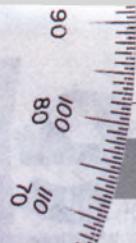
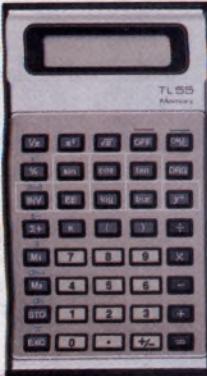


Awake!

August 22, 1994

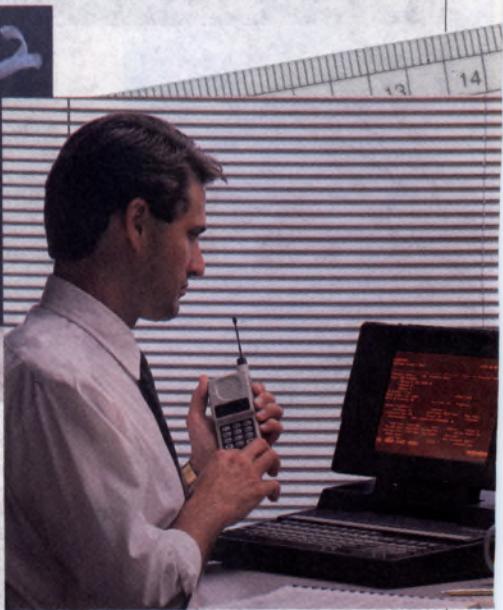
A Balanced View of EDUCATION





Awake!

Average Printing 12,990,000 Published in 73 Languages



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How much education is necessary to earn a living? Is higher education needed? What can help one have a balanced view?



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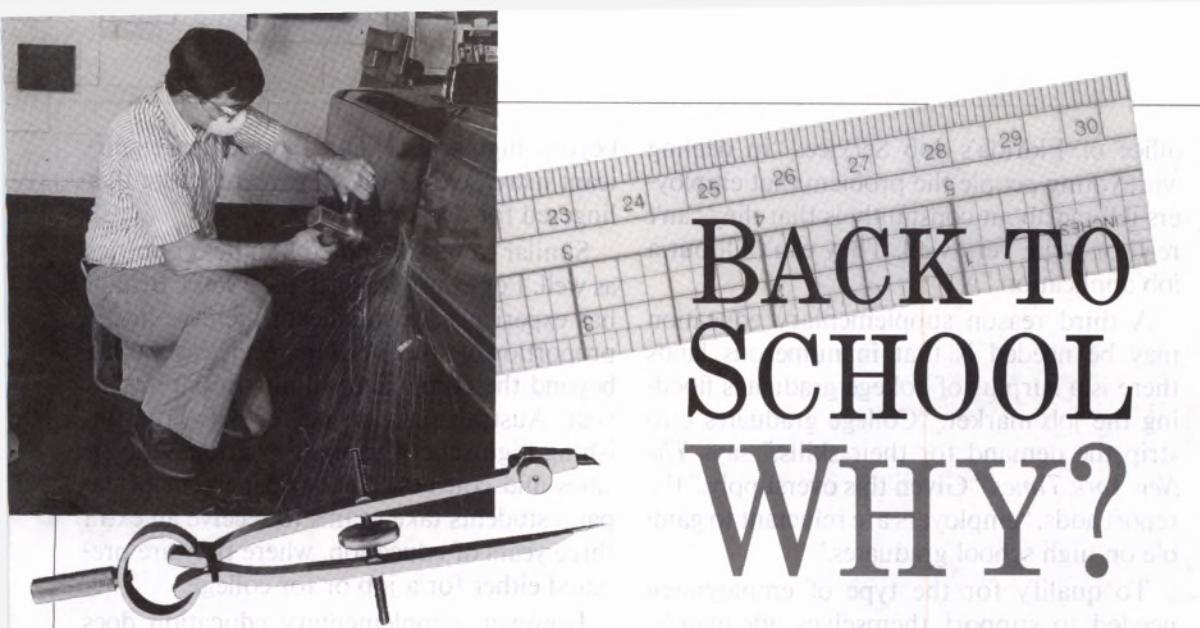


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BACK TO SCHOOL WHY?

ROBERT'S search for employment was an exercise in frustration that lasted three long years. Finally, at age 21, he was hired as a summer-camp counselor. While now somewhat relieved, Robert had been fatigued by the tedious job hunt. "Our parents just don't understand," he says. "It is a lot harder these days."

Like Robert, countless youths fresh out of school enter the work force each year. They have hopes. They have plans. But an increasing number are finding that they cannot obtain the kind of employment they had anticipated.

Thus, many are extending their schooling.* "If the Seventies sent out a negative signal about the benefits of education," says *Fortune* magazine, "the Eighties hit people over the head with a different cue: Get a degree or else."

Why the Problem?

Why is supplementary education often

necessary? First, a large number of jobs today require a higher level of skill. "The bank teller who just took deposits has been eliminated by the money machine," says a U.S. Labor Department representative. "Now [the teller] has to advise me on three types of money market deposits and explain to me why I want this one rather than that one." William D. Ford, chairman of the House Education and Labor Committee, says: "The simple jobs are gone."

Second, some feel that schools are not giving students an adequate education. They say that the focus on such issues as drug abuse, AIDS, and birth control overshadow the teaching of reading, writing, and arithmetic. Dr. Robert Appleton, a teacher for 27 years, laments that the school system seems to have become a "social service institution" that is under the burden of "dealing with problems that were not considered to be a part of the school."

As a result of the failure of some schools to teach students needed skills, many high school graduates are unable to support themselves. "They haven't been taught to work," says Joseph W. Schroeder, manager of an

* The names of schooling levels differ from country to country. In these articles "high school" represents the full extent of compulsory schooling. "College," "university," "technical school," and "vocational school" refer to forms of supplementary education that are not required by law but are pursued voluntarily.

office of Florida's Job Service. "In dealing with young people the problem that employers tell me about constantly is that they can't read or write very well. They can't fill out a job application."

A third reason supplementary education may be needed is that in numerous lands there is a surplus of college graduates flooding the job market. "College graduates outstrip the demand for their skills," says *The New York Times*. "Given this oversupply," the report adds, "employers are reluctant to gamble on high school graduates."

To qualify for the type of employment needed to support themselves adequately, many are going back to school. In the United States, 59 percent continue their education beyond high school. This represents a significant increase over the 50-percent figure that lingered for decades.

beyond high school. This represents a significant increase over the 50-percent figure that lingered for decades.

Similar trends are noted in other countries as well. For example, since the 1960's, Britain has experienced a significant increase in the proportion of students who receive schooling beyond the compulsory limit. In one recent year, Australia saw 85 percent of those finishing high school apply for various universities and colleges. About 95 percent of Japan's students take exams to receive an extra three years of education, where they are prepared either for a job or for college.

However, supplementary education does not always provide the benefits desired. What are the pros and cons?

ADDITIONAL SCHOOLING OR NOT?

HOW much education is necessary to earn a living? The answer varies from one country to another. It seems in many lands that the level of schooling needed to support oneself is higher than it was a few

years ago. In some cases the minimum schooling required by law is not enough.

No doubt this is why an increasing number of graduates are heading back to school rather than to the workplace. Indeed, the rewards

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seem attractive. *The New York Times* cites an Economic Policy Institute report that found that "working men with only high school diplomas suffered a 7.4 percent erosion in the value of their wages from 1979 to 1987, while the wages of male college graduates rose 7 percent."

College graduates receive degrees that can open the door to employment opportunities. William B. Johnston, a senior researcher at the Hudson Institute, says: "The college degree, or even the evidence of having participated in college, has become the nation's major form of job certification."

On the other hand, it must be acknowledged that many college graduates struggle to find work, and they are not immune to layoffs. "The majority of my friends who graduated with me do not have jobs," says 22-year-old Karl. Jim, 55, graduated with honors from a prestigious university but was laid off in February 1992. His diploma did not save him, nor did it help him to find steady work. "Your foundation turns out to be sand," he says.

Like Jim, quite a few college graduates have found themselves in what *U.S. News & World Report* calls "white-collar purgatory"—too young to retire, too old to be hired by another company.

Therefore, while college may have benefits, clearly it is not a panacea. Nor is it the only option. Herbert Kohl writes in *The Question*

Supplementary Education

The Watchtower of November 1, 1992, noted concerning Jehovah's Witnesses and the full-time ministry: "The general trend in many lands is that the level of schooling required to earn decent wages is now higher than it was a few years ago. . . . It is difficult to find jobs with decent wages after completing simply the minimum schooling required by law . . .

"What is meant by 'decent wages'? . . . Their wages might be termed 'adequate,' or 'satisfactory,' if what they earn allows them to live decently while leaving them sufficient time and strength to accomplish their Christian ministry."

So *The Watchtower* said: "No hard-and-fast rules should be made either for or against extra education."

Is College: "There are many successful people who didn't go to college and many decent jobs that do not require college degrees." One corporation, for example, hires noncollege people for positions often held by college graduates. Rather than looking for degrees, the company seeks applicants who demonstrate the ability to succeed. "Once we find that person," says a spokesman, "we assume we can teach [him] specific job skills."

Yes, many have provided well for themselves and their families without the benefit of a college degree. Some of these have taken

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courses at vocational schools, technical schools, or community colleges, at a minimal investment of time and money.* Others have developed a trade or a service without any form of specialized training at all. With a record of dependability, they have managed to maintain steady employment.

A Balanced View

Of course, no form of schooling—including college or any other supplementary education—provides a guarantee of success. Moreover, the Bible accurately notes that “the scene of this world is changing.” (1 Corinthians 7:31) What is in demand today may be worthless tomorrow.

Thus, a person considering supplementary education would do well to weigh carefully the pros and cons. ‘Can I afford the cost? What type of environment and associates would I be exposed to? Would the courses impart practical training that would enable me to support myself? Would it help me to provide for a family if I eventually get married?’ Supportive parents may be able to provide valuable counsel in line with the responsibility that the Bible places on them. (Deuteronomy

* Supplementary education programs vary from place to place. Schools, libraries, and government employment services are valuable sources in finding out what is available in your area.

4:10; 6:4-9; 11:18-21; Proverbs 4:1, 2) If you are considering the financial benefits of supplementary education or any other aspect of it, Jesus’ words are appropriate: “Who of you that wants to build a tower does not first sit down and calculate the expense, to see if he has enough to complete it?”—Luke 14:28.

Indeed, whether to pursue supplementary education is a decision that should be weighed carefully. A Christian always bears in mind Jesus’ words at Matthew 6:33: “Keep on, then, seeking first the kingdom and [your heavenly Father’s] righteousness, and all these other things will be added to you.” Among genuine Christians, those without additional education are not looked down upon or treated as inferior, nor are those with extended education ostracized or dismissed as high-minded. The apostle Paul wrote: “Who are you to judge the house servant of another? To his own master he stands or falls. Indeed, he will be made to stand, for Jehovah can make him stand.”—Romans 14:4.

Jesus reflected this balanced view. He did not despise those who were “unlettered and ordinary,” nor did he hold back from selecting well-educated Paul to accomplish a powerful evangelizing work. (Acts 4:13; 9:10-16) In either situation education must be kept in its place, as the following article will show.

KEEPING EDUCATION IN ITS PLACE

A SKILLFUL artist knows how to create depth. The details in the foreground are given greater prominence than those in the middle ground and back-

ground. It is much the same with our priorities in life. Some of them merit more prominence than others.

Jesus Christ said: “Happy are those con-

scious of their spiritual need, since the kingdom of the heavens belongs to them." (Matthew 5:3) Thus, spiritual values should be right up front. In contrast, material possessions should be of less significance.

Where does education fit into the picture? It is certainly not an insignificant detail to a Christian. Some amount of secular education is usually necessary to fulfill the Scriptural obligation given by the apostle Paul: "If anyone does not provide for those who are his own, and especially for those who are members of his household, he has disowned the faith and is worse than a person without faith." (1 Timothy 5:8) Furthermore, the commission Jesus gave his followers, to make disciples, "teaching them to observe all the things [he] commanded," requires that one 'take in knowledge' and then effectively instruct others.—Matthew 28:19, 20; John 17:3; Acts 17:11; 1 Timothy 4:13.

Yet, education must be kept in its place. It should not be pursued merely for the sake of shining scholastically or acquiring impressive degrees. Giving the pursuit of education undue prominence is self-defeating. Granted, it may provide some temporary material benefits. But as wise King Solomon observed: "You work for something with all your wisdom, knowledge, and skill, and then you have to leave it all to someone who hasn't had to work for it."—Ecclesiastes 2:21, *Today's English Version*.

Jehovah's Witnesses are interested in education, not for its own sake, but to enhance their usefulness in God's service and to support themselves. Since their ministry is a non-profit work, many have to rely on secular employment to make a living. This can be especially challenging for full-time ministers of Jehovah's Witnesses, called pioneers. They must maintain an intensified schedule in the ministry while making adequate provision

A Well-Earned Recommendation

The year before his graduation from high school, Matthew thought seriously about how he could support himself while pursuing a career as a full-time minister of Jehovah's Witnesses. After prayerfully considering the matter, Matthew and his parents felt that further education would be an asset to reaching his goal. Thus, he applied for a scholarship. Matthew's school counselor added a letter of recommendation, stating:

"During the past two-and-a-half years, it has been my pleasure to be Matt's counselor and friend. Matt is a well-grounded individual . . . He is deep in faith and strong in conviction, which permeates his relationships and actions."

"Over the years, Matthew has been training for the ministry. A minister of his faith does not receive any monetary compensation. It is truly a labor of love. A selfless young man, Matt is thoughtful and considerate. This scholarship can provide a means of support for this man of faith to continue his training and volunteer work."

"Speaking of volunteer work and community service, Matt has conducted countless hours of door-to-door preaching on weekends and after school and during summers. He works within the community and with a broad cross-section of people. Matt has demonstrated his leadership abilities and skills in conducting Bible studies with both the young and the old alike. . . . He is able to inspire people and help them reach their true potential. Within the classroom, teachers have commented that he is always a positive influence. He leads class discussions and is a powerful debater. . . ."

"Matt is one of the finest young men that I have had the pleasure to counsel. He is well liked and respected by his peers and teachers. His integrity is of the highest caliber."

for themselves and their families if married.* —Proverbs 10:4.

After weighing the various factors involved, some of Jehovah's Witnesses have chosen to undertake supplementary education. Of course, they have had to exercise caution in order to keep education in its place. What has aided them in doing this? "Several factors helped me," says a young Brazilian named John. Even when I had to study at night, I did not miss Christian meetings. I also made it clear to my classmates from the start that I was one of Jehovah's Witnesses."

Eric, also from Brazil, took advantage of opportunities to talk to others about his beliefs while extending his education. "I considered the school my special territory," he says. "I was able to conduct Bible studies with several teachers and students, five of whom are now baptized, two of them serving as elders."

Richard went back to school part-time to receive a degree in drafting. "My schooling helped me to find work to support myself and my wife," he says, "but it also opened a door of opportunity. As I traveled to quickly built Kingdom Hall construction projects and spoke to those in charge, I learned that there was a need for draftsmen." My education is now being put to good use in these projects. Additionally, my wife and I hope eventually to serve either at the world headquarters or on the international construction projects of Jehovah's Witnesses."

* It is noteworthy that highly educated apostle Paul chose to support himself in the ministry by means of tentmaking, a trade that he likely learned from his father. Tentmaking was not easy work. The goat-hair cloth used, called *cilicium*, tended to be stiff and rough, making it difficult to cut and sew.—Acts 18:1-3; 22:3; Philippians 3:7, 8.

"The expression "quickly built" refers to a highly organized method of construction developed by Jehovah's Witnesses. The volunteers who work on these projects are not paid; they give freely of their time and resources. Each year in the United States about 200 new Kingdom Halls are built, and another 200 are remodeled using this method.

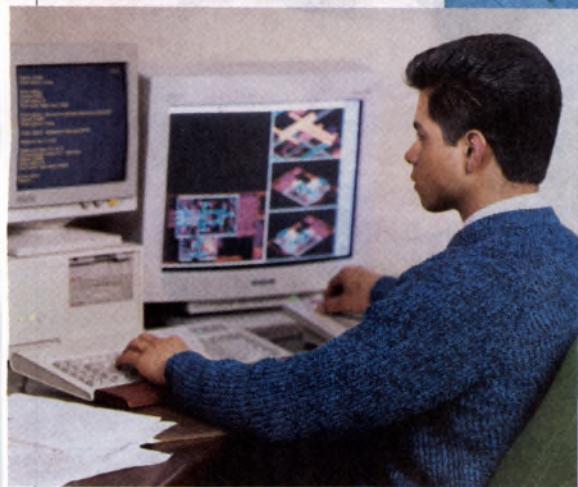
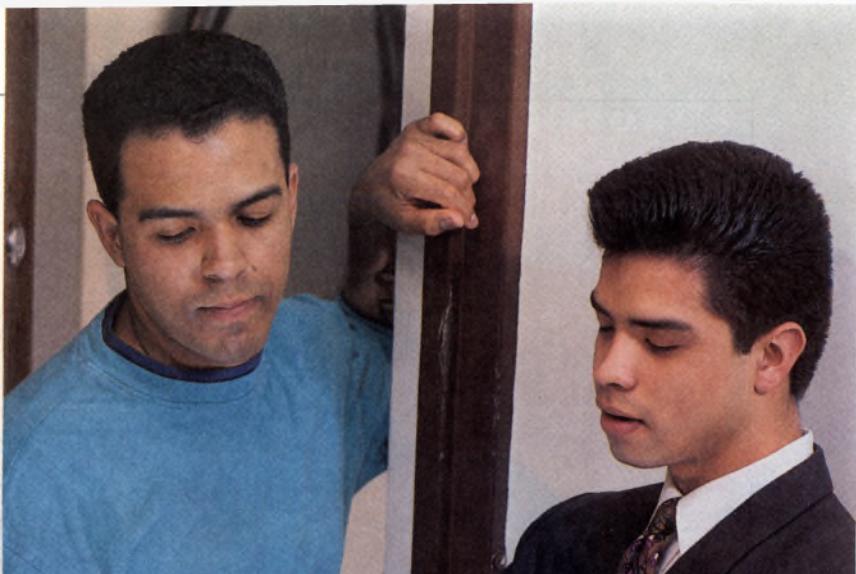
At the same time, many of Jehovah's Witnesses have met the challenge of providing for themselves and their families without extra schooling. "I support myself by doing housework two days a week," explains Mary. "Ironically, I make more money per hour than some of the people I work for. But I view my work as a means to an end. It keeps me in the pioneer work, and I have no regrets."

Steve feels similarly. "When I began pioneering," he says, "some said to me: 'What are you going to do if you get married and have a family? Will you be able to make ends meet?' As it turns out, I've done so many different kinds of work that I've got experience in just about everything you can imagine. Now that I have a wife to support, I find that I am making more than some college graduates who work at our agency."

Unbelieving fathers may have required minor children to take on supplementary education, and they have Scriptural authority to do this. However, in such cases, and in line with Matthew 6:33, youths may take on courses that will help them to become more useful in Jehovah's service or even allow them to engage in the full-time ministry at the same time as attending a school.

The Greatest Education

All of Jehovah's Witnesses, regardless of their educational status, have something in common. They recognize that the most important education available today has its source in God's Word, the Bible. John 17:3 says: "This means everlasting life, their taking in knowledge of you, the only true God, and of the one whom you sent forth, Jesus Christ." No matter what secular education a Christian obtains, taking in knowledge of Jehovah and his Son, Jesus, must be a priority. This pattern was set by first-century Christians. Manaen was "educated with Herod the



Jehovah's Witnesses are interested in education primarily to become more effective servants of God

district ruler," yet he was present and active among the prophets and teachers of the Antioch congregation. (Acts 13:1) Similarly, Paul received what today would be comparable to a university education. Nevertheless, after becoming a Christian, he kept his training in its place. Rather than using it to overawe others, he used his knowledge of sociology, law, and history to preach to people of all sorts.—Acts 16:37-40; 22:3; 25:11, 12; 1 Corinthians 9:19-23; Philippians 1:7.

First-century Christians were not known primarily for their educational status. Many

were "unlettered and ordinary," not having been trained in the rabbinical schools. But this does not mean that they were uneducated. On the contrary, these men and women were equipped to defend their faith—an ability that gave evidence of solidly based learning.—Acts 4:13.

All Christians, therefore, are keenly interested in education. At the same time, they endeavor to "make sure of the more important things," keeping education—and any other endeavor—in its proper place.—Philippians 1:9, 10.



Breast-Feeding Basics

BY AWAKE! CORRESPONDENT IN NIGERIA

If you, like many mothers, have decided to breast-feed your baby, you have chosen to make use of a provision lovingly made by the Creator of humankind. The milk your own body produces will meet the exact nutritional needs of your baby, promoting healthy growth and development. It will also help protect your baby against common diseases. With good

reason WHO (World Health Organization) states: "[Breast milk] is the best food a child will ever have. All substitutes, including cow's milk, milk-powder solutions, and cereal gruels, are inferior."

Breast-feeding brings benefits to you too. There are no bottles to wash or sterilize and no trips to the kitchen in the middle of the night to prepare a meal for your baby. Breast-feeding will also benefit you physically, since it will help you lose the weight you gained during pregnancy and will help your uterus return to its normal size. And studies suggest that women who breast-feed their children are less likely to develop breast cancer.

"Virtually every mother can breast-feed her baby," assures the United Nations Children's Fund. So likely you can too. You may discover, however, that breast-feeding is not as easy as you expected, especially if you are trying to do it for the first time. This is because breast-feeding, while natural, is not instinctive; it is a skill that you must learn. You may find that it takes you and your baby several days or even a few weeks to establish a comfortable and enjoyable routine.

Before Baby Arrives

If you have not successfully breast-fed a child before, talk to mothers who have. They can help you avoid or overcome problems. They can also help build your confidence in your ability to breast-feed your baby effectively.

During pregnancy and afterward, it is important that you get enough rest. In addition, make sure you eat sufficient food. *Breastfeeding*, a WHO publication, states: "Poor nutrition before or during pregnancy can be the cause of poor growth of the baby in the uterus. It can also mean that the mother is unable to store enough fat to produce sufficient milk later. The mother therefore

needs, throughout the pregnancy and breast-feeding period, to eat a balanced diet based on a variety of foods."

Care of the breasts is also important. During the final months of pregnancy, rinse your breasts when bathing, but do not apply soap. Glands in the areola (the dark area around the nipples) secrete an antibacterial lubricant that keeps the nipples moist and guards against infection. Soap can dry the nipples and remove or neutralize the lubricant. If your breasts become dry or itchy, you may want to apply a soothing cream or lotion. But avoid getting it on the nipples or the areolae.

Doctors once recommended that mothers "toughen" their nipples during pregnancy by briskly rubbing them. Although this was supposed to prevent nipple soreness during nursing, studies show that such exercises do little good. Soreness usually results from incorrectly positioning the nursing baby at the breast.

Breast size and shape are not factors in successful nursing, but a baby cannot latch on to an inverted or flat nipple. You can test yourself by gently squeezing just behind each nipple with your thumb and forefinger to make sure the nipples extend outward. If they do not, talk with your doctor. He may recommend a breast shell, a simple device worn during pregnancy or between feedings. Shells often improve the shape of flat or inverted nipples.

The Early Days

It is good for you to begin to breast-feed your baby within an hour after giving birth. Some might think that immediately after all the work of giving birth, both mother and baby would be too tired to greet each other. But mother usually brightens for the occasion, and baby, after taking a few minutes to adjust to life outside the womb, eagerly seeks the comfort of the breast.

New mothers can provide their newborn with a yellowish or clear substance called colostrum. This "liquid gold" is extremely beneficial for the baby. It contains components that fight harmful bacteria. It is also rich in protein and low in sugar and fat, making it the ideal food during the first few days of life. Unless there is some medical problem, the baby will require no other food or drink. Supplementary bottle-feeding can discourage a baby from feeding at the breast, since less effort is required to suck from a bottle.

Mothers generally begin to produce milk without colostrum from two to five days after giving birth. The increased flow of blood to the breasts at this time may enlarge your breasts and make them tender. This is normal. Nursing will usually alleviate the discomfort. Sometimes, though, swollen breasts will cause the nipples to flatten. Since this makes it difficult for the baby to suck, you may have to release some milk manually. You can do this by using both hands to massage each breast, starting from its base and working toward the nipple.

Husbands, Be Supportive

- Let your wife know that you approve of breast-feeding. Reassure and tenderly support her.
- Help your wife eat a balanced diet during pregnancy and while the baby is breast-feeding.
- See that she gets sufficient rest. An exhausted woman may have difficulty producing enough milk. Can you help lessen her burdens by caring for the other children or sharing with household chores?
- If your wife is relaxed and happy, her milk will flow better. Keep her as happy as you can. Listen to her problems, and help solve them.

You cannot measure how much milk your baby takes from the breast, but do not worry—your body is equipped to supply all that baby requires, even if baby is twins! The more you nurse, the more milk you will produce. This is one reason why you should not supplement breast milk with other bottle-fed drinks, such as milk-powder solutions or cow's milk. If you do, your baby will take less from you. This, in turn, means you will produce less milk.

"Full-term normal babies are not nearly as helpless at birth as has been thought and they can organise their own meals to suit themselves and their mother's bodies, if only other people will let them do it," writes Gabrielle Palmer in *The Politics of Breastfeeding*. The guiding principle is that of supply and demand—when your baby demands food (usually by crying), you supply. Initially, demands will come every two or three hours. You should allow your baby to nurse at both breasts each time he nurses. Most babies take from 20 to 40 minutes to complete a feeding, though some babies like to dine at their leisure, with pauses. Such slowpokes may take up to 60 minutes to finish their meal. Generally, your baby is getting enough to eat if he nurses at least eight times in 24 hours, if you can hear him swallowing, and if he has eight or more wet diapers a day after the fifth day.

A most important skill you need to master in breast-feeding is how to hold your baby correctly at the breast. Bad positioning can result in your baby's not getting enough milk. Some babies even refuse to feed.

Bad positioning can result in another common problem: cracked or sore nipples. *Breastfeeding Source Book* states: "Sore nipples are caused by a number of factors, but an important one is how well the baby 'latches on,' and that in turn depends to a considerable extent on what position his head is in

in relationship to the breast. For correct positioning, your baby should be in close, with his head neutral (not looking up, down or to the side), and coming straight at the nipple so he doesn't pull it to one side."

Ideally, the infant's lips should form a seal on the breast, at least an inch behind the nipple. You will know that the position is correct if your baby's whole body is turned toward you, if he takes long sucks, if he is relaxed and happy, and if you do not feel nipple pain.

When to Wean

After the first few weeks, both you and your baby will have come to know each other and will probably have established a comfortable and enjoyable routine. For the next four to six months, your baby will need no food or drink other than breast milk. After that time you should gradually introduce other foods, such as mashed vegetables, cereals, or fruits. However, until your baby is nine or ten months old, his main nourishment will still come from your milk; so it is good always to nurse your baby before giving solid foods.

How long should you continue breastfeeding? As long as possible, recommends WHO. Many mothers continue nursing well into the second year, keeping an eye on their children and not the calendar. The book *Mothering Your Nursing Toddler* states: "It is not difficult to see the need our children have for continued nursing—their joy in nursing and their distress when it is denied. A simple but compelling reason for continuing to nurse is to please the child."

Evidence of a Loving Creator

As you breast-feed your baby, perhaps late at night when the rest of the family is sleeping, give thought to the Creator of this arrangement. Even if you do not understand the complex physical processes that make it possible, the wonder of breast-feeding will

Breast Versus Bottle

"Breastmilk is more nutritious, more hygienic, immunizes babies against common illnesses, and reduces the mother's risk of breast and ovarian cancer. Infant formula, apart from being expensive, is often overdiluted with unclean water and fed to children from unsterile feeding bottles. In poor communities, the difference is so vital that an estimated 1 million young lives could be saved every year if the world's mothers went back to exclusive breastfeeding for the first four to six months."—*The State of the World's Children 1993*, a publication of the United Nations Children's Fund.

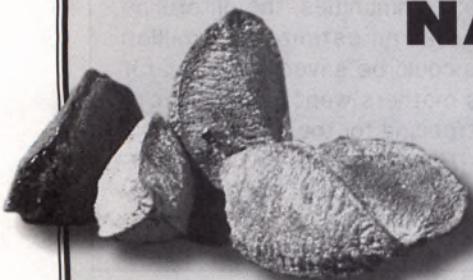
help you see the wisdom and love of our Creator.

Think about it—there is no better food for babies than mother's milk. It totally meets a baby's requirements for food and drink during the early months of life. At the same time, it is a wonder drug that protects against disease. It is safe, hygienic, requires no preparation, and costs nothing. It is universally available, and its production increases as the infant grows bigger.

And think about the fact that breast-feeding is a pleasurable experience for both mother and child. The giving of food, the oral and skin-to-skin contact, and the physical warmth of breast-feeding all help promote a strong bond of love and intimacy between mother and child.

Truly, the Creator of this wonderful arrangement is to be highly praised. No doubt you will echo the words of the psalmist David, who wrote: "I shall laud you [Jehovah] because in a fear-inspiring way I am wonderfully made. Your works are wonderful." —Psalm 139:14.

THE NUT WITH A NEW NAME



BY AWAKE! CORRESPONDENT IN BOLIVIA

FROM the dense rain forests of Amazonia comes a nut that is tasty and nutritious. Its previous designation, "Brazil nut," is no longer appropriate, since as much as half its supply now comes from forests beyond the borders of Brazil, especially from Bolivia.

Appropriately, on May 18, 1992, the International Nut Council decided to change the name of the nut, previously known variously as Brazil nut, cream nut, butternut, castana do Pará, Paranuss, and noix du Brésil. Now it is to be called Amazonia nut.

A Nut-Gatherer's Story

Listen to what Cornelio, a nut gatherer since the age of six, has to say about the gathering of this exotic jungle nut:

"Most Amazonia nuts are gathered in the wild. We have to penetrate deep into the jungle to find them. Winding rivers are the only access. My 19-year-old son and I travel for several days on a double-deck riverboat to an encampment where we are assigned a section of forest."

"To make full use of the daylight, we rise at 4:30 a.m. and are already on our way by dawn.

Tracks extend only a few miles to collection points; from there on we must force our way forward, cutting through the dense undergrowth with machetes. There are no landmarks. We have to know how to use the sun as a guide, or we would never find our way back.

"The jungle presents many dangers to anyone seeking its treasures. There are diseases, such as malaria, as well as the constant threat of snakes. We are not worried about the giant boa constrictors—they don't bother us—but hidden among the dead leaves on the ground are small snakes that are deadly poisonous. Their color and markings camouflage them perfectly. The bite is not painful at first, but gradually the victim is paralyzed by the venom. Small green snakes hidden in the branches are just as dangerous.

"We can easily find the handsome nut-bearing trees called *almendros*, since they are from 100 to 150 feet tall and tower far above most other trees of the forest. The trunk usually has no branches until it breaks out above the jungle canopy. At the extremity of the branches grow the *cocos*, hard spherical shells from four to six inches in diameter. These contain from 10 to 25 nuts arranged like the segments of an orange, each in an individual shell.

"The *cocos* fall to the ground during the rainy season, which lasts from November to February. They have to be collected immediately, or they will spoil. *Cocos* falling from the height of a 15-story building present another life-threatening hazard. We must work quickly, throwing the *cocos* into a pile away from the *almendro* to minimize the danger. But watch out for snakes! When they are asleep, coiled up with their head resting on top of the coil, they look just like a *coco*. Some workers have even picked a snake up and thrown it, mistaking it for a *coco*.

"Cutting open the *coco* requires skill. Several full-strength blows with the machete in just the right place are needed to release the nuts without damaging them. Soon we are returning, bearing heavy sacks of nuts. We use no vehicles or beasts of burden. A gatherer must be strong and athletic, especially since the harvest is during the hottest and wettest part of the year."

After the Gathering

The nuts are green when they are gathered, which means that they are perishable because of their high water content (approximately 35 percent). To prevent them from spoiling, they need to be moved each day with a shovel to allow those at the bottom of the pile to dry. Most of Bolivia's nuts are prepared for export. It takes six months to process the harvest.

Processing begins by heating the nuts in a large steam pressure cooker. The heat separates the nut from its shell. Hence, when extracted from the shells, most of the nuts come out whole.

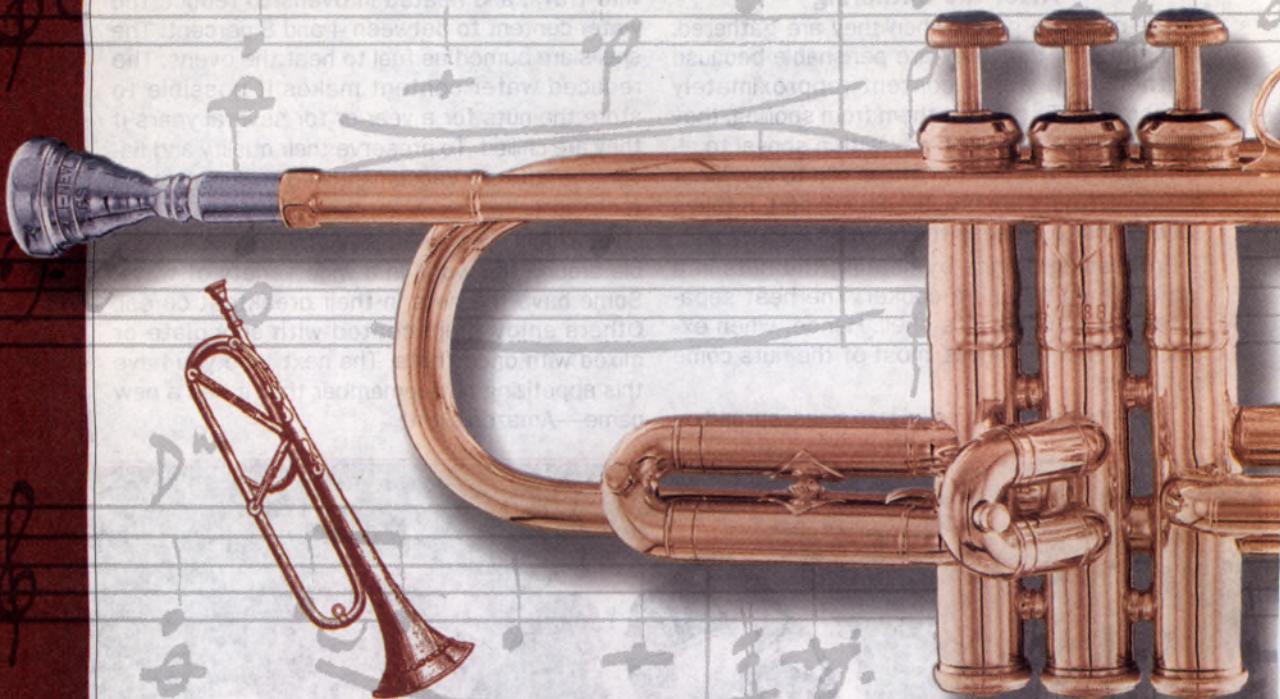
The nuts are then graded into sizes, spread on

wire trays, and heated in ovens to reduce the water content to between 4 and 8 percent. The shells are burned as fuel to heat the ovens. The reduced water content makes it possible to store the nuts for a year or for several years if they are chilled. To preserve their quality and flavor, the nuts are vacuum packed in aluminum foil for export.

Amazonia nuts are enjoyed by millions of people around the world in a wide variety of ways. Some have the nuts in their breakfast cereal. Others enjoy them coated with chocolate or mixed with dried fruits. The next time you have this appetizing nut, remember that it has a new name—Amazonia nut!



Amazonia nuts and the tree that produces them



THE TRUMPET

IN THE time of King Abijah, the warriors of Judah were caught in an ambush. Surrounded by 800,000 enemy soldiers, they were outnumbered 2 to 1. Escape seemed impossible. Suddenly, the sound of trumpets pierced the air! As the adrenaline surged through their veins, the men of Judah shouted a resounding war cry and rushed into battle. Despite the odds against them, the Judeans defeated the enemy.—2 Chronicles 13:1-20.

How stirring it must have been to hear those trumpets! It undoubtedly reminded the Judeans of Jehovah's promise: "In case you should enter into war in your land against the oppressor who is harassing you, you must also sound a war call on the trumpets, and you

will certainly be remembered before Jehovah your God and be saved from your enemies." (Numbers 10:9) The sounding of the trumpets demonstrated Judah's trust in Jehovah, and that trust was rewarded.

The history of the trumpet goes back much further than this Biblical incident. The metal trumpet can be traced back to Egypt about 2,000 years before Christ. These ancient trumpets were quite different from the ones we know today. Consider the development of this fascinating instrument.

The Early Stages

The English word "trumpet" is derived from an Old French word, *trompe*, that refers



From Battlefield to Concert Hall

to an elephant's trunk. Evidently, primitive trumpets looked like the proboscis of an elephant. Greek dramatist Aeschylus (525-456 B.C.E.) called the sound of the trumpet "shattering." Its use was restricted to war signals, funeral or festal occasions, athletic contests, and other public events.

While the trumpets of Israel were used for military signals, they also provided music in the temple. Skilled craftsmen were employed to manufacture high-quality instruments out of silver. In the temple, trumpeters played in such unison that they were described "as one in causing one sound to be heard [in perfect harmony, *Today's English Version*.]"

—2 Chronicles 5:13.

So Israel's trumpets were by no means crude, either to the eyes or to the ears. However, like the trumpets of surrounding nations, they could produce only a limited number of tones. Centuries would pass before the trumpet's capabilities were enhanced.

Development of the Modern Trumpet

To increase the trumpet's tonal range, its design had to be modified. First the length was extended. A longer instrument, it was reasoned, would have a larger repertoire of notes. A medieval trumpet (called the *buisine*) was actually six feet long! As can be imagined, it was awkward to play. Thus, in

the 14th century, the trumpet was bent into an S-shape for manageability. A century later, it had acquired an oblong loop with three parallel branches.

The new trumpet could sound more tones but only in a higher register. These notes were difficult to reach. Nonetheless, some began to write music for clarino, suitable for higher range parts. One famous composer of that era was Johann Sebastian Bach (1685-1750).

Eventually, extra coils of tubing called crooks were added to the trumpet. The idea was simple: Additional tubing increased the length of the main column of air, thereby producing a wider pitch range. The crooks lowered the common key of the trumpet from F down to as low as B flat.

Thus, by the time of Wolfgang Amadeus Mozart (1756-1791), high-pitched clarino playing had disappeared. The clarinet came to handle the higher register with relative ease, while the trumpet now occupied the middle range.

This new trumpet was versatile. But it was still awkward to play, for adjusting the crooks demanded the use of both hands. Hence, further changes were in order.

A Trumpet With Keys

About 1760 a Russian musician named Kolbel made a breakthrough discovery. He placed a hole near the bell of the trumpet and covered it with a padded key that served as a stopper. Opening this key raised the tone of the trumpet one half-step at any note. In 1801, a trumpeter from Vienna named Anton Weidinger improved Kolbel's design by producing a trumpet with five keys. Finally there existed a trumpet that could produce all the notes of the scale without being cumbersome to play.

Even Weidinger's trumpet, however, had a

grave limitation. The opening of the keys interfered with the instrument's resonance, compromising the trumpet's distinguishable sound. The keyed trumpet, therefore, did not last. It was soon abandoned in favor of a totally new approach to trumpet design.

The First Valve Trumpet

In 1815, Heinrich Stölzel of Silesia bought the patent for an invention that applied pistons, or valves, to the trumpet. By means of their strategically placed holes, each valve would divert the column of air from the main tube to an attached crook. Thus, several crooks of differing lengths could be employed simultaneously in any combination. Furthermore, because the valves were spring-loaded, instant reaction was possible.

At first this trumpet had problems with accurate intonation. As the years passed, however, these imperfections were corrected, and the valve trumpet has persisted to this day.

Renowned for Versatility

The trumpet has a place in virtually all types of music. It blends well with voice and with other instruments. Its heroic, martial tone makes it effective for fanfares and marches. At the same time, it has a brilliant, vibrant resonance that is well suited for concerti, operas, and modern jazz. Moreover, because of its rich, lyrical qualities, the trumpet admirably lends itself to ballads and is often featured in solo pieces.

Yes, the trumpet has traveled a long road. No longer is it simply a signal instrument in the hands of a soldier. Now it can produce genuine musical art—at least in the hands of a virtuoso. Undoubtedly it has brought you listening pleasure, regardless of your preference in music. How thankful we can be to our Creator for granting humans the ability to invent such musical instruments as the trumpet!

-seems as if a lot of antacid would help. I know I definitely need something.
I have been having bad dreams lately. I
and I don't feel very comfortable today.
It's a really smart doctor who
-er I usually sleep until nine or ten.

WHEN LIFE IS NOT EASY

I WAS quite young when I was forced to face the harsh realities of life. You may agree with me that life in the world today really is unfair. It is to all of us—eventually. All of us get sick. True, a few may grow old without any major sickness, but then all of us face death.

I probably think about dying more than I should. But let me explain why, and also why I have, in a way, benefited from what has happened to me.

When I Was Nine

I was born in September 1968 in Brooklyn, New York, the youngest of five children. Father was disabled, and Mother worked as a cashier to support us. About the time I turned nine, Mother noticed my stomach was raised on one side. She took me to the local medical center. The doctor felt a large mass, and a few days later, I was admitted to Kings County Hospital.



After Mommy left, I cried because I was scared. The next day two men dressed in light blue clothes wheeled me into the operating room. I remember that the last thing I saw before waking up in the recovery room was a blinding light overhead and something being put over my mouth. The doctors successfully removed what is called a Wilms' tumor (a form of cancer), one of my kidneys, and part of my liver.

I spent five weeks in the intensive care unit. Every day, doctors changed the dressing. I would scream when they pulled off the tape. To lessen my pain, the doctors had someone come in and try to distract me. I remember that the person talked to me a lot about frogs.

After getting out of intensive care, I spent four more weeks in the hospital. During that time, radiation treatments were started. These were painful—not because of the radiation—but because I had to lie on my stomach, which was still sore from the surgery. Radiation

treatments were given every day Monday through Friday.

When I was released from the hospital in late November 1977, I continued receiving radiation as an outpatient. When these treatments were finished, I began getting chemotherapy. Every day Monday through Friday I had to get up early in the morning and go to the hospital to be injected with powerful drugs. The doctor would put a needle into a vein and push the medicine directly into it. I was scared of needles and would cry, but Mommy told me I had to go through this to get better.

The chemotherapy treatments had horrible side effects. They made me nauseated, and I often vomited. My blood count dropped, and I lost all my hair.

Restricted by Illness

The following spring, on Easter Sunday, we were getting ready for church when my nose began to bleed because of my low blood count. My parents tried everything, but the blood kept coming. Doctors stopped the bleeding by packing my nose with gauze, but then the blood started coming through my mouth. I became very weak from loss of blood and was admitted to the hospital. To keep from infecting me, those visiting me had to wear gloves, a face mask, and a gown over their clothing. In a week my blood count had risen enough for me to be released from the hospital.

Chemotherapy was immediately resumed. I couldn't attend school, and I really missed it. I missed my friends and playing outside with them. I received home tutoring, since my doctors felt that I shouldn't attend school while on chemotherapy or too soon after it was discontinued.

That summer I wanted to visit my grandparents in Georgia as I usually did, but I was not permitted to go. However, the hospital ar-

ranged for cancer patients to go to an amusement park in New Jersey. Although I was exhausted afterward, I had enjoyed myself.

I finished chemotherapy late in 1978 but continued to receive home tutoring—altogether for more than three years. When I returned to school in January 1981, it wasn't easy to adjust after being taught at home for so long. Sometimes I would get lost trying to find my class. Yet, I really liked school. I especially liked music, typing, and gym class. Some of the kids were friendly, but others would make fun of me.

A Setback

"Are you pregnant?" kids began asking me. This was because my stomach was swollen. The doctor told me not to worry and that the reason was that my liver was growing back. When I received a checkup in March, however, the doctor put me in the hospital. I started to cry—I had been able to attend school for only two and a half months.

A biopsy was performed in which tissue was taken from a tumor in my liver. When waking up after the procedure, the first person I saw was Mommy. She was crying. She told me that I had cancer again and that the tumor was too big to take out and that I would have to have chemotherapy to shrink it. I was still only 12.

The chemotherapy was administered in the hospital, which meant I went in for two or three days at a time every few weeks. As usual, I suffered from nausea and vomiting. Food tasted bland, and I lost all my hair. Chemotherapy treatments continued throughout 1981. In the meantime, in April, I started home schooling again.

Early in 1982, when I was admitted to the hospital for surgery, I was so weak that the nurses had to help me on and off the scale. The chemotherapy had shrunk the tumor, so surgeons were able to remove it along with

another part of my liver. Again I was in the hospital for about two months. Toward the middle of 1982, I resumed chemotherapy, which continued until early 1983.

During this time I was sad because I couldn't go to school. But then my hair grew back, and I started to feel good again. I was happy to be alive.

Finally, Back to School

My home tutor arranged for me to graduate from junior high school with the class that I was with briefly in 1981. I was very excited about this; it was nice to see my friends and to make new ones. When graduation day came in June 1984, I took pictures of friends and teachers, and my family took pictures of me to record this special event.

That summer I went to visit my grandparents in Georgia and stayed most of the summer. When I returned in late August, it was time to get ready for school. Yes, I was finally going back to school. I was so excited!

Curious About Religion

Dawn and Craig were different from other students, and I was drawn to them. When I gave them Christmas presents, though, they said they didn't celebrate the holiday. "Are you Jewish?" I asked. Craig explained that they were Jehovah's Witnesses and that Christmas wasn't really Christian. He gave me some *Watchtower* and *Awake!* magazines to read on the subject.

I became curious about their religion, which seemed so different. When I went to church, we would hear the same thing over and over again: 'Believe in Jesus Christ, get baptized, and you will get to heaven.' But that seemed too easy. I had come to believe that when things are too easy, you are either a genius, or something is wrong. I knew that I was not a genius, so I concluded that something must be wrong with what the church was teaching.



When I graduated from junior high school

Eventually Craig began studying the Bible with me during our lunch breaks. One day he invited me to an assembly of Jehovah's Witnesses, and I went. I found Craig and sat with him and his family. I was impressed by what I saw—people of different races worshiping together in unity—and I was also impressed by what I heard.

When Craig and I got new classes, we could no longer study the Bible together because we didn't share the same lunch period. Craig's mother called my mother to see if she could study with me, but Mommy said no. Later, she gave me permission to go to Christian meetings. So I called a Kingdom Hall listed in the phone book and learned that the meeting began at 9:00 a.m. on Sunday. The day before, I walked about 30 blocks to the Kingdom Hall to make sure I knew the way.

When I arrived the following morning, a man asked me if I was visiting from another Kingdom Hall. I told him that this was my first visit but that I had studied for a short time. He kindly invited me to sit with him and his wife. The meetings were so different from church. I was amazed at how eager many

were to comment during the question-and-answer session. Even young children gave comments. I raised my hand and answered a question too. From that time on, I continued attending meetings and began progressing in an understanding of Bible truths.

Another Setback

In December 1986, during my final year in high school, I went for a routine checkup. What the doctor saw in my right lung made him suspicious, so I was called back for further X rays. When I learned that these revealed that something was definitely wrong, I started to cry.

A biopsy was performed; the doctor used a needle to take a piece of the tumor from my lung. The growth proved to be cancerous. In fact, there were three tumors, including a large one near the arteries of my heart. After a discussion with the doctor, we decided that I would take two experimental chemotherapy drugs to shrink the tumors before the operation. The side effects would be the usual—complete hair loss, nausea, vomiting, and low blood count.

At first I was depressed, but then I began to pray to Jehovah a lot, and this strengthened me. Graduation was less than six months away. My teachers were understanding and kind; they just asked that I provide a doctor's note and that I try to keep up with my school-work.

School Was Not Easy

Besides the challenge I had of doing class-work when I was so sick, my hair began to fall out. When I bought a wig, schoolmates said my hair looked great—they didn't realize that it was a wig. However, one boy did. Every time I walked into the classroom, he would spell the word "wig" on the blackboard, and he and his friends would laugh and make fun. All their teasing made me depressed.

Then, one day in the crowded hallway, someone from behind grabbed the wig off my head. I turned quickly and picked it up. But dozens of kids saw my bald head, and I felt so hurt. I went to a stairway and cried. The next day I could see from some students' faces that they felt sorry about what had happened. Classmates told me that a girl had paid a boy to pull off my wig.

Stand on Blood Not Easy

With the chemotherapy, my blood count dropped very low. To make matters worse, my nose would bleed, sometimes two or three times a day. I wasn't baptized, but I took a firm position and said that as one of Jehovah's Witnesses, I would not accept blood. (Acts 15: 28, 29) My oldest sister encouraged one of my little nieces to tell me that she didn't want me to die. Father was upset, demanding that I take blood, and Mommy kept telling me that God would forgive me if I took a transfusion.

At the same time, doctors warned me that with such a low blood count, I could have a heart attack or stroke. Since I was determined to stand firm, they had me sign a release form saying that if I died, they would not be responsible. Soon I recovered sufficiently to return home and go back to school. However, because of my low blood count, the doctors decided that I should now take radiation therapy rather than chemotherapy. I had these treatments every day after school from late April to early June 1987.

Graduation, Then Baptism

Graduation was a special occasion. My sister had helped me shop for a dress, and I had bought a new wig. Mommy and my two sisters were there, and afterward we went out together for a memorable meal.

At the time, I was not receiving chemotherapy or radiation. But a few weeks later, the doctor called and said to come into the hospital

for another cycle of chemotherapy. I didn't want to go because in one week I would be attending the district convention of Jehovah's Witnesses at Yankee Stadium in New York City. However, Mommy said to go ahead and get the treatments over with. So I did.

I was very excited during the convention because on Saturday, July 25, 1987, I was going to be baptized. We had a police escort to Orchard Beach, the baptism site. After being baptized I returned to the stadium for the rest of the day's program. I felt very tired that evening, but Sunday morning I got ready and attended the last day of the convention.

Facing the Blood Issue Again

The following afternoon I was hospitalized with a fever of 103 degrees Fahrenheit, a kidney infection, and an extremely low blood count. The doctor threatened that if I didn't sign the consent form for a transfusion, he would get a court order and force blood on me. I was very scared. My family was pressuring me; my sister even offered to give me some of her blood, but I told her no.

I prayed a lot to Jehovah to help me to stand firm. Thankfully, my blood count began rising, and the pressure to take blood ceased. Although I needed to continue chemotherapy, I had no suitable veins left. So a surgeon made a small opening below my collarbone to insert a device through which medication could be given.

When discussing the removal of the tumors in my lung, the surgeon said he would not use blood except in an emergency. Mommy was telling me to give approval, so I did. But afterward I felt bad because, in effect, that was agreeing to accept blood. Right away I began searching for a surgeon who would guarantee not to use blood. The search seemed hopeless, but I finally found one, and the surgery was scheduled for January 1988.

The doctor gave no assurance I would live.

In fact, the night before the operation, he came to my room and said: "I will *try* to do the procedure." I was scared; I was only 19 and didn't want to die. However, the three tumors were successfully removed, as well as two thirds of my lung. Remarkably, I was in the hospital for only a week. After recovering at home for about two and a half months, I again began chemotherapy, with the usual side effects.

About this time my father also became sick with cancer, and one night a few months later, Mommy found him dead in the bedroom. After his death, I started going to a trade school where I took up secretarial training. I was doing well physically, academically, and spiritually, even sharing as an auxiliary pioneer (temporary full-time minister).

Yet Another Setback

In April 1990, I attended my oldest brother's wedding reception in Augusta, Georgia.

**Helping in food service
at a circuit assembly in New York**



While there my brother said: "Your leg is really big." "What do you think it is?" I asked.

"I don't know," he answered.

"It's probably a tumor," I said.

After returning to New York City, I went to the doctor. A biopsy performed under local anesthesia revealed another Wilms' tumor in my left calf. Tests revealed that the bone was not affected, but the tumor was too big to take out. So the usual chemotherapy followed.

After a while I couldn't stop vomiting; I had an intestinal blockage. An emergency operation relieved it. However, my intestines became twisted, and another operation was needed. My hemoglobin count dropped to near four, and the doctor kept saying: "You've got to take blood. You're going to die. You probably won't make it through the night." I had nightmares about graveyards and dying.

I recovered sufficiently by October to have the tumor removed. They took out about 70 percent of my calf too. It was questionable whether I would walk again. But I needed to walk to get places in New York City, so with therapy and with determination, I began walking—first with a walker, then crutches, next a cane, and finally a leg brace, which left my hands free to use my Bible in the door-to-door ministry. During chemotherapy, I dropped to 59 pounds; I am five feet one inch tall and normally weigh about 118 pounds. As I gained weight and my leg grew, the doctors kept enlarging the brace. Finally, as I approached normal weight, they made me a new one.

Life Still Not Easy

By the summer of 1992, I appeared to be my normal self and was looking forward possibly even to auxiliary pioneering. In November, I received a letter that made me feel on top of the world. It said that my life experi-

ences could be an encouragement to others, and I was invited to relate them for publication in *Awake!* My elation turned to despair the following week.

A routine chest X ray revealed tumors in my one good lung. I cried and then cried some more. I had coped with the loss of a kidney, part of my liver, most of my left lung, part of a leg, but nobody can survive with the loss of both lungs. Again my family and friends were there for me, and I became determined to fight the disease once more.

Chemotherapy was started to shrink the growths. A doctor thought they might be removed and the lung saved. In March 1993, I went into the operating room. I learned afterward that they took a look and just sewed me up. They couldn't remove the tumors without taking out the lung. Since then I have been on strong chemotherapy in an effort to kill the tumors.

Do you see why dying invades my thoughts? Would I have wondered so deeply about why we die and what hope there is for the future if my life had been easy? I'm not sure. However, I am sure that what is truly important is, not whether we live or die now, but whether we gain the blessing of Jehovah God, the One who can give us everlasting life. Dwelling on the hope of life in his new world, throwing my burdens on him, and keeping close to friends who share my hope have helped sustain me.—Psalm 55:22; Revelation 21:3, 4.

I am happy that other youths have their health. I hope that what I have related may move many of them to use it, not in vain pursuits, but wisely in Jehovah's service. How grand it will be to enjoy good health forever in God's new world! In it there will be no need for doctors, hospitals, needles, tubes—no, nothing to remind us of this sick and dying old world.—*As told by Kathy Roberson.*

Young People Ask...



Why Did Daddy Have to Die?

EVERYONE was surprised when Al's father, a man known for being strong and healthy, checked into a hospital. Even so, Al was confident that his dad would be back home soon. But his condition suddenly took a turn for the worse, and he died. "I refused to believe that someone so strong could be gone," lamented Al.

Kim's father was a loving Christian man. He had been hospitalized before for a chronic health problem, but he seemed to be getting better. Then one day he collapsed in the bathroom. "I knew he was dead the minute I saw him," recalls Kim. "My mother and brother

desperately tried to save him by an amateur form of CPR. I ran to my room and prayed: 'Jehovah, don't let this happen. Please let him live!' But he never regained consciousness."

Death is a harsh reality in this world. Says the Bible: "For everything there is an appointed time . . . a time for birth and a time to die." (Ecclesiastes 3:1, 2) If you have been raised as a Christian, you know the Bible's teachings on why people die, the condition of the dead, and the resurrection hope.*

However, you may be devastated by the loss of your parent. It is one of the most difficult experiences of a lifetime. It can make you feel abandoned and vulnerable. You are still growing, both physically and emotionally, and while you may have established a certain level of independence, in many ways you still need your parents.^{*}

Not surprisingly, then, one survey revealed that a teenager's number one fear is the loss of his or her parents. One youth admitted: "My parents are a real pain most of the time, but I still would hate it if anything happened to them. I worry about that."—*The Private Life of the American Teenager*.

Little wonder, then, that if one of your parents has died, you may be emotionally stunned. Why, at least initially, you may feel so numb that you cannot even cry. This is not abnormal. When under great stress, the psalmist declared: "I have grown numb and become crushed to an extreme degree." (Psalm 38:8) The book *Death and Grief in the Family* says: "A person who receives a deep slash wound or breaks a bone goes into physical shock. This shock is a kind of protective device that keeps the enormity of the pain from hitting [immediately]. Grief works in

* For further information, see the book *You Can Live Forever in Paradise on Earth*, published by the Watchtower Bible and Tract Society of New York, Inc.

* This discussion includes youths who have lost other relatives, such as grandparents, aunts, and uncles, with whom they enjoyed especially close relationships.

much the same way." What may happen, though, when that initial shock wears off?

'I Feel So Angry'

At Luke 8:52, we read that after the death of a little girl, "people were all weeping and beating themselves in grief." Yes, when death strikes a loved one, it is only normal to feel an array of powerful emotions, including sadness, guilt, fear—even anger.

Why anger? Because our parents make us feel safe, secure. When one of them dies, it is natural to feel frightened and abandoned. Not that your parent left you on purpose. But death is our enemy. (1 Corinthians 15:26) When death claims a loved one, the loss is quite real and undeniably painful. Note how 18-year-old Wendy put it: "I felt alone in the world and afraid after my father's death. So many times I wished that my father were with me so he could help me." When you think about what you have lost—the love, the support, the instruction—you may understandably be angry.

Young Debbie, for example, was close to her uncle. After his death she wrote: "It just

didn't seem fair that anyone that good, so well loved, and who loved Jehovah so much should suffer and die as agonizingly as he did. Although I was raised as a Christian and know why people grow old and die and why good people suffer, I wasn't prepared for the feelings of anger that came over me."

Some even feel a measure of anger toward the departed parent. Admits young Victoria: "My grandfather died last year. I was so angry at him for dying, and then when the anger was gone, I was so sad." Indeed, some have been tempted to direct their anger heavenward. "I'm mad at God," confesses 14-year-old Terri, who lost her father to a sudden heart attack. "Why did my Dad have to die anyway, when I loved him and needed him so much?"

'I Feel So Guilty Now'

Guilt is another common reaction to a parent's death. "All have sinned and fall short of the glory of God," says the Bible. (Romans 3:23) As a result, most teenagers clash with their parents from time to time. But when a parent dies, memories of those old conflicts and arguments can become a source of great distress.

It may help to remember that even people who love each other disagree strongly at times. "I loved my mother," confesses young Elisa, "and I know she loved me, but for the few months before she got sick, we'd been having problems. I'd get angry with her—for things that seem meaningless now—but which were important to me then. Once, when I was very angry with her, I remember storming up into my room and secretly wishing she would die. When Mom got sick and suddenly died, there were all of these unresolved feelings we'd had for each other. I feel so guilty

**Death of a parent can be one
of life's most difficult experiences**



now." Regardless of what you may have said or felt, you did not cause your parent's death. It was not your fault.

The Pain of Grief

Even so, you may be feeling intense sadness and grief. Take comfort in knowing that men and women of faith in Bible times also experienced such feelings. When Joseph lost his beloved father in death, he "fell upon the face of his father and burst into tears over him and kissed him." (Genesis 50:1) Also, Jesus Christ "gave way to tears" over the death of his friend Lazarus.—John 11:35.

Well, when one is mourning the death of a parent, it is natural to feel overwhelmed at times by sorrow. In trying to describe his distress, the psalmist compared himself with "one mourning for a mother. Saddened, I bowed down." (Psalm 35:14) Overcome by sadness, you may even be "sleepless from grief." (Psalm 119:28) You may stop eating or suddenly have difficulty concentrating in school. You may even become depressed.

Making matters worse, your surviving parent and siblings may be too swallowed up in their own sadness to be of much help and support to you. Recalls Kim: "After we buried my dad, we tried to return to our normal lives. Mom now became the head of the household. But there were times when she would break down right in the midst of our family Bible study. I could hear her crying at night, calling out my father's name."

Finding Comfort

The prophet Jeremiah once said: "A grief that is beyond curing has come up into me. My heart is ill." (Jeremiah 8:18) You may also feel as if the pain will never go away. But note the words of the apostle Paul: "Blessed be . . . the God of all comfort, who comforts us in all our tribulation." (2 Corinthians 1:3, 4) God offers this comfort primarily through the pages of his written Word, the

Bible. Furthermore, his spirit can move friends and family members to render needed help and support.

Do not allow misplaced anger to hold you back from seeking this divine comfort. Righteous Job made the mistake of blaming God for his painful losses. He bitterly declared: "I was living in peace, but God took me by the throat and battered me and crushed me." (Job 16:12, 13, *Today's English Version*) But Job was wrong. Satan, not God, was the source of Job's troubles. Young Elihu had to remind Job that "God himself does not act wickedly, and the Almighty himself does not pervert judgment." Job later made a full retraction of his rash statements.—Job 34:12; 42:6.

In a similar way, you may need someone to help you look at matters from a more balanced point of view. Recalls Kim: "An older Christian elder reminded us of the resurrection hope, sharing with us such scriptures as John 5:28, 29 and 1 Corinthians 15:20. He said: 'Your father will be back, but you must remain faithful if you are to see him in Paradise.' I'll never forget that! He also said that death was not God's purpose for man. I realized God had nothing to do with my father's death."

Reasoning on matters Scripturally did not instantly erase Kim's pain, but it was a beginning. You too can begin to work your way through your pain and grief. Specifically how you can do so will be the subject of our next article in this series.

IN OUR NEXT ISSUE

**Do You Know What
Your Child Is Playing With?**

Trained to Kill, Now I Offer Life

What Can Help Your Stress?

WATCHING THE WORLD

TV-Free Families

In one school where most students are TV-free, the teachers claim they can easily spot the few children who are heavy viewers. "If you see kindergartners playing superheroes and pretending to kill and slice and hurt, it's a dead giveaway," explained one expert. *The Wall Street Journal* reported that those who gave up TV viewing have reaped benefits. One 17-year-old girl said that "before it was, like, mostly we'd see Dad before he left for work. When he came home he'd watch TV with us, and then it was, like, 'Goodnight Dad.' Now we talk all the time, we're really close." She added: "When I have a family, I'm not going to have TV."

Buildings Made Out Of Garbage?

China has come up with a unique way to dispose of its garbage. The Beijing Research Institute of the Environment and Hygiene recently developed a process for mixing garbage with clay to produce bricks. The magazine *China Today* describes the final product as "high-quality bricks" for use by the building industry. In just a few months, one brick plant made about 54 million bricks, "consuming 46,884 tons of garbage." After baking at a temperature of some 1,800 to 3,600 degrees Fahrenheit, the bricks are said to be "no more unhygienic than ordinary bricks."

The Land of the Sauna

"The Finnish people are the most avid sauna users in the world," says the magazine *Suomen Silta*. Most people in Finland take this steam bath about

once a week for relaxation and cleansing. Temperatures average between 180 and 210 degrees Fahrenheit. Finns customarily take a cool shower or plunge into a lake immediately afterward. According to *Suomen Silta*, it is estimated that in Finland there are some 1.6 million saunas. With a population slightly above the five million mark, that means that this Nordic country has about 1 sauna for every 3 persons.

Choking on Food

A slap on the back is not the most effective way to help a person choking on a piece of food. According to the *Berkeley Wellness Letter*, it is better to try what is sometimes called the Heimlich maneuver. The newsletter goes on to describe the procedure: "Stand behind the choking person and wrap your arms around him above his waist. Place a fist between his



breastbone and navel, with the thumb against his abdomen. Grab the fist with your other hand and thrust quickly and firmly inward and upward. Repeat until the food or object is dislodged. Don't do this to children less than one year old, who need different emergency care when choking." This treatment can be learned in a first-aid or CPR (cardiopulmonary resuscitation) class given by health-care professionals. The *Wellness Letter*

notes that "upper-airway obstructions account for 3,000 to 4,000 deaths in the U.S. each year."

Iron-Jawed Dogs

In New York City last year, there were 10,753 reported cases of dog bites, noted the *Daily News*. On the average, about once a week there was a police-versus-dog confrontation in which firearms were used. Reportedly, some dogs kept coming at the officers even after being riddled with six bullets. Several police officers were bitten, and others "were injured by ricochetting bullets during the battles with iron-jawed pit bulls," the paper reported. Police Department officials are now concerned about the risk that stray and ricochetting bullets pose to humans when firearms are used on ferocious dogs. When faced with a dangerous dog-related situation, policemen are urged to use nonlethal means, such as a pepper spray, which affects the respiratory system.

Dangerous Batteries

"According to the Prevent Blindness Utah organization, 6,000 people each year suffer cornea burns and other eye injuries from exploding batteries" in the United States. The magazine *Snow Country* reports that many of these accidents occur while motorists attempt to jump-start their vehicles. Sparks from a battery can ignite airborne gases. As a preventive measure, the magazine recommended that when jump-starting, "the black cable should be connected to unpainted metal, such as an exposed bolt, rather than the battery's negative terminal. That reduces the potential for electric arcing, which could lead

to an explosion." In addition, cables should be kept untangled, and "motorists should wear protective glasses when jump-starting."

Lost Muscles

Dieting can be harmful—especially when, in an effort to lose body fat, the dieter also loses muscle tissue. Health columnist Wayne Westcott explains that "muscle is so important in so many things we do throughout the day—you can't afford to lose it." Nondieters are also in danger of losing muscle if they lead a sedentary life. It is estimated that every ten years, the typical sedentary person loses an average of 5 pounds of muscle while gaining 15 pounds of fat. "On a bathroom scale, that would indicate a 10-pound weight-gain problem (15 fat pounds minus 5 muscle pounds)," observed Dr. Westcott. "But the reality is that it's actually a 20-pound problem (15 pounds more fat plus 5 pounds less muscle)." To maintain health and fitness, a combination of both aerobic activity and strength training is highly recommended.

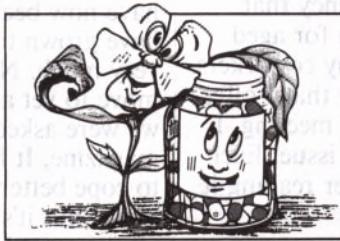
Right to Refuse Transfusions

"Patients Have Right to Refuse Transfusions," declared a heading in the *Mainichi Daily News*, reporting on a recommendation by a board of experts organized by the Ethics Committee for the Tokyo Metropolitan Hospitals and Maternities. Although prominent university hospitals have already made similar decisions, this is the first one made at the local government level. The report recommends that hospitals in Tokyo respect the wishes of adult patients who desire bloodless management even if the doctors feel a blood

transfusion is vital. "In the case of a patient brought to the hospital unconscious but in possession of a document certifying that he or she does not wish to have a transfusion, the doctor must place priority on that wish," reports the paper. "High-school children will have their wishes regarding transfusion respected as if they were adults." However, the report still recommends that the doctors, not the parents, have the final say on the treatment of minors of junior high school age and under.

Flower Power

Plants on the island of Madagascar have long been prized for their medicinal value by the local inhabitants. Extracts from different flowers have been used to treat "ailments ranging from fever to eczema to tumours," reports the journal *Africa—Environment & Wildlife*. Even the beautiful orchid is useful. One species (*Angraecum eburneum*), for example, is being



used to fight viral infections and prevent miscarriages. Recently, a source of medicine for treating leukemia became apparent on the island—the rosy periwinkle (*Catharanthus roseus*). But for how much longer will people be able to benefit from these flowers? "The race is on," laments the report, since "untold numbers of undiscovered species are lost every day through commercial practices such as logging, agriculture and mining."

Tobacco Users in India

"According to government figures, 142 million men and 72 million women above the age of 15 in India are regular users of tobacco," says the *British Medical Journal*. The report adds that "poorer people chew tobacco to suppress hunger." Tobacco is of great economic importance to India, as it is the world's third largest producer, next to China and the United States, and employs thousands of people. However, the incidence of oral cancer and cancers of the pharynx, larynx, esophagus, and lungs have the ICMR (Indian Council of Medical Research) concerned. As the *Journal* reports, the ICMR claims that "the cost of treating patients who suffer from diseases related to use of tobacco is set to exceed the revenue earned from the tobacco industry." Doctors and nongovernment groups recommend public awareness campaigns to cite the health risks of tobacco use, the phasing out of tobacco cultivation, and the introduction of alternative crops.

The Problem of Addiction

More than five million persons in Germany suffer from addictive behavior, according to the German Center Against Dangers From Addiction in Bonn. Of these, 1.4 million are addicted to medicinal substances and about 120,000 to heroin. More than 100,000 are addicted to gambling. By far the largest group are addicted to alcohol, reports the *Süddeutsche Zeitung*, adding that "Germans are world champions at drinking." Not only has the consumption of alcohol in Germany tripled since 1950 but as the center further estimates, some 2.5 million persons are in need of treatment for alcohol abuse.

FROM OUR READERS

Aged Parents My father-in-law is bedridden and needs to have everything done for him. Being worn-out mentally and physically, I have at times lost patience and said things I later regretted. So when I read the articles on "The Challenge of Caring for Aged Parents," (February 8, 1994), I felt as if my heart were going to burst! My deepest thanks to you for preparing this material. The articles will support me as I continue carrying out my duties.

T. H., Japan

I am 16 years old, and my grandmother now requires 24-hour care. She lives about a hundred miles away. Thus, a severe strain has been put on my family. I therefore want to thank you for the articles. They were very upbuilding.

M. R., United States

I work for a social service agency that provides services to those caring for aged parents. More often than not, my coworkers refuse any Bible-based literature that I offer them. However, at a recent staff meeting, I gave each person a copy of that issue. Each one accepted! I found one worker reading it at her desk.

B. H., United States

You suggested directly asking one's fleshly brothers and sisters for help in caregiving. I believed that once asked, no one would ever refuse. Well, I'm here to tell you that I have been the caregiver for my parents for over ten years, and when I asked my siblings for help, they wouldn't provide it. We live in a cold, uncaring world. I just wish people would wake up and realize that caring for your parents is not a chore—it's a privilege!

M. D., United States

The Scriptures say that caring for family members is an obligation for Christians. "If anyone does not provide for those who are his own, and especially for those who are members of his household, he has disowned the faith."
(1 Timothy 5:8)—ED.

I really appreciated the advice to make time for your mate and for yourself. I have failed to do this in the past, feeling that care of our parents came before time with my husband—or time for myself. However, I see the wisdom in this counsel, and I am going to try to be more balanced in this regard.

M. O., United States

Moving I am 14 years old and I would like to thank you for the article "Young People Ask . . . Why Do We Have to Move?" (February 22, 1994) When I was nine, my dad, who is a congregation elder, was asked to move to a neighboring congregation. We have now been here for over four years and have grown to love the congregation very, very much. Now my dad has been asked to move to yet another congregation. The day we were asked to move, we received this magazine. It helped both my brother and me to cope better. It is a privilege to be asked to move, but it's very hard to say good-bye to all those we have grown to love.

L. B., England

Racism Just now I had the good fortune to read your August 22, 1993, issue with the series "Will All Races Ever Be United?" I was astonished and impressed by your fair-minded, insightful understanding of this complex problem. I recently concluded a college course on history. But in just nine pages, your magazine gave a concise history, explanation, and remedy! It surpassed a full semester of college textbooks and lectures.

R. J., United States



Can Family Life Be Happier Without TV?

IN FEBRUARY this year, *The Wall Street Journal* featured the article: "Going Tubeless: Some Families Flourish Without TV." The paper reported: "For the relative handful of American families who unplug for good, life after television goes on—quite happily at that."

Television's effect on the family was also discussed recently at a reunion to celebrate the 40th anniversary of the first sub-four-minute mile, which was run by Roger Bannister. According to Jim Ryun, a champion miler in the 1960's, the subject came up during dinner with Roger before the 1968 Olympics.

"My wife, Anne, and I were engaged to be married at the time," Ryun explained, "so Roger told us he had discovered something that really improved the quality of his family life. Of course, we were all ears. He said what he had done is taken the television out of the house, so that had given them more time as a family to be together, to talk, to read together."

Ryun related: "What he said had a major im-

pact on us. We began realizing, 'We don't really need a TV.'"

A number of people have reached the same conclusion. Why? Because of the mesmerizing effect that TV can have, especially on the young. According to a mother in Maryland, U.S.A., when nursing her infant daughter in front of the TV, the baby would "whip her head away from me and stare fixated at the screen. We figured if she was doing it at that age, what would she do when she got older?" So the family got rid of their TV.

If you do not eliminate TV entirely, does not at least controlling its use make good sense? Karen Stevenson, the first black woman to receive a Rhodes Scholarship for study at Oxford University in England, said of her earlier life: "No television was allowed during the week. If there [was] something we especially wanted to see . . . , we had to talk to [mother] about it the Sunday before and plan for it."

What about TV viewing in your family? Do you see the value of limiting it, or even eliminating it, for a time?

ENJOY FAMILY LIFE

Do you know any families that are as united and happy as those seen in this tract? Families everywhere are coming apart at the seams. Divorce, lack of job security, single-parent dilemmas, frustration—all of these contribute to the crisis. An expert on family life lamented: "By now, predictions of the demise of the family are familiar to everyone."

families today bombarded with such serious v can we enjoy family life?

ENJOY FAMILY LIFE

Can families really be happy?
How is it possible?



Now the Family Originated questions, we need to know the origin of family. For if these had an Originator—a members should look to him for guidance, to enjoy family

Making Your FAMILY LIFE Happy

Make Your Family Life HAPPY

WHEN a patient in South Carolina, U.S.A., sent the tract *Enjoy Family Life* to one of her nurses, the nurse phoned to thank her for it. The nurse said she had shared the tract with her husband and that they had read it together appreciatively. In fact, the nurse said they could not believe something so positive was available to help families.

The patient explained: "The nurse told me that the information was exactly what she and her husband had been discussing in

So Jesus Christ is right. An intelligent God created the first humans and arranged for happy family life. God brought the first couple together in marriage and said that the man "must stick to his wife and they must become one flesh." (Genesis 2:22-24) Could it be, then, that today's family problems are due to the pursuit of life-styles that violate standards set by the Creator in his Word, the Bible?

Which Way to Success?

As you are no doubt aware, the modern world promotes self-interest and self-fulfillment. "Greed is



terms of ideal and positive things in the family but that they had no idea anything on the subject was available in printed form. She ended the phone call by saying she keeps the little tract with her everywhere she goes and reads it over and over. She said that if I had any other information on family life to please let her see it."