

# Awake!

AUGUST 8, 2005



LIFE  
WITHOUT  
FEAR  
Is It  
Possible?

# **Awake!**

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People are fearful of many things today. Will we ever be rid of fear?

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**R**OXANA\* is afraid to tell her husband that she wants to take a part-time job. When she asked him for the bus fare to visit her mother, he hit Roxana so hard that she needed medical treatment. She lives in constant fear.

Rolando used to let his wife return home at night on public transportation, but now he picks her up in the car. There have been so many reports of violence in the neighborhood that he fears for her safety.

Haidé works in the center of a capital city. Once as she was trying to get home, she was caught up in a protest march that turned violent. Now every time she hears marchers going by,



# LIVING WITH FEAR

she feels tense. "I don't feel safe," she says. "I don't want to work here anymore. But I have no choice."

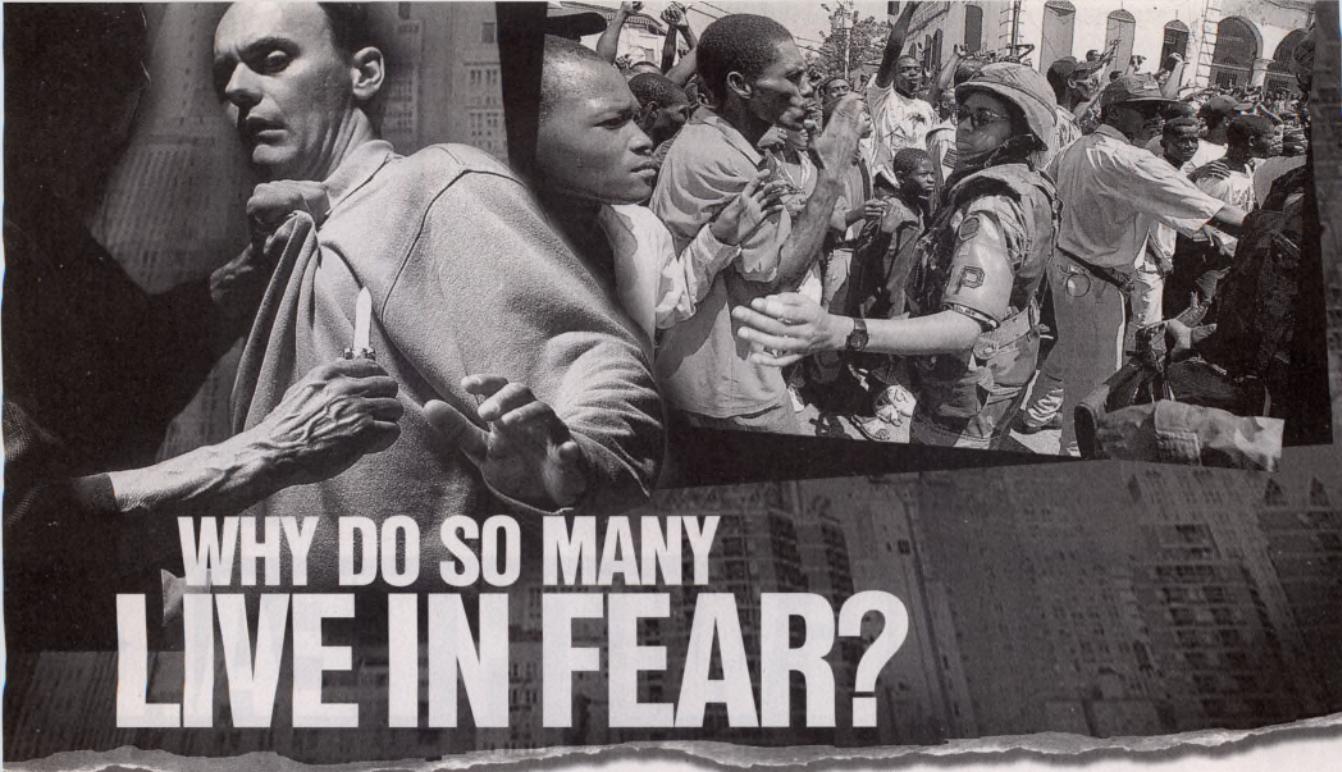
Roxana, Rolando, and Haidé are affected by fear—and not just when an emergency arises. It is something that affects them constantly. When people have to live with fear, they may feel sapped of their energy. Fear can rob them of enjoyment by preventing them from doing what they want to do. Fear can dominate people's thinking and can prevent them from concentrating on other things.

Living with fear is highly stressful. It often leads to depression and can ruin a person's health. "Stress suppresses the immune system and is a contributing factor in most diseases," explains a health magazine. "The body will develop symptoms of wear and tear, especially on the organs involved. Hypertension, heart disease, kidney disease, gastrointestinal disorders, ulcers, headaches, insomnia, depression, and anxiety can develop. Prolonged time in this mode results in exhaustion."

In today's world it is common for people to live with fear. Will we ever see a world where people can enjoy life without fear?



\* Some names have been changed.



# WHY DO SO MANY LIVE IN FEAR?

**A** CLIMATE of fear envelops mankind. It is an invisible but discernible mood, an atmosphere that affects nearly everyone, even though it often goes unnoticed. What has produced this atmosphere? What makes some people feel frightened when they leave the house? Why do many feel unsafe at work? Why do many fear for the safety of their children? What dangers make people fearful in their own home?

Of course, there are numerous causes of fear, but we will consider four dangers that can affect people constantly—urban violence,

sexual harassment, rape, and domestic violence. First, let us examine violence in cities. The subject is especially timely now because almost half of mankind live in urban areas.

## Dangers in Cities

The first cities were probably built for protection, but many people now see cities as danger zones. What was once seen as sheltering has become frightening. Crowded city centers provide ideal conditions for muggers, and in some cities, poor neighborhoods with few streetlights and few policemen are dangerous to enter.

## 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 fears are not always exaggerated; a frightening number of people die violently. According to a World Health Organization report, worldwide 1.6 million people die as a result of violence each year. In Africa, out of every 100,000 people, each year an estimated 60.9 die a violent death.

Many people, places, and organizations that were considered safe are now seen as a threat to safety. For example, many playgrounds, schools, and shops are now considered frightening high-crime areas. In some cases religious leaders, social workers, and teachers—people who should provide protection—have betrayed the confidence placed in them. Reports that some commit child abuse make parents hesitant to leave children in the care of others. Police are supposed to protect people, but in some cities police corruption and abuse of power are commonplace. As for “security” forces, in some countries memories linger of civil wars in which loved ones disappeared after being taken by the military. In various parts of the world, therefore, instead of easing the climate of fear, police and soldiers have added to it.

The book *Citizens of Fear—Urban Violence in Latin America* says: “Citizens of Latin American capitals live in constant fear, amidst some of the most dangerous conditions on earth. In that vast region, about 140 thousand people die violently each year, and one out of three citizens has been directly or indirectly victimized by violence.” In other parts of the earth too, political protests occur frequently

in capital cities. When such protests become violent, many individuals take advantage of the disorder to loot stores, with general chaos ensuing. People doing business in the city can easily find themselves trapped by angry crowds.

In many countries a vast gulf has developed between the living standards of the rich and the poor, resulting in simmering resentment. Hordes of people who feel deprived of basic needs have ransacked the exclusive neighborhoods of the elite. That hasn’t happened yet in some cities, but the situation seems like a ticking time bomb that is bound to explode—no one knows when.

The threat of thieves and revolutionaries would seem enough, but there are other causes of anxiety adding to the climate of fear.

### The Horror of Sexual Harassment

For millions of women, whistles, obscene gestures, and lecherous stares are a daily nightmare. Says *Asia Week*: “Surveys reveal that one Japanese woman in four has been sexually assaulted in public, with 90% of the incidents taking place in trains. . . . Only 2% of victims take any action when mauled. Most cited fear of their molesters’ response as the main reason for their silence.”

Sexual harassment has increased dramatically in India, where the practice is called eve-teasing. “Whenever a woman steps out of her house she becomes scared,” explains a journalist there. “At every step she faces taunting humiliation and receives indecent remarks.”

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From an Indian city where residents are proud of their relatively safe streets comes the report: “[This city’s] problem is not on the streets but in its offices. . . . 35 per cent of women surveyed claimed they had experienced sexual harassment at their workplace. . . . 52 per cent of women said due to fear of sexual harassment at the workplace they prefer to take up lowly paying jobs . . . where they have to deal [only] with women.”

### Fear of Rape

Women have more to fear than just the loss of their dignity. Sexual harassment sometimes implies a threat of rape. Understandably, rape is a crime that many women fear even more than murder. A woman may suddenly find herself alone in a place where she fears she may be raped. She may see a man she doesn’t know or doesn’t trust. Her heart races as she frantically tries to assess the situation. ‘What will he do? Where can I run? Should I scream?’ Frequent experiences like that exact a cumulative toll on women’s health. Many people choose not to live in an urban area or prefer not to visit cities because of such fears.

“The fear, the anxiety, the distress are all a daily part of urban life for many women,” says the book *The Female Fear*. “Women’s fear of rape is a sense that one must always be on guard, vigilant and alert, a feeling that causes a woman to tighten with anxiety if someone is walking too closely behind her, especially at night. It is . . . a feeling women are never totally free of.”

## In Our Next Issue

- Tourism—A Force for Good?
- When Blood Was Spilled in the Name of Christ
- Where Glaciers Top the Equator

Violent crime affects many women. However, *fear* of violence affects almost all women. *The State of World Population 2000*, a United Nations publication, says: “Around the world, at least one in every three women has been beaten, coerced into sex, or abused in some other way—most often by someone she knows.” Has the climate of fear penetrated even further? How common is it for people to live in fear in their own home?

### Fear of Violence at Home

The private practice of beating wives into submission is a gross injustice carried out worldwide—and only recently recognized as a crime in many places. In India one report claimed that “at least 45 per cent of Indian women are slapped, kicked or beaten by their husbands.” Spousal abuse is a serious global health hazard. Concerning women between the ages of 15 and 44 in the United States, the Federal Bureau of Investigation reports that more are injured by domestic violence than by car accidents, muggings, and rapes combined. Domestic violence is therefore much more serious than an occasional argument that develops into an exchange of slaps. Many women live in fear of injury and death at home. A national survey in Canada showed that a third of women who had suffered domestic violence had at some time feared for their lives. In the United States, two researchers concluded: “Home is the most dangerous place for women and frequently the site of cruelty and torture.”

Why are so many women locked into such dangerous relationships? Many people wonder: ‘Why don’t they seek help? Why don’t they leave?’ The answer, in most cases, is fear. Fear has been called the distinguishing feature of domestic violence. Abusive men typically control their wives with violence and then silence them with death threats. Even if the battered wife does find the courage to seek help, she may not always receive it.



There is a tendency, even among people who abhor other forms of violence, to trivialize, ignore, or justify violence perpetrated by husbands. Also, outside his home the abusive husband may appear to be charming. Often friends cannot believe that he beats his wife. Disbelieved, and with nowhere to run, many abused wives feel that they have no alternative but to live in constant fear.

Battered women who do leave sometimes become victims of another type of harassment called stalking. In North America a recent study of over a thousand women in the state of Louisiana showed that 15 percent of them reported that they had been stalked. Imagine their fear. Someone who has threatened you continues to turn up wherever you go. He phones you, follows you, watches you, and waits for you. He may even kill your pet. It is a campaign of terror!

You may not be a victim of that sort of fear. But to what extent does fear affect what you do each day?

#### **Does Fear Affect the Way You Act?**

Living as we do with fear all around us, we may be unaware of how many of our daily de-

cisions are governed by fear. How often does fear affect the way you act?

Has fear of violence led you or your family to avoid arriving home at night alone? Does fear affect your use of public transportation? Have the dangers of commuting affected what employment you take? Or has fear of fellow workers or fear of people you would have to deal with affected your choice of work? Has fear affected your social life or the entertainment you can enjoy? Perhaps fear of meeting unruly drunks and crowds has dissuaded you from going to certain sports events and concerts? Has fear affected what you do at school? For many parents, fear of their children becoming delinquents is a factor influencing their choice of schools, and fear certainly explains why many of them choose to pick up their children who could walk home or use public transportation.

Indeed, mankind lives in a climate of fear. But fear of violence has been with us for most of mankind's history. Can we really expect anything different? Is freedom from fear just a dream? Or is there solid reason to expect a future in which no one will fear anything bad?



# FREEDOM FROM FEAR IS IT POSSIBLE?

**C**AN anyone living in today's dangerous world be completely free from fear? Hardly. Even people who have faith in God face dangers that cause anxiety. For example, during the first century C.E., the well-traveled apostle Paul mentioned that he experienced shipwreck, dangers from rivers, dangers from highwaymen, and dangers in the city. (2 Corinthians 11:25-28) Likewise today, most of us have to face dangerous situations.

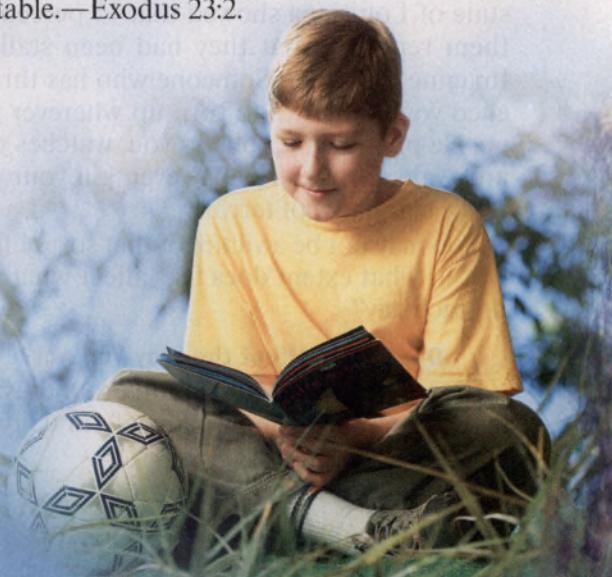
We can take wise precautions, however, and by reducing our risks, we may reduce our anxieties. The Bible says: "Shrewd is the one that has seen the calamity and proceeds to conceal himself, but the inexperienced have passed along and must suffer the penalty." (Proverbs 22:3) What are some practical measures to take?

### Taking Precautions

Interestingly, although the Bible was written long ago, it contains many principles that are still practical in avoiding dangers today.

For example, it says: "As regards anyone wise, his eyes are in his head; but the stupid one is walking on in sheer darkness." (Ecclesiastes 2:14) It makes sense to be aware of who is around you and to avoid dark places when possible. Maybe you can walk home using the best-lit streets possible, even if it means walking a little farther. The Bible also says: "Two are better than one . . . If somebody could overpower one alone, two together could make a stand against him." (Ecclesiastes 4:9, 12) If you live in a dangerous area, can you arrange to walk home with someone?

If a mugger holds you up, it is wise to remember that life is more valuable than possessions. (Matthew 16:26) It is worth remembering, too, that when crowds gather to express anger, they are dangerous and unpredictable.—Exodus 23:2.



If you are harassed by someone who makes immoral suggestions, tells obscene jokes, or tries to touch you, it is best to reject him firmly. You may need to take your leave, as Joseph did when an immoral woman grabbed him. He "took to flight and went on outside." (Genesis 39:12) If leaving is impossible, you could say: "Stop that!" or "Keep your hands to yourself!" or "I don't appreciate that kind of talk." If you can, avoid places where harassment is common.

### Coping With Fear at Home

What can you do if you fear a violent husband? It may be wise to have an escape plan in case your husband's conduct should suddenly threaten your health or life or that of your children.\* The Bible relates how Jacob carefully prepared an escape plan to follow if his brother Esau became violent. As things turned out, the plan was not needed, but it was a wise precaution. (Genesis 32:6-8) An escape plan may involve finding someone who would receive you in an emergency. You could discuss in advance with that person what your needs might be. Having important documents and other essentials handy might be advisable.

\* Concerning circumstances in which separating from a marriage partner might be in harmony with Bible principles, see *Awake!* of February 8, 2002, page 10.

Reporting your husband's abuse to the authorities and seeking their protection may also be an option.\* The Bible teaches that all must face the consequences of their actions. (Galatians 6:7) Of governmental authority, the Bible says: "It is God's minister to you for your good. But if you are doing what is bad, be in fear." (Romans 13:4) Assault is as much a crime at home as it is on the street. Stalking is also a crime in many countries.

Taking the measures we have discussed may alleviate fear to an extent. But the Bible offers more than practical advice. It is not a mere self-help manual. It is a book of unfailing prophecies that reveals what God is doing now and will do in the future. What hope does the Bible hold out for people who are forced to live in fear?

### What the Climate of Fear Means

Significantly, the apostle Paul wrote: "In the last days critical times hard to deal with will be here. For men will be lovers of themselves, . . . having no natural affection, not open to any agreement, slanderers, without self-control, fierce, without love of goodness." (2 Timothy 3:1-3) What fearsome times those words describe!

\* Concerning victims of domestic violence, see *Awake!* of November 8, 2001, pages 3-12, and *Awake!* of February 8, 1993, pages 3-14.

**God will soon bring about a world free from fear**



When Jesus spoke about “the conclusion of the system of things,” he said: “Nation will rise against nation, and kingdom against kingdom; and there will be great earthquakes, and in one place after another pestilences and food shortages; and there will be fearful sights and from heaven great signs.” (Matthew 24:3, 7, 8; Luke 21:10, 11) Therefore, the “fearful sights” that we have seen and that contribute to the present climate of fear should not surprise us. But what do they mean?

Jesus said: “When you see these things occurring, know that the kingdom of God is near.” (Luke 21:31) In our time, we can expect a government by God to rule from heaven over all mankind. (Daniel 2:44) What will life be like then?

#### **Freedom From Fear!**

The Bible describes a future time of peace when wars will cease, evildoers will be no more, and the earth will be filled with people who love God. Peter, an apostle of Jesus, wrote about a future “day of judgment and of destruction of the ungodly men.” There will not be anyone evil to fear because “righteousness is to dwell” on earth. (2 Peter 3:7, 9, 13) Imagine the relief of living among trustworthy people who truly

love one another! This prospect helps us to see the present dangerous times in a different light. They will not continue indefinitely. —Psalm 37:9-11.

For the benefit of those suffering anxiety, Jehovah’s prophet was told: “Say to those who are anxious at heart: ‘Be strong. Do not be afraid. Look! Your own God will come with vengeance itself, God even with a repayment. He himself will come and save you people.’” (Isaiah 35:4) Thus, servants of the true God can look to the future with confidence. (Philippians 4:6, 7) For people who have had to live in fear, it is most comforting to know that Jehovah has not abandoned his original purpose for the earth to be filled with people who know him and reflect his loving qualities. —Genesis 1:26-28; Isaiah 11:9.

We know that nothing can prevent Jehovah from fulfilling his loving purposes for mankind. (Isaiah 55:10, 11; Romans 8:35-39) When we understand this, the words of a very well-known psalm take on special meaning. There we read: “Jehovah is my shepherd. . . . My soul he refreshes. He leads me in the tracks of righteousness for his name’s sake. Even though I walk in the valley of deep shadow, I fear nothing bad, for you are with me.” (Psalm 23:1-4) Although fearsome times may worsen, a world free from fear is near and is sure.



# From Luxury to Necessity

## A HISTORY OF SOAP

**F**EW products are as common or as useful as soap. From babyhood to old age, it is a part of our daily life. Since it was first manufactured in the obscure past, soap has gradually been transformed from a luxury item into a daily necessity.

Indeed, one 19th-century chemist declared that the quantity of soap consumed by a nation was an accurate measure of its wealth and civilization. Today it is regarded as essential to hygiene and good health. How did this important product become a feature of daily life?

### Ancient Times

Little evidence exists for the use of soap in personal hygiene before the Common Era. True, the King James version of the Bible states at Jeremiah 2:22: "Thou wash thee with nitre, and take thee much sope [soap]." Yet, there are reasons to doubt that this is a reference to what we know as soap—whether bars, powder, or otherwise. A modern translation of the prophet's words reads: "Take to yourself large quantities of lye," an alkali cleanser that is far different from the soap in use today.

The Greeks and later the Romans typically made use of perfumed oils for cleaning their bodies. They may have learned the art of soapmaking from the Celts. In his work *Natural History*, first-century Roman writer Pliny the Elder uses the Gallic word *saipo*, from which, it is said, we derive the word "soap."

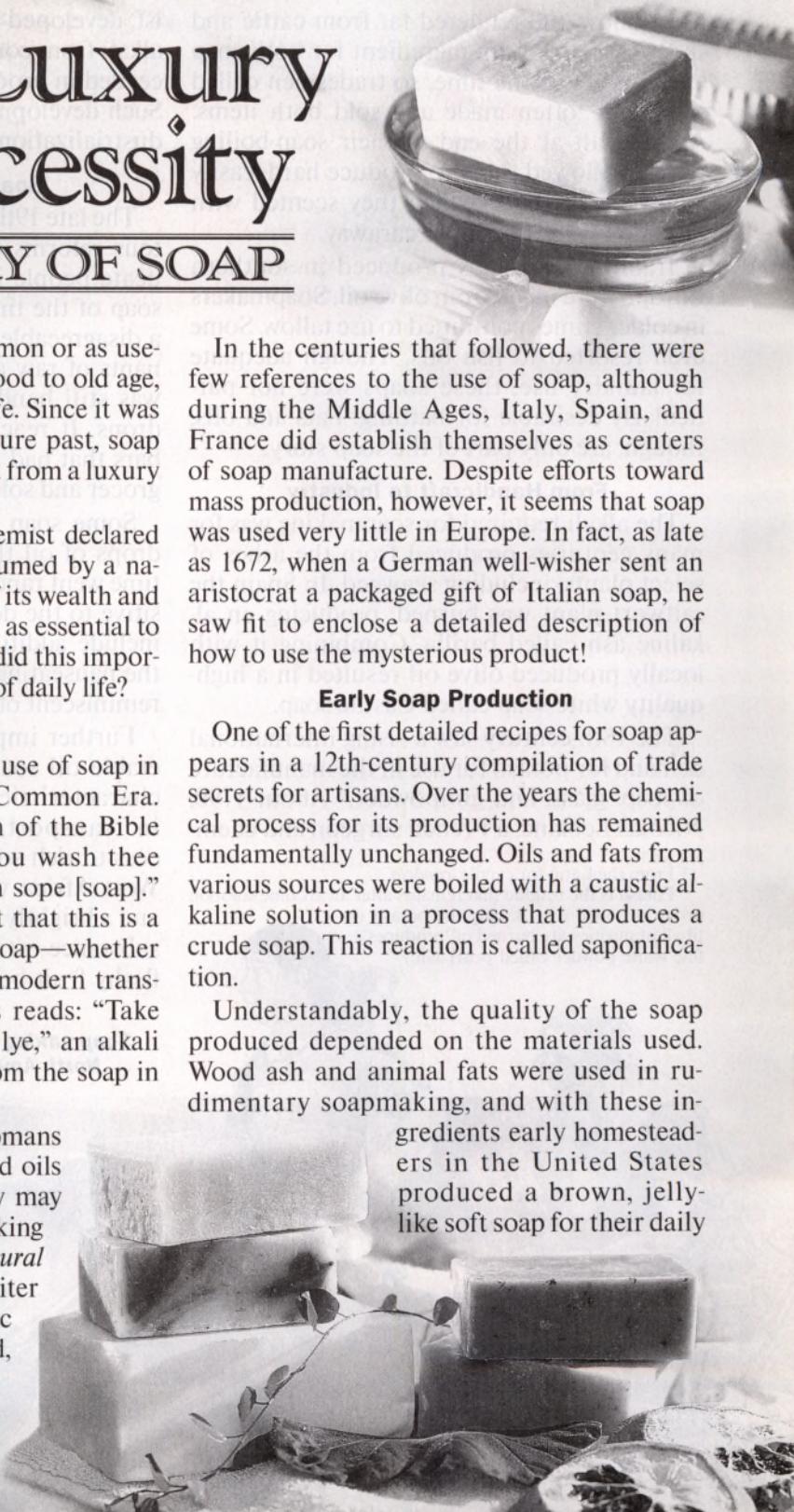
In the centuries that followed, there were few references to the use of soap, although during the Middle Ages, Italy, Spain, and France did establish themselves as centers of soap manufacture. Despite efforts toward mass production, however, it seems that soap was used very little in Europe. In fact, as late as 1672, when a German well-wisher sent an aristocrat a packaged gift of Italian soap, he saw fit to enclose a detailed description of how to use the mysterious product!

### Early Soap Production

One of the first detailed recipes for soap appears in a 12th-century compilation of trade secrets for artisans. Over the years the chemical process for its production has remained fundamentally unchanged. Oils and fats from various sources were boiled with a caustic alkaline solution in a process that produces a crude soap. This reaction is called saponification.

Understandably, the quality of the soap produced depended on the materials used. Wood ash and animal fats were used in rudimentary soapmaking, and with these in-

gredients early homesteaders in the United States produced a brown, jelly-like soft soap for their daily



use. Tallow, the rendered fat from cattle and sheep, was the main ingredient for both soap and candles of the time, so tradesmen called *chandlers*\* often made and sold both items. Adding salt at the end of their soap-boiling process allowed them to produce hard, easily transportable bars, which they scented with lavender, wintergreen, or caraway.

Traditionally soaps produced in southern Europe were made from olive oil. Soapmakers in colder climes continued to use tallow. Some even resorted to fish oils. Though adequate for laundry use, these soaps were not particularly desirable for bathing! Fats and oils, though, are only part of the soap story.

#### From Handicraft to Industry

The alkali required for soapmaking was for many centuries produced from the ashes of select plants, including seaweed. In Spain the saltwort plant was burned, producing an alkaline ash called barilla. Combining it with locally produced olive oil resulted in a high-quality white soap called Castile soap.

The 18th century saw a rising international demand for potash for use in the manufacture of soap, glass, and gunpowder.<sup>#</sup> About 1790, Nicolas Leblanc, a French surgeon and chem-

ist, developed a process for the production of alkali from common salt. Later, chemists succeeded in producing caustic soda from brine. Such developments paved the way for the industrialization of the manufacture of soap.

#### Soap Gets a Good Name

The late 19th century was a time of momentous reforms characterized by efforts to educate people in health and hygiene. Yet, the soap of the time remained for the most part a disagreeable brown mass tainted with remnants of raw alkali that irritated the skin. It was still handmade, crudely boiled in cauldrons. It reached the public as anonymous bars that had to be sliced into lengths by the grocer and sold by weight.

Some soap lathered liberally but sweated drops of oil that made fingers greasy and in time went rancid. Producers, increasingly sensitive to the demands of the public, began to include additives such as citronella to mask the nauseating odor with a pleasant perfume reminiscent of lemon.

Further improvements were at hand. Vegetable oil soaps, with their more favorable characteristics, grew popular. Revolutions in transport gave soapmakers easier access to rich sources of luxurious ingredients. West Africa was the home of the oil palm, and a brightly colored buttery substance extracted from its fleshy fruit became a key in-

\* From the Latin for candle, *candela*.

<sup>#</sup> Potash is the residue that remains after an alkaline solution or lye is boiled dry. Baking the potash until all impurities are burned off produces a fine white powder called pearl ash.

**Soapmaking in early North America**



gradient in soaps and cosmetics. From islands of the Pacific came copra, the dried flesh of the coconut, from which coconut oil is extracted. With exotic ingredients drawn from distant places, soap's image began to change for the better.

Manufacturers understood the natural desire for cleanliness. Consumers had to be convinced that soap was indispensable. Advertisers were soon linking products and their results to such things as honey, sunlight, and snow. Others reworked famous artwork giving their advertisements—and soap—an image of refinement and culture. By the turn of the century, soap was a product with a global market. It fueled an advertising industry. In 1894, slogans promoting soap even appeared on the back of postage stamps in New Zealand. Soap now had a good name.

### Modern Manufacture

Early industrial manufacture involved boiling ingredients in huge open pans. A skilled operator controlled the process by troweling. From the way soap slid off a heated hand trowel, he could judge whether the ingredients or process needed modifying.

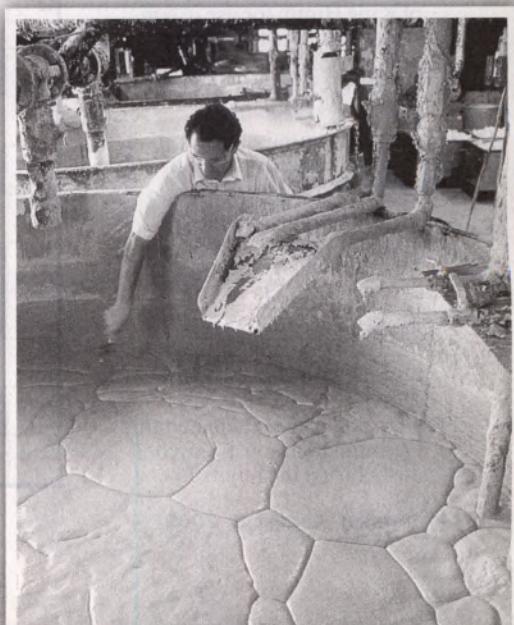
Today soap manufacturing involves three general steps. The first is saponification, which involves reacting various oils or fats with alkali in order to produce neat soap and glycerol in a mix that contains about 30 percent water. At times, this step is still carried out by means of the boiled-kettle process, but most modern soap producers use computerized saponification systems. The second step is drying, which uses heat-, vacuum-, and spray-drying to convert the neat soap into small pellets containing only about 12 percent water. The third and final step is called finishing. The pellets are mixed with perfume, color, and other additives that will make the soap distinctive and fragrant. Bars are extruded and stamped into their characteristic shape in a soap press. Consumer demands now mean that household soaps increasingly feature fruit fragrances and herbal extracts, making soap use a "natural," more invigorating experience!

Although remarkable advances in understanding the chemistry of detergents have been made and their manufacture revolutionized, traditional soap has retained its popularity. Few would deny that for hygiene



**"Bubbles," by Sir John E. Millais, was used as a soap advertisement**

and good health, soap is a necessity. Still, it seems odd that in an age so marked with uncleanness on a moral and spiritual level, physical cleanliness is now more attainable than ever. Cleanliness of the surface, though, is most valuable when it reflects purity of the inner person.



**Traditional soap manufacturing using the boiled-kettle process**

# Crossword Puzzle

## Clues Across

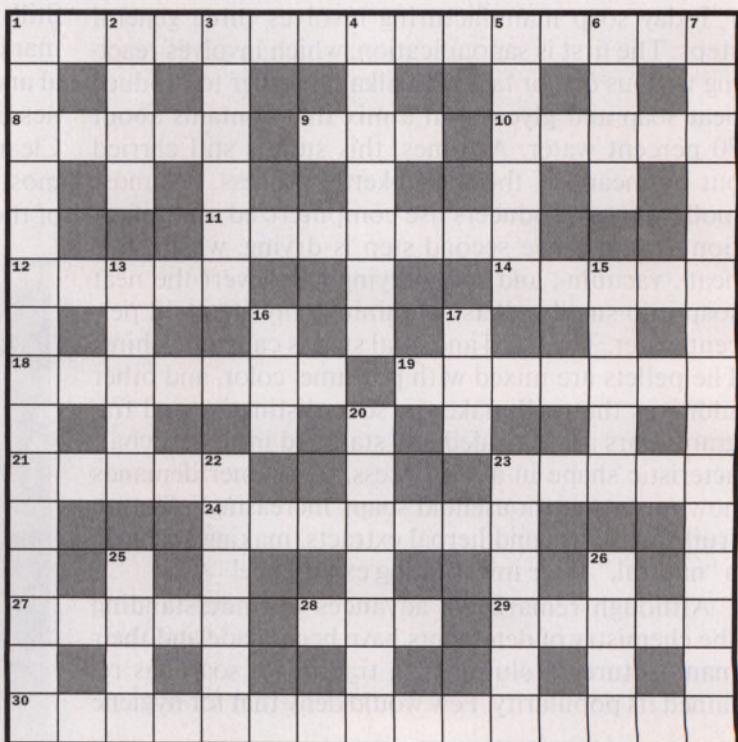
- Although the quantity was not specified, Jehovah required that the nation of Israel offer the best of these to him [3 words] (Exodus 23:19)
- One of the fortified cities in the territory of Naphtali (Joshua 19:38)
- He is drawn into attacking God's people because they enjoy prosperity and seem unprotected (Ezekiel 38:10-12, 14-16)
- Hoping to get a bribe from Paul, he held the apostle prisoner for two years in Caesarea (Acts 24:26, 27)
- What lepers in Israel were required to call out, so as to warn others to stay away and not become contaminated (Leviticus 13:45)
- Jacob stationed a pillar over Rachel's (Genesis 35:20)
- Because of unfaithfulness to the covenant that they had made with Jehovah, the Israelites were led into this (Jeremiah 20:4)
- Retaliation in kind or degree (Jeremiah 20:10)
- James said that jealousy, contentiousness, and lying against the truth is this and not the wisdom from above (James 3:15)
- A tree that Solomon requested of King Hiram for use in construction of the temple and for making harps and stringed instruments (1 Kings 10:11, 12, *King James Version*)
- Jehovah commissioned Elijah to anoint Hazael as king of this nation (1 Kings 19:15)
- He was the chief priest "for every matter of Jehovah" during Jehoshaphat's reign (2 Chronicles 19:11)
- Resurrect (Hebrews 11:19)
- Paul advised Timothy to train himself with godly devotion as this (1 Timothy 4:7)
- Nebuchadnezzar defeated this Egyptian Pharaoh at Carchemish during the reign of

King Jehoiakim of Judah (Jeremiah 46:2)

- Because of Abigail's sensibility, David avoided this rash act [3 words] (1 Samuel 25:31)

## Clues Down

- Alternate expression used in the Bible to indicate birds [2 words] (Genesis 1:26)
- Infrequent (Proverbs 25:17)
- Control of this body member plays a large role in gaining Jehovah's favor (1 Peter 3:10-12)
- Bodies of persons distinguished by something they hold in common (Revelation 7:9)
- To separate and purify metals (Job 28:1)
- Useless, lacking worth (1 Timothy 1:6)
- It was at this age that Uzziah began to reign over Judah in place of his father Amaziah [3 words] (2 Chronicles 26:1-3)
- Early settlers in a western part of Canaan (Deuteronomy 2:23)
- One of David's sons who was born in Jerusalem (2 Samuel 5:15)
- Maturity (John 9:21)
- This animal served as an installation offering for the Aaronic priesthood (Leviticus 8:22-28)
- Indelible coloring of the skin by tattoos (Leviticus 19:28)
- The name Jacob gave to the place where he and Laban concluded a covenant of peace (Genesis 31:43-53)
- This king of Admah was one of the five monarchs who unsuccessfully rebelled against King Chedorlaomer (Genesis 14:2-5)
- What Jesus made in his first miracle (John 2:7-11)
- To repeat or imitate



By Awake! writer in Mexico

# Honey

## *The Bee's Gift to Man*

**C**OMING upon a comb dripping with honey in the woods, an exhausted Israelite soldier dipped his rod into it and ate some. Immediately, "his eyes began to beam" and his energy was renewed. (1 Samuel 14:25-30) This Bible account illustrates one of honey's properties that benefits man. It is a quick source of energy, being composed mainly of carbohydrates—about 82 percent. Interestingly, with the energy provided in just one ounce of honey, a bee could theoretically fly around the world!

Do bees make honey just for man's benefit? No, they depend upon honey for food. A standard-size hive of bees needs between 20 and 30 pounds of honey to survive the winter. But in a good season, a hive can produce some 60 pounds of honey, allowing for a surplus to be harvested and enjoyed by humans—as well as by animals such as bears and raccoons.





A bee foraging  
for nectar



How do bees make honey? Foraging bees collect nectar from flowers, sucking it up with their tubelike tongues. They carry it back to the hive in one of their stomachs. The nectar is transferred to other bees who "chew" it for about half an hour, mixing it with enzymes from glands in their mouth. Then they place it in hexagonal cells made of beeswax and fan it with their wings to dehydrate it.\* After the water content is reduced to less than 18 percent, the cells are capped with a thin layer of wax. Capped honey can keep almost indefinitely. Perfectly edible honey has reportedly been found in the tombs of the Pharaohs dating back some 3,000 years.

#### Honey's Medicinal Properties

In addition to being a marvelous food—a veritable storehouse of B vitamins, various minerals, and antioxidants—honey is one of the oldest known medicines in continuous use.\* Dr. May

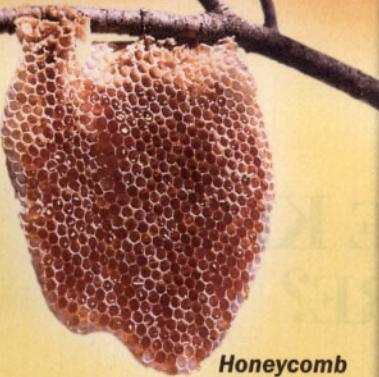
\* The wax from which bees construct the honeycomb is produced by special glands in the bee's body. The hexagonal shape of the comb's cells allows the thin walls of the comb—one eightieth of an inch thick—to support 30 times their weight. The comb is thus a marvel of engineering.

\* Honey is not a recommended food for infants because of the potential danger of infant botulism.

## Cooking With Honey

Honey is sweeter than table sugar. Therefore, as a substitute for sugar, use only half to three quarters as much honey as you would sugar. Also, since honey is about 18 percent water, reduce the liquids in your recipe accordingly. If there are no liquids, add two tablespoons of flour per cup of honey. For baked goods, also add one half teaspoon of baking soda per cup of honey and reduce the temperature of your oven by 25 degrees Fahrenheit.

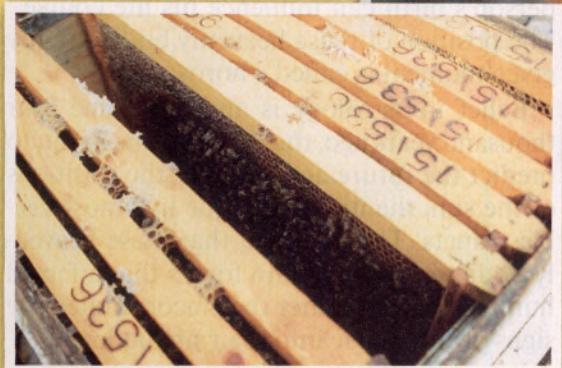
National Honey Board



Honeycomb



A beekeeper inspects a frame from the hive



A colony of honeybees

Berenbaum, an entomologist with the University of Illinois, U.S.A., comments: "Honey has been used for centuries to treat a wide range of medical problems like wounds, burns, cataracts, skin ulcers and scrapes."

Commenting on recent interest in the medicinal value of honey, the CNN news organization reports: "Honey fell from favor as a wound dressing when antibiotic dressings were developed during World War II. But the new research—and the rise of antibiotic-resistant bacteria—are putting this old-time folk remedy into the contemporary medicine chest." For example, one area of research has involved the treatment of burns. It was noted that patients had a faster healing time and less pain and scarring when honey dressings were used.

Studies show that because of an enzyme added to the nectar by the bees, honey has

mild antibacterial and antibiotic properties. This enzyme generates hydrogen peroxide, which kills harmful bacteria.\* Additionally, applied topically, honey has been found to reduce inflammation and to promote the growth of healthy tissue. Thus, New Zealand biochemist Dr. Peter Molan says: "Honey is becoming accepted as a reputable and effective therapeutic agent by practitioners of conventional medicine." In fact, the Australian Therapeutic Goods Administration has approved honey as a medicine, and medical honey is being marketed as a wound dressing in that country.

How many other foods do you know of that are so nutritious and delicious yet have medicinal use? No wonder that in times gone by, special laws were passed to protect bees and beekeepers! To damage trees or hives where bees lived was a crime punishable by heavy fines or even death. Truly, honey is a valuable gift to man and a credit to the Creator.

\* Since the enzyme is destroyed by heating and exposure to light, unpasteurized honey is used for medicinal purposes.

# IS ASTROLOGY THE KEY TO YOUR FUTURE?

**H**OW can you improve your life and find success in the pursuit of love and money? Many people look to astrology for the answer. Every day millions consult newspaper horoscopes in the hope of improving their prospects. Even world leaders have been known to guide their decisions by the stars.

Is astrology trustworthy? How do astrologers make their predictions? Should Christians allow celestial bodies to determine how they live?

### What Is Astrology?

According to *The World Book Encyclopedia*, astrology "is based on the belief that the heavenly bodies form patterns that can reveal a person's character or future." Astrologers claim that the precise positions of the planets

and the signs of the zodiac at the time of a person's birth can influence his life course.\* The position of these heavenly bodies at any given moment is called a horoscope.

Belief in astrology is ancient. Some four thousand years ago, the Babylonians began to predict the future according to the positions of the sun, the moon, and the five most visible planets. They claimed that these heavenly bodies exerted certain forces that affected human behavior. Later they incorporated the signs of the zodiac into their predictions.

### A Long History of Failure

The Bible highlights the connection between Babylon and astrology, and several times it makes reference to Babylonian astrologers. (Daniel 4:7; 5:7, 11) In the days of the prophet Daniel, astrology was so widespread in Chaldea (Babylonia) that using the term "Chaldeans" was practically the same as referring to astrologers.

Daniel witnessed not only the influence of astrology on Babylon but also the failure of its astrologers to predict the fall of the city. (Daniel 2:27) Note what the prophet Isaiah had accurately foretold two centuries earlier. "Let your astrologers come forward and save you—those people who study the stars, who map out the zones of the heavens and tell you from month to

\* The signs of the zodiac are the 12 different heavenly constellations used by astrology.



month what is going to happen to you," Isaiah wrote scornfully. "They will not even be able to save themselves."—Isaiah 47:13, 14, *Today's English Version*.

Apparently, the Babylonian astrologers could not foretell their city's downfall even a few hours in advance. And when God's own adverse judgment appeared on the wall of King Belshazzar's palace, the astrologers proved incapable of interpreting the cryptic writing.—Daniel 5:7, 8.

Today astrologers have not proved any more effective in predicting significant events. After examining more than 3,000 specific astrological predictions, scientific investigators R. Culver and Philip Ianna came to the conclusion that only 10 percent were accurate. Any well-informed analyst could do better than that.

#### **In Conflict With Bible Teachings**

The Hebrew prophets, however, did not reject astrology merely because of its manifest failure to predict the future accurately. The Law that God gave to Moses specifically warned the Israelites against looking for omens. "There should not be found in you . . . anyone who employs divination . . . or anyone who looks for omens," the Law stated. "Everybody doing these things is something detestable to Jehovah."—Deuteronomy 18:10, 12.

Although astrology is not mentioned by name in that scripture, the prohibition evidently included the practice. The *Encyclopædia Britannica* notes that astrology is a “type of divination that consists in forecasting earthly and human events by means of observing and interpreting the fixed stars, the Sun, the Moon, and the planets.” All forms of divination—whether based on the stars or other objects—violate God’s guidelines. Why? There is good reason.

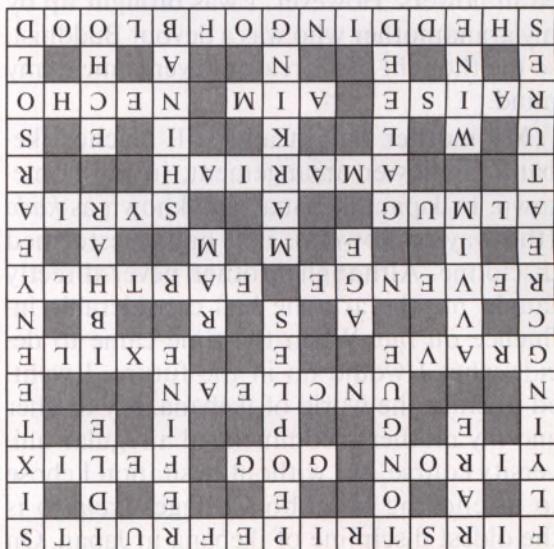
Rather than attribute our successes or failures to the stars, the Bible clearly states that "whatever a man is sowing, this he will also

reap.” (Galatians 6:7) God holds each of us responsible for our actions, since we are free moral agents. (Deuteronomy 30:19, 20; Romans 14:12) True, we may suffer an accident or an illness because of events beyond our control. But such calamities, the Scriptures explain, are due to “time and unforeseen occurrence,” not our horoscope.—Ecclesiastes 9:11.

With regard to human relationships, the Bible urges us to clothe ourselves with such qualities as compassion, kindness, lowliness of mind, mildness, long-suffering, and love. (Colossians 3:12-14) These qualities are the key to forging lasting friendships and strengthening marriages. "Astrological affinity" is not a reliable guide for choosing a marriage mate. Psychologist Bernard Silverman analyzed the birth horoscopes of some 3,500 couples, 17 percent of whom had subsequently become divorced. He did not find a lower divorce rate among those who had married a partner who was 'astrologically compatible.'

Clearly, astrology is both unreliable and misleading. It could cause us to blame the stars rather than ourselves when we make mistakes. Above all, it is clearly condemned in God's Word.

## Crossword Solutions





# Led to the Creator by the Beauty of the Truth

SOME years ago I was given a rare opportunity. As assistant to Senei Ike-nobō, headmaster of the Ike-nobō school of flower arrangement, I was to arrange flowers in an elegant room of the Imperial Palace in Tokyo, Japan. We worked under tight security. In a tense atmosphere, I took care not to spill even a drop of water. That was one of the highlights of my career in the world of flower arrangement. Let me explain how I entered that world.

I was born in 1948 in Nishiwaki City, located in the northwest of Kobe, Japan. From childhood on I felt deeply moved by the changing beauty of the four seasons as reflected in flowers. However, I was brought up by my grandmother who was a devout Buddhist, so the thought of a Creator never came to my mind.

My mother taught and still teaches ikebana, or flower arrangement, in my hometown. In Japan, ikebana, also known as *kado* (the way of flowers), is a highly esteemed discipline. Although Mother never directly taught me the art, she had considerable influence on me. When the time came to decide what I would do in the future, I wanted to enter the world of ikebana. My teacher and my mother recommended a regular university course, but without hesitation I chose to attend the Ikenobō College. *Ikenobō* is the oldest discipline of ikebana in Japan. On



AS TOLD BY TSUYOSHI FUJII

being accepted, I studied the art of flower arrangement in earnest.

## Into the World of Ikebana

Ikebana, a Japanese traditional art, has life as its theme. Let me explain. Flowers placed in a bucket at a florist shop may look pretty, but how do they compare with small plants blooming in a field or trees blossoming in the mountains? In a natural setting, you get a sense of life and the seasons. That is when your heart is more like-

ly to be moved. Ikebana is a means of expressing that beauty in nature by using flowers and plants, making a motif out of what deeply touches you.

Suppose, for instance, that you want to convey the feel of autumn. You can do that by using the flowers of the season, such as gentian and patrinia, along with autumn leaves. Do you want to add a touch of refreshing breeze? A few stems of eulalia that sway slightly will do the trick, giving viewers the feel of an autumnal breeze. I was strongly drawn to ikebana, finding much joy in expressing myself by combining flowers and plants in the space above the flower vase.

## A Large “Family”

The history of ikebana as a decorative art goes back 500 years. The schools of ikebana are dominated by what can be termed the headmaster-rule system. The position of the headmaster is hereditary. As the inheritor of

artistic traditions, he holds patriarchal authority over a large "family" of followers. Along with the traditions, he is to hand down to the next generation new styles that he has established in harmony with the age in which he lives.

After graduating from the Ikenobo College and finishing a two-year technical course of *kado*, I started working at the Ikenobo Foundation in January 1971. I planned and organized "Ikebana Exhibitions by Ikenobo" throughout Japan. I also traveled around the country with the headmaster as one of his assistants in producing his works of art.

I still remember the very first time that I stood on the stage at the Fukuoka Sports Center to serve as the headmaster's assistant while he demonstrated flower arrangement. Facing thousands of people, I was petrified. I bent stems and cut branches, all of which I should not have done. But the headmaster gently joked about this as he explained to the audience what he was doing. That helped me to relax.

When national events were held with celebrities from overseas, I accompanied the headmaster to arrange flowers for the occasion. As I mentioned at the outset, one such opportunity took me to an elegant room of the Imperial Palace.

Later, when the Ikenobo Central Training School was established with the purpose of reeducating instructors nationwide, I was entrusted with work related to teaching, making the curriculum, and supervising the production of textbooks and films to be used in lectures for some 200,000 trainees at 300 branches throughout Japan. I traveled all over the country to supervise the course. Ikenobo also has branches overseas, and I traveled to Taiwan several times a year. Thus I gained the trust of the headmaster and held a responsible position.

I enjoyed my work, but I was not fully satisfied with life. Behind the

veil of beauty, there were things that disillusioned me. Jealousy and envy among trainees developed into slander, and local instructors often approached me for advice. But in an organization where old customs and power hold sway, much was beyond my control. Since many had a pure love for ikebana and took the course seriously, I sincerely tried to do my best so that they could learn with joy.

#### **Initial Contact With the Beauty of the Truth**

I disliked religion because I thought that it would lead to mental blindness. Besides, I had seen so much hypocrisy among those who talk about peace and happiness. On the other hand, my wife, Keiko, had sought truth from her childhood on. She had taken an interest in different religions and listened to their teachings, but none of them satisfied her spiritual hunger.

So when one of Jehovah's Witnesses called at our home, Keiko agreed to a Bible study. She would tell me everything she learned and anything that impressed her. What Keiko told me had a pleasant ring, but I did not share her enthusiasm.

Still, Keiko kept telling me with real conviction what she learned from the Bible. She always slipped a couple of Bible-related magazines into my bag when I traveled. But I refused to read them. I was protective of what I had built up over the years. We had just purchased our own house, and somehow I had the idea that if I accepted Bible teachings, I would have to give the house up. Meanwhile, Keiko made rapid progress and put into practice what she believed. I felt left out and lonely. Although I knew that what she told me was right, I began to oppose her.

#### **Opposed, yet Attracted**

I used to come home from work late at night, but on the nights when Keiko attended the meetings of Jehovah's Witnesses, I would purposely return later than usual. Even when





I got home at two or three o'clock in the morning, Keiko would be waiting for me to tell me what happened that day, showing concern for me. But I could not tolerate the thought of my family leaving the house for a few hours to attend Christian meetings. I intensified my opposition and began to talk of divorce. Yet, Keiko remained firm.

I had a hard time understanding Keiko's behavior. Despite our strained relationship and her asthma attacks, she was so happy in everything she did. It was Keiko's pure heart and innocent gentleness that initially attracted me to her. And that was exactly why I was worried about her being deceived when she began to study the Bible.

Still, Keiko applied what she was learning and tried to be a good wife and mother. Although I was opposed, when she begged me to go to Christian meetings and assemblies, I attended from time to time, perhaps because I was proud of Keiko.

At the same time, I was jealous of Jehovah. When I saw Keiko trying to change, I wondered why Bible teachings have such profound effects on people. 'Why is my wife willing to go through all sorts of difficulties for Jehovah?' I thought.

Soon, some of the Christian brothers from Keiko's congregation sought to visit me at home. I had no intention of meeting them. Yet, I wanted to know why Keiko had such peace of mind. Finally, my curiosity got the better of me and I agreed to a Bible study. As I got closer to those who visited me, I sensed something refreshing in them. Through the weekly study, Bible truth gradually seeped into my heart, and my views widened out.

#### **The Beauty of Nature and of the Truth**

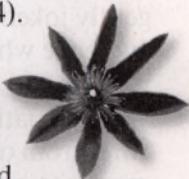
When I tried to express the beauty and power of nature through ikebana, I fretted over how to convey its magnificence. Then, when I learned that it was Jehovah who created the wonders of nature, it all made sense to me.

How can a puny man compete with the Creator's artistic ability? Jehovah is the Supreme Artist! However, by trying to copy him, I began to arrange flowers in a much better way. In fact, after I started to study the Bible, people began to tell me that my work had changed, with gentleness being added to vigor.

Bible truths helped me to understand many things for the first time. When I learned that as the ruler of the world, Satan the Devil is behind today's human suffering and that our heart is treacherous because of sin inherited from Adam, I at last understood the true meaning of what is taking place around us. (Jeremiah 17:9; 1 John 5:19) I learned that Jehovah is a peaceful God, abundant in love, justice, power, and wisdom (Deuteronomy 32:4; Romans 11:33; 1 John 4:8; Revelation 11:17); that God sent Jesus to die for us out of love (John 3:16; 2 Corinthians 5:14); and that the time will come when there will be no suffering or death (Revelation 21:4).

The beauty of these truths fascinated me. In addition to that, Jehovah's Witnesses live by Jesus' teaching to "love your neighbor as yourself." Seeing that firsthand assured me that this was the true religion.

—Matthew 22:39.



#### **A Hurdle to Clear**

As the truth took root in my heart, I faced a challenge. When the headmaster was unable to attend funerals, I had often represented him in the Buddhist rituals. This became a trial for me when I was thinking of dedicating myself to Jehovah. I made a personal decision that I would not participate in Buddhist rites. (1 Corinthians 10:21) Respectfully, I explained to the headmaster that I intended to get baptized soon and had made up my mind not to share in any other worship, even if doing so involved my work. He told me that he had no objection to my becoming a Christian and that I could deal with religious matters in my own way. This reply came as a pleasant surprise

because I thought I would be chastised and would lose my position.

With that hurdle cleared, I was baptized in symbol of my dedication to Jehovah at a Christian assembly in June 1983, a year after I started my Bible study. Coming out of the baptismal pool, I was welcomed by Keiko with a big smile and tears in her eyes. With tears in my own eyes, I thanked Jehovah with Keiko for the happiness we shared.

#### **Decision to Give Up My Secular Career**

The headmaster had shown great understanding toward my position as a dedicated Christian. I tried to fulfill my work responsibilities even more conscientiously than before. Nevertheless, I tried to keep a balance between my secular job and my Christian life. For seven years I intensified my share in the Christian ministry several months out of each year.

However, I had to think seriously about my only son's spirituality and about Keiko's deteriorating health. 'I should spend more time with my family,' I thought. I also wanted to keep Kingdom interests first in my life. These needs and desires moved me to pray to Jehovah about giving up my career in ikebana. The headmaster realized that my mind was set, and I was at last able to make a smooth retirement in July 1990 at the age of 42.

#### **Helping Others to See the Beauty of the Truth**

Soon after retiring, I started the full-time ministry to help others to find the truth. At present, I spend

***With my wife, our son, and his family***



***Through ikebana, you can express your impression of the beauty of nature***

one day a week teaching flower arrangement, free from the constraints of the Ikenobo style. I have the privilege of serving as an elder in the congregation, and Keiko is enjoying pioneer service with fewer asthma attacks than before. Our son, now married, is a ministerial servant in a nearby congregation. What a precious privilege it is for all of us as a family to be able to serve Jehovah!

Under Jesus Christ's Kingdom rule, I am looking forward to using the plants that I raise in my garden to create beautiful flower arrangements. My sincere desire is that together with my dear family, I may praise forever the majestic name of Jehovah, the Creator of everything beautiful.



# Toys Past and Present

PHILIP\* and his young playmates happily observe how the ball they made by winding pieces of string together bounces. They begin to kick it in an animated game of soccer. Mike is amazed at how his little car responds to the orders of the remote control he holds in his hand. He is able to make it travel forward and backward with ease. At home, Andrea and her little friends dress their dolls in clothing and shoes, all the while talking about how they will dress when they grow up.

What do these children have in common? Toys that they can play with for hours. Sometimes a toy—such as a favorite stuffed bear—becomes a child's inseparable companion from infancy.

It may even earn a place in the family photo album. What is the story behind toys? Why are they so important to children?

## The Origin of Toys

Says one encyclopedia: "A toy is often an instrument used in a game. Toys, playthings, and games survive from the most remote past and from a great variety of cultures. They vary from the simplest to the most complex, from the natural stick

\* Names have been changed.

Lion and hedgehog: Erich Lessing/Art Resource, NY

**Lion and hedgehog  
on rolling platforms,  
second millennium, B.C.E., Iran**



selected by a child and imagined to be a hobbyhorse to sophisticated and complex mechanical devices." So any object that can be used for entertainment and play can become a toy. And since by nature humans seek diversion, it is very probable that toys are nearly as ancient as mankind.

For example, dolls—or at least parts of them—have been discovered in lands such as ancient Babylonia and Egypt. Dolls may well be the most ancient of toys. The ball is another ancient toy. Although there is no way of knowing when the first ball was used, stone pins at which a stone ball was rolled in a type of bowling game have been found in the ancient tomb of an Egyptian child.

Yo-yos made of stone existed more than three thousand years ago in Greece, and evidence suggests that they may have been used in ancient China. Puppets and geometric shapes of ivory made to fit together were the toys of Roman children. Greek and Roman boys also played with miniature carts, which shows that transportation toys have been popular down through the years. One museum exhibits a clay animal figure on wheels, which may be a toy from an early Mexican culture. Interestingly, no other wheels have been discovered in connection with this culture. In medieval times, oval or round balls were made of inflated animal bladders. Much like modern footballs, these were kicked or carried toward a goal.

Clay doll: Erich Lessing/Art Resource, NY; top: Réunion des Musées Nationaux/Art Resource, NY; corn husk doll: Art Resource, NY

**Clay doll, c. 600 B.C.E., Italy**



**Spinning top,  
Classical Greek period,  
c. 480 B.C.E.**



Later, in 18th-century England, puzzles were created for educational purposes, and they became very popular during the beginning of the 20th century. Then, too, crayons started to gain popularity. In the United States alone, a single company has produced more than one hundred billion crayons. As you can see, some of our modern toys had their beginnings in the distant past, and they have played an important role in people's lives.

### **Why Play and Have Toys?**

"Play is a natural activity for every young child. Play provides many opportunities for children to learn and grow—physically, mentally and socially. If play is the child's work then toys are the child's tools, and appropriate toys can help children do their work well." This is how a governmental guide for selecting suitable playthings described the importance of toys.

Of course, the main reason why toys are so popular is that they are fun to play with. Still, their contribution to a child's development is noteworthy. Think of the following examples: When a child pushes a toy cart, he strengthens his motor skills. When he skips rope, he improves his coordination. When he stands on one foot to kick a ball or when he rides a bicycle, he learns balance. And when he builds with blocks or paints pictures, he learns to control his movements in a precise way.

**Corn-husk doll,  
Colonial America**



**Crayons, early 1900's,  
United States**



## A good toy is . . .

- Suitable and safe for the child's age, abilities, and physical capabilities
- Well constructed and durable (children tend to take things apart)
- Attractive and interesting enough to engage the child's attention
- Stimulating to the child's creativity and imagination
- Affordable
- Nontoxic



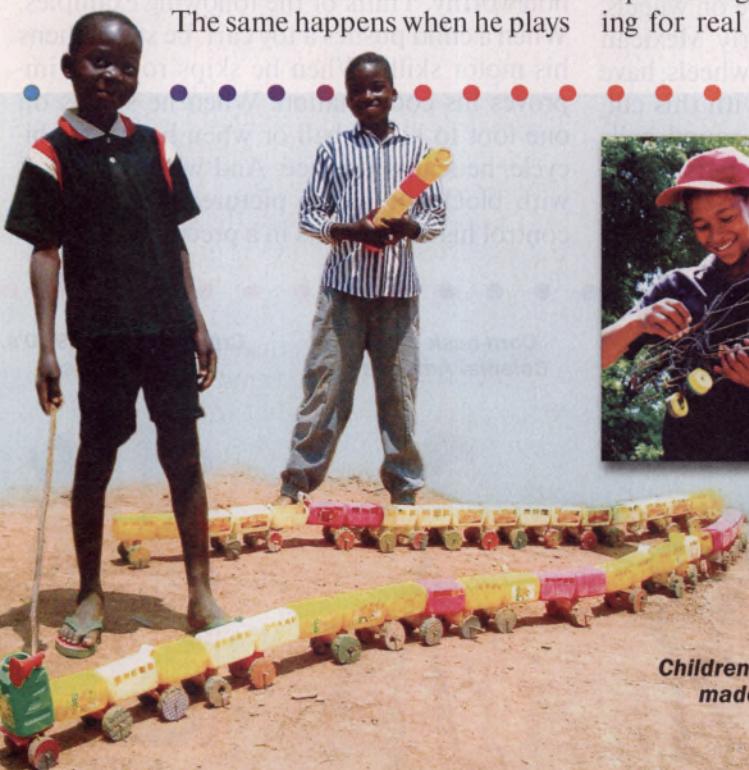
What about the child's intellect? Language skills are developed when a child's play includes singing and rhyming, perhaps doing so while jumping rope or playing a game of tag. When a child builds a block structure, follows the directions to a game, matches the pieces in a puzzle, acts out stories, or plays with dress-up clothes, his thinking and creative abilities are also stimulated.

The same happens when he plays

musical instruments or works with art and craft materials.

No less important is the way that play helps children acquire social skills—how to interact with others—as when they team up to play ball games. Says Dr. Bruce Duncan Perry: "The child gains an understanding about those around him and may become more empathic and less egocentric. When playing with peers, children learn a system of social rules, including ways to control themselves and tolerate their frustrations in a social setting."

Children also use toys to imitate what they see adults doing. The Greek philosopher Aristotle said: "To imitate is instinctive in man from his infancy." Yes, many of the activities of daily life are imitated and thus learned in children's games. We can easily picture a little girl rocking her doll to sleep, just as she may do much later with a real baby. Or perhaps she may prepare make-believe dishes for a meal with her little friends. Similarly, boys move their "automobiles" around, even reproducing the sound of the motor, practicing for real driving. However, there are fac-



**Children with toys  
made at home**

# To Avoid Toy-Related Risks . . .

- Keep toys for older children out of the reach of the young
- Read all security labels and instructions carefully, with your child if possible
- Teach the child and his playmates how to use and store toys properly
- Avoid noise-making toys that could reach harmful noise levels

● Check toys periodically. In many cases a damaged toy should be repaired or thrown away immediately

- Potentially hazardous toys such as target toys, sharp-edged tools, and electrical toys should be used only by older children under adult supervision
- Toys with parts small enough to be swallowed should be kept away from small children



tors that should be taken into account when selecting toys for your children. Why?

## Being Selective About Toys

"Toys now promote the vision of a violent, lawless society," says *The Daily Telegraph* of London. Although this statement does not apply to all toys, it is ever more common to observe fewer classic toys and more "deformed, muscular figures . . . with an aggressive appearance," according to an article in the Mexican newspaper *La Jornada*. This article quotes Patricia Ehrlich, a teacher and researcher at the Xochimilco Autonomous University, as stating that many of the toys on the market promote an ideology of domination in which force, aggression, power, submission, and fear are favored.

The National Association of School Psychologists in the United States affirms that being exposed to toys that promote violence "can have a negative impact on children's learning and development and can lead to harmful consequences." Studies suggest that violent video and computer games can give rise to aggressive behavior and lead to delinquency. Thus, every adult who is responsible for a child should give thoughtful consideration to choosing suitable toys.—See the box on page 26.

With the help of modern technological developments, toys are now available in great variety and with sophisticated features. But

these may be beyond the family budget, children may quickly get bored with them, or they may simply not be good for the children. Leanne, a single mother of five in Australia, comments: "My older boys are influenced by advertising and often ask for expensive computer games. However, they seem to have more hours of fun and exercise from playing in the backyard with an inexpensive bat and a rubber ball. I find the simple toys are the most durable and provide my children with the most scope to use their imaginations."

## Why Not Make Your Own Toys?

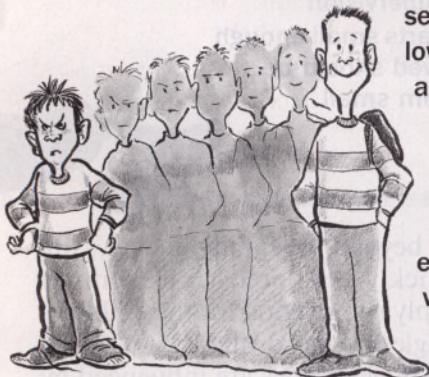
If you are a child and cannot afford the latest toys, you can still be happy by putting your creativity and imagination to work. In many parts of the world, children just like you are making their own toys.

Look at the pictures on these pages. Don't the children seem to be having fun? Assembling some of the "cars" is not so easy. You have to collect pieces of old wire and bend them into the right shape. For wheels, rubber or plastic cut into round spheres will do. What do you think of that train made out of soft-drink and milk bottles? Or how do you feel about the truck made of pieces of wood? Sometimes it is even possible to ride on these toys, such as on this African scooter made at home. These children find that toys do not have to be expensive to be fun. And making them is part of the fun. Why not try it?

# Watching the World

## "Difficult" Children Can Improve

"Many difficult primary school-aged children grow out of their problems," states *The Sydney Morning Herald*. "They can turn into well-adjusted teenagers." Re-



search conducted by the Australian Institute of Family Studies followed the progress of 178 children identified at 11 or 12 years of age as displaying three or more of such characteristics as "high aggression, low co-operativeness, low self-control, low capacity to stay focused on tasks, high hyperactivity and a volatile or moody temperament." Six years later, 100 of these youths exhibited behavior "virtually identical to a control group of more easygoing youngsters." What helped them to improve? "Children who turned into happy teenagers were less likely to have kept company with antisocial peers [and] were also more likely to have closer parental supervision," says the report.

## Working While Sick

"People who drag themselves into work despite feeling ill," reports Britain's *Telegraph* online newspaper, may well be increasing their likelihood of developing heart disease. Scientists at University College in London studied the health and work attendance records of more than 10,000 London civil servants over a ten-year period. Between 30 and 40 percent of workers who did not rest at home when sick—even if only with a common cold—"had double the incidence of coronary disease over the following years," stated Sir Michael Marmot, director of the study.

## The World's Most Untranslatable Word

"The world's most difficult word to translate has been

identified as 'ilunga' from the Tshiluba language," spoken in the Democratic Republic of Congo, says BBC News. The word won a poll conducted among a thousand linguists. *Ilunga* means "a person who is ready to forgive any abuse for the first time, to tolerate it a second time, but never a third time." Another high scorer was *naa*, a Japanese word used only "in the Kansai area of Japan to emphasise statements or agree with someone." According to Jurga Zilinskiene, managing director of the translation and interpreting agency that commissioned the poll, "people sometimes forget that an interpreter . . . must translate not just from one language to another but from one *culture* to another, [and] sometimes, the equiva-

lent idea just does not exist in both cultures."

## Leisure Reading Makes for Higher Grades

Reading for pleasure contributes more to better grades than "the number of hours spent studying, parents' education, use of class notes, or computer use," reports Mexico City's *Milenio* newspaper. A study of hundreds of thousands of high-school admission tests indicates that students who dedicate time both to their school studies and to leisure reading are more likely to have success in school. The books students choose need not be only about school subjects but may include those read for sheer pleasure, such as biographies, books of poems, and books on scientific topics. On the other

hand, the report notes that students who watch TV for many hours a day instead of reading tend to have lower grades.

### Résumé Fraud

While job applicants generally want to present themselves to potential employers in the best possible light, some resort to outright fraud. A study by the employment screening company Australian Background found that of 1,000 job seekers, 21 percent had lied to prospective employers about their qualifications, reports *The Sydney Morning Herald*. Additionally, "60 per cent of those with criminal convictions failed to admit them, even when asked," states the paper. "The applicant[s] may be claiming that they ruled the world," says employment executive Gary Brack. "But when you

probe a bit further into their last job, it may turn out that they only ruled a little corner of the office."

### Idleness Even Deadlier Than Smoking

"A life of inactivity is more deadly than smoking," according to a review of the exercise habits of 24,000 Hong Kong residents who died during 1998. The study revealed that physical inactivity increased the risk of dying prematurely by 59 percent for men and 33 percent for women, reports the *South China Morning Post*. "It is fine if you do not smoke. But if you do not exercise, then you are [still] at high risk," stated Lam Tai-hing, head of the University of Hong Kong's department of community medicine. Even limited exercise is better than none, according to Professor Lam. He

recommends replacing half an hour of sitting time with walking or housecleaning.

### Syphilis on the Rise

In Italy reported cases of the sexually transmitted disease syphilis "have more than doubled in the last two years," states the Italian weekly *Panorama*. According to Giampiero Carosi, director of studies of infectious and tropical diseases at the University of Brescia, these cases mostly involve youths who have never gone through AIDS prevention programs and who show up at medical centers after their first sexual experience. *Panorama* points out that for 40 percent of those infected with syphilis, the disease progresses to the third stage, where "internal organ damage spreads to the brain, heart, bones, joints, eyes, and liver."

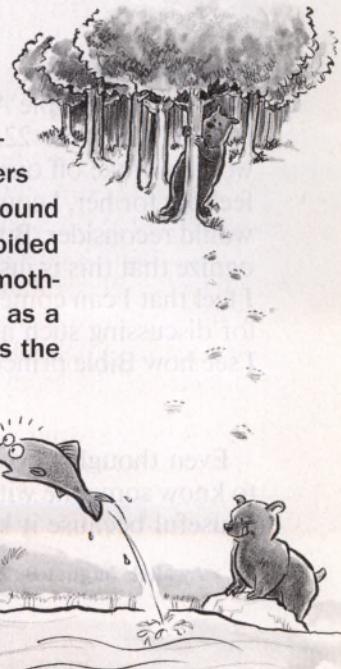
### Mother Bears Undeterred by Tourists

"The presence of noisy ecotourists may unexpectedly benefit brown bears in the wild," reports Britain's *New Scientist* magazine. Human visitors to remote natural areas often interfere with animal behavior, sometimes with disastrous results. However, British and American researchers

studying brown bears at an isolated salmon spawning ground in western Canada "found that while adult males avoided the tourists, . . . the presence of people didn't bother mothers and cubs, who seemed to use the noise of buses as a cue that dangerous males had left the stream," states the report. "Even when males had left the area

altogether, females didn't appear until the tourists did."

Mother bears evidently take advantage of the opportunity to dine at prime feeding zones without the threat of males attacking their cubs.



## From Our Readers

**Children** I recently read the series “A Child’s Early Years—What Should Parents Do?” (October 22, 2004) These articles so impressed me that I decided to write. I have a daughter who will soon turn five. I used to think that I had to fill every waking moment of her time. However, the magazine said that some educators feel that unstructured play is actually necessary, as it stimulates creativity and develops a child’s social, mental, and emotional skills. Thank you so much! Please continue to publish articles on similar topics!



*I. K., Russia*

When I read this series, I could not hold back the tears. I thought back to 29 years ago when I had my baby, as a very young mother without Jehovah. I made many mistakes. But my tears of regret turned to tears of joy. My daughter just had her first baby a week ago. I’m so thankful to Jehovah that my grandchild has parents who love Jehovah and who will benefit from such articles.

*E. H., United States*

**Young People Ask** Thank you very much for the article “Young People Ask . . . How Can I Tell Him How I Feel?” (October 22, 2004) Just recently, a young woman broke off our courtship. Because I still have feelings for her, I could not give up the hope that she would reconsider. But after reading this article, I recognize that this is just a dream, and for the first time, I feel that I can come to grips with reality. Thank you for discussing such a practical subject. Once again, I see how Bible principles can help us.

*Y. K., Japan*

Even though I do not presently intend to get to know someone with marriage in view, this article is useful because it keeps me on guard. It is true

that we young ones are more exposed to Satan’s attacks, but it is also true that Jehovah helps us. Continue publishing such articles!

*C. D., Romania*

This article helped me to view things realistically. It helped me to resolve to allow more time to pass before I express my feelings. Above all, it encouraged me to do more in the congregation so I can improve my reputation there and also improve my relationship with Jehovah. This would make me a more appealing person to all. Thank you for such a nice expression of attention to young people!

*D. K., Holland*

One day I had a conversation with a friend about a person she was romantically interested in. She wanted my advice on how to proceed. We tried to think of Bible principles. So you can imagine how amazed we were when the very next day we received this magazine! Thanks very much for printing such articles!

*J. S., Ireland*

I am 14. In my class at school, love and relationships are often a topic of conversation. Reading this article, I learned a lot about how to look for a marriage mate in the future. I also came to understand how Jehovah really cares for us and gives us good advice. I want to act wisely—in a way that is acceptable before God—in front of those of the opposite sex. Please keep on publishing wonderful articles like this one in the future.

*K. I., Japan*

# An Older Article Touches Hearts



AT A school in Suwałki, in northeast Poland, a teacher asked students to prepare for a discussion on abortion. Sixteen-year-old Justyna gathered some information from the publications of Jehovah's Witnesses. On the day of the discussion, the teacher gave the students an opportunity to express their opinions.

"I approached the teacher and showed her the article 'Diary of an Unborn Child,' published in the May 22, 1980, issue of *Awake!*," says Justyna. She told her teacher: "Please notice that it is written from the point of view of a child, a fetus, that is to undergo abortion.

I think it is very interesting." The teacher started to read the diary aloud. The students were silent, everyone listening attentively.

Before the teacher had read even half the text, she found she was not able to continue and asked a student to read it. The teacher sat down and started to cry. After the diary was read, an interesting discussion followed, and some students asked for a copy of the article. "The class changed their attitude toward the literature published by Jehovah's Witnesses," says Justyna. "Formerly they had a negative view, but now their view was favorable. One boy even became a regular reader of *Awake!*"

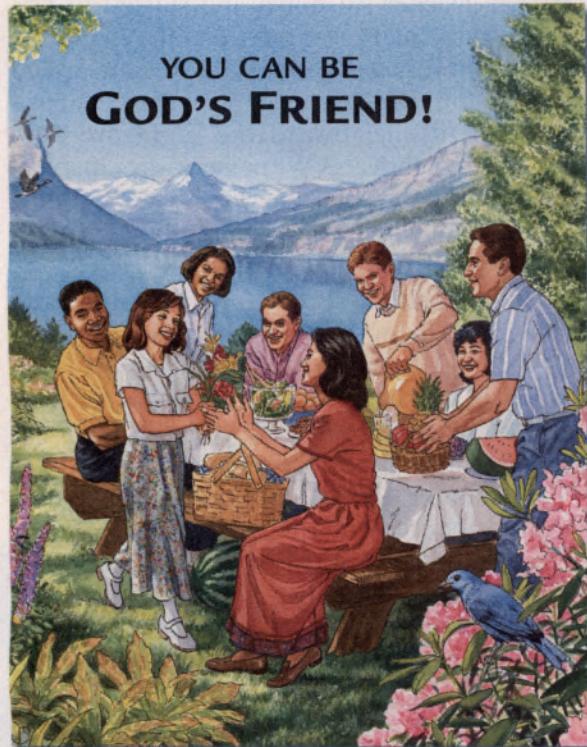
Just as Justyna successfully used an article she found in an issue of *Awake!* that was over 20 years old, you too can find "a bagful of wisdom" in the back issues of this magazine. (Job 28:18) When attending meetings at the local Kingdom Hall of Jehovah's Witnesses, you can examine the bound volumes of *Awake!* found there on the shelves in the library. You will enjoy reading beneficial articles that do not lose their value with the passing of time. You may also obtain a current copy of *Awake!* from Jehovah's Witnesses in your area.

Justyna during her school years





## How to become God's friend



■ That is what the 32-page brochure *You Can Be God's Friend!* teaches us. Its appealing lessons include "God Invites You to Become His Friend" and "God Is the Best Friend You Could Ever Have." The brochure is designed to help the reader learn the basic teachings of the Bible.

In its lesson "God's Friends Will Live in Paradise," the brochure clearly explains God's purpose for our earth. Yet, to enjoy the Paradise that the Bible promises, we must learn how God wants us to serve him. Such lessons as "How to Find the True Religion" and "Reject False Religion!" will help you to become God's friend and to enjoy his favor. We are sure that you will find reading this brochure rewarding.