

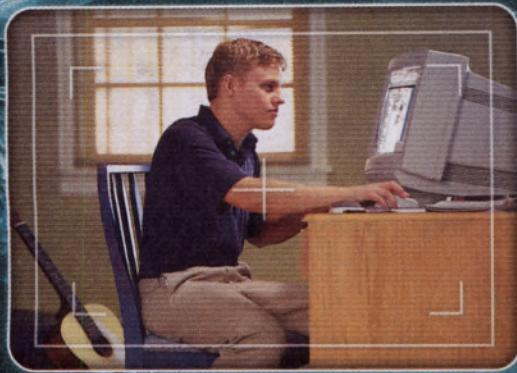
# Awake!

JANUARY 22, 2003



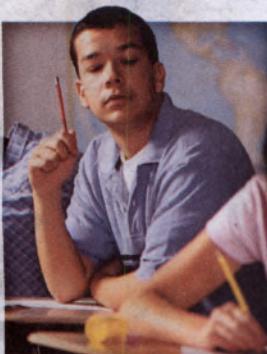
Is Your Privacy  
**IN DANGER?**





## Is Your Privacy **IN DANGER?** 3-12

As never before, your private life can be tracked without your being aware of it. What can you do to protect your privacy?



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## Are You **BEING WATCHED?**

**W**HEN Elizabeth arrives at work each day, a camera tracks her movements. As she enters the building, one camera zooms in on her face. During the day numerous other cameras keep her under constant surveillance. This level of scrutiny is understandable because she works for a company that handles millions of dollars in cash each day.

Elizabeth knows she will be closely watched at work; it was clearly explained to her when she took the job. For millions of other people, however, the amount of surveillance they are subjected to each day may not be as clearly defined.

## Living in a Surveillance Society

Are you under surveillance while at work? Worldwide, millions of employees have their Internet and E-mail use constantly monitored while working. The annual American Management Association Survey for 2001 found that "nearly three-quarters (73.5%) of major U.S. firms . . . record and review their employees' communications and activities on the job, including their phone calls, e-mail, Internet connections and computer files."

Governments invest millions of dollars in surveillance equipment. A report submitted to the European Parliament on July 11, 2001, concluded that "a global system for intercepting communications exists, operating by means of cooperation . . . among the USA, the UK, Canada, Australia and New Zealand." Through a global network of satellite receiver stations, a system known as ECHELON, these governments are reportedly able to intercept and inspect satellite-relayed telephone, fax, Internet, and E-mail messages. The *Australian* newspaper claims that when governments use this system, "specific faxes and emails can be singled out, and if the system has been trained to recognise a particular voice, phone calls by those people can also be singled out."

Law-enforcement agencies also rely on modern surveillance techniques. In the United States, the magazine *BusinessWeek* reports that the FBI has a technology known as Carnivore and uses it "to monitor e-mails, instant messages, and digital phone calls." Meanwhile, in Britain new legislation will

allow law-enforcement agencies secretly to "watch thousands of people using phones, fax machines and the net," reports the BBC News.

## Candid Cameras and Detailed Data Bases

Even when a person is not communicating by phone, fax, or E-mail, he may still be under surveillance. In the Australian state of New South Wales, people using the train system are monitored by over 5,500 cameras. In the same state, some 1,900 government-owned buses are also outfitted with surveillance cameras.

Britain reportedly has the most surveillance cameras per capita in the world—1 for every 55 people, according to one study. In 1996, there were only 74 towns or cities in the United Kingdom with surveillance cameras monitoring public places. By 1999, 500 towns and cities had installed such equipment. New computer programs are being linked to surveillance cameras to give the camera the ability to pick out a particular person's face, even if he is in a crowd at an airport or in a public plaza.

As never before, your private life can be tracked without your knowledge. Simon Davies, director of the human rights group Privacy International, says: "There has probably never been a time in history when so much information has been amassed on the population-at-large. Details of the average economically active adult in the developed world are located in around 400 major data bases—enough processed data to compile a formidable reference book for each person."

What steps can you take to protect your privacy?

## Awake!®

**THIS JOURNAL IS PUBLISHED** for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world that is about to replace the present wicked, lawless system of things.

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# The Privacy PARADOX

**"THE POOREST MAN MAY IN HIS COTTAGE BID DEFIAENCE  
TO ALL THE FORCE OF THE CROWN."**

—WILLIAM Pitt, BRITISH POLITICIAN, 1759-1806.

**I**MPLIED in Pitt's words is the idea that every person should have the right to some privacy, to build a battlement around some part of his life that shields it from uninvited scrutiny.

Privacy may mean different things to people from different cultures. For example, on the Pacific islands of Samoa, houses often have no walls at all, and most family activities within the house can easily be seen from outside. Yet, even there, it is considered bad manners to step into a house uninvited.

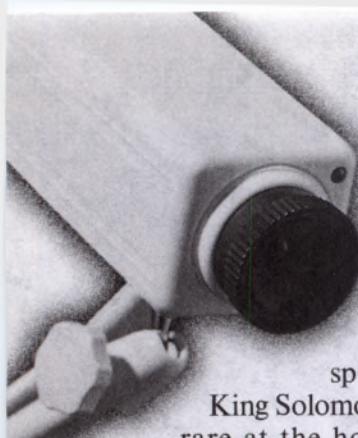
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People have long recognized the need for some measure of personal privacy. Thousands of years before William Pitt's famous statement, the Bible indicated the need to respect the privacy of others.

King Solomon wrote: "Make your foot rare at the house of your fellowman, that he may not have his sufficiency of you and certainly hate you." (Proverbs 25:17) The apostle Paul admonished: "Make it your aim to . . . mind your own business."—1 Thessalonians 4:11.

So important is the right to privacy that *The UNESCO Courier* calls it "the bedrock of civil rights." In the same vein, an influential Latin-American politician said: "In one sense, all human rights are aspects of the right to privacy."

However, in today's climate of escalating crime and global terrorism, governments and law-enforcement agencies increasingly feel

invade some aspects of personal privacy. "September 11 changed things," a former U.S. federal trade commissioner told *BusinessWeek*. He noted: "Terrorists swim in a society in which their privacy is protected. If some invasions of privacy are necessary to bring them out into the open, most people are going to say 'O.K., go ahead.'" The magazine reports: "Polls taken since September 11 show that 86% of Americans are in favor of wider use of facial-recognition systems; 81% want closer monitoring of banking and credit-card transactions; and 68% support a national ID card."

The kind of identity cards being considered by some Western governments would have the capacity to store the owner's fingerprints and retinal scan and to provide access to any criminal history and financial records. It is technologically possible for information from an identity card to be linked to credit card information and matched to facial-recognition surveillance cameras. Thus criminals could be arrested following the purchase of materials for their criminal activities.

If criminals try to evade detection by hiding bombs, guns, or knives beneath clothing, or even behind the solid walls of a home, they can still be caught. Devices available to some security agencies can display images of whatever you have under your clothes. Newly developed radar devices allow police to identify individuals moving or even breathing in the next room. But do increased surveillance capabilities necessarily lead to lower crime rates?

### **Do Cameras Deter Criminals?**

When crime rates in Bourke, an outback town in Australia, started to soar, four closed-circuit television (CCTV) cameras were installed. The result was a dramatically reduced crime rate. This kind of success story, though, is not universal. In an effort to reduce the crime rate in Glasgow, Scotland, 32 CCTVs were installed in 1994. A study by the Scottish Office Central Research Unit found that in the

## **"TERRORISTS SWIM IN A SOCIETY IN WHICH THEIR PRIVACY IS PROTECTED"**

that to protect their citizens, they must breach the barricades of privacy. Why? Because criminal elements in society use the right to privacy as a blind for badness. There is, therefore, a battle to balance a government's responsibility to protect its citizens and an individual's right to privacy.

### **Privacy Versus Security**

The world-shaking terrorist attacks on September 11, 2001, changed many people's perception about the government's right to

## HOW PRIVATE ARE YOUR MEDICAL RECORDS?

Many people may think that the privacy of their medical records—the description of their interactions with their doctor and hospital—is guaranteed. Yet, as Privacy Rights Clearinghouse, a privacy protection organization, warns, “you may have a false sense of security.” In his book *Database Nation—The Death of Privacy in the 21st Century*, Simson Garfinkel states: “Today, medical records have an expanded role . . . They are used by employers and insurance companies to decide who should be hired and insured. They are used by hospitals and religious organizations to solicit donations. Even marketers are buying up medical records in search of sales leads.”

Garfinkel also notes: “What complicates the confidentiality process is the fact that between 50 and 75 people need access to a



patient's chart during a typical hospital visit.” In some places patients themselves may unwittingly give up their right to privacy by signing blanket waivers or general consent forms when being admitted to a hospital. By signing these forms, “you allow the health care provider to release your medical information to insurance companies, government agencies and others,” states Privacy Rights Clearinghouse.

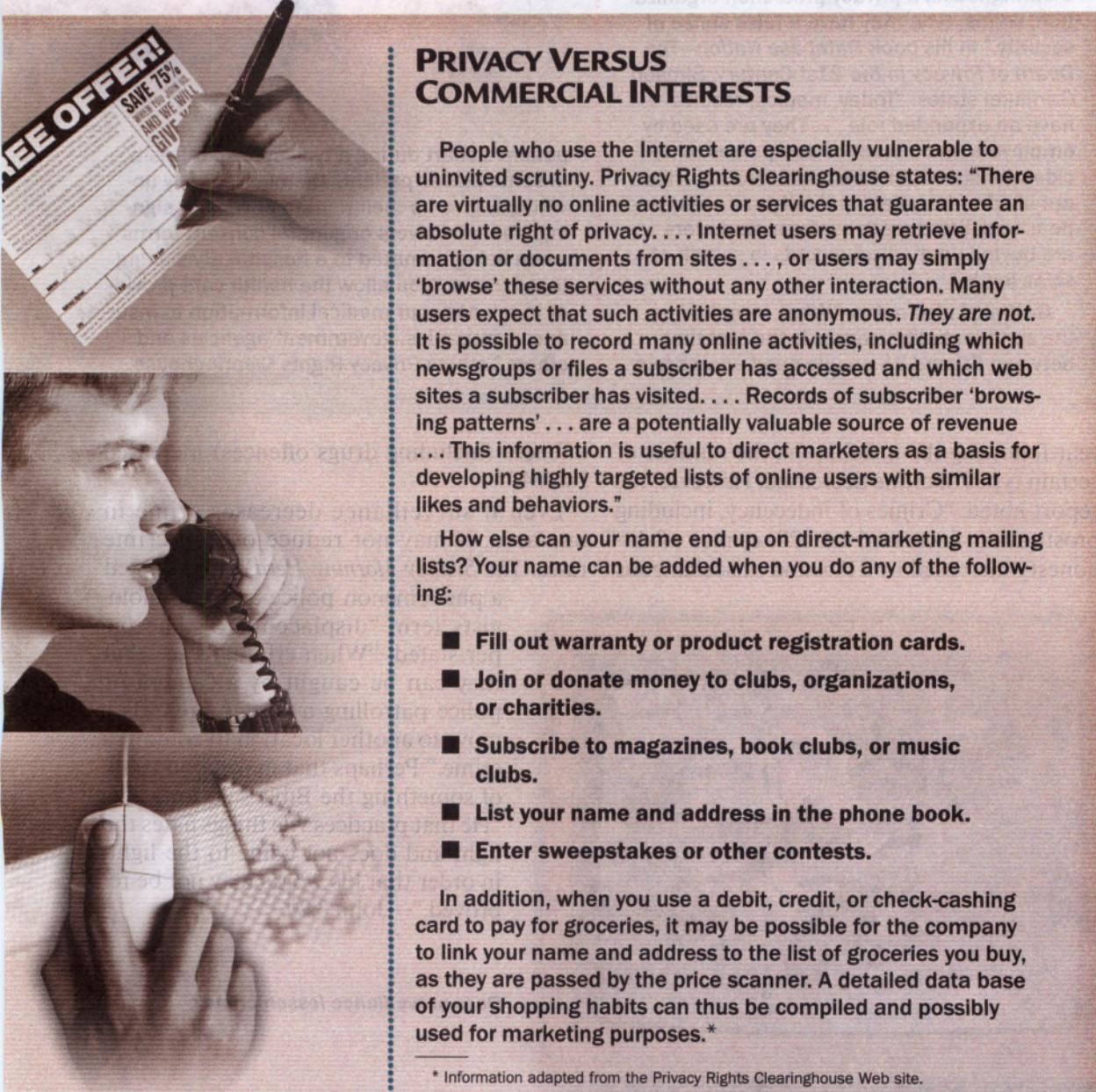
year following the installation, the number of certain types of crime decreased. However, the report noted: “Crimes of indecency, including prostitution, increased by 120; crimes of dishonesty increased by 2185; and miscellaneous

offences (including drugs offences) increased by 464.”

Even if surveillance decreases crime in one area, it may not reduce overall crime rates. *The Sydney Morning Herald* highlighted a phenomenon police and criminologists term “displacement.” The paper stated: “When criminals see that they can be caught by a camera or police patrolling a certain area, they move to another location to commit a crime.” Perhaps that makes you think of something the Bible said long ago: “He that practices vile things hates the light and does not come to the light, in order that his works may not be reproved.”—John 3:20.



**Does surveillance lessen crime?**



The challenge facing law-enforcement agencies is that even the most advanced radar or X-ray surveillance system cannot detect what is in a person's mind and heart, yet it is there that the real battle to reduce crime, hatred, and violence must be fought.

There is, though, a form of surveillance already in place that is far more pervasive than any technology so far invented by man. This form of surveillance and the positive impact it can have on human behavior will be discussed in the next article.

## PRIVACY VERSUS COMMERCIAL INTERESTS

People who use the Internet are especially vulnerable to uninvited scrutiny. Privacy Rights Clearinghouse states: "There are virtually no online activities or services that guarantee an absolute right of privacy. . . . Internet users may retrieve information or documents from sites . . . , or users may simply 'browse' these services without any other interaction. Many users expect that such activities are anonymous. They are not. It is possible to record many online activities, including which newsgroups or files a subscriber has accessed and which web sites a subscriber has visited. . . . Records of subscriber 'browsing patterns' . . . are a potentially valuable source of revenue. . . . This information is useful to direct marketers as a basis for developing highly targeted lists of online users with similar likes and behaviors."

How else can your name end up on direct-marketing mailing lists? Your name can be added when you do any of the following:

- Fill out warranty or product registration cards.
- Join or donate money to clubs, organizations, or charities.
- Subscribe to magazines, book clubs, or music clubs.
- List your name and address in the phone book.
- Enter sweepstakes or other contests.

In addition, when you use a debit, credit, or check-cashing card to pay for groceries, it may be possible for the company to link your name and address to the list of groceries you buy, as they are passed by the price scanner. A detailed data base of your shopping habits can thus be compiled and possibly used for marketing purposes.\*

\* Information adapted from the Privacy Rights Clearinghouse Web site.

# A Reasonable View of **PRIVACY**

**"THE EYES OF JEHOVAH ARE IN EVERY PLACE, KEEPING  
WATCH UPON THE BAD ONES AND THE GOOD ONES."**

—PROVERBS 15:3

**F**EW people would be comfortable with the idea of another human monitoring their every move, scrutinizing their secret thoughts, detecting their deepest desires. Even so, this is exactly what the Bible says God can do. At Hebrews 4:13, the Bible states: "There is not a creation that is not manifest to his sight, but all things are naked and openly exposed to the eyes of him with whom we have an accounting." Is this not an invasion of privacy? Not at all.

Why is that?



*The watchful eye of a lifeguard is not viewed as an invasion of privacy*



To illustrate: While swimming at the beach, you may be under the ever watchful eye of a lifeguard. You do not view this as an invasion of privacy. In fact, his presence gives you a sense of security. You know that if you get in trouble, he will quickly be there to help you. Likewise, a mother constantly monitors her baby's every move. If she did not, she would be viewed as negligent.

Similarly, Jehovah God monitors our thoughts and actions because he has our best interests at heart. A Bible prophet stated: "As regards Jehovah, his eyes are roving about through all the earth to show his strength in behalf of those whose heart is complete toward him." (2 Chronicles 16:9) But to what extent does Jehovah actually see our private thoughts and actions? Several incidents involving Jesus, the Son of God, provide some insight.

#### The Ability to Read Hearts and Minds

While Jesus was dining at the house of a Pharisee, a woman known as a sinner came and knelt at Jesus' feet. She started weeping and then wiped her tears off Jesus' feet with her hair. The account states: "At the sight the

Pharisee that invited him said within himself: 'This man, if he were a prophet, would know who and what kind of woman it is that is touching him.'" Jesus' response shows that he not only knew the woman's background but also knew what the Pharisee had just said "within himself."—Luke 7:36-50.

On another occasion Jesus was confronted by a group opposed to his performing miracles. The account recorded at Matthew 9:4 says: "Jesus, knowing their thoughts, said: 'Why are you thinking wicked things in your hearts?'" Jesus' ability to know the thoughts of others was more than just shrewd guesswork.

Reasoning on the account of the resurrection of Lazarus reveals that much more is involved. Jesus' close friend Lazarus had been dead four days. His thoughts had perished, and he had started to decay. (Psalm 146: 3, 4) When Jesus instructed that the entrance to Lazarus' grave be opened, Lazarus' sister Martha protested: "Lord, by now he must smell." Yet, with the aid of God's power, Jesus resurrected Lazarus, including all the intimate and private memories necessary to make Lazarus the person he had been before he died.—John 11:38-44; 12:1, 2.

*Knowing that God is aware of our actions motivated Doug to make changes in his life*



Jehovah God's ability to know our innermost thoughts is confirmed by Jesus' comments regarding prayer. Before teaching his disciples the model prayer, Jesus said: "God your Father knows what things you are needing before ever you ask him." Jesus also said: "When you pray, go into your private room and, after shutting your door, pray to your Father who is in secret; then your Father who looks on in secret will repay you."—Matthew 6:6, 8.

### Benefits of Knowing That We Are Being Watched by God

Does knowing that God is searching all hearts and is discerning "every inclination of the thoughts" cramp our movements or limit our freedom? (1 Chronicles 28:9) On the contrary, recognizing that nothing can be kept private from God can be a powerful force for good.

Elizabeth, mentioned in the opening article, says that her main reason for remaining honest is not that surveillance cameras are watching her at work. Rather, she says: "The fact that I know that Jehovah is observing my conduct motivates me to be honest in all my dealings, even when I am not at work."

Jim makes a similar observation. He works in a factory where employee theft is a common problem. Jim, though, refuses to steal from his employer. He states: "It is true that I could likely get away with stealing from my company, but I value my relationship with God and know that he sees everything I do."

The knowledge that God is aware of all our actions, coupled with the desire to have a good relationship with him, can motivate a person to make big changes in his life. For example, Doug was brought up in a Christian family but never really took seriously the fact that God could see his actions. As a result, he lived a double life. He attended Christian meetings with his family but afterward took drugs with his friends. His love of motorcycles led him to join a notoriously violent motorcy-

## BE AWARE!

### PRIVACY AND ON-LINE JOB SITES:

Job seekers who post their résumés on-line face considerable threats to their privacy. Résumés may be stored on on-line job sites for years and may even become a source of information for identity theft. Some job sites request personal information from job seekers, such as name, address, age, and work history, and then pass that information on to third-party vendors, such as advertisers.

### PRIVACY AND MOBILE COMMUNICATIONS:

Currently there is no inexpensive way of guaranteeing privacy on either cordless or cellular phones. If you are discussing a private matter, it may be safer to use a standard wired telephone. Be sure that both you and the person you are talking to are on standard phones. The signals from many cordless phones can be picked up by radio scanners, some even by other cordless phones or baby monitors. If you buy something over the phone and give your credit card number and expiration date, your cordless or cellular phone call could be monitored and you may become the victim of fraud.\*

\* Information adapted from the Privacy Rights Clearinghouse Web site.



cle gang. To gain acceptance, Doug committed serious crimes.

Some years later Doug again started studying the Bible. He began to see Jehovah as a real person who is aware of and affected by people's actions. Doug was motivated to start living his life in harmony with God's high moral standards. Although it was the gang's custom to beat severely anyone who quit,

## RECOGNIZING THAT NOTHING CAN BE KEPT PRIVATE FROM GOD CAN BE A POWERFUL FORCE FOR GOOD

Doug attended a gang meeting and formally resigned in front of all the gang members. He recalls: "When I stood up to speak, my heart was pounding. I felt like Daniel in the lions' den. But I prayed silently to Jehovah and then calmly explained my reasons for quitting. When I left, all but one shook my hand and wished me well. I experienced the truth of Isaiah 41:13: 'I, Jehovah your God, am grasping your right hand, the One saying to you, "Do not be afraid, I myself will help you.'"'" Doug feels that Jehovah provided the strength he needed to change his life.

### A Reasonable View

It is unreasonable to think that we can keep things private from God. The Bible frankly states: "The senseless one has said in his heart: 'There is no Jehovah.'" (Psalm 14:1) As the preceding articles highlighted, humans have produced surveillance cameras capable of recognizing one specific face in a crowd. They have developed eavesdropping devices capable of sifting out one particular voice from the many thousands using the telephone system. Surely, then, the Creator of the human brain has the ability to tap into the thought processes of any individual, whenever He sees fit.

While our Creator has the right to know all of a person's private dealings, humans do not. The apostle Peter admonishes all who are interested in gaining God's favor: "Let none of you suffer as . . . an evildoer or as a busybody in other people's matters." (1 Peter 4:15) The apostle Paul also warns against meddling "in other people's affairs."—1 Timothy 5:13.

An extreme example of being "a busybody" and meddling "in other people's affairs" is the growing trend in some countries for private citizens to use miniature audio or video

recording devices to spy on others. In Japan, for example, marathon runner Naoko Takahashi, who won a gold medal at the Sydney Olympic Games, recently discovered that a miniature camera had been hidden in her bathroom and had filmed her without her knowledge. A video was produced, and thousands of copies of it have been sold illegally.

Also widespread is identity theft or fraud, the practice of using advanced technology to steal personal details. It is only reasonable to take steps to protect your privacy from unauthorized scrutiny.\* The Bible states: "Shrewd is the one that has seen the calamity and proceeds to conceal himself, but the inexperienced have passed along and must suffer the penalty."—Proverbs 22:3.

### Private Actions—Public Accounting

As crime, violence, and terrorism increase, governments will likely keep an ever closer eye on their citizens. Soon, though, there will be no need for surveillance cameras and wiretaps. The Bible promises that in the near future, Jehovah God will call all of mankind to account for their actions, both public and private.—Job 34:21, 22.

From that time forward, the earth will be free from the violence, hatred, and criminal activity that have plagued mankind for so long. How will this be possible? Because at that time not only will Jehovah know intimately all those alive but all those alive will intimately know Jehovah. The words of the prophet Isaiah will prove true: "They will not do any harm or cause any ruin in all my holy mountain; because the earth will certainly be filled with the knowledge of Jehovah as the waters are covering the very sea."—Isaiah 11:9.

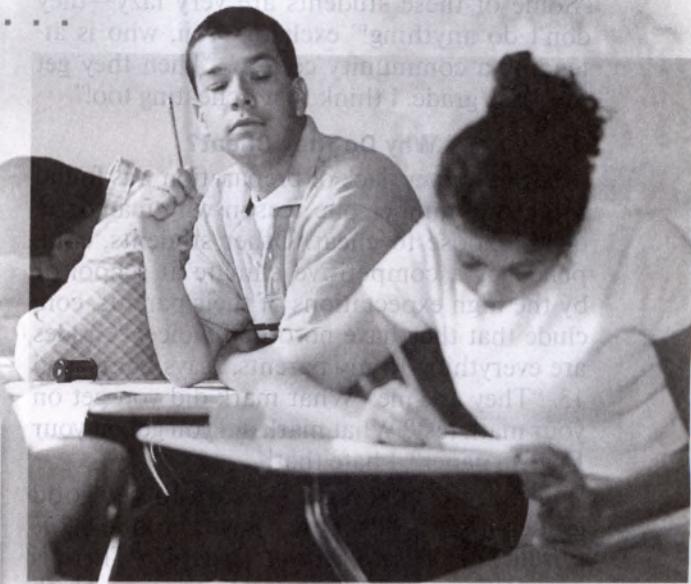
\* See the box "Be Aware!"

# Young People Ask . . .

## What's Wrong With Cheating?

**"Everybody knows cheating is wrong, but it's easy."**

—Jimmy, aged 17.



HAVE you ever been tempted to sneak a peek at a classmate's paper while taking a test? If so, you are not alone. Jenna, who is in the 12th grade, notes the brazen attitude with which many of her classmates cheat: "They brag about how they do it," she says. "They look at you as odd if you *don't* cheat!"

In one U.S. survey, 80 percent of teens at the top of their class admitted to cheating, and 95 percent of these "high achievers" were never caught. After conducting a survey of more than 20,000 middle and high school students, the Josephson Institute of Ethics concluded: "In terms of honesty and integrity, things are going from very bad to worse." Educators are astounded at how pervasive the practice of cheating has become! School director Gary J. Niels went so far as to claim: "It is the non-cheater who is in the minority."

Most parents expect their children to behave honorably when it comes to their schoolwork. Unfortunately, though, many young ones compromise their honesty by cheating. What new methods are they using? Why do some youths

resort to cheating? Why should you avoid the practice?

### High-Tech Cheating

Any number of devious methods are used by the modern cheater. In fact, cheating by copying homework or using crib sheets pales into insignificance when compared with today's high-tech tactics. These include the use of pagers that receive answers to test questions from remote callers; calculators preprogrammed with "extra" information; miniature cameras hidden in clothing, which are used to relay questions to a helper elsewhere; devices that transmit infrared messages to nearby classmates; and even Internet sites that contain completed term papers on virtually any subject!

Educators are trying to reverse the alarming trend toward cheating, but the task is not easy. After all, not every student—or teacher—agrees on what constitutes cheating. For example, when teams of students work together on a project, the line between fair collaboration and dishonest collusion may not be so clear. Then there are those who might take advantage of a group effort to let others do all the work.

"Some of these students are very lazy—they don't do anything!" exclaims Yuji, who is attending a community college. "Then they get the same grade. I think that's cheating too!"

### Why Do They Cheat?

In one survey, lack of preparation was found to be the number one reason why many students choose to cheat. Other students, compelled by a competitive climate at school or by the high expectations of their parents, conclude that they have no other choice. "Grades are everything to my parents," says Sam, aged 13. "They ask me: 'What mark did you get on your math test? What mark did you get on your English paper?' I hate that!"

For some, constant pressure to get good grades leads to cheating. Says the book *The Private Life of the American Teenager*: "There is something out of balance in a system in which pressure is so intense that the satisfactions of learning are often superseded by the pressure to achieve, sometimes at the expense of honesty." Many students agree. After all, no one wants to flunk a test, much less a whole course. "Some people are just real scared that they're going to fail," observes Jimmy, a high school

### The cheater often fails to see that he is actually stealing

student. "Even if they know the answers, they'll cheat just to make sure."

The sheer number of people who are willing to sacrifice standards of honesty can make cheating appear harmless. And sometimes it might seem downright advantageous. "Yesterday I spotted a kid cheating on a test in one of my classes," says 17-year-old Greg. "Today when we got the test back, he got a higher score than I did." Many are swayed by the prevalence of cheating among their peers. "Some students feel that 'if others are doing it, I have to do it,'" says Yuji. But is that true?

**Often, cheating leads to more serious acts of dishonesty**

### A Deceptive Addiction

Compare cheating to stealing. Does the fact that many people resort to thievery make it acceptable? 'Of course not,' you might say—especially if it's *your* money that is being stolen! By cheating, we are taking credit for something we do not deserve—perhaps even taking advantage of those who act fairly. (Ephesians 4:28) "It's just not right," says Tommy, who recently finished high school. "You're saying, 'I know this stuff,' when you really don't. So you're lying." The Bible's viewpoint on this is clearly indicated at Colossians 3:9: "Do not be lying to one another."

Cheating can become like an addiction that is difficult to break. "Cheaters learn that they don't even have to study to pass," says Jenna, "so they just rely on cheating. And then once they're out on their own, they don't know how to function."

The principle recorded at Galatians 6:7 is sobering: "Whatever a man is sowing, this he will also reap." The consequences of cheating in school can include the pain of a troubled conscience, the loss of your friends' trust, and stunted academic growth because of your avoiding the learning process. Like a cancer that turns malignant, this pattern of deception can spread to affect other areas of life and can poison your most valued relationships. Most certainly, it will affect your relationship with God, who is displeased by deception.—Proverbs 11:1.

Those who rely on cheating are only fooling themselves. (Proverbs 12:19) By their actions they take a position similar to the corrupt rulers in the ancient city of Jerusalem: "We have made a lie our refuge and in falsehood we have concealed ourselves." (Isaiah 28:15) In reality,

however, the cheater cannot conceal his actions from God.—Hebrews 4:13.

### Do Not Cheat!

In many cases youths put a lot of effort and ingenuity into cheating—which they would be better off channeling into obtaining an honest education. As 18-year-old Abby puts it, “if they applied themselves to learning as well as they apply themselves to cheating, they’d probably do very well.”

Granted, the temptation to cheat may be strong. But you must avoid this moral pitfall! (Proverbs 2:10-15) How can you do so? First, remember *why* you are at school—to learn. True, there might seem to be little benefit in accumulating facts you may never use. But by circumventing this process through cheating, a person hinders his ability to learn new things and make practical use of knowledge. Real understanding is never obtained without effort; it costs something. The Bible states: “Buy truth itself and do not sell it—wisdom and discipline and understanding.” (Proverbs 23:23) Yes, you need to take a serious view of study and preparation. “You have to do your work,” recommends Jimmy. “It will make you confident that you know the answers.”

True, at times you may not know all the answers, and this may result in a lower score. Still, if you do not compromise your principles, you may see what you need to do in order to improve.—Proverbs 21:5.

Yuji, quoted earlier, is one of Jehovah’s Witnesses. He explains what he does when other classmates put pressure on him to help them cheat: “First thing—I just let them know I’m a Witness,” he says. “That’s helped me a lot because they know Jehovah’s Witnesses are honest people. If someone asks me to give

him an answer during a test, I just say no. Then later on I can explain why I don’t do that.”

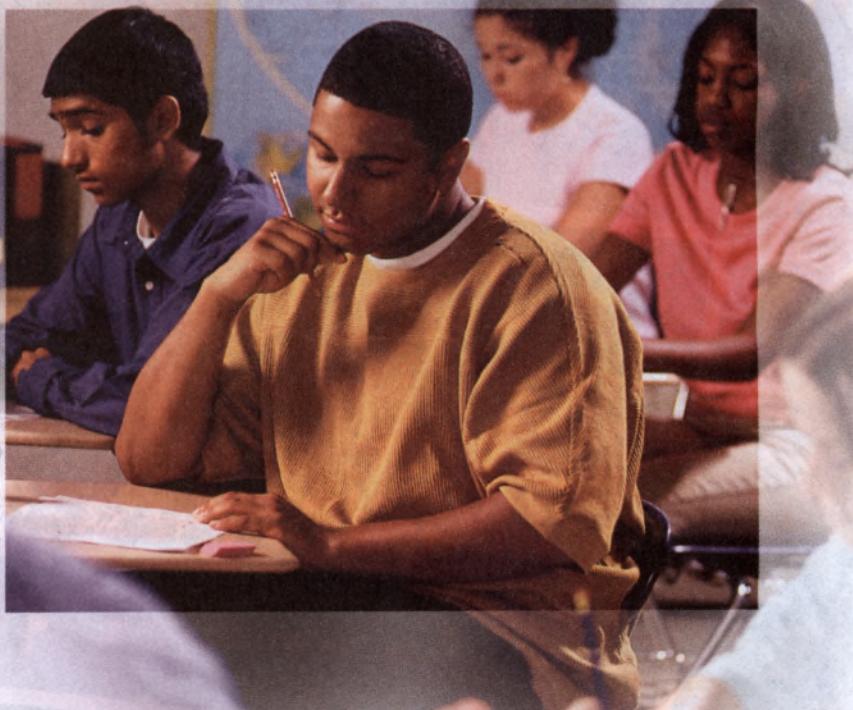
Yuji agrees with the apostle Paul’s statement to the Hebrews: “We wish to conduct ourselves honestly in all things.” (Hebrews 13:18) Your holding to high standards of honesty and refusing to compromise by cheating imparts *real* value to the good grades you obtain. You bring home from school one of the best gifts you can give your parents—a record of Christian integrity. (3 John 4) Moreover, you preserve a clean

### The cheater cannot conceal his actions from God

conscience and have the joy of knowing that you are making Jehovah God’s heart rejoice.—Proverbs 27:11.

No matter how common it may be, therefore, avoid cheating! By doing so, you will preserve your good relationship with others and, most important, with the God of truth, Jehovah.—Psalm 11:7; 31:5.

### Adequate study before a test will give you confidence



# Flame-Feathered Dancers

BY AWAKE! WRITER IN KENYA

**T**HOUSANDS of voices. The incessant, frenzied chatter resonates across the surface of the remote lake. Wading in the shimmering, emerald-green waters are thousands of pink birds. Above, the sky is filled with their graceful flight. Turning and wheeling above the water, they beat the air with their long, thin wings, revealing flashes of deep red. The swarm of bird life, awash with brilliant color, is breathtaking! It is arguably the greatest avian wonder on earth—the pink flamingos of Africa's Great Rift Valley.

## Long-Legged Elegance

From early times the flamingo has been appreciated for its lovely, delicate stature. Its long-necked likeness was chiseled into stone and can be seen in Egyptian hieroglyphs. So unusual and admired was the bird's appearance that the Egyptians revered it as the embodiment of the god Ra. The flamingo's slender, arching neck and thin, graceful legs were featured in primitive cave drawings.

Today four species of flamingo can be found in areas of Africa, the Caribbean, Eurasia, and South America. The lesser flamingo is



the smallest of the species. It is beautifully colored, with deep-pink feathers and bright-red legs and feet. The greater flamingo is twice the size of the lesser flamingo and stands up to 55 inches tall. All flamingos share a common characteristic—a bill that gently bends in the middle and curves downward, creating a form that is lovely to behold.

When taking to the air, the bird gracefully flaps its wings and races across the water on nimble legs, obtaining the momentum it needs to lift into the sky. With its long neck and head straight out in front and its legs trailing rigidly behind, it elegantly wings its way across the sky. An estimated four million flamingos inhabit Africa's Great Rift Valley.

#### **Delicate Bird, Rugged Environment**

The vast number of flamingos that inhabit the Rift Valley thrive on a series of soda lakes

that are indeed unique. The water is so chemically rich in sodium carbonates that it feels oily to the touch and slightly burns the skin. Temperatures around the Rift soda lakes can climb to as high as 150 degrees Fahrenheit. The strong scent of sulfur and brine rises from the fizzy lake waters and hangs heavy in the hot air. Alkaline compounds and salts in the water are so concentrated that they crystallize and form crusty, white deposits along the shoreline.

Few creatures can live in such caustic water. Yet, some tiny creatures do survive there—microscopic blue-green algae. The hot, tropical sun warms the alkaline waters, creating ideal conditions for the growth of algae in vast numbers. The algae are so concentrated that they turn the lake waters green. Like emeralds set in a fine necklace, this chain of soda lakes beautifully adorns the valleys and



**Greater  
flamingos**



**Lesser  
flamingos**



mountains that run along the length of the Great Rift Valley.

It is remarkable that a delicate creature like the flamingo can exist in such rugged and hostile surroundings. Yet, the flamingo thrives here. Its spindly legs are resistant to the caustic waters, and its webbed feet prevent it from sinking into the soft, oozing mud. The lesser flamingo is uniquely equipped for life in this forbidding environment. Its beak contains tiny filaments that are able to siphon and strain out the microorganisms that are concentrated in the upper two to three inches of the water. When feeding, the flamingo holds its beak upside down, pointed backward, just below the surface. The flamingo's pistonlike tongue draws water in and forces it out across the tiny filaments that filter out and retain the microscopic organisms.

#### **Colorful Courtship Ceremonies**

When the morning sun rises over the jade-green waters of the lake, it is as if a giant curtain were lifted. The golden light reveals a vast flock of flamingos glowing like flames of fire on the

*The young chicks bear little resemblance to their magnificent parents*

lake surface. The birds are packed in tightly. With their necks extended upright, the displaying birds march in groups, tossing their beaks from side to side.

As platoons of birds march past one another in opposite directions, the sun reflects on the birds' delicate feathers, forming a mosaic of contrasting shades of scarlet and pink. The birds bob and dance, spreading their wings wide to reveal the deep red of their wing feathers. Flaunting their vibrant colors, they run across the water and take to the air, only to land again and repeat the ritual. The flamingos are so densely packed that individual birds cannot take to flight but must wait until those on the edge of the flock take off first. Honking and babbling with excitement, they produce a clamor that is deafening.

Then suddenly, under the cover of darkness, the birds take to the air en masse and fly away. Moving in long lines or in V-formation, they fly hundreds of miles until they reach their destination—a soda lake that is ideal for nesting and raising their young. Strangely, this migration is simultaneous with that of flamingos on the other Rift Valley soda lakes.

### **From Ugly to Beautiful**

Flamingos choose to build their nests on lakes that are remote and inaccessible. This isolation is important, since the nesting colony is extremely sensitive. If disturbed, the parent birds may completely abandon their eggs and never return.

The nesting colony swarms with activity. With great excitement parent birds begin building. Bending their long necks, they scoop up mud, bird dung, and a few feathers to form a cone-shaped mound some 16 inches high. It is topped with a slight depression that holds the single egg away from the shallow, alkaline water. Soon hundreds of thousands of chicks begin to hatch. Parent birds fly in and out of the nesting site in vast numbers, busy with the exhausting work of feeding and caring for their begging chicks.

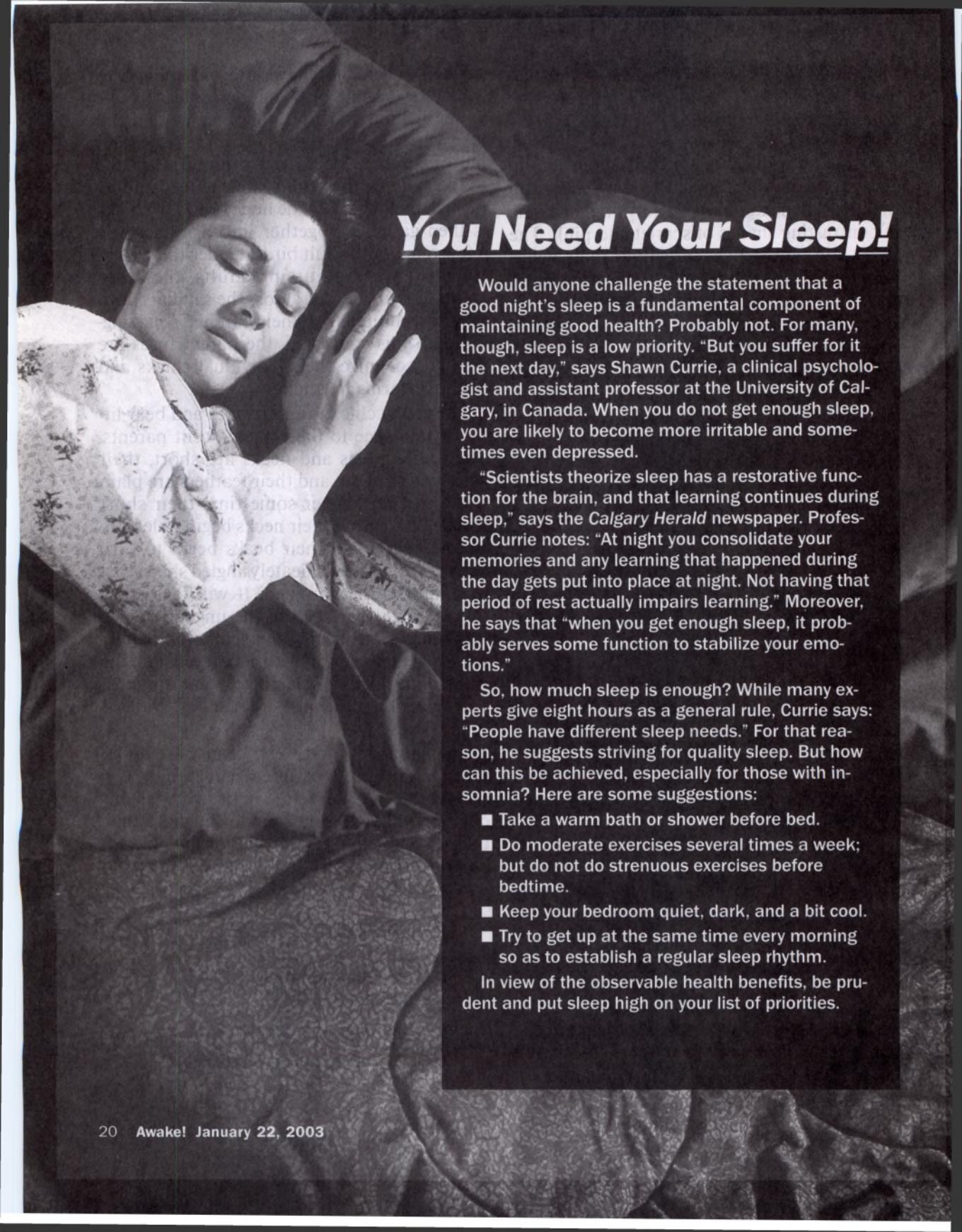
Then, when the chicks are old enough to walk, the parent birds suddenly leave their young behind and fly to another part of the lake, where the blue-green algae are richer and more abundant. Here, away from the demands of their chicks, they will be able to feed and replenish their energy. The huge brood of chicks is then gathered together into a nursery by a few remaining adult birds. Under the watchful care of these nursing adults, the noisy youngsters are herded across the salt flats until they are reunited with their parents. Amazingly, in all this confusion, the parent birds are able to recognize their individual chicks and continue caring for them.

The young chicks are awkward and bear little resemblance to their magnificent parents. Their young legs and necks are short, their beaks are straight, and their feathers are plain white in color. After some time their short legs begin to grow, their necks begin to lengthen and curve, and their beaks begin to turn down, forming the delicately angled shape that is unique to the flamingo. It will take some two to three years before the ungainly chick turns into a beautiful flame-feathered flamingo. It will then pair off with a mate and join the great pink flocks of flamingos that are such a delightful complement to the Rift Valley's soda lakes.

The flamingo's grace and beauty are an astonishing example of intelligent design. Observing this lovely creature in the wild delights our sense of sight and sound. But more than that, it heightens our appreciation and love for its wonderful Creator, Jehovah God.

### **In Our Next Issue**

- **Child Prostitution  
—A Tragic Reality**
- **Is There an Unforgivable Sin?**
- **Faith Under Trial in Nazi Europe**



## You Need Your Sleep!

Would anyone challenge the statement that a good night's sleep is a fundamental component of maintaining good health? Probably not. For many, though, sleep is a low priority. "But you suffer for it the next day," says Shawn Currie, a clinical psychologist and assistant professor at the University of Calgary, in Canada. When you do not get enough sleep, you are likely to become more irritable and sometimes even depressed.

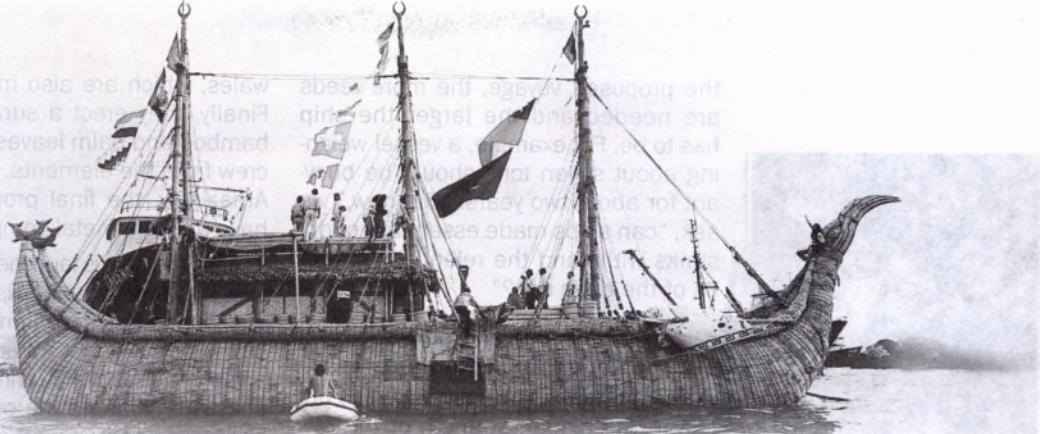
"Scientists theorize sleep has a restorative function for the brain, and that learning continues during sleep," says the *Calgary Herald* newspaper. Professor Currie notes: "At night you consolidate your memories and any learning that happened during the day gets put into place at night. Not having that period of rest actually impairs learning." Moreover, he says that "when you get enough sleep, it probably serves some function to stabilize your emotions."

So, how much sleep is enough? While many experts give eight hours as a general rule, Currie says: "People have different sleep needs." For that reason, he suggests striving for quality sleep. But how can this be achieved, especially for those with insomnia? Here are some suggestions:

- Take a warm bath or shower before bed.
- Do moderate exercises several times a week; but do not do strenuous exercises before bedtime.
- Keep your bedroom quiet, dark, and a bit cool.
- Try to get up at the same time every morning so as to establish a regular sleep rhythm.

In view of the observable health benefits, be prudent and put sleep high on your list of priorities.

BY AWAKE!  
WRITER IN  
BOLIVIA



# SAILING THE DEEP BLUE SEA ON REEDS!

**I**MAGINE yourself embarking on a long ocean voyage of thousands of miles. But instead of your ship being a sturdy ocean liner decked out with all the comforts of a modern hotel, it is a seemingly flimsy sailing vessel made of reeds and tied together with rope! True, the ship may weigh as much as 50 tons, but how reassuring is that when you are out in, say, the middle of the Pacific Ocean being pounded by huge waves?

Amazing as it may seem, a number of such voyages have already been attempted. Although many have ended in failure, they have established at least one thing—that considering their composition, reed ships are remarkably robust. Would you like to see how these vessels are made? If so, then come along with us as we visit a shipyard that is world famous for their manufacture.

## A Visit to Lake Titicaca

Our trip takes us high into the Andes Mountains of South America to Lake Titicaca. At an altitude of 12,500 feet, Titicaca is the highest navigable lake in the world. As we travel the lakeside, we come across adobe, thatched-roof cottages belonging to the local Aymara people, some of whom are master builders of reed ships. When we approach the cottages, we are greeted by two women weaving beautiful, heavy woolen cloth designed for life on the cold Altiplano. The women stop their work and introduce us to their husbands.

After giving us a warm welcome, the men invite us to go across the lake with them on their launch. As we skirt the shoreline, we observe vast beds of totoras. Growing up to seven feet tall, these reeds are hardly thicker than a pencil, easily bent and, according to our guides, highly water resistant. All these attributes make totoras ideal for reed ships, which is why Lake Titicaca is a magnet for those who want to build such ships.

"Several of our ships have sailed thousands of miles across oceans," our Aymara hosts tell us with proud smiles as they show us models and photographs of their work. How do they get the ships to the ocean? When the size of a ship permits, they truck it whole to the Pacific Coast. Otherwise, they take the raw materials to the coast and construct the ship there. Because of their skills, the Aymara shipwrights have been invited to build reed ships as far afield as Morocco, Iraq, and Easter Island—but with reeds grown in those places.

We learn that a single ship may consist of many tons of reeds, especially if it is to go on a long voyage. Why? Because reeds gradually become waterlogged. So the longer

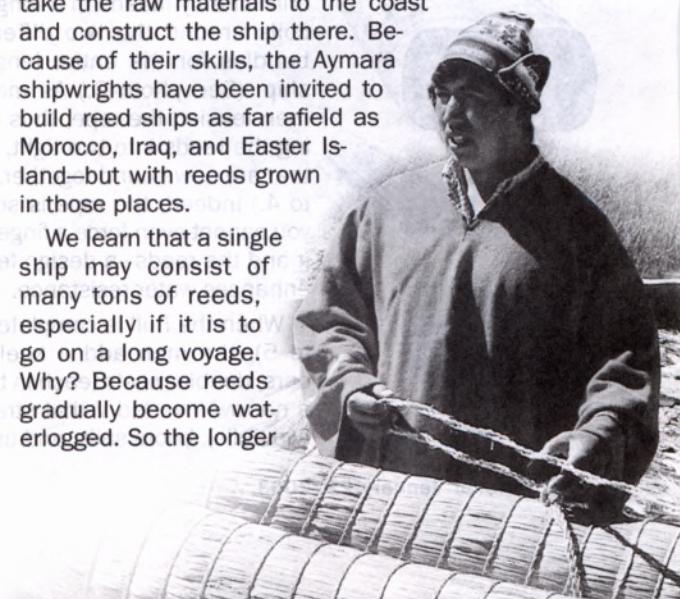
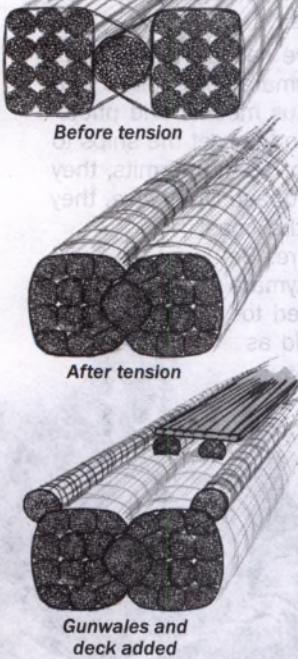




Foto: Carmelo Corazón,  
Colección Producciones CIMA

#### Cross section of the hull



the proposed voyage, the more reeds are needed and the larger the ship has to be. For example, a vessel weighing about seven tons should be buoyant for about two years. "But how," we ask, "can ships made essentially of dry stalks withstand the relentless stresses of the open sea?"

#### A Marvel of Reeds, Ropes, and Bamboo

The sturdiness of reed ships lies not just in the hidden strength of the raw materials themselves but in the ingenious way these are assembled into the final product—an art that has been passed down from generation to generation. Our guide, wearing a poncho and a woolen cap with ear flaps to protect against the cold, revealed some of these ancient skills to us.

The first thing the builders do, he explained, is tie sheaves of reeds together into bundles that are as long as the proposed ship. (See photos 1 and 2.) Next, they pack a number of these together to form two very large bundles that can be many feet in diameter. Then they lay these two bundles together to form a twin hull—a particularly seaworthy configuration.

At the same time, they position a third, thinner bundle between and below the two larger ones. The larger bundles are then tied individually to this third one by means of a long rope that coils around the two different-sized bundles for the entire length of the ship. (See photo 3.) As many as 12 men tension the rope, thus compressing the reeds into two tight, rigid hulls that are now bound together. (See photo 4.) Indeed, the rope is so taut that you cannot even force a finger between it and the reeds—a design feature that enhances water resistance.

When the hull is complete (see photo 5), the men add a keel, steering oars, double masts (each in the form of a narrow inverted V that straddles the two hulls), boom sails, and usually gun-

wales, which are also made of reeds. Finally, they erect a superstructure of bamboo and palm leaves to protect the crew from the elements. (See photo 6.) Amazingly, the final product does not have a single metal component!

After the ship is launched, the reeds inside the already taut coils of rope swell, making the hull even firmer. The end result is definitely not a nautical wimp but a robust vessel. That brings us to a key question, What are the people who now sail these primitive craft on long oceanic voyages trying to prove?

#### Exploring Mysteries of Migration

The reed ships of Lake Titicaca bear a striking resemblance to the crescent-shaped reed vessels depicted in ancient Egyptian art. Some of the latter even appear sturdy enough to have plied the open sea. Are these similarities a coincidence, or was there contact between the two peoples in early times? While it is difficult to determine when reed ships first appeared in South America, evidence suggests that they may predate the arrival of the Spanish conquerors.

Understandably, migration theories have fueled debate about the relationship between the cultures of South America, the Mediterranean, and Polynesia—especially considering their geographic separation. "There was regular trade between Peru and Panama," said one modern explorer. "So, why not between South America and Polynesia?"

Norwegian explorer Thor Heyerdahl's theories have won little support. It stands to reason that even if modern mariners demonstrate that the ancients could have sailed on reeds to distant shores, as Heyerdahl did with the Aymara-built reed ship *Ra II*, the question still remains, Did they? Time may shed more light on this intriguing mystery. Whatever the case, the humble ship of reeds shows that a hardy vessel can indeed be built with even the most basic raw materials.



1



2

◀ Foto: Carmelo Corazón,  
Colección Producciones CIMA



3



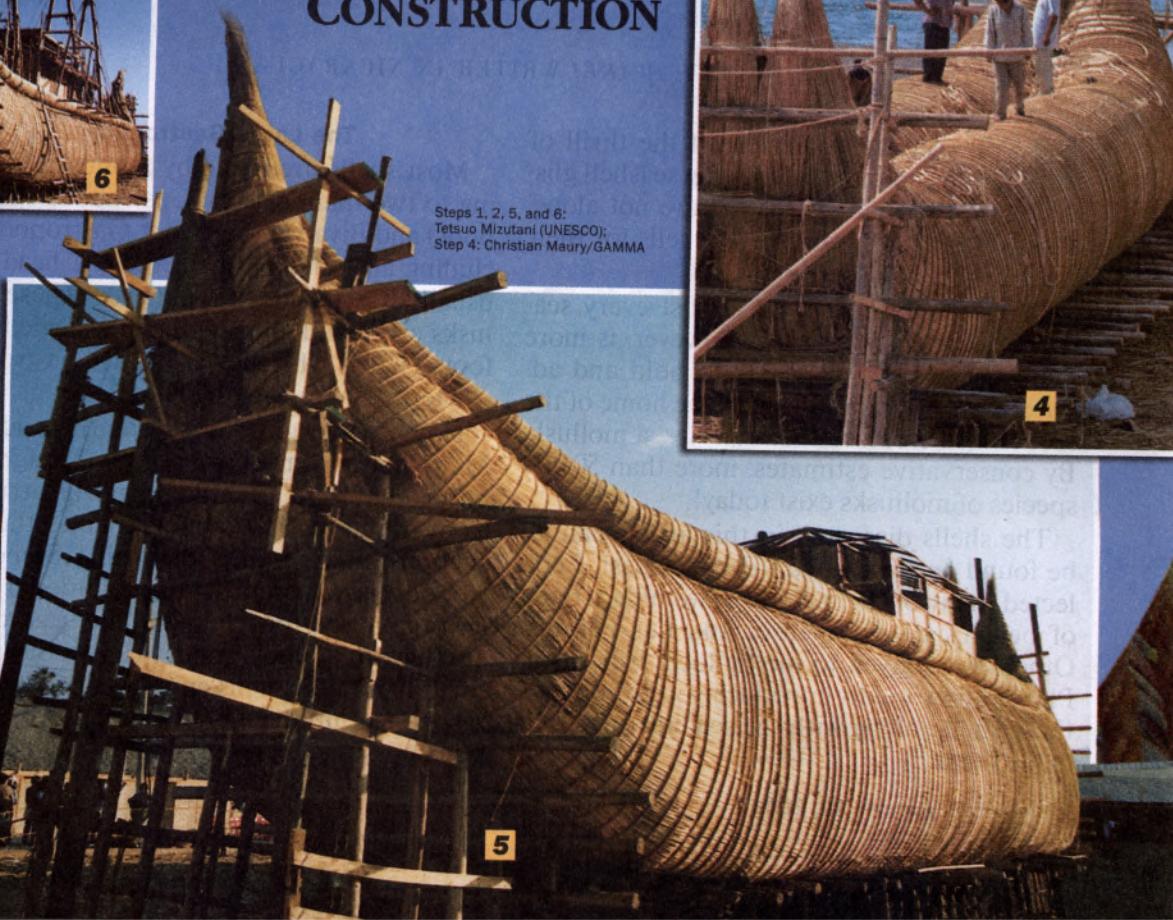
6

## REED SHIP CONSTRUCTION

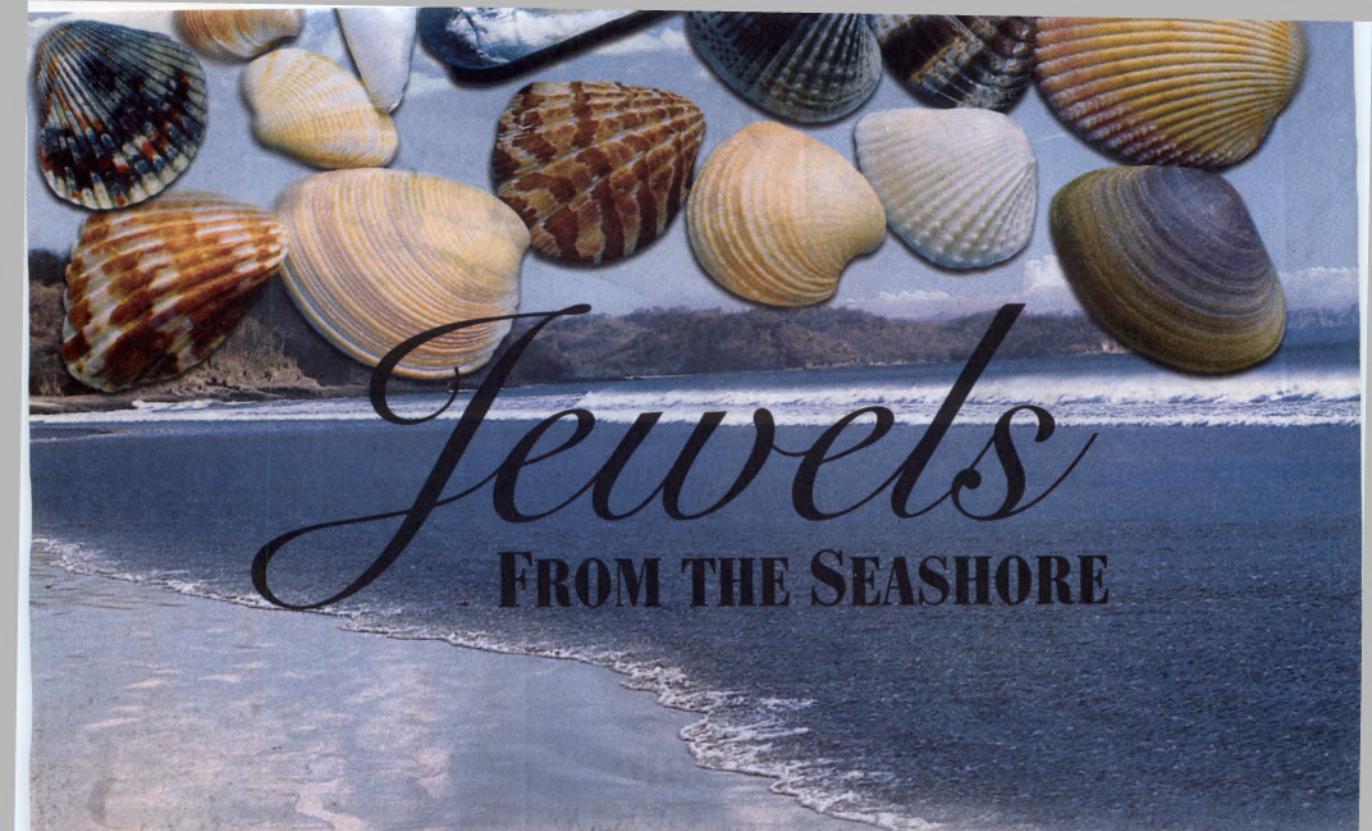
Steps 1, 2, 5, and 6:  
Tetsuo Mizutani (UNESCO);  
Step 4: Christian Maury/GAMMA



4



5



# Jewels FROM THE SEASHORE

BY AWAKE! WRITER IN NICARAGUA

HAVE you ever experienced the thrill of coming across a fascinating seashell glistening on the sand? If so, you are not alone. People of all ages treasure seashells for their great variety and special beauty.

Shells can be found on almost every seashore on earth. A seashell, however, is more than just something lovely to hold and admire. Each shell was formerly the home of the soft-bodied creature that built it—a mollusk. By conservative estimates, more than 50,000 species of mollusks exist today!

The shells discussed in this article can all be found on Nicaragua's Pacific Coast. I collected many of them along a two-mile stretch of beach called Poneloya and Las Peñitas. Others were given to me by local fishermen. Please allow me to introduce you to some of these shells, along with the sea creatures that made them.

## The Large Gastropods

Most shells are made by mollusks belonging to two main classes: Gastropoda (gastropods) and Bivalvia (bivalves). Gastropods, including all types of snails, have a head that usually bears tentacles and eyes. These mollusks creep and glide along on a single fleshy foot. That is why they are called gastropods—a term that means “belly-footed.”

How does a gastropod breathe and eat? Many marine varieties breathe through a siphon, that is, a tubelike organ protruding from the head. The siphon enables them to suck in water through their gills. Some gastropods have a proboscis, an additional tubular organ used for feeding. Many gastropods also have a radula—a horny ribbon that bears small hard teeth. This apparatus works like a rasp to tear up the mollusk's food. All gastropods possess a nervous system, a circulatory

system, a digestive system, and reproductive organs.

How can you tell if a shell was made by a gastropod? If it was, it will be a univalve—a shell consisting of one piece, usually coiled. Murex, tun, cowrie, cone, and turritella shells are all made by gastropods. Let us take a closer look at some of these jewels.

### Growing in Spurts —Drilling for Food

Murex shells from all over the world tend to be intricately shaped.

I found two species, the beautiful pink and brown royal murex and the equally attractive root murex. Where do their spiny ridges come from? Mollusks create ridges, called varices, during periods of slow shell growth. Between the ridges you can see shell material that was produced during growth spurts. The book *Shells—Treasures of the Sea* explains: "Adding new shell consumes so much energy that many gastropods slow down their metabolism and go into a period of inactivity so more energy can be devoted to rapid shell growth. Usually the animal will bury itself or hide in some other manner to avoid disturbance from predators. . . . The growth spurt may last from a few days to several weeks, depending on the species of mollusk."

ROYAL MUREX



ROOT MUREX



The murex itself is a formidable predator. At times while collecting shells, I wondered why some shells had a perfect little hole bored through them. I later learned that the murex is

one of several mollusks that can drill a small hole into the shell of its prey with the aid of its radular teeth. The murex then inserts its proboscis through the hole and enjoys its meal!

I was intrigued to learn that the murex is referred to indirectly in the Bible. Two species common in the Mediterranean Sea, *Murex trunculus* and *Murex brandaris*, were the source of a costly purple dye used to color cloth in Bible times. (Esther 8:15; Luke 16:19)

A gland of the murex produces a yellowish fluid that turns deep violet or reddish purple when exposed to air and sunlight. Since each murex yields only a tiny amount of fluid, it has been estimated that it would take nearly 12,000 murices to make one and a half grams of dye. No wonder Tyrian purple, as the dye was known, was accessible only to the wealthy!\*

### Grinning Shells

I have also collected a species of tun shell, the grinning tun. Tuns can be found around the world, since their larvae may float freely for weeks or even months before settling to the sea bottom to develop. You cannot help but notice the handsome, broad ribs going around the shell as well as the special feature

\* For more details, see *Insight on the Scriptures*, Volume 1, pages 661-2, published by Jehovah's Witnesses.



GRINNING TUN



COWRIE



CONE SHELL



OLIVE SHELL



AUGER SHELL

of the grinning tun—its thickened lip buttressed with teeth. It is believed that this lip helps to protect the delectable snail inside from being eaten by hungry crabs.

My collection includes fine specimens—both juvenile and mature—of the crown conch, so called because of its “crown” of spikes. I also have a juvenile triton, a species that can grow to six inches in length, as well as a *Pleuroloca princeps*, especially prized for its unusual orange color. Such large deep-water shells rarely wash up on the beach. These beautiful specimens are among those given to me by fisherman friends, who caught them in their nets or lobster traps. They kept the meat for food and graciously gave me the beautiful shells.

### Smaller but Eye-Catching

On days when the receding high tide leaves behind a long ribbon of shells on the sand, there are plenty of interesting smaller gastropod shells to be found right on the beach. These include many eye-catching varieties—cowries, cone shells, olive shells, auger shells, sundial shells, moon shells, and turritellas. Since there are so many species around the world, some collectors specialize in collecting shells from only one family. There are, for instance, more than 500 species of cone shells alone!

One of the most attractive features of gastropod shells is their spiral design. Sundial and auger shells are particularly pretty examples of such a design. As they grow, gastropod



SUNDIAL SHELL



TURRITELLA



MOON SHELL



PLEUROLOCA PRINCEPS



PEARL OYSTER



CROWN CONCH



TRITON

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### GASTROPODS CONSIST OF JUST ONE PIECE, WHILE BIVALVES PRODUCE HINGED TWO-PIECE SHELLS

shells follow a mathematically regular pattern. Thus, as they increase in size, they retain their basic form. The mollusk produces this spiral shape by continually adding shell to the edge, coiling around an imaginary axis running straight through the shell. The resulting shell becomes a strong, compact home for the mollusk inside—functional and beautiful!

### Clams, Scallops, and Other Bivalves

What about the other class of mollusks mentioned earlier, the Bivalvia? Their shells are also plentiful on Nicaraguan beaches. A

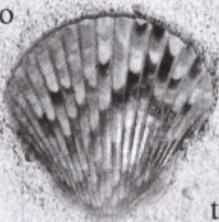
bivalve shell is composed of two hinged halves, called valves, that fit together precisely, enclosing and protecting the animal inside. The clam is a well-known bivalve. Bivalve mollusks have no head, but they do have sensory organs called chemoreceptors that enable them to detect taste or

scent in the water. Generally, bivalves feed by filtering out organic material from the seawater. Some have a narrow, fleshy foot with which they propel themselves. The scallop, also a bivalve, is able to swim by forcefully snapping its valves together, producing a jet stream that shoots the scallop backward. To go forward, it squirts out water behind itself. But how does a scallop know when danger lurks nearby? It boasts dozens of small but sensitive blue eyes situated in two rows around its body. These can detect the passing shadow of a predator.

Probably the most prized product of bivalves is nacre, or mother-of-pearl. Shells consist largely of crystallized calcium carbonate—a component of the mineral salts in seawater. However, the lustrous beauty of nacre comes from a particular type of calcium carbonate called aragonite. On the inside of



VENUS CLAM



SCALLOP

their shells, certain mollusks lay down microscopically thin aragonite crystals in a pattern resembling overlapping roof tiles. These crystals refract and reflect light, producing the shells' much-admired iridescent appearance. In fact, some species of bivalves use nacre to coat irritants inside their shells, such as a grain of sand. In time, layer after layer of nacre is applied and an irritating grain of sand may be transformed into a beautiful and precious pearl.

### The Mollusk's Unique Feature

I have saved for last what many consider the most amazing feature of the mollusk—the mantle, an organ that all mollusks have in common. This is the highly specialized region on the animal's upper surface that is responsible for the creation of new shell. Says *Shells—Treasures of the Sea*: “The mollusk carries [calcium carbonate] in its dissolved form through its blood and secretes it through tube-like pores in the mantle, . . . along the growing edge of the shell.” The mollusk also secretes a protein that causes the calcium to crystallize in water.

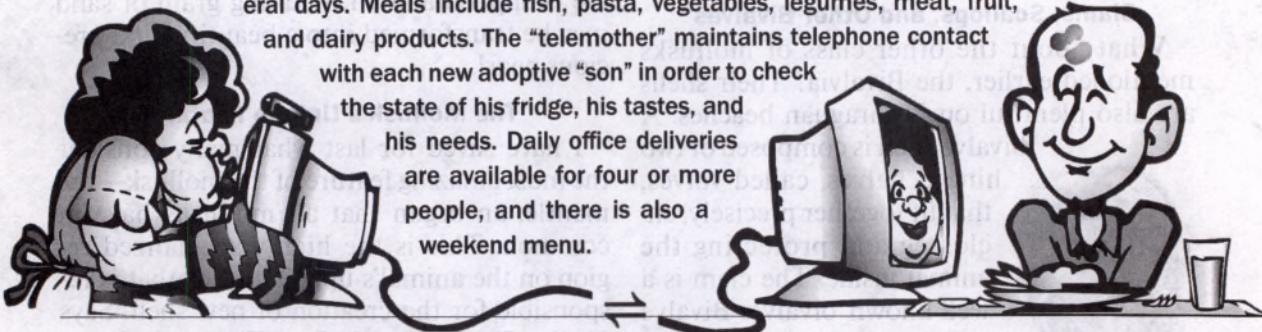
At the same time, pigment cells in the mantle implant the wide variety of delightful colors and patterns in these jewels as they grow. Malacologists—scientists who study mollusks—puzzle over the function of colors and shell patterns. Color and pattern do not seem to play an important role in the mollusks' ability to recognize one another. And such features do not always camouflage the animal in nature. But the enormous variety of color, pattern, and shape in the mollusks' shells certainly captivates us!

So the next time you are walking along a sandy beach and pick up a glistening shell, keep something in mind. Whether it be a common bivalve or a beautifully coiled gastropod, you will be holding in your hand a jewel—the former home of a soft-bodied little creature known as a mollusk.

# Watching the World

## "Telemothers" Provide Better Food

In Madrid, Spain, busy single people who like good food but lack either the time or the inclination to cook have found a novel solution. Via the Internet, they hire a "telemother," says Spain's newspaper *El País*. Twice a week by taxi, their adopted mom sends them healthful, homemade food to last several days. Meals include fish, pasta, vegetables, legumes, meat, fruit, and dairy products. The "telemother" maintains telephone contact with each new adoptive "son" in order to check the state of his fridge, his tastes, and his needs. Daily office deliveries are available for four or more people, and there is also a weekend menu.



## Con Artists Capitalize on 9/11

Less than a day after the terrorist attacks on September 11, 2001, thieves and con artists began to take advantage of the grief and generosity that followed. Some posed as rescue workers and stole from the site. Even a three-ton earth mover was stolen one night. Swindles were rampant. Some people sold bogus bioterrorism-protection equipment and anthrax cures. Others sold fake Ground Zero dirt as souvenirs. A number submitted phony life insurance and property damage claims. One couple tried to collect money, saying that their apartment, actually located four miles away from the site, was damaged by the disaster. Many received payments for "dead" relatives who were still alive or never existed. Peddlers sold items such as flags and buttons, saying that profits would go to relief agencies, but never turned over any of the proceeds. A number of con artists used Web sites to solicit money that they

claimed would go to victims. Some took the names of the missing from posters and called up their families to get personal information that they then used to steal the victims' identities. Investigations are continuing.

## Tuberculosis Persists

Tuberculosis (TB) is far from being eradicated, reports the Buenos Aires newspaper *Clarín*. This is especially true in countries where there is considerable poverty. In Argentina "there are 14,000 new cases annually," the article states. "According to a report from the World Health Organization . . . , this illness continues to kill about two million people annually." Although TB is often associated with malnutrition and poverty, its highly infectious nature puts all people at risk. "Tuberculosis is highly contagious, and it crosses all social barriers," says Dr. Julio González Montaner, a pioneer in the use of drugs to fight TB. He explained that a person can become infected in

an airplane, in his own community, or at his place of employment.

## First Light-Pollution Law

The Czech Republic is the first country with a law prohibiting light pollution, notes the *Berliner Morgenpost*. The law, known as the Protection of the Atmosphere Act, came into force on June 1, 2002. It has found wide support among astronomers and also the population in general. The law defines light pollution as "every form of illumination by artificial light that is dispersed outside the areas it is dedicated to, particularly if directed above the level of the horizon." Citizens and organizations are obliged to reduce stray light, which impedes observation of the night sky, by using shielded light fixtures. Even prior to June 1, the use of such fixtures in downtown Brno had markedly reduced stray light. "The improvement is spectacular," said Czech astronomer Jan Hollan.

## Worldwide Literacy Problems

Just how well are students being educated these days? The Organization for Economic Co-operation and Development carried out a study based on tests involving 265,000 high school students 15 years of age in 32 countries to assess "the extent to which students approaching the end of compulsory education have the knowledge and skills needed for full participation in society." Their findings reveal that 6 percent of pupils fall below the "lowest level of reading proficiency." Another 12 percent can only manage "very basic reading tasks such as locating a simple piece of information or identifying the main theme of a text." In literacy, on the average, girls in all the countries performed better than boys. Finnish pupils did the best in reading, while Japanese and Korean students were the top performers in science and mathematics. "In 20 out of 28 countries, more than one in four students consider school a

place where they do not want to go," says the study.

## Ousted Headlines

"What events were ousted from the media by [the September 11, 2001] 'Apocalypse'?" asked the French magazine *Médias*. The headlines that did not appear in 12 national and regional newspapers in France included news of an American fighter plane that was shot down over Iraq, an earthquake that shook Taiwan, a typhoon that killed five people in Japan, and religious violence that killed at least 165 in Nigeria. Other news items that were eclipsed by the World Trade Center disaster were a sports scandal and the fatal stabbing of a 14-year-old boy by a 15-year-old girl. The only French daily that kept its planned headline was a sports newspaper. But according to *Médias*, this occurred because a picture showing soccer players observing a minute's silence before the kickoff did not arrive in time to make the front page.

## Smoking's 40-Year Legacy

In 1962, England's Royal College of Physicians published *Smoking and Health*, "the first unmistakable warning from an official body in Britain about the dangers of tobacco," says *The Independent* of London. At that time, 70 percent of men and 43 percent of women smoked. Over the following 40 years, "five million people in the UK have died from smoking, 12 times as many as were killed in the Second World War." Although only 29 percent of men and 25 percent of women now smoke, cigarettes "are still promoted, glamorised and marketed to the young," says *The Independent*. According to a recent report of the Royal College, tobacco consumption is again on the increase and is still the principal threat to public health. Sir Richard Doll, who in a 1950 ground-breaking study linked smoking and lung cancer, says it is never too late to quit the habit. He adds: "My message is, stop smoking, enjoy life more and enjoy more of it."

## A Tunnel for Toads

Engineers working on Canada's Vancouver Island Highway were surprised to discover that the highway crossed another important route—a "toad road." According to *Beautiful British Columbia* magazine, "hundreds of thousands of three-centimetre western toads" were seen crossing the unfinished highway as they migrated from their swamp breeding grounds to their upland habitat. The potential harm the highway might cause the toads

"had project engineers scratching their heads." How

would they solve the problem? Craig Barlow, the project's environmental coordinator, said that the engineers created a "fencing system that funnels migrating toads to specially installed dry culverts under the highway." The western toad, says the magazine, is "extremely vulnerable to water pollution, habitat loss, and climate change."



## From Our Readers

**Surveying** I enjoyed the article "Surveying—What Is It?" (June 8, 2002) My husband and I are state inspectors for road construction. Surveying is a daily task in our field. I was delighted to learn of its history, and your highlighting Proverbs 22:28 made it extra special. Although I know the pictures are merely illustrative, I would like to point out that we strongly insist that all surveyors wear safety vests and equipment. This makes them highly visible, since they often work on the roadside with their backs to traffic. Thank you for a very informative article!



C. S., United States

**Warfare** What a wonderful feeling I had after reading "The Bible's Viewpoint: Does God Approve of Warfare?" (May 8, 2002) This very subject has concerned me because I am one of Jehovah's Witnesses and people I meet in my ministry have asked me why the ancient nation of Israel fought so many wars. I have tried to explain it, but I did not have enough information. This article was so simple and convincing! I have copied all the points down so that I will be able to make use of them at any time. We really need such articles!

V. S., Russia

I was a frontline heavy-tank driver in World War II. The morning after capturing a strategic hill, an altar was set up in the field. I remember three tank crews kneeling at the altar and being blessed by the padre. Shortly after that, we were counterattacked, and the three tank crews were killed. My wife and I became Jehovah's Witnesses in 1957, and by then we knew that God was not on either side of that conflict. Since then, we have been fighting a spiritual warfare, and we definitely know which side God is on.

F. S., New Zealand

**Motherhood** Thank you for the series "Motherhood—Does It Take a Superwoman?" (April 8, 2002) I'm

only 13, but these articles showed me what my mom goes through and what she will be going through in a few months—she's five-and-a-half months pregnant. Now that I've read this magazine, I'm trying really hard to honor her and show her more respect.

N. B., United States

**High Blood Pressure** Thank you for the fine article "High Blood Pressure—Prevention and Control." (April 8, 2002) I had to be hospitalized for sudden heart failure. After that, I read this article, and it outlined in great detail how to cope with high blood pressure. Of course, I received much instruction from my physician and a nutritionist. However, this article is written in a way that is easy to understand. From now on, I want to take good care of the life that Jehovah has given me!

N. I., Japan

I have high blood pressure, and I have been advised by health-care professionals to limit my salt intake to about two grams a day. On page 22, the figure of six grams per day, attributed to the Third Brazilian Consensus on Arterial Hypertension, seems high. Is it perhaps a typographical error?

F. S., United States

**"Awake!" responds:** The source for this statement recommends no more than 100 mEq (milliequivalent) of salt per day, which is 5.85 grams. A teaspoon, which is perhaps easier to visualize, would be 5.18 grams. As was acknowledged in the footnote, however, a person with hypertension or a similar ailment should consult a physician. Such a person might benefit from reducing salt intake even further.

# The Power of a Smile

**A**LTHOUGH it lasts only a moment, the memory may stay with you all your life. Its value is immense, but nobody is so poor that he cannot share it or so rich that he does not need it. What are we talking about? A smile.

A smile is produced by a muscular contraction in which the eyes brighten and the corners of the mouth curve slightly upward expressing satisfaction. During the first few weeks after birth, a baby smiles, and this, of course, delights the proud new parents. These early smiles are known as reflex, or involuntary, smiles. Experts explain that this kind of smile appears often during dreaming and seems to be related to internal feelings and activity of the central nervous system. Even when we are adults, this reflex smile may still occur after a meal or while we are listening to music.

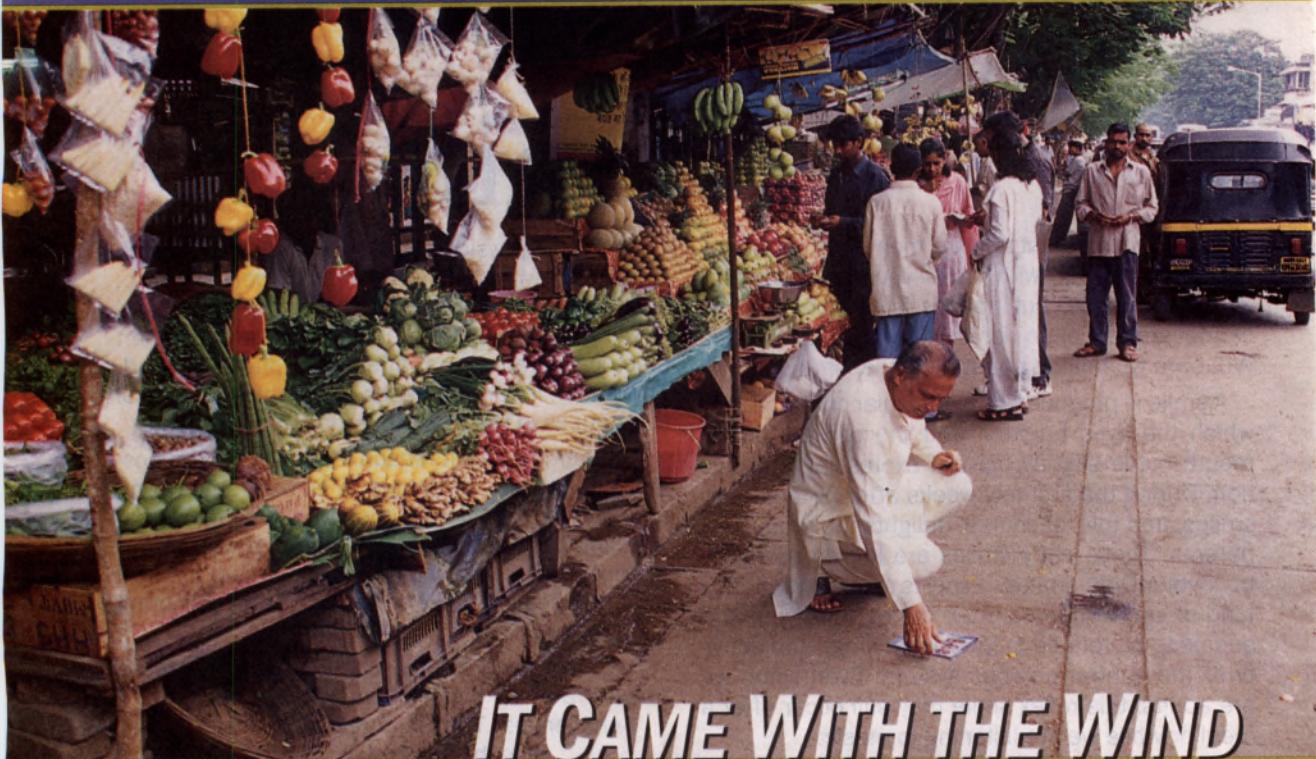
From about six weeks of age, however, a baby smiles in response to a face or a voice. A 'social smile'—a voluntary, conscious smile—cheers us up, whether we are babies or adults. It is said that such a smile even has a positive influ-

ence on our physical health. According to speech therapists Mirtha Manno and Rubén Delauro, who manage a self-help clinic called Smiling and Health, the mere gesture of smiling produces an electrical stimulus that affects the pituitary gland. This gland, in turn, releases endorphins, chemical substances in the brain that make us feel good.

Another important reason for smiling is the positive effect it has on others. A sincere smile communicates our feelings without the need for words, whether it be a smile of greeting, of sympathy, or of encouragement. Occasionally, just looking at a child's appealing smile in a photograph can bring a smile to our lips.

Receiving a warm smile can help us to feel more relaxed and to cope better with frustration or challenges. The Bible recommends: "Do not hold back good from those to whom it is owing, when it happens to be in the power of your hand to do it." (Proverbs 3:27) Yes, by this simple gesture, we can benefit ourselves and others. Why not make an effort to share this most valuable gift—a warm smile?

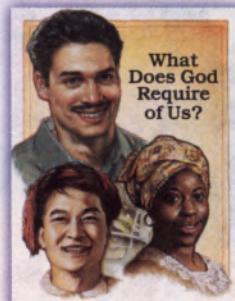




## IT CAME WITH THE WIND

A gentleman was walking on the streets of Mumbai, India, when a gust of wind dropped a printed page at his feet. It was *Kingdom News* No. 36, entitled "The New Millennium—What Does the Future Hold for You?" The subject caught his attention. Without wasting any time, he picked it up and read the whole leaflet. His interest was aroused, and wanting to know more, he requested a Bible and other publications.

The leaflet, published by Jehovah's Witnesses, contains faith-strengthening thoughts. It clearly explains that the problems we face, including sickness, poverty, and war, are caused by "greed, distrust, and selfishness—traits that cannot be eliminated simply by scientific research, technology, or politics." The tract also shows that in the near future, God will rid this earth of all wickedness.



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