plans to kill herself. Her life was saved by an alert suicide hot-line counselor. This girl is not alone in her feelings.

"Did you know that about 80 percent of the teenagers in our society don't like the way they look? *Eighty percent!*" reports Dr. Dobson in his book *Preparing for Adolescence*. Yes, they feel too tall or too short, too fat or too thin! Others feel uneasy because of pimples on their face. Additionally, in an age when many parents put the emphasis on what a child achieves, not on what he or she is inside, often youngsters are disappointed with themselves and have little self-esteem. Many of them rebel, vandalize, act rough and tough, are always on the move, simply because they cannot live with themselves.

THE BLOOMING OF SEXUAL APPETITE: A tiny gland located at the base of the brain begins to give some sharp "commands" to teenagers. The pituitary, in effect, tells the body, 'Get moving, get prepared for parenthood!' The endocrine secretions it sends out cause the sexual organs to mature. But these hormones do far more.



Children with loving parents will tend to imitate their behavior



The desire to be liked by other youths
dictates the behavior of many

"The adolescent age has . . . endocrine gland changes which organically stimulate young people to feel their oats. They are literally kicked around by their endocrine secretions, which finally have to strike a new balance," states *The Story of Human Emotions*, by G. M. Lott, M.D. Yes, these hormones 'literally kick around' the emotions of teenagers. During this period of time a teenager will begin to assert his independence. He will probably have an increased interest in someone of the opposite sex.

The Bible describes this period as the "bloom of youth" and recommends marriage after one is "past" this period. (1 Cor. 7:36) The original Greek word used (*hyperakmos*) literally refers to be-

ing beyond the 'highest point of anything, the full bloom of a flower.' During puberty a youngster's sexual appetite first blooms or becomes strong. The average age when a girl has her first menstruation has lowered from 16 a hundred years ago to 12 now. This adds to the problem, since some, barely in their teens, are now pushed into situations that they are not able to handle.

When teenagers allow this sexual appetite to dominate them, the results are often tragic—venereal disease, unwanted pregnancies, abortion and a lack of self-respect. There is a need to control such desires. (Col. 3:5) One college stu-

dent, who reflected on this period in his life, acknowledged: 'I first had intercourse with my girl friend when we were fifteen. We'd done everything but, and then one night she asked if we could go all the way. A few days later we broke up. It was the most painful time in my life. I was depressed and moody and nervous. I felt like a failure.'

Obviously, there are many factors that cause children to act as they do. Each child is different, so not all will react in the same way to the identical influence. Sadly, the actions of some will leave emotional scars that will last a lifetime. What can parents do to help them to avoid such hurt? Also, is there anything else that can help to assure a good outcome?

What Can Parents Do To Help?

"THE story is told of the child psychologist who began his practice with four theories and no children," reports psychologist Dr. Bruce Narramore. "Some years later he found he had four children and no theories!"

Yes, theories about child rearing come and go. Bringing up a child is no simple task. However, you have only one opportunity to rear *your* child. Which way is best?

In the midst of conflicting opinions, one source has provided child-rearing guidelines that have been consistently successful. It is the Bible. In the following pages see (1) what it recommends, (2) why it is presently helping millions worldwide to be better parents, and (3) how its advice can be applied in your home.

Do Not Parents Show Love by Feeding, Clothing and Housing a Child?

Yes, and it often means years of sacrifice for parents. Yet a parent may be able to supply only meager provisions, "a dish of vegetables," for the family. However, if such are provided "with love," then, as the Bible shows, they are better "than the best beef served with hatred." (Prov. 15:17, Moffatt) Love outweighs good food. Children thrive on affection—a few words of sympathy over a bruised knee, a warm hug, a pat on the back, or a simple 'I'm so proud of you!' Children must see, in a way their young minds can understand, genuine warmth and parental concern.

But How Can You Love a Child Who Misbehaves?

It is not easy. However, the Bible stresses "fellow feeling." (1 Pet. 3:8) There may often be underlying reasons for a child's misbehavior. For instance, one youngster began acting up in school. His concerned father, who talked for hours with the boy, said: "We continued to show him that we cared about him. Then he told us what was wrong." Other children teased him because of his hearing aid, so he acted up in class to gain their approval.

The father had "fellow feeling" and, after several more warm discussions, the boy's conduct improved. Years later the boy wrote his parents: "I know I did some things that displeased you, but thank you for not giving up on me." Often frustration, jealousy, repressed anger, fear and insecurity can prompt bad conduct.

What if Your Child Is Born with Some Bad Traits?

Perhaps you see the same weakness in yourself or your mate. This should create "fellow feeling" as well as give you background to offer discerning counsel. For instance, one mother noticed that her nine-year-old was just as withdrawn as she was as a child. "I talked with him about it," she said, "and mentioned that the way he's feeling, the things that are going on inside of him, also affected me when I was young. 'I know how you feel, Rowland, because I'm still working on it,' I would say. As a result we have drawn much closer together and he opens up more."

How Can a Parent Know When Something Is Really Troubling a Child?

The feelings and thoughts of a child, his real intentions, lie in his heart like waters at the bottom of a deep well. Hard to get out! "Counsel [one's purpose or intention] in the heart of a man is as deep waters," admits the Bible, "but the *man of discernment* is one that will draw it up." (Prov. 20:5) Some probing questions may 'draw up' such feelings. It takes DISCERNMENT to evaluate when a child is deliberately rebelling and when he is acting out of frustration.—Prov. 24:3.

QUESTIONS TO ASK WHEN A CHILD MISBEHAVES

- Are you feeling well?**
- Do you feel I am being unfair? Why?**
- Are you having problems at school?**
- Do you feel under too much strain?**
- Do you just feel gloomy?**
- Are you getting along with your friends?**
- Do you feel I expect too much of you?**
- Is there some way I can help?**

Does the Way a Parent Talks to the Child Really Matter?

Yes, it truly does. To illustrate: A startled interviewer asked a five-year-old girl, "Why do you want to be dead?" The sad-eyed tot replied: "Because it would be so peaceful. Mommy wouldn't be screaming at me all the time." Children have feelings. A parent's thoughtless remarks can be devastating. A proverb states: "There exists the one speaking thoughtlessly as with the stabs of a sword." It hurts! But "the tongue of the wise ones is a healing." (Prov. 12:18) Build up your child's self-esteem by genuine commendation. Praise his accomplishments, no matter how small.

If a child thinks he will get 'screamed at'

because of his feelings, he will not reveal them. Especially difficult is it for him to discuss his sexual feelings. The youth may feel ashamed. However, even if the thinking of a child is wrong, he should feel free to express himself. One parent said: "Sometimes you feel like exploding inside when the child pours out his heart. But you don't dare show it or they clam up."

Try to get into your child's world, into where his feelings are. Spend five minutes with him as you put him to bed. Talk to him about the things that have made you feel happy, sad, upset or scared. It is important to share not only experiences but also feelings. Above all, *listen* as your child bares his feelings.

Does Love Mean Letting the Child Always Do What He Wants?

Many think so. They want to be loved by the child. "I'll love you," says the child intimidatingly, "if you give me a lollipop." Later it may be, "If you let me stay up as late as I want," "eat what I want" or "run with my own friends." Parents bend. What are the results? A generation of uncontrolled, insecure youngsters. The Bible recommends: "The one loving [his child] is he that does look for him with discipline." Discipline means instruction that molds or corrects. It builds character and gives security.—Prov. 13:24.

WHY YOUTHFUL SUICIDES?

"They can't take the pressure," explained one expert. He emphasized "the need for discipline—the kind that builds character so the young won't crack under pressure."

What if a Child Does Not Listen to Discipline?

"Chastise your son and he will bring you rest and give much pleasure to your soul," recommends the Bible. (Prov. 29:



Help your child develop a relationship with God by learning about the Bible together

17) Chastisement involves punishment. It may be a literal spanking or the denial of a cherished privilege. This will teach him a vital lesson—respect for authority. God sets an example as to how the punishment should be meted out, saying: “I shall have to chastise you to the *proper degree*.” Still, he reassured those same individuals, saying, “for I am with you.” He still loved them. So Jehovah set loving, yet firm, boundaries regarding acceptable behavior. Parents, do the same!—Jer. 46:28.

About What Matters Should a Parent Be Firm?

Be firm that a child eats nutritious food, for serious deficiencies could stunt his physical growth. At the same time, do not let your child feed his mind on “garbage” in the form of TV shows, magazines and movies that feature violence and immorality.

Yet the greatest threat to your good instruction is your child’s associates—his

peers. If a child becomes a companion to those whose habits are corrupt, be assured that he will usually “get familiar” with such conduct and be ensnared. (Prov. 22:24, 25) You have a *duty* to break up such bad associations. This takes discipline, but when a parent replaces bad associates with good ones, or makes his own family activities more interesting, the job becomes much easier.

How Soon Will a Child Develop a Sense of Right and Wrong?

On his own, he may never do it. The Bible indicates that a young child does not know “*how to reject the bad and choose the good.*”

—Isa. 7:16.

HOW SOON TO START?

One heartbroken parent said: “I kept putting off my children. I thought we had years to shape their lives, but now they’re nearly grown. We’ve let our most influential opportunity slip through our fingers.” Start from infancy!

How Can a Child Be Taught This?

The heart must be reached. He must develop his own *inner* motivation to “reject the bad and choose the good.” If not, he may simply put on a superficial shrewdness about staying out of trouble. So in addition to “discipline,” parents must ‘bring up’ their children in the “mental-regulating of Jehovah.”—Eph. 6:4.

This requires putting information into the child’s mind that will touch his heart. It should motivate him in a right way and warn him of future dangers. The Bible term “mental-regulating” includes “whatever is needed to cause the monition to be taken home, to be *laid to heart.*”*

* Greek scholar R. C. Trench,

How Important Is It to Teach the Child About God?

One Christian elder considered closely the cases of a group of professed Christian youngsters who had got into serious difficulty, which included drug abuse, immorality and drunkenness. What was wrong? "These youngsters simply do not fear God," he said. "Here's the situation: It's dark. They're in the back seat of a car with someone of the opposite sex. All they feel is their hormones running wild. They couldn't care less about the consequences. And they will do it week after week." Yet some 'rejected the bad.' "These have had their hearts reached and established a one-on-one relationship with Jehovah," he noted. "They view him as an all-seeing, loving Person." So help your child to develop such a relationship.

—Prov. 16:6.

A parent must have this relationship with God first. Personal Bible study and meditation are needed. Jehovah's Witnesses are willing to help. In fact, it was this Bible instruction from the Witnesses that changed the youngster mentioned in the opening article, the one who had such a bad background, into a fine parent. "The study of the Bible is what made all the difference," he admitted.

"TRAIN" FOR ADULT LIFE

"Train up a boy according to the way for him." (Prov. 22:6) A child needs to be trained in adult skills such as decisiveness, showing initiative and self-control. Without such training he may fail in adulthood.

Especially delicate are teenage years—a time of transition. One moment the child may complain: "Don't tell me what to do!" and an hour later he may ask: "Mom, what should I do now?" You can help the child to make the transition by being neither too restrictive nor too easygoing.

Your conduct—either good or bad—will teach a child faster and make a deeper impression than anything else. Because of inborn sinfulness, a child will more readily imitate bad habits. (Ps. 51:5) So the first step is to take a look at yourself.

Is It Always the Parents' Fault if the Child Goes Bad?

Neither parents nor children are perfect. Both will make regrettable mistakes. Yet, because the Bible says that a properly trained child "will not turn aside," some parents feel solely at fault when a child goes bad. (Prov. 22:6) However, this verse has to be viewed in its proper setting. It is part of the advice given in Proverbs to parents. A parent knows whether he paid only lip service to this counsel or not.

Advice is also given to children. If they are to turn out well, they are urged to 'listen to,' "treasure up," "not forget," "pay attention [to]," "observe" and "not forsake" the commandments and discipline of parents. (Prov. 1:8; 2:1; 3:1; 4:1; 6:20) Over four times as much counsel is given to children as is given to parents in just this one book of the Bible!

Some children will 'despise obedience' to a parent. (Prov. 30:17) One exemplary father of a wayward son remarked: "I have tried and tried to reach his heart. I do not know what to do because I have tried so many things. Nothing has worked."

A child has a responsibility to heed those verses that apply to him. If both parent and child heed Bible counsel, the general rule is that a child will not deviate. There is no need for a parent to dishearten himself with guilt over what has happened in the past. Concern yourself with what you can do now to help your child.

Children—Does It Really Matter How You Act?

NO ONE had to tell 15-year-old Joanna that how one acts can cause mental anguish. She knew! After a year of promiscuous sexual relations, she wrote in utter frustration: "I am sick to death of life!" A shotgun blast by her own hand ended her misery. What a tragic waste!

You may never have contemplated suicide, yet you know that a person can be so troubled that nothing else seems to matter. Some youngsters try to soothe an unhappy mind by drug abuse, drunkenness or immoral sex. The effects, at most, are temporary. "If only I had done things differently!" is a common plea. No one plans to be miserable. But when misery results, whose fault is it?

Should I Blame My Parents?

One young girl was grief-stricken when her alcoholic father died. She was also rejected by her mother and stepmother. Yet years later she reflected: "We suffer, but we don't let it destroy us." Other children also have overcome similar harsh backgrounds. A research psychologist, Arlene Skolnick, after considering hundreds of examples, concluded: "Despite what some psychologists have been telling [parents] for years, they do not have make-or-

break power over a child's development." Yes, you children have the final say as to how you act.

The Bible agrees: "Even by his practices a boy makes himself recognized as to whether his activity is pure and upright." (Prov. 20:11) Not by what type of parents he had or by where he lived, but "by his practices" a child shows what he is. The "activity" of some youngsters has not been "pure and upright." Since the results are often tragic, you may wonder: "How can I control my actions?"

Guard Your Heart and Mind

"My son," urges the Bible, "more than all else that is to be guarded, safeguard your heart, for out of it are the sources of life." (Prov. 4:20, 23) From the heart



Your future is in your own hands.
Will your actions lead to heartache or happiness?

come your feelings, motivations, likes and dislikes. What you do is usually decided there.

The heart responds to what you feed your mind. Put right standards into it and these will protect you from attitudes that have ruined countless young minds. "How will a young man cleanse his path?" asks the Bible. "By keeping on guard according to [God's] word." (Ps. 119:9) You need to read the Bible and literature that explains it. Mature Christians will gladly help you.

Once these standards are imbedded, you can make it easier—or harder—to keep them there. One youth said: "The movies paint sin as something beautiful. They make sex seem to be the only thing in life that really matters. After a while you feel you're missing out and that this is what you need to be happy." This young girl realized how subtly her mind was being influenced. She thereafter avoided movies, TV shows and books that featured violence or sex. The same course can help to guard your heart and mind.

"He Would Never Have

Done It Himself"

"He was a good boy, a gentle boy," sobbed the stepmother of a 16-year-old who was arrested for murder. "He would never have done it himself." Three other boys were also involved. Imagine if that boy were you. Such anguish—mainly because of his "friends."

One youngster who got involved in drug abuse because of peer pressure reflected: "I looked at my friends and thought to myself, 'Where are these kids headed? Where will they be five years from now?' I got scared and depressed just thinking about it." He then made a change and began "walking with wise persons." (Prov. 13:20) "I saw that when I was with good associates they also could have a good

time," continued this young man. "It was really genuine! I had a warm feeling being with them. I felt: 'This is good.' And I had none of the guilt feelings I had before."

Beyond just a "warm feeling," such good associates can strengthen your resolve to follow the Bible. So seek out as friends those whose practices are "pure and upright." It will have a powerful effect on how you act.

Separates the Men from the Boys

A baby has no self-control, but you need it as you grow older. "It is better to be patient than powerful. It is better to win control over yourself than over whole cities," says the Bible.—Prov. 16:32, *Today's English Version*.

"Hey, you're still a virgin!" taunted one youngster. The reply from the young man, who was trying to live by the Bible, was simple: "What takes more strength—to resist or to give in?"

You have to get "control over yourself." It is a challenge to 'get tough with yourself' and not let your mind constantly dwell on sex. During the "bloom of youth" this requires a real fight. (1 Cor. 7:36) Involve your mind in worthwhile activities, perhaps a wholesome hobby or some form of physical exercise. Many have found that this greatly helps. Never forget that if you work hard to control these desires—and persist—the struggle will become easier as you pass this period when sexual desires are at their peak.

Intimately associating with those of the opposite sex just makes your struggle harder. The self-control that you develop by not experimenting with sex before marriage will win respect and prepare you for a happier marriage. It has been said that it is "probably a thousand times easier" to have self-control if one never commits that first act of fornication than it is to stop later.

Also show self-control by heeding the counsel of your parents. Respond to their words of discipline. (Prov. 17:10) At times they may ask you to do something proper that you would rather not do. But learning to do unpleasant things is vital in becoming mature. Self-control brings self-esteem, because it is an inner quality that far excels physical beauty and strength.

A Precious Relationship

No doubt your parents have taught you something about God. However, in the minds of most young persons (as well as adults) God seems remote. But how would you like to have a friend to whom you could tell all your feelings and know he would understand? Someone who would care about *you*, not about what you have. Even when you make a mistake, and you regret it, he's there to say, "It's okay, I'm still your friend." Would you not cherish such a friend?

This is exactly the kind of relationship you can have with the Almighty God. He invites us to 'pour out our heart' to him, because he 'knows how we are made and is merciful.' 'He cares for us.' (Ps. 62:8; 103:13, 14; 1 Pet. 5:7) By prayer and a heartfelt desire to please him you can build such a friendship with God. One 18-year-old declared: "What I have that I treasure above anything else is my relationship with Jehovah God." Why is it so vital? "Learning to know Jehovah as my Friend is what gave me the maturity and common sense to resist peer pressure and temptations," explained another young girl.

"I Have a Hope in Life"

One 15-year-old was asked: "What advantage do you have over those who do not live by the Bible?" Without hesitating, she replied: "I have a hope in life that they don't. The Bible promises eternal

RESULTS OF PROPER ACTION

"It's a rewarding feeling to know that you are trying to do what's right. You feel good inside and you sleep well at night."—18-year-old girl.

"Those that get into drugs and immorality have a lot of problems that I don't have. Those hooked on drugs wonder why I get good grades and they don't. Some are worried about getting pregnant or about venereal disease. Many would like to change, but they can't fight the peer pressure. Living by the Bible is a real protection."—15-year-old girl.

"Living by the truth in the Bible is the only source of true happiness in today's cold world. You also find yourself with many real friends."—16-year-old boy.

"You see how you stand out different from others of the 'sloppy generation' in your dress and speech. You notice that even though others mock and tease you, many youngsters respect, yes, even envy, you. Then you get a real personal satisfaction, knowing you weren't conquered by them, but with God's help you came off the victor."—17-year-old boy.

life on a paradise earth for those who obey God."

Yes, the Bible promises that those who "do good" will survive the destruction of the wicked, to enjoy an "abundance of peace." Sickness and death will be permanently ended. Even those asleep in the grave will rise. The earth will be restored to a beautiful paradise populated with persons who love one another. All will be given 'the requests of their hearts.' Would you not enjoy such a reward?—Ps. 37: 3, 4, 10, 11; John 5:28, 29; Rev. 21:3, 4.

This hope provides a strong incentive to obey the Bible. As one young girl, who had just lost her father in death, wrote: "I'd like to live on the paradise earth and see my father again. This is my main goal in life. *I will try my very best to attain it!*"

Jonah—A Fish Story?

THE Bible says that Jonah was swallowed by a great fish and survived for parts of three days inside that creature. Critics of the Bible have always pointed to this account as evidence that the Bible contains myths and allegories.

Must a person be naive or foolish in order to believe in the Bible account of Jonah? Three teenage students are discussing the matter. Why don't we join them?^{*}

Nancy: We studied about whales today in science class and Mr. Dean really blasted the Bible. He said that the tale about Jonah and the whale is the biggest fish story ever told.

Ron: Did he say why he feels that way?

Nancy: He said that whales don't eat people; they eat *plankton*, which is microscopic. So most whales don't have throats big enough to swallow a person. Now I don't know what to think.

Brad: So what? I believe the Bible, but I don't believe the story about Jonah. My minister says it's just an allegory anyway.

Nancy: Well, it bothers me. My preacher says we have to believe every word in the Bible and take it all literally or else we aren't good fundamentalists. But Mr. Dean sure makes it hard to believe Jonah was swallowed by a whale.

Was Jonah Swallowed by a Whale?

Ron: You know, I've read that there is one type of whale that could have swallowed Jonah—the sperm whale. It is said

to be the only whale with a gullet large enough to swallow a man.¹

Nancy: I didn't know that.

Ron: Sperm whales eat more than plankton. In fact, they seem to prefer cuttlefish and squid.² One sperm whale was found with a 35-foot-long[†] giant squid in its stomach!¹³

Nancy: But Mr. Dean said that even if a whale could have swallowed Jonah, there are no whales in the Mediterranean Sea, and that is where Jonah was swallowed.

Ron: It's true that whales are rare in the Mediterranean, but whale skeletons have been found there.⁴ Of course, the sperm whale is not the only candidate. Here, let me show you in the Bible.

Brad: Always prepared, eh, Ron?

Ron: I try to be. Now it says here at Jonah 1:17: "Jehovah appointed a *great fish* to swallow Jonah."

Brad: So, what's the difference?

Ron: A fish could be any large sea creature, like a shark.

Could It Have Been a Shark?

Nancy: Are there sharks large enough to swallow a person whole?

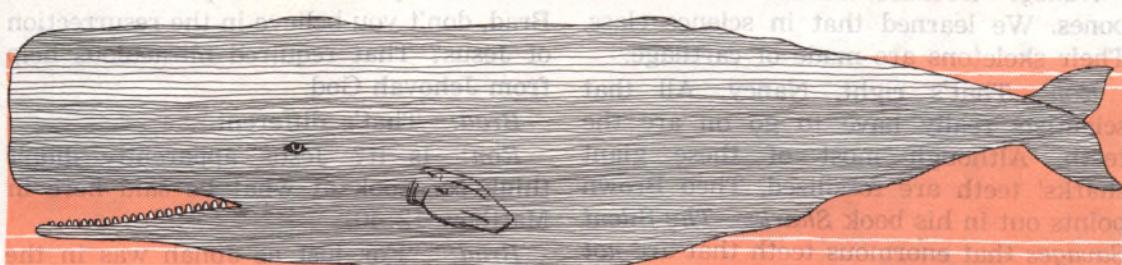
Ron: The great white shark is plenty large enough. In some cases it grows to be 40 feet long.⁵ Unlike the sperm whale, which is not usually aggressive, the great white shark is known for its ferocity and tendency to eat anything in its way.⁶

Brad: For instance?

Ron: The *Australian Zoological Handbook* says the great white shark "could easily swallow a man whole."⁷ *The Natural History of Sharks* reports that a 15-foot-

* Although this conversation has been dramatized, the arguments and facts discussed are real.

† 1 foot = .3 meter.



Sperm whale, with gullet large enough to swallow a man

long white shark taken in 1939 contained two whole six-foot-long sharks in its stomach—each about the size of a man!⁸

Brad: But is the white shark found in the Mediterranean?

Ron: Authorities agree that it is found in all the seas of the world, including the Mediterranean.⁹ Several experts report that it is known to follow sailing ships for days on end, eating whatever is thrown overboard.¹⁰ Do you remember what happened to Jonah's ship before the seamen were persuaded to throw him overboard?

Nancy: They tried to lighten the ship, didn't they?

Ron: Yes. See here: "There came to be a great tempest on the sea . . . And they kept hurling out the articles that were in the ship to the sea, in order to lighten it."

—Jonah 1:4, 5.

Nancy: Do you think that could have attracted the attention of some sharks? And that then one of them could have swallowed Jonah?

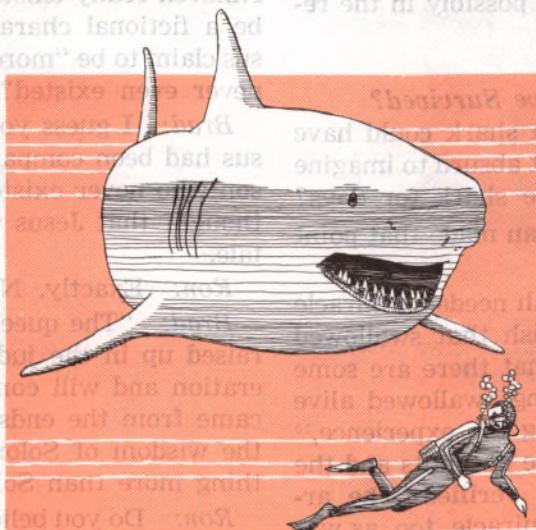
Ron: Well, it's

possible. It would have been a natural sequence of events.

Nancy: So Jonah was swallowed by a great white shark!

Ron: Jonah was possibly swallowed by a great white shark. The sperm whale is also a possibility, although the shark seems more likely. It is even possible that God used some huge sea creature that has never been found by science. As for the shark, however, you would find it interesting to visit the American Museum of Natural History in New York city, where you could see for yourself the reconstructed jaws of an enormous shark called *Carcharodon megalodon*. Scientists have decided that the reconstructed jaws are too big. But even when they have been scaled down, it will be clear that this monster could have swallowed Jonah. It was at least 43 feet long!¹¹

Brad: If that shark was so big, why aren't there bones left instead of just teeth?



Great white shark—
could easily have swallowed a human

Nancy: Because sharks don't have bones. We learned that in science class. Their skeletons are made of cartilage.

Ron: That's right, Nancy. All that scientists really have to go on are the teeth. Although most of these giant sharks' teeth are fossilized, Theo Brown points out in his book *Sharks—The Silent Savages* that enormous teeth that are not fossilized have been found in the Pacific Ocean.¹²

Brad: You mean those supersharks could have been alive in recent times?

Ron: It's possible that they are around today. There have been several unconfirmed sightings of such creatures in this century.¹³

Brad: Were they sighted in the Mediterranean?

Ron: No, but large numbers of fossilized shark teeth have been found near Malta in the Mediterranean, which would have been right on Jonah's route from Joppa to Tarshish, assuming that Tarshish means Spain.¹⁴ So some sort of gigantic shark definitely lived in the Mediterranean in the distant past, and possibly in the recent past as well.

How Could Jonah Have Survived?

Brad: But even if a shark could have swallowed Jonah, isn't it absurd to imagine his surviving inside the shark for days?

Nancy: Yes. Mr. Dean made that point too.

Ron: Certainly Jonah needed a miracle to survive inside the fish that swallowed him. While it is true that there are some accounts of sailors being swallowed alive by whales and surviving the experience,¹⁵ many people doubt these accounts and the stories cannot now be verified. The arrival of the fish was a miracle, too, as was the fact that it took Jonah safely to land. But why is it so hard to believe that Jehovah God could have preserved Jonah

miraculously in the belly of the fish? Brad, don't you believe in the resurrection of Jesus? That required miraculous help from Jehovah God.

Brad: That's different.

Ron: Is it? Jesus apparently didn't think so. Look at what he said here in Matthew 12:40.

Brad: "For just as Jonah was in the belly of the huge fish three days and three nights, so the Son of man will be in the heart of the earth three days and three nights."

Ron: What happened to Jesus was certainly factual, wasn't it? Is it likely that Jesus would have used Jonah's account to illustrate his own death and resurrection if Jonah's story were not true?

Brad: Well . . . I don't know.

Ron: Look how Jesus continued in the same vein. "Men of Nineveh will rise up in the judgment with this generation and will condemn it; because they repented at what Jonah preached, but, look! something more than Jonah is here." (Matt. 12:41) Archaeologists have proved that Nineveh really existed. Why should Jonah be a fictional character? Why would Jesus claim to be "more than" somebody who never even existed?

Brad: I guess you have a point. If Jesus had been comparing himself to a person who never existed, people might have thought that Jesus was just telling a tall tale.

Ron: Exactly. Now look at verse 42.

Brad: "The queen of the south will be raised up in the judgment with this generation and will condemn it; because she came from the ends of the earth to hear the wisdom of Solomon, but, look! something more than Solomon is here."

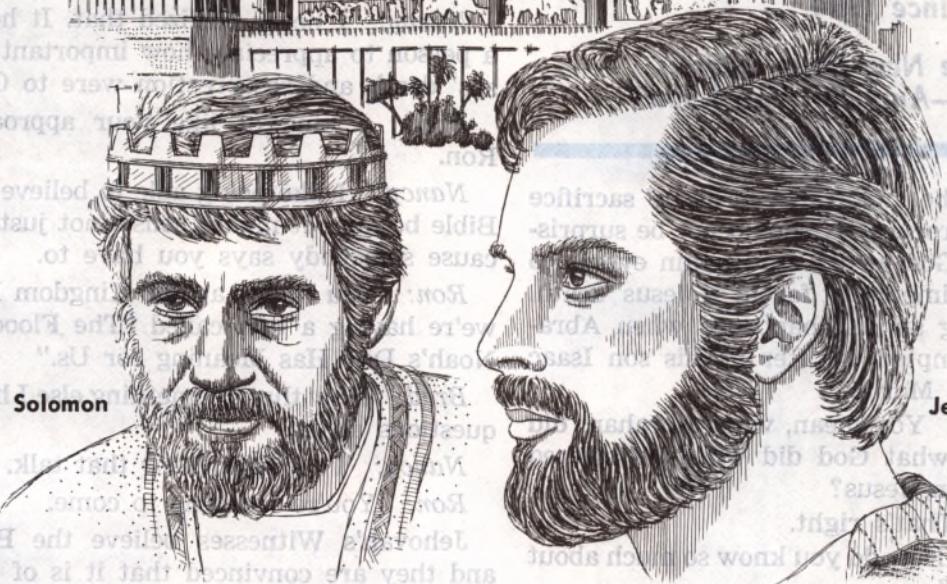
Ron: Do you believe Solomon was real?

Brad: I get the point. If everybody else was real, why not Jonah?

Ron: So even though Jonah's experi-

Jonah is linked with historical persons and places

Nineveh



Solomon

Jesus

ence was a miracle, it was historical, not fictional.

Nancy: But why did God have a fish swallow Jonah? Why didn't he just send Jonah a log to float on?

Why Use a Fish?

Ron: Because Jehovah was using Jonah's experience to make a point, to illustrate how He would miraculously save His Son from the grave.

Brad: Isn't that a little farfetched?

Ron: Why should it be? Jesus himself said that Jonah's experience inside the huge fish foreshadowed his own experience "in the heart of the earth." Notice what Jonah said while inside the fish. Here, in Jonah 2:2.

Brad: "Out of the belly of Sheol I cried for help. You heard my voice."

Ron: *Sheol* is the Hebrew word for grave, not fish. Jonah was inside a fish, but Jesus was literally in Sheol, or the grave. So Jesus could refer to Jonah's experience as a "sign" of what would happen to him. In Matthew 12:39 Jesus said, "All wicked and adulterous generation keeps on seeking for a sign, but no sign will be given it except the sign of Jonah the prophet."

Nancy: So there was a reason for Jonah's being swallowed by the fish!

Ron: A very good reason.

Brad: I never knew you could get all that out of the Bible.

Ron: Many, many times the Bible em-

In Future Issues

- What Did That Dream Mean?
- Understanding Events Since 1914
- The New Drug Addicts—Anybody You Know?

phasizes the importance of Jesus' sacrifice and resurrection. It should not be surprising that God would use certain events to illustrate important facets of Jesus' death. Something similar happened when Abraham attempted to offer up his son Isaac on Mount Moriah.

Nancy: You mean, what Abraham did was like what God did when he offered up His Son, Jesus?

Ron: That's right.

Brad: How do you know so much about this, Ron?

Jehovah's Witnesses Believe the Bible

Ron: Well, I'm one of Jehovah's Witnesses, and we believe that the account of Jonah and the great fish is true. So when the subject came up in my science class last year, I was able to do some research on it and present a report to the class.

Nancy: Does that mean that Jehovah's Witnesses are fundamentalists, like our church?

Brad: Of course they are.

Ron: No. Jehovah's Witnesses are not fundamentalists. We believe that the entire Bible is inspired of God and true, but we do not believe that all of it must be taken literally. The book of Revelation, for example, is obviously written in symbols. In fact, the first verse of the book says so.

Brad: So why not just say that Jonah is symbolic too?

Ron: Because the Bible gives no reason to do so. The account is presented as history, not symbolism. Jesus obviously felt that Jonah's story was factual. Also, Jehovah God had a good reason to perform the miracle that Jonah writes about.

Nancy: I never realized that. It helps a person to appreciate how important Jesus' death and resurrection were to God.

Brad: I kind of like your approach, Ron.

Nancy: I like being able to believe the Bible because it makes sense, not just because somebody says you have to.

Ron: You know, at our Kingdom Hall we're having a talk called "The Flood of Noah's Day Has Meaning for Us."

Brad: Now that's something else I have questions about.

Nancy: I'd like to hear that talk.

Ron: You're welcome to come.

Jehovah's Witnesses believe the Bible and they are convinced that it is of real value for our day. If you have questions about the Bible, why not contact them? They will be happy to help you.

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Everyone Pays For Smuggling

By "Awake!" Correspondent In Nigeria

GOVERNMENT officers in an African country were surprised when a large container, supposedly full of milk cartons, turned out to be the hiding place of a Mercedes Benz automobile. Three customs officials were charged with accepting bribes to allow the car to be smuggled into the country.

Meanwhile, officials in China and Taiwan cracked down on a smuggling ring between fishing boat captains of the two countries. The Taiwanese fishermen were selling counterfeit copies of Parker Pens and Rolex watches, and the Chinese fishermen were paying for them with phoney gold bars that were really gilded lead!

In the United States, customs officials estimate that \$3,000,000,000 worth of drugs is smuggled into Florida alone every year.

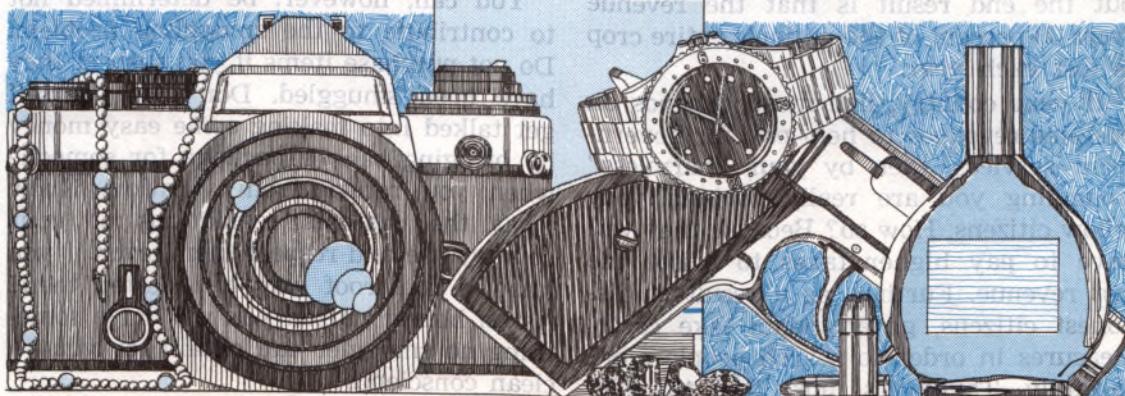
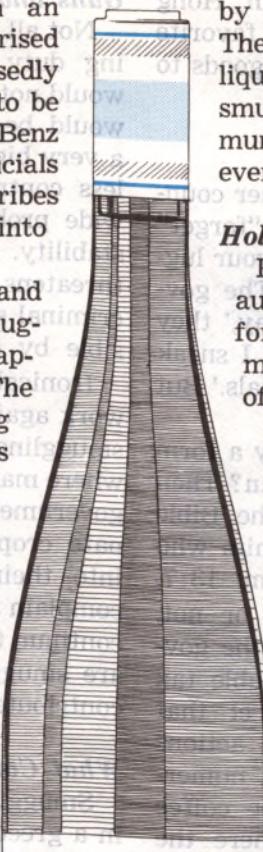
Smuggling is clearly a worldwide phenomenon. It is practiced by professional criminals, and by tourists anxious to "beat the system"

by avoiding a few dollars in duty. The tourists may be smuggling a little liquor or clothing. The professionals smuggle coffee, drugs, weapons, ammunition, gold, diamonds, or whatever there is a market for.

Hollow Legs and False Coffins

Professional smugglers are both audacious and ingenious in their efforts. One African newspaper commented that smugglers in that part of the world invent new methods as fast as old ones are detected. Recent favorites include 'false-bottom boxes, concealment of goods like jewels in soups, bread, in all sorts of food items and in coffins,' as well as various parts of the human anatomy. Oriental smugglers have their tricks, too. In China a man's artificial leg was crammed with smuggled watches! Another fellow had dozens of watches strapped around his waist.

Sophisticated smugglers in Florida's drug market use



fast, high-powered ships and planes. "Four-engine Constellations, for example, are replacing some twin-engine planes," observes *Time* magazine.

In Asia, tourists are increasingly involved in smuggling items from Hong Kong into the Philippines. A favorite technique is to consign smuggled goods to fictitious persons.

Does It Really Hurt?

Returning from a visit to another country, have you been tempted to "forget" that a few taxable items were in your luggage? Many people have been. 'The government taxes me to death anyway,' they reason. 'It won't hurt anybody if I sneak a few items past the customs officials.' But it does hurt.

This kind of smuggling is really a form of tax evasion. Are you a Christian? Then reflect on the advice given in the Bible to "render to all their dues, to him who calls for the tax, the tax."—Rom. 13:7.

Whether you are a Christian or not, you can appreciate the effect on the government of your country if valuable tax revenues are lost. You may feel that your actions are minor, but such actions add up. In one African country numerous small farmers smuggle their coffee crops into neighboring lands where the coffee is sold for a higher price. Each farmer may smuggle only a little coffee, but the end result is that the revenue from 30 percent of the nation's entire crop is lost each year.

If your country, like most, depends on customs revenues to help pay for government services, then by your "harmless" smuggling you are really robbing your fellow citizens. How so? Because they will have to pay higher taxes to offset the lost revenue. Further, as a result of dishonest citizens, governments take costly measures in order to search people more carefully. Taxpayers must foot the bill.

Nigeria, for example, recently spent over \$3 million on ships to catch smugglers, and another \$12.4 million on construction of customs posts in strategic areas.

Guns and Drugs

Not all items are smuggled to avoid paying duty. Guns, ammunition and drugs would not be taxed in most countries; they would be confiscated. Such smuggling is a very big business worldwide, and doubtless contributes to the increasing worldwide problems of crime and political instability. Such smuggling poisons and threatens society itself. Sad to say, such criminal smuggling is too often made possible by corrupt customs officials.

Ironically, rich and poor countries often work against one another's interests when smuggling is involved. In poor countries where marijuana or poppies are grown, the governments may be reluctant to eliminate crops that bring valuable currency into their economies. The rich nations complain about the drug problem, but they continue to manufacture the weapons that are smuggled into poor countries and so contribute to social unrest there.

What Can You Do?

Smuggling is an unhappy fact of life in a greedy world. You cannot change the world. A time is coming when God will do that.—Matt. 6:10; Prov. 2:20-22.

You can, however, be determined not to contribute to the smuggling problem. Do not purchase items if you suspect they have been smuggled. Don't let yourself get talked into making some easy money by bringing back a package for someone when you return from vacation. Know what the customs regulations of your country are and respect them, even if you know a foolproof way to sidestep them. As an honest citizen you will have something no smuggler can obtain for you—a clean conscience!

crossword puzzle

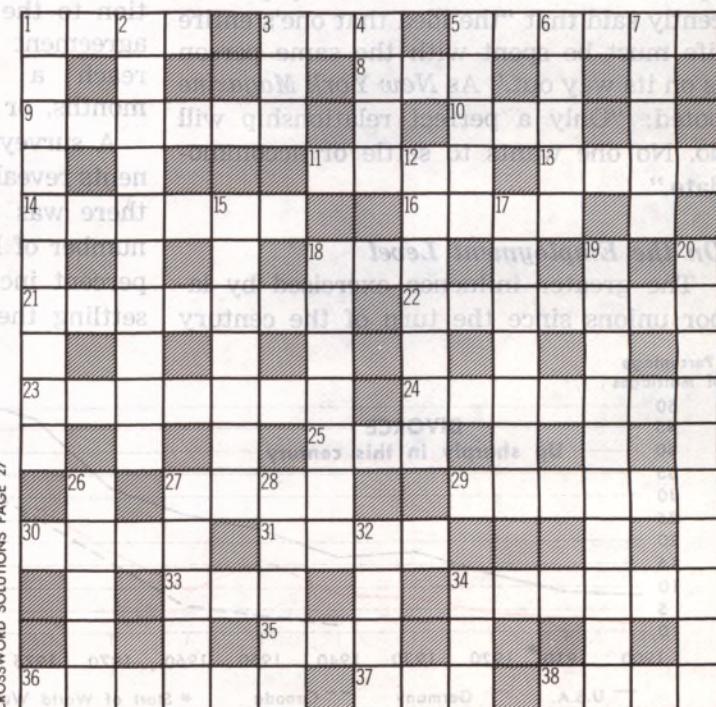
Clues Across

- What Moses asked God to do for Miriam (Numbers 12:1-16)
- A sword was worn here (2 Samuel 20:8)
- Jeroboam put a golden calf here (1 Kings 12:25-29)
- Jehovah created the earth long --- (Psalm 102:25)
- Led 300 men to victory against Midian (Judges 7:1-25)
- Plant tithed by Pharisees (Luke 11:37-44)
- Would not raise up offspring for his brother (Genesis 38:6-11)
- Forged by Tubal-cain (Genesis 4:22)
- Tested (Genesis 42:14-17, AV, compare NW)
- City fortified by King Asa (1 Kings 15:16-22)
- Kept full for the widow of Zarephath (1 Kings 17:8-16)
- "----- their faith" (Hebrews 13:7)
- What gluttons do
- Used by weavers (Job 7:6)
- Sennacherib's god, who could not save him (Isaiah 37:36-38)
- Solomon prayed to discern between good and --- (1 Kings 3:5-14)
- Herein "lies" an anagram
- Another word for 27-across
- The Lycaonians thought Barnabas was he (Acts 14:8-13)
- Join together (Daniel 11:6, AV, compare NW)

- Whelp (Genesis 49:9, RS, compare NW)
- Father-in-law of Moses (Exodus 18:1)
- Chieftain of Asher (1 Chronicles 7:34-40)
- Unharmed by the last seven plagues on Egypt (Exodus 8:20-23; 9:26)
- Caleb was one (Numbers 13:1-16)
- Son of Seth (Luke 3:38, AV)
- Position first held by Aaron (Exodus 28:1-3; Hebrews 9:7) [2 words]
- Relative of Paul in Rome (Romans 16:7)
- Gathers her young under her wings (Matthew 23:37-39)
- Soon to be no more (Revelation 21:4)
- Carried (Luke 11:46)
- First Greek letter of theos'
- A witch lived there (1 Samuel 28:4-7)
- Paul's ship ran ----- at Malta (Acts 27:39-44)
- Sent to Macedonia with Timothy (Acts 19:22)
- Beaten in lamentation (Luke 23:44-49)
- False prophetess in Thyatira (Revelation 2:18-23)
- Also called Jeconiah (Jeremiah 24:1; 52:31)
- Symbolically, Jesus is here (Mark 13:28-31) [3 words]

Clues Down

- Warned Josiah, then his men killed him (2 Chronicles 35:20-25)
- Sister of Lot (Genesis 11:27-31)
- Cousin of 27-down, father of Rachel (Genesis 29:5, 16)
- Timothy's grandmother (2 Timothy 1:5)
- Result of spiritual enlightenment (Nehemiah 8:9-12)



CROSSWORD SOLUTIONS PAGE 27

Do You Recognize The Meaning Of What You See?

IT SEEMS to be getting increasingly difficult for people to agree nowadays. Inability to reconcile conflicting views can be found at almost every level of human relationship. Regardless of its cause, to many people it is a matter of serious concern.

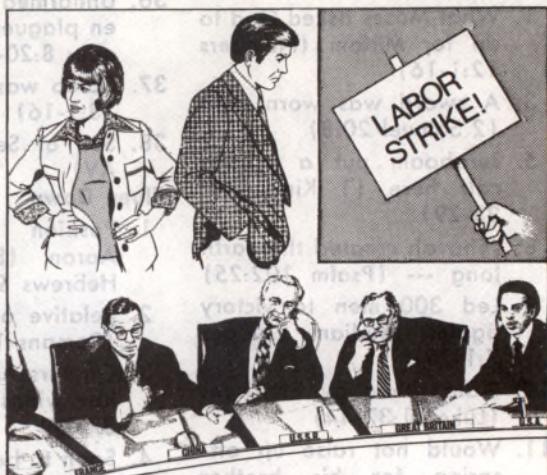
On the Family Level

In centuries past only a small *minority* of married couples considered divorce an acceptable way of solving their disagreements. After all, marriage was "until death do us part."

But today, a growing number of people view marriage as only a temporary arrangement. Some countries report that a *majority* of marriages sooner or later end up in divorce. A German newspaper recently said that "the idea that one's entire life must be spent with the same person is on its way out." As *New York Magazine* noted: "Only a perfect relationship will do. No one wants to settle or accommodate."

On the Employment Level

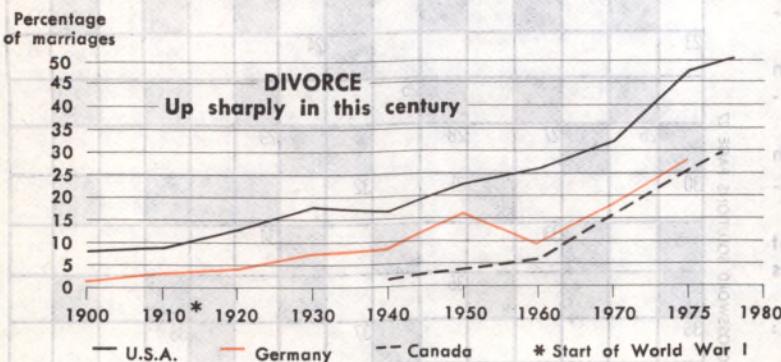
The greater influence exercised by labor unions since the turn of the century



has caused differences between employers and employees to become more obvious. By strikes they have called public attention to the fact that private attempts at agreement have failed. As attempts to reach a settlement continue, weeks, months, or even years, may pass.

A survey of 13 countries on five continents revealed that between 1938 and 1970 there was a 286-percent increase in the number of labor strikes called, and a 709-percent increase in working time lost in settling them, besides other losses.

Regarding a strike against British Steel in 1980, a magazine report says: It "turned into the longest in British postwar history." When a settlement was finally reached "neither labor nor management had much reason to be happy."



Not only are more people striking; also more *kinds* of people. It used to be that a strike by doctors, policemen, school-teachers or other public servants was almost unthinkable. No longer. Not even among clergymen. In Italy, a few years ago, there was a slowdown strike by 50 Catholic priests when they failed to reach agreement with the Vatican on certain changes in the administration of the Church.

On the Governmental Level

Particularly since the League of Nations was established after World War I, international disagreements have taken on new dimensions. In 1945 the League was succeeded by the United Nations. Until now this organization has been able to prevent a third world war. But has it been able to put an end to the local conflicts that many persons fear could trigger such a nuclear holocaust?

In answer, consider the report from the Stockholm International Peace Institute that, 'on any given day, there is an average of 12 wars going on somewhere in the world.' And, according to a study reported in *Esquire* magazine, there have been upward of 150 wars since the end of World War II in 1945.

Obviously the U.N.'s ability to help nations to achieve peaceful agreement is severely limited. And by elevating local differences to "world problems" to be settled by a global community, it has only served to magnify the scope of disagreements that exist among its member nations.

Then, too, international agreements are often painfully limited. Really, they are nothing much more than agreements to keep on talking about disagreements.

What Does It Mean?

Some people may play down the seriousness of the problem by stating that



families, employees and employers, as well as nations, have always had their disagreements. Although true, the question is: Are people and nations finding it easier to agree now or more difficult? Are people less self-centered and selfish now than they were in the pre-1914 days or are they more so?

Regardless of personal opinion, few persons will deny that we are living in "critical times hard to deal with." The Bible foretold such at 2 Timothy 3:1-5, saying, among other things, that people living at that time would "not [be] open to any agreement." Based on what you personally have seen, would these words not well describe today's world?

The Bible says that man's inability to agree would outstandingly mark "the last days." That this is so prevalent today is one reason why Jehovah's Witnesses believe that we are living in the "last days" of Satan's wicked system. Afterward, according to his promise, God will soon unite all mankind by means of his own righteous government. Happy families, enjoyable working conditions and perfect government will then make it much easier for people to agree.

Sweet Sculpture

I HAD not been in Japan many days when I was attracted by a street lined with colorful stores. Coming upon a well-lit shop, I was attracted by a delicately laid-out window display. On a small tray lay the spiny outer shell of a chestnut and another beside it, split open to show the inner nutmeat. They were flanked by reddish-brown maple leaves.

I started to move on, then went back for another look. What were they? Ceramics? Papier-mâché? Unable to read the sign over the door, I entered the shop to satisfy my curiosity.

The Inside Story

What I found on the other side of the sliding doors was something, not just to please the eye, but especially to please the palate. Those lovely sculptures in the window were confections and candies, yet so different from any I had ever seen or tasted. One reason was that the ingredients are not associated in the Western mind with candymaking. What are they? Would you believe it—pounded rice dough and stewed beans! These aren't the only ones, but they are the most basic and their use goes back many centuries.

Wagashi is the name used to cover a wide variety of confections uniquely Japanese. Fruit is the customary dessert following a meal, while traditional sweets are made to accompany tea drinking and are savored in small amounts. Color, shape, texture and aroma reflect the time of



year. In spring you can expect to see wooden trays filled with peach, plum, camellia or daffodil cakes. Then there are canary buns, bird-shaped and dusted with green soy flour.

Shall we enter a shop run by two generations of cakemakers? Maybe they'll let us have a peek at the area where the cakes are made. We bow low and smile politely as the owner leads the way. In the corner a huge copper pot sits on a single burner while the main ingredient for the lovely sculptures-to-be is boiling. It's the beans, of course, and lima, soy or small red ones named *azuki* may have their turn in the pot. All these beans are almost fat free and rich in vitamins, protein and iron. Virtually no preservatives are used in this shop.

On a table close by are rows of little steamed dumplings made of rice flour filled with bean jam. Using a tea towel and wooden instruments, the confectioner shapes the lumps into impressionistic fruit and flowers with swift, sure movements. When decorating begins, seaweed gelatin is used. It looks and acts like other types of gelatin, with the added bonus of being iodine-rich. Today it's colored green for the leaf and pastel shades for the flower designs. The *kanten*, as this *tengusa* (agar) variety of seaweed gelatin is called, is also mixed with bean paste to make *yokan*, a jellied loaf that is the favorite of a whole nation. And among foreigners, too! Cooled in summer, it's a refreshing

treat available in persimmon, chestnut, green-tea and other flavors.

Long before foreign sugar arrived on the Japanese candymaking scene, the Oriental version of glucose (made from rice starch and barley) or fruit extracts were used as sweeteners and for aroma. That principle of using natural ingredients still prevails. At the next table we see aromatic grass being mixed with rice dough to make *kusa-mochi*, literally, grass cakes. Our eyes widen at the sight of pale-pink *mochi* (rice-flour dumplings) covered with leaves—pickled cherry leaves, and quite edible. Other leaves used for purely decorative wrapping are oak, bamboo and camellia.

Traveler's Take-Home Treats

In ancient times when traveling was done mostly on foot, many confectioners spread the fame of their products by operating little rest stops, much like a modern drive-in. Tea and rice doughballs skewered on sticks would be served, then taken along to munch on like chewy popsicles or carried to the folks back home. Travelers in the cold and rugged prefecture of Aomori preferred *kori-mochi*, originally used as survival rations. Then, as now, sweetened dried rice squares were tethered together with straw strips to form a dangling cascade. Three hundred years later sightseers to this area still seek it out.

If we swing over to the castle city of Tatebayashi, we'll find a very old candy called *rakugan*. Barley or corn is its base and, pressed through wooden molds, bite-sized flowers, leaves, sticks, stones or any other conceivable shape may appear. Traveling the hamlets and cities of Japan, you'll find each has its speciality, or *mei-butсу*, and often they're tied in with the growth and history of the region.

A last look around the work area

confirms that there are no ovens in this cake shop. The watchwords are stew, knead and heat. To this list we can add imagination and a sculptor's deft touch. The figurines before us are called sweets, but we've come to appreciate that the contents are nourishing foods.

As the shop attendants wrap our purchases in beautiful keepsake boxes, our host asks us to be his guest for tea and cake. The gelatin-glazed rosebuds and grass cakes look good to me. What will you have? Perhaps the shape of the sweet sculpture will influence your decision. Or maybe the color. Whatever you choose, it will be good.—Contributed.

CROSSWORD SOLUTIONS

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Sheepdogs On Britain's Hills

By "Awake!" Correspondent In The British Isles

IN THESE modern times when machines have made many traditional methods of farming obsolete, has the sheepdog gone the way of the workhorse? Can some efficient machine do the job better than a dog? Who can answer with greater authority than the shepherds?

One British shepherd now works his farm single-handedly with the help of one dog, whereas three men worked full time previously to run the same farm. A writer on hill farming says that 20 athletes could be sent out early in the morning to gather sheep and could not accomplish before nightfall what one well-trained dog could do. The book "I Bought a Mountain" says: "Hill land would be valueless but for the dogs . . . I do not suppose a couple of hundred men could gather Dyffryn mountain [in Wales] unaided. Thirteen men can manage with dogs."

Much depends on the type of country being farmed. But, whatever the terrain, shepherds agree that the well-trained sheepdog is far from becoming obsolete.

The sheepdog plays a part in many facets of sheep farming. It is invaluable at shearing and dipping times, for singling out a specific sheep for marking or injecting, for "shedding" (that is, separating certain sheep from the rest) and for 'mothering on.' The latter term is used to describe getting a ewe to foster a lamb that is not hers. To do this, the shepherd sets the dog to watch a chosen ewe. This action arouses her mothering instinct and, as she stamps at the dog, the young lamb takes the opportunity to suckle, the ewe forgetting it is not her own.

Dogs have been especially valuable in finding sheep lost deep in snowdrifts. In Derbyshire, England, during a particularly bad winter a sheep farmer lost over 700 sheep. But his dog managed to find about 500 of them, locating three of the sheep buried seven feet (2 m) under snow that was frozen solid as rock. They had been buried for more than eight weeks and, to stay alive, had eaten all the wool from each other's backs.

For faithfulness and endurance, surely the story of Tip cannot be beaten. During the hard winter of 1953 in the Peak District of Derbyshire, Tip went out in the snow with her master, but neither of them returned. Search parties finally gave up all hope. Fifteen weeks later, when shepherds were gathering sheep far afield, his dead body was found with the emaciated Tip still alive by his side. Her master apparently having collapsed from exhaustion, Tip had refused to leave him.



Obedience is well illustrated by the story of Jed. One day her master was shepherding with her and two young puppies he was training. He sent Jed across the moor, directing her to bring some sheep to a nearby gate. While Jed went about her duties, the puppies suddenly dashed into the path of an oncoming truck. The shepherd saved the dogs but was knocked unconscious and was taken to a hospital, where later he died. This occurred about two o'clock in the afternoon. In the confusion the dogs were forgotten until about five o'clock, when the shepherd's son asked about them. He found that the puppies had been taken into a nearby inn. And Jed? She was found with the sheep, waiting for her master to open the gate.

Twentieth-century shepherds live in the Space Age. Nevertheless, they rightly value their dogs, just as did the Bible patriarch Job, who spoke highly of the 'dogs of his flock.'

—Job 30:1.



Watching the World



Hollow Pleas

◆ Pope John Paul II has made widely publicized appeals against violence, particularly in Central America where the Catholic Church had attempted to mediate the blood-shedding dispute in one country. This prompted a stinging editorial in Brazil's *O Estado de São Paulo*. It said: "In reality, the facts show the grave consequences of the Church's involvement in secular affairs, with the loss not only of the sacred character of its mission, but even of its impartiality. How can the bishops and priests offer to mediate two groups . . . after having shown themselves openly in sympathy with one of them, or even, in some cases, having taken a position on their side?"

On the pope's reference to hostages held in different parts of the world—"I pray to God for them all, with tears in my eyes"—the editorial asked, "Will the prayers be heard, when the Pope's words have echoed, recently, like a voice clamoring in the desert even in the heart of his own church, secularized and frequently engaged in movements that prefer violence to the peace of Christ?"

Quakes on Increase?

◆ Earth may be in a period of growing earthquake and volcanic activity, according to

Robert I. Tilling, chief of the U.S. Geological Survey's office of Geochemistry and Geophysics. "There are some suggestions that both volcanoes and earthquakes worldwide are on the increase," he told a scientific gathering. Tilling said that this could reflect a basic change in movements of the giant rock plates that form earth's crust.

Question of Craftsmanship?

◆ In an issue devoted primarily to surgery without blood on Jehovah's Witnesses, the medical magazine *Contemporary Orthopaedics* began with an editorial entitled "A Question of Craftsmanship." Editor J. Paul Harvey, Jr., M.D., commented: "One belief that has been a particular problem for me . . . is the Jehovah's Witnesses' conviction that no blood should enter their bodies through any system." But after noting that "there is danger of serious liver damage from transfusion in a significant number of people," he said: "The realization that some physicians are making a concerted effort to perform major surgery without blood transfusion has prompted us to devote a portion of this edition of *Contemporary Orthopaedics* to the topic. Perhaps we too easily forget that surgery is a craft dependent upon the personal techniques of individuals.

Technique can be improved. As the authors contributing to this edition grapple with the thorny problems attending surgical treatment of patients whose religious tenets prohibit blood transfusion, they also remind us of one of the basic tenets of surgery—good craftsmanship."—December 1980, p. 629.

Life from Space?

◆ Some scientists try to explain how life got started on earth by saying it was "seeded" from organic matter found in interstellar dust. Noted astronomer Fred Hoyle and an associate push this idea in their book *Lifecloud*. However, the British magazine *New Scientist* observes: "A closer scrutiny shows that they have not only been overenthusiastic in analysing the data available," but also "they do not seem to have taken into account indirect lines of evidence that cast severe doubts on their idea." After discussing the flaws in the authors' analyses, *New Scientist* declares: "The authors of *Lifecloud* need to produce far stronger evidence . . . if they expect to convert astronomers to a belief in huge amounts of organic matter in space waiting to build up the cells of life."

Solvent for "Saint"

◆ According to "Saint" Marina Karanikoli of Heraklion on the Greek isle of Crete, a picture of the virgin Mary miraculously appeared on a door in her house. *Athens News* says that she and her husband "reportedly made a hefty fortune by accepting gold and silver gifts from the faithful in return for the 'saint's' putting in a good word for them with the Authorities Up There." When Heraklion police investigated, "application of a chemical solvent then made half the picture disappear," reports *Athens News*, "suggesting it was inexpensive paint, rather than Divine Intervention, that was respons-

sible for it in the first place." The article remarks that "it will take a real miracle to get them out of" the fraud charges they now face.

All the Money

◆ How much money is there in the world? According to Bank of America executive Robert Heller, there is \$2,130,000,000,000. He said that this helps one to understand why there is so much inflation. There is twice as much money in the world today as there was six years ago, but not twice as many products to spend it on. "This [money] growth rate greatly exceeds the potential for world production increases, and causes unabated inflationary pressures," he explained.

Antibiotic 1,600 Years Ago?

◆ When a researcher recently saw an ancient bone sample glowing yellow-green in her fluorescing microscope, she was taken aback. Colleagues identified the glow as characteristic of the antibiotic tetracycline. But why on bones from mummified remains dug up in a 1,600-year-old Nubian cemetery in the Sudan, Africa? It seems that Nubian desert soil contains streptomyces bacteria, which produce tetracycline. The researchers speculate that during recurrent famines, the Nubians were forced to use bacteria-contaminated grain for bread and beer, though it tasted bitter. Studies of the bone samples indicated little evidence of infectious diseases that normally would occur under famine conditions—perhaps a result of the ancient antibiotic the Nubians unknowingly were consuming.

Friendly Manhunt

◆ "The future for fox hunting does not look very bright," said Peter Boddy, a former master of England's exclusive Nottinghamshire Grove and Rufford Hunt. Political opposition and new farming meth-

ods have driven enthusiasts to "hunt" less objectionable quarry—humans. Volunteers are instructed not to wash their feet for a week before the hunt. They are given an hour head start and then the hounds are turned loose. "The human quarry can run around standing crops and does less damage," explained Mr. Boddy. "The quarry is quite safe," he said. "If they know him, the hounds will dash up and lick him and kiss him." The huntsmen also reward the "quarry" with rounds of drinks at the local pub.

Escalator or Stairs?

◆ Given the choice of walking up stairs or going on an escalator, people overwhelmingly choose to ride the escalator. In fact, in recent studies this was "the most striking finding" made by a research team from the department of psychiatry at the University of Pennsylvania School of Medicine. Could anything be done about this strong inclination toward physical inactivity? Since stair-climbing is a physical activity believed to help combat heart disease and overweight, the researchers posted a cartoon-like sign at the bottom of three stairs-escalator combinations. It said: "Your heart needs exercise... Here's your chance." From 21,091 observations after the sign was up, the researchers found that stair use more than doubled, from 5.3 percent to 13.7 percent. Men were more apt to use the stairs than women.

Christianity in Vietnam?

◆ According to the Vietnam News Agency, a Roman Catholic priest in Ho Chi Minh City claims that the new Vietnamese Communist Constitution is entirely in accord with the teachings of Jesus Christ. Cleric Huynh Cong Minh reportedly declared: "Only under the socialist regime, a regime of love, responsibility and human dignity, can Jesus

Christ's teachings be implemented." But Thailand's *Bangkok Post* notes that the Constitution "stresses its Marxist-Leninist roots."

Trouble at Babylon

◆ "The revival of Babylon is a national duty," said Ali Muhammad Mahdi, director of excavations at the ancient archaeological site. His \$40-million (U.S.) Iraqi government project has employed 750 workers for more than two years to lay out the city as it existed over 2,500 years ago. However, there have been complications. "Our eternal city, Babylon," warned Mahdi, "is in danger of decay and destruction due to the serious dangers surrounding it, particularly the high level of underground water... and salinity [salt] which cause the decay of the foundations and walls of the structures." No doubt the problems of such would-be restorers can best be understood in the light of God's unchangeable declaration: "I will make [Babylon] desolate wastes to time indefinite."

—Jer. 25:12; 50:3,13.

China Gas

◆ More than five million "digesters" now supply gas for cooking, lighting and powering agricultural equipment in Sichuan province of the People's Republic of China. "Each digester is an airtight chamber in which the fermentation of a mixture of animal dung, human excrement and crop residue such as straw yields a clean-burning gas that is one-half to three-fourths methane," reports *Scientific American* magazine. The province has pursued a massive program to train thousands of "biogas technicians" and to install the simple concrete units, each of which costs the Chinese about \$14 (U.S.) in materials. A standard digester yields as much as two cubic meters (70 cu. ft.) of biogas daily, more than enough to cook for a

family of five. Relatively hygienic sediment from the digester is removed twice a year at planting time for use as fertilizer.

A French Look at Crime

◆ When asked about France's spiraling crime rate, Maurice Bouvier, director of the French Criminal Investigation Department, observed: "The upsurge in minor offenses and lesser crimes is directly connected with the evolution of morals. . . . In court, the lawyers no longer speak of stolen cars, but of 'borrowed cars'; to steal in a big store means to 'recover capital losses'; vandalizing public or private property is called 'letting off steam.'"

Push to Populate

◆ In its concern over falling birth rates, the Soviet Union is urging pregnant single girls to have their babies rather than aborting them. "Not all

girls can get married," said the government paper *Nedelya*. "A girl should not be afraid if she is pregnant and unmarried. Motherhood often brings more joy than marriage. If a single girl has a baby she is not alone. She is two. She is a family." Urging others to help, the paper said: "It is important to give maximum attention and assistance to these women. They are doing the country a great service. They bring up a citizen."

Lot of Talk

◆ American Catholics recently were given an insight on where some of their collection money goes. Only the United States Government and General Motors spend more to talk on the telephone than the U.S. Roman Catholic Church. Michael J. Dempsey, who is setting up a multimillion-dollar satellite communica-

tions network to link the Church's 170 American dioceses, reportedly told the nation's Catholic bishops that the Church now pays \$110,000,000 a year for telephone service.

How Acupuncture

Relieves Pain?

◆ Acupuncture needles may stimulate the brain's own pain-killers—endorphins and enkephalins—when relieving pain, according to Britain's medical journal *The Lancet*. Doctors at London's St. Bartholomew's Hospital said that there was a significant rise of endorphin levels in the cerebrospinal fluid (CSF) of patients relieved of pain by acupuncture when compared to volunteers who received no treatment. "This is apparently the first time human endorphin levels in CSF have been linked to acupuncture," notes *New Scientist* magazine.

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