

Awake!

JULY 8, 1985

Festivals Articles



Accidents *—Can They Be Prevented?*

Also:

**Fate —
Does It Shape
Your Future?**



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Feature Articles

'It was only an accident,' one might say. But accidents can suddenly turn joy into tragedy. Accidents maim and kill. They can wipe out in a moment the work of a lifetime. Can accidents be avoided? Often yes. The following articles will point out what causes most types of accidents and how they can be prevented

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Frederick W. Franz, President

Accidents

“Why Me?”

THE world seems to be a very hazardous place. In one frightening split second, an accident can happen to almost anyone. Accidents at home, on the road, in meeting halls, and at work have become a scourge of the 20th century. Yet nine out of ten accidents could be prevented or avoided. How? By our becoming more safety-minded. Remember, accidents don't just happen. They are generally caused by people.

Accidents are unplanned events that hurt. People cause them by means of an unsafe act or an unsafe practice, or an unrealized hazard may cause hurt. To prevent or avoid accidents, good judgment is needed.

How can good judgment be acquired? First, have a proper attitude that is free from anger and emotional upset. Has someone or something upset you within the last day or so? Then beware—you may be accident prone! Psychological studies show that stressful situations can cause nervous tension that triggers risk-taking behavior that same day or even the next day. A second way to acquire sound judgment is to increase your knowledge of your limitations as well as of your “world” (home, workplace, machines, and so forth).

All too often one will shrug off a mishap by merely saying: “It was *only* an accident!” But accidents can maim or kill. The car driven recklessly kills just as surely as the bullet from a smoking gun. The poison taken by mistake is just as deadly as that taken deliberately. The fire sparked by a cigarette tossed thoughtlessly burns just as fiercely as that started by an arsonist. ‘I just didn’t think,’ is a



hollow-sounding excuse that offers no solace whatsoever to someone who has lost a loved one in an accident.

In many countries, a fatal accident caused by a person who disregards safety laws can result in criminal-manslaughter charges. When the ancient Israelites were under the Law of Jehovah God, safety became part of their daily life. Houses with flat roofs had to have parapets, or low walls, so that no one would fall off and be injured. (Deuteronomy 22:8) The owner of a bull had to provide safeguards so that his animal could not gore people. (Exodus 21:29) And it appears that Israel’s road system had to be well maintained and clear of obstacles.—Isaiah 62:10.

Therefore, safety is accident prevention. Safety is obeying *all* safety rules. Safety is a personal matter.

Accidents

Their Cause and Prevention

Question:

Which epidemic causes tremendous suffering and countless disabilities, is a major cause of death at all ages, entails vast cost to society, is found in all countries, yet rarely figures in medical school curricula or research projects?

Answer:

Accidents*

* Quoted from *World Health*, the official magazine of the World Health Organization.

THE above question points up that modern-day scourge—accidents. As a matter of fact, in industrialized countries, accidents rank number one as the cause of death for women under 34 years of age and men under 44. But by being safety-minded, you can identify most causes of accidents and thereby reduce the risks to life and limb. How can this be done? Let us look at three areas in which we can be more safety conscious.

Falls

In our age of the spectacular and the exotic, the simple and the ordinary are still major causes of injury and death. In many countries, falls are the number one killer in the home. For example, in the United States, after automobile accidents, falls are the leading cause of facial fractures and result in about 14 million injuries and 15,000 deaths a year. And in New Zealand, falls cause injury to 28,000 people (close to 1 percent of the population) each year and run up a 12-million-dollar tab for the insurance companies to pay.

Who are most susceptible to injury or death by falls? The young and the elderly. The danger areas where most falls occur

are: steps, ice, rugs, and bathtubs. The vast majority of falls are not from some towering height, such as occasionally makes the news, but just to the floor or ground immediately beneath one's feet. Good housekeeping is the key to prevention of this type of accident. By keeping the house or workplace clean and orderly, the main cause of accidents is removed.

Fire

We live, work, and sometimes assemble for meetings in an increasingly combustible and toxic world. Despite the presence of steel, brick, and concrete, we are surrounded by volatile liquids, gaseous fuels, and plastic room furnishings that, when kindled, are capable of releasing killing gases.

In the home, the majority of fires are caused by three things—men, women, and children. A home fire starts every 45 seconds in the United States. In Japan a fire breaks out every seven minutes, and a house is burned down every nine minutes. Yet, most of those fires could have been prevented.

Parents, do you leave your children at home with no adult supervision? Faster

than you can snap your fingers, an accident can happen that involves your child. Food cooking on an unattended stove has been the source of many blazes. Scalds are the second leading cause of burn deaths of children. Also, the soaring cost of petroleum fuel that began a decade ago has introduced wood-burning heating stoves to a generation that is unfamiliar with their unique characteristics and maintenance needs. The result—death and injury by fire to hundreds.

The most deadly cause of home fires is tobacco smoking. Falling asleep with a lighted cigarette results in thousands of deaths by fire each year. Not only is the smoker a victim but family and neighbors suffer too. When a cigar or a cigarette ignites furniture, flames can quickly spread throughout the rest of the house and jump to neighboring buildings.

Suppose that at this instant the home or building where you are suddenly bursts into flames. Could you find the fire exit? Fire accidents do not trumpet their arrival. Prepare for the unexpected. When entering a building or a room, locate the fire exits; mentally diagram escape routes. At home, as a family, plan and regularly practice at least two escape paths and have a predetermined meeting place outside the house. This will prevent panic and keep you from impulsively making a fatal mistake.

"If you catch yourself or clothing on fire, remember three words—STOP. DROP. ROLL." That is the advice of Chuck Fierson, firefighter and instructor, as reported in *The Express* of Easton, Pennsylvania, U.S.A. Your goal is to smother the fire.

- STOP: Do not run. Running increases the amount of oxygen feeding the fire. The greater the amount of oxygen, the fiercer the fire will burn.
- DROP: Fall to the ground immediately. Lie down. Do not remain standing.

Safety Checklist —Falls

- Are all stairways well lighted?
 - Do all stairways have sturdy handrails?
 - Are all small rugs tacked down or do they have nonskid backing, including those on stairs?
 - Are all outdoor steps and walkways in good repair?
 - Do bedrooms have lamps within reach of bed, or do they have night-lights?
 - Are pieces of furniture arranged so they are not obstacles?
 - Does bathroom have grab bars next to tub or shower and nonskid mats or strips in the tub?
 - Are shower-curtain rods, towel bars, and soap dishes firmly anchored to bathroom wall?
 - Are water spills (or grease) promptly wiped up from bathroom and kitchen floors?
 - Are cabinet doors and drawers closed when not in use?
 - Do children promptly pick up and put away toys after playing?
 - Is a sturdy ladder or step stool used instead of a wobbly chair to reach high places?
- ROLL: Roll over and over with elbows tucked against your sides. Cover your face with your hands. This will help smother the fire, prevent facial disfigurement, and prevent hot gases from burning your lungs.
- ### Travel
- It is no exaggeration to describe as a modern plague the deaths and the maiming that occur while traveling. There is no vaccine against road deaths. A traffic accident can happen in a flash, but its effect can linger a lifetime, touching the lives of many.

Each year, worldwide, 225,000 people are killed on the road, and uncounted millions are injured, leaving tens of thousands crippled or maimed. The emotional and financial costs of these accidents are incalculable. In just one country, Nigeria, "government statistics show that automobile fatalities climbed from 29,000 in 1979 to 32,000 in 1980 and 34,000 in 1981," says *World Health* magazine.

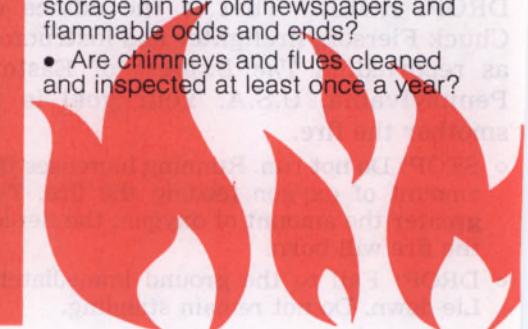
Both the very young and the teenager are vulnerable to automobile accidents but for quite different reasons. Teenagers and young adults often fall victim to their own folly. The very young are almost always victims of someone else's negligence. For example, in the United States "automobile accidents kill and injure more children, 0-4 years of age, than did the worst year of the polio epidemic," reports *Human Factors Society Safety Technical Group Newsletter*. And *World Health* notes this about Nigeria's youth: "Young people of secondary school and college are more liable to die on the road than to be killed by communicable diseases."

One simple but often neglected cure for road injuries is the regular use of the seat belt. London's Department of Transportation found that six months after their seat-belt law became effective, the number of hospital casualties dropped by a fifth. For children under four years of age, the proper use of auto restraint seats is literally a lifesaver. Car seats for young children are among the most effective life-saving measures possible, according to a study published in *The Journal of the American Medical Association*.

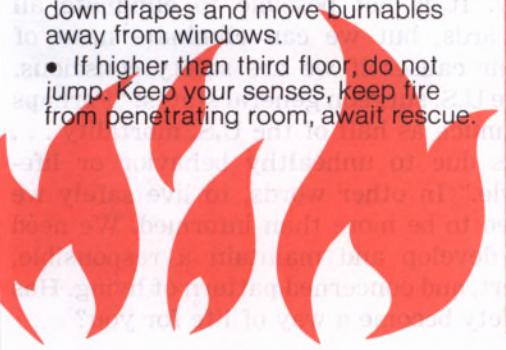
Note this chilling fact: If a car traveling 30 miles an hour (48 km/hr) is in a collision, a ten-pound (4.5-kg) baby inside will slam into the dashboard with the same force as that felt by a baby hitting the ground after falling from a three-story

Safety Checklist —Fires

- Are smoke or heat detectors properly placed (at least one per floor) and maintained?
- Does everyone in the family, particularly the children, the elderly, and the handicapped, have flame-resistant sleepwear?
- Are matches and flammable liquids far beyond the reach of children?
- Are pot handles turned away from edge of stove but not over burners?
- Is there an adequate fire extinguisher in the kitchen?
- Are bedroom doors shut when you are asleep, so as to delay fire and smoke from entering?
- Are all appliances unplugged when not in use, and when in use, is there sufficient air space around them to prevent the igniting of nearby materials?
- Are all flammable rags stored in sealed metal cans?
- Are electrical cords removed from under rugs or over radiators? Are frayed cords repaired or replaced?
- Is all furniture, as well as draperies, at least three feet (1m) from fireplace or wood stove?
- Is the ironing-board cover of nonflammable material?
- Are flammable materials kept away from light bulbs in attic or closet?
- Is basement or attic off limits as storage bin for old newspapers and flammable odds and ends?
- Are chimneys and flues cleaned and inspected at least once a year?



Traveler's Guide to Surviving a Hotel Fire

- Stay in hotels that have smoke detectors, alarms, sprinklers.
 - When checking in, ask about evacuation procedure, alarm signals.
 - Plan escape. Count doorways between your room and nearest exit. Check stairway to outside, and see if roof door opens.
 - Know your own room. Have clear path to door, and keep key by bed. (You will need key if you are forced back into room.)
 - Fill ice bucket with water.
 - If awakened at night, investigate. If you smell smoke, crawl. (Poison gases are odorless and fill areas from ceiling down.)
 - Feel door. If it is hot, do not open it. If it is warm, open it slowly. If hallway is passable, crawl along wall on same side as exit.
 - If way downstairs is not clear, exit to roof. Keep roof door propped open. If escape is not possible, return to room, close door, call reception desk or fire department.
 - Try to alert outsiders, wave or yell.
 - Do not use elevator.
 - In room, fill tub with water, place wet towels or bedding in door cracks, use damp towel as breathing filter.
 - If smoke is not in room, keep windows closed. If fire is outside, pull down drapes and move burnables away from windows.
 - If higher than third floor, do not jump. Keep your senses, keep fire from penetrating room, await rescue.
- 

building. Therefore, buckle up! Make it your habit and your family's habit too!

Ignorance, carelessness, selfishness, and impatience are the root causes of most traffic accidents. When driving, have you noticed these traits in yourself? Have others? For example, how do you react when another driver cuts you off? Prevent dangerous feelings from surfacing by developing a good attitude, one that is free from resentment, frustration, and anger. In brief, have emotional control. Follow this wise advice: "If you are sensible, you will control your temper. When someone wrongs you, it is a great virtue to ignore it."—Proverbs 19:11, *Today's English Version*.

Another way you can increase safety on the road is by learning more about the traffic, the weather, and your car. More importantly, know your abilities as well as your limitations. The result: good judgment, which is a product of a right attitude and accurate knowledge.

What else makes a good driver? Researchers found that safe drivers had this in common: "They drove with total concentration and they seemed to have the ability to place their vehicle perfectly in traffic and to anticipate, always to anticipate what might happen up ahead." In addition, "they were courteous to pedestrians and other drivers." Would you not expect to see this especially in a genuine Christian, since he believes in the golden rule of 'doing unto others as you would like them to do unto you'?—Matthew 7:12.

Therefore, have good manners and drive defensively, as though your life and that of others depended on it.

Traveling is also done on public transportation. Here are a few safety suggestions when traveling by bus or trolley:

- Be alert for slippery steps or pavement

Auto safety seats for young children are among the most effective lifesaving measures possible



When getting on a bus, have your fare ready and keep one hand free for grasping the rail

when entering or leaving vehicle. Watch out for traffic.

- Have fare ready. Looking for change when on vehicle could cause loss of balance.
- Have one hand free for grasping rail. Brace yourself when vehicle slows down or turns.
- Do not dart into street from behind or from in front of vehicle.
- At night, wear light-colored clothing or carry flashlight when walking.

Whether we are at home, at work, or on

vacation, our lives are endangered every day. It is not possible to eliminate all hazards, but we can eliminate most of their causes if we are safety conscious. The U.S. surgeon general states: "Perhaps as much as half of the U.S. mortality . . . was due to unhealthy behavior or lifestyle." In other words, to live safely we need to be more than informed. We need to develop and maintain a responsible, alert, and concerned pattern of living. Has safety become a way of life for you?

Do You Doubt God's Existence? Do You Know Why?

SOME respond with a skeptical shrug of the shoulders. Others, with a candid denial. That is the way many today react to the question of God's existence. Are you one of them? If so, it would not be surprising, because the number of people who doubt God's existence has been growing.

Why They Rejected Belief in God

A young German woman explains her situation in this way: "My parents did not believe in God and were not religious, so I grew up without religion and without God. The mention of religion brought a smile to my face, and I did not understand why some people believed in God. At the same time, I could give no real reason for my inability to believe."

A 32-year-old Belgian, explaining his lack of faith, says: "Even while in school, I was encouraged by my parents to earn money and to strive for material things. Materialistic thoughts replaced any thoughts of religion and faith."

Do you have doubts about God's existence? Do you know why? Could it be that you are simply drifting along with the crowd? If so, are you really acquainted with the "proofs" the crowd has to offer? Have you, in all honesty and seriousness, subjected their explanation to a test of its reliability?

The Need for Satisfying Answers

Reaching a definite conclusion as to God's existence is more than just a matter

of deciding who is right and who is wrong. It is a decision that can have a profound effect upon an individual's life. It is a key factor in our finding satisfying answers to those questions about the meaning of life.

Let's investigate two "proofs" frequently presented by people in explaining their rejection of God's existence.

"I believe only what I can see, and I have never seen God"

At the outset of the space age, over two decades ago, *The New York Times* reported that the following statement was made in a Moscow radio program: "The fact that satellites and rockets have not detected the All-Highest, angels and so on, bears testimony against religious convictions and strengthens disbelief in God."

Do you consider this to be a proof? If so, are you willing to accept all the consequences that such a line of reasoning would involve?

The distance that man can hear and see has been extended far out into the universe by giant telescopes. Let's reduce this to comprehensible dimensions. Suppose the earth were the size of an apple. On that scale, the visible universe would be 2.9 thousand million miles (4.7 thousand million kilometers) in diameter. And just how far have manned and unmanned

probes and spaceships been able to move away from this "apple"? They are still away inside the apple box!

Besides, regardless of how far spaceships might venture into space, humans could never expect to see God, either with their literal eyes or by means of man-made cameras. They speak as if God were a man, made of flesh and blood, but the Bible says, "God is a Spirit."—John 4:24.

Actually, things caused by forces unseen to the human eye are happening around us all the time. While you are thinking about what you are now reading, complex thought processes are going on in the more than 10,000,000,000 nerve cells of your brain. Advanced technology can measure brain waves, even represent them to the human eye by projections made on a screen or a strip of paper. But WHAT you are thinking cannot be made visible. Every word you speak, every conscious movement you make, is the result of a process invisible to the human eye. On the basis of this observation, what would be the logical consequences of sticking to the principle: "I believe only what I can see"?

But many state the following:

"Everything has come into existence accidentally, without God"

The *Schweizerische Akademiker- und Studentenzeitung* (Swiss Academic and Student Newspaper) contained a thought-provoking article dealing with the theory of evolution. Under the heading "Can Order Come Into Being Accidentally?" it said: "To arrange a library or a stamp collection in an orderly way requires a plan, a measure of intelligence, and a certain amount of exertion. Were we simply to toss everything into the room with our eyes closed, hoping that chance would 'ar-

range things' for us, we would soon discover that this is not the way order comes into being. In fact, without our constant attention, things can easily get out of order again, as when the children take things out and put them back in the wrong places, or as when a sudden gust of wind 'arranges' our stamp collection. Daily experience teaches us that order does not come about accidentally. . . . On the other hand, from the existence of order we can deduce that intelligence has been at work. A well-arranged library, for example, bears witness to a good librarian. In principle, the same thing applies to every kind of order."

As an example, consider the brain. Think of the amazing things the human brain can accomplish with language. With the help of only 20 to 30 different letters (out of which most nonpictorial alphabets are composed), our brain is capable of forming an endless number of words and expressions and of grasping the different thoughts that they are meant to convey. Some languages have hundreds of thousands of words. In addition, new words and word combinations are being formed constantly. All of this with only these few letters of the alphabet. A brain trained in the mechanics of musical composition can do something similar. Who can count the number of different melodies that have been composed from just seven basic tones of the musical alphabet?

As to other wonderful functions of the human brain, a reference work speaks of its "10 billion nerve cells, any one of which may connect with as many as 25,000 other nerve cells. The number of interconnections which this adds up to would stagger even an astronomer—and astronomers are used to dealing with astronomical numbers." The German publication *Architektur der Schöpfung* (Architecture of Creation) adds: "Researchers of the capac-



Order requires intelligence, as a systematically arranged library shows

ity of the human brain have likened it to the activity of thousands of big-city telephone centers working at top capacity.... It has been estimated that in the process of a lifetime of 70 years the human memory can store up as many as 15,000,000,000,000 individual experiences."

Do these facts agree with the claim that "everything has come into existence accidentally, without God"? Or do they fit better with the Biblical argumentation that "every house is constructed by someone, but he that constructed all things is God"?—Hebrews 3:4.

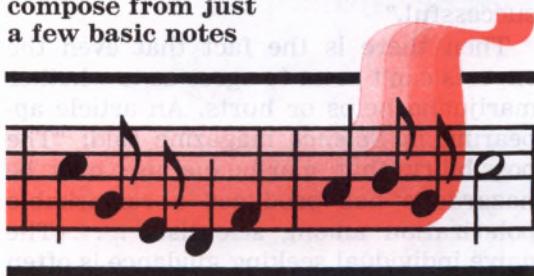
The Wisdom of Reaching a Decision

In 1981 Hans-Jochen Vogel, the opposition leader in the parliament of the Federal Republic of Germany, said: "I think more and more people are becoming fearful that present conditions might suddenly take a turn for the worse, yes, that even catastrophes of previously unknown intensity are no longer impossible. And more than a few consider an evolution of things in this direction to be inevitable and as unavoidable as an avalanche that has already broken loose and is picking up speed on its plunge into the valley." Is that all that the future holds for you?

People convinced of God's existence, and who study his Word carefully, are persuaded that God is influencing things in a positive way. Based on the Bible, they see a very bright future in store for *believing* mankind, despite present world conditions.

Because of what this means in your own life, if you doubt God's existence, we encourage you to ask yourself, 'What reasons do I have?' Try writing them down.

Think of the variety of music you can compose from just a few basic notes



How many do you have? How satisfying are they?

Might it not be high time to start giving consideration to the reverse question: What evidence is there that there *is* a God?

Young People Ask...

'Is Marijuana Really Harmful?'

"Just a lot of propaganda." That's what a young man named David used to call all the scary reports he heard about marijuana. After all, he had friends who used the drug frequently, and they weren't exactly dropping like flies. As far as he knew, none had died of lung cancer, suffered brain damage, or become sterile because of smoking marijuana. David therefore started using the drug himself.

LIKE David, many youths are turned off by what appears to be anti-pot propaganda. A survey revealed that almost half of one group of young marijuana users did not believe that it was harmful. And what about attempts to scare youths into believing that it is? Observed the *Journal of Drug Education*: "Fear-based anti-drug programs have tended to be relatively unsuccessful."

Then there is the fact that even the experts can't seem to agree as to whether marijuana helps or hurts. An article appearing in *Science* magazine said: "The possibility that marihuana use may be hazardous has produced a remarkable polarization among scientists . . . The naive individual seeking guidance is often hard-pressed to know whom to believe."

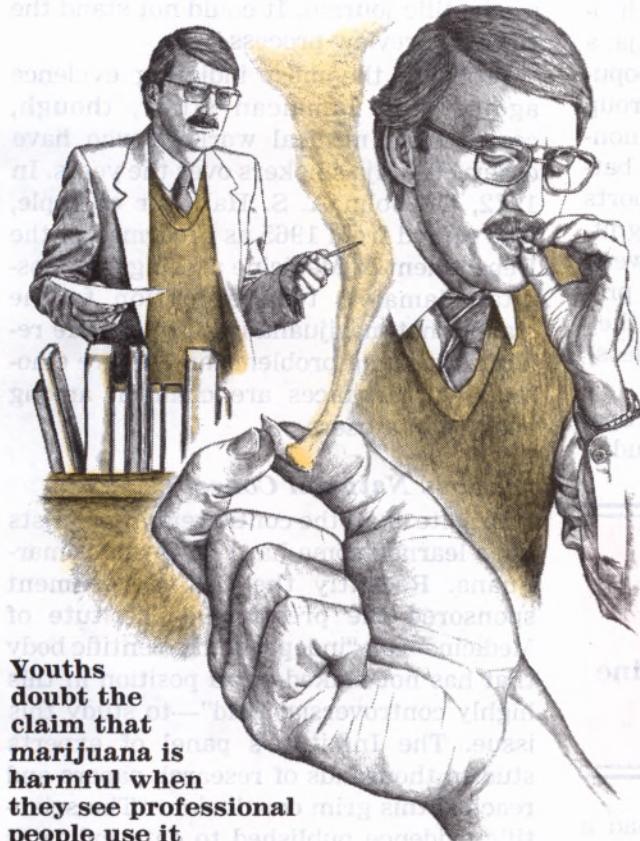
Why, though, is there so much controversy over marijuana? Are those who speak ill of marijuana simply resorting to scare tactics? Many youths are suspicious. Says one 15-year-old: "I think a lot of stuff is printed to scare us. Nothing I've

read has convinced me." True, one should not believe everything one reads. The proverb says: "Anyone inexperienced puts faith in every word." "But," it goes on to state, "the shrewd one considers his steps." Or as another Bible verse puts it: "Everyone shrewd will act with knowledge." (Proverbs 14:15; 13:16) You therefore owe it to yourself to learn the facts about marijuana so that you can make an intelligent decision regarding its use. Let's begin, then, by trying to understand why there is so much disagreement on this subject.

Why the Controversy?

The basic problem is that marijuana is extremely tough to study. It is a veritable chemical warehouse containing over 400 chemical compounds in its smoke. Of these chemicals, over 50, called cannabinoids, are found only in marijuana. True, only one such chemical—*delta-9-THC*—is believed primarily responsible for the drug's intoxicating effect. But since marijuana is grown under varying conditions, marijuana varies greatly in potency from batch to batch. This can wreak havoc with test results.* Further complicating matters is the fact that marijuana is generally inhaled, not injected. It is therefore very

* Scientists say that the marijuana available in the United States today is more than five times as potent (in THC content) as that used just a few years ago! Likely this explains why earlier tests with marijuana often concluded that the drug was relatively harmless.



**Youths
doubt the
claim that
marijuana is
harmful when
they see professional
people use it**

difficult to give test subjects a controlled dose, short of injecting them with *delta-9-THC*. Doing that, though, does not tell scientists how that chemical affects humans when it is *inhaled* along with over 400 companion chemicals.

While common sense might indicate that breathing noxious fumes is unhealthy, *proving* that charge is not easy. Cancer-causing chemicals work insidiously slowly. That is why it took doctors over 60 years to realize that cigarette smoke causes cancer. So the fact that marijuana smokers do not seem to be dropping dead *now* does not mean that the drug is harmless. However, no one can say with certainty that marijuana smokers will one

day come down with lung cancer. It may take decades before anyone really knows what marijuana's 400 chemicals do to the human body.

Guilty Till Proved Innocent

No wonder, then, that there are so many contradictory opinions about this popular drug. Youths, though, who take this as a go-ahead for smoking marijuana are making a *big mistake!* In his book *Marihuana Today*, professor of biology George K. Russell reminds us that "among pharmacologists there is general agreement that a drug must be presumed *harmful until proven otherwise*!"—Italics ours.

Doctors have learned the hard way that it is risky business to call certain drugs harmless without the benefit of years of study and testing. During the 1950's, scientists developed a drug that was hailed as a truly safe hypnotic, or sedative. Pregnant women by the hundreds took it. And then deformed babies started being born.

The thalidomide disaster is thus a grim reminder that it is prudent to label a drug guilty till proved innocent.

The Jamaica Study

Why, though, have reputable publications seemingly condoned, if not endorsed, the use of marijuana? *Psychology Today*, for example, said: "Little clear evidence exists that [marijuana] is harmful." But this conclusion was primarily based on a well-publicized study done in Jamaica. *Psychology Today* called the study "a splendid piece of anthropological research."

At first glance the study seems authoritative. After all, it was commissioned by none other than the National Institute of

Mental Health (U.S.). A team of anthropologists went to Jamaica (where ganja, a potent form of marijuana, has been popular for generations) and selected a group of 30 heavy ganja smokers and 30 nonsmokers. These were subjected to a battery of medical tests. The results? Reports the book *Marijuana Today*, "No significant differences" were found between the smokers and nonsmokers. The pro-marijuana faction rejoiced! 'Finally they have proved that marijuana is harmless,' they reasoned.

But how 'splendid a piece of anthropological research' was the Jamaica study?

'What little we know for certain about the effects of marijuana on human health justifies serious national concern.'—Institute of Medicine in its report *Marijuana and Health*.

Experts point out that the study had a vital flaw: Only smokers who were *in good health* and who were "functioning adequately in the community" were selected for examination! No wonder that "no significant differences" between smokers and nonsmokers were found! The researchers may have *eliminated* from the study those who were physically and emotionally harmed by marijuana.* Too, the study has been accused of employing sloppy laboratory techniques and inadequate examination procedures. Dr. Carlton Turner, an authority on the subject, was quoted as saying that in spite of all the fuss made over this study, it "was never published by

* Selecting subjects for testing presents another dilemma to scientists. If sick or emotionally disturbed marijuana users are examined, some argue that there is no proof that the *marijuana* caused their problems.

a scientific journal. It could not stand the scientific review process."

Probably the most indicting evidence against the Jamaican study, though, comes from medical workers who have observed ganja smokers over the years. In 1972, Dr. John A. S. Hall, for example, who served from 1965 as Chairman of the Department of Medicine at Kingston Hospital, Jamaica, took exception to the claims that marijuana is harmless. He reports that lung problems and severe emotional disturbances are common among heavy ganja users.

"Serious National Concern"

In spite of all the controversy, scientists have learned some hard facts about marijuana. Recently the U.S. government sponsored the prestigious Institute of Medicine—an "independent scientific body that has not staked out a position in this highly controversial field"—to study this issue. The Institute's panel of experts studied thousands of research papers and reached this grim conclusion: "The scientific evidence published to date indicates that marijuana has a broad range of psychological and biological effects, some of which, at least under certain conditions, are *harmful to human health*. . . . Our major conclusion is that what little we know for certain about the effects of marijuana on human health—and all that we have reason to suspect—justifies serious national concern."—*Italics ours.*

How, though, should Christians view this matter? The Bible commands them to avoid practices that 'defile the flesh.' (2 Corinthians 7:1) It further tells them to "safeguard . . . thinking ability." (Proverbs 3:21) But is there really hard evidence that marijuana is truly a threat to one's mind and body? Future articles will explore these issues.

acrostic puzzle

Directions: Determine the words from the clues at the left, and write them on the numbered dashes at the right. Then transfer each letter to the correspondingly numbered square in the pattern below. The initial letters of the first column at the right, when read down, will indicate where the listing of animals in the panel below is found. Solution is found on page 21.

- A. Daniel interpreted more than one for Nebuchadnezzar (Daniel 2:3)
- B. Jacob's twin brother (Genesis 25:25)
- C. Holy spirit descended on disciples in this type of room (Acts 1:13)
- D. People were astounded at the way Jesus did it (Matthew 7:29; Acts 1:1)
- E. Prophet who was a captive in Babylon (Ezekiel 1:3)
- F. Jesus said nation would ---- against nation (Matthew 24:7)
- G. Used for baking (Leviticus 7:9)
- H. Peter, Andrew, James, and John used these in their work (Luke 5:4)
- I. Used to anoint kings and priests (Leviticus 8:12)
- J. Tax collector who became an apostle (Matthew 10:3)
- K. Saffron was used to dye clothes this color (Leviticus 13:30)
- L. We must ---- on God's name to be saved (Zephaniah 3:9)
- M. Sarah's maid servant —mother of Ishmael (Genesis 16:1)
- N. King of Amalek captured by Saul (1 Samuel 15:8)
- O. At the first Passover, blood had to be splashed on these parts of the doors (Exodus 12:7)
- P. Payment like tax and tribute (Ezra 4:20)
- Q. Comes after the preaching work is completed (Matthew 24:14)
- R. Large stone—Jehovah is referred to as this (Psalm 18:2)
- S. The second plague on Egypt (Exodus 8:6)
- T. King of Bashan defeated by the Israelites (Deuteronomy 3:11)
- U. Honest, just (Job 1:1)
- V. Founder of a tribe who ordered his descendants to drink no wine, to live in tents, etc., (Jeremiah 35:6, 7)
- W. Jesus overturned those of the money changers in the temple (Mark 11:15)
- X. So called because she was the mother of all (Genesis 3:20)
- Y. Canaanite city conquered by Joshua (Joshua 10:34, 35)
- Z. Wealthy man married to Abigail who later became King David's wife (1 Samuel 25:2, 3)

A.	83	117	21	50	42
B.	62	14	101	73	
C.	2	55	31	82	113
D.	27	116	59	33	6
E.	43	20	88	114	77
F.	74	56	106	8	
G.	97	87	67	26	
H.	105	84	15	64	
I.	11	38	71		
J.	36	121	111	13	45
K.	68	53	3	102	37
L.	103	25	81	29	
M.	96	108	57	16	47
N.	19	60	41	52	
O.	9	90	110	72	39
P.	92	112	61	4	
Q.	24	119	51		
R.	93	30	40	76	
S.	100	85	63	18	5
T.	104	80			
U.	70	65	54	94	10
V.	66	28	95	115	46
W.	78	35	1	99	58
X.	7	69	32		
Y.	79	17	44	118	89
Z.	109	12	49	86	22

W1	C2	K3	P4		S5	D6	X7	F8	O9		U10	I11	Z12	J13		B14	H15	M16	Y17	
S18	N19	E20	A21	Z22	E23	Q24		L25	G26	D27	V28	L29	R30	C31	X32		D33	U34	W35	J36
K37	I38	O39		R40	N41	A42	E43	Y44		J45	V46	M47	E48		Z49	A50	Q51	N52	K53	U54
	C55	F56	M57		W58	D59	N60	P61	B62		S63	H64	U65	V66	G67	K68		X69	U70	I71
O72	B73	F74	J75		R76	E77	W78	Y79		T80	L81	C82	A83	H84		S85	Z86	G87	E88	Y89
	O90	W91	P92	R93	U94	V95	M96		G97	K98	W99		S100	B101	K102	L103	T104	H105		F106
J107	M108	Z109		O110	J111	P112	C113	E114		V115	D116	A117	Y118	Q119		V120	J121	U122		

Fate—Does It Shape Your Future?

A HAND delicately brushes aside dirt from the face of a child, a tender act common to many parents. Only this situation is ghastly different. The child, about to be buried, is one of the more than 2,000 killed in a disaster that shocked all India into grief as the rest of the world gasped in horror. The scene was the aftermath of a cloud of oozing, poisonous white gas that left injury and death as it settled over the city of Bhopal.

Some Indians look at this tragedy and cry out, "Fate!" Others resign themselves to such thoughts as, 'It was decreed,' or, 'It was written.' But not all Indians pin the blame for Bhopal's disaster on blind fate.

What do you believe? Was fate responsible? Does fate shape our future?

Does Fate 'Pull Your Strings'?

Fate's associated doctrine of fatalism teaches that "events are fixed in advance for all time in such a manner that human beings are powerless to change them." By whom?

Did fate cause Bhopal's tragedy?

"An impersonal supernatural force," some fatalists will answer. Others believe that a god has determined one's whole life pattern, including the time and manner of death, and nothing can be done to alter it.

The Bible, though, presents a contrasting

view. It says that some events and the fate of the good and the bad are predestined, but the destinies of individuals are *not* fixed. The *Dictionary of the Bible*, commenting on the word "fate" as used in one translation, states: "An examination of the context shows that nowhere is a blind fatalism presented. Sometimes the reference is to the common lot of men, and sometimes to the doom which men bring on themselves or which is brought on the community." —See Numbers 16:29 in the *Revised Standard Version* as one example.

Note how the Bible upholds the basic reasonable rule of cause and effect, as it says: "Do not be misled: God is not one to be mocked. For whatever a man is sowing, this he will also reap." (Galatians 6:7) This verse is an axiom. It needs no proof, no "because." Hence, since we reap what we sow, is it not evident that we are responsible for the results of many things that happen to us? Blind fate does not decide.

Freedom of Choice

We have freedom of choice. That a choice does exist is evident from the following scripture: "I have put life and death before you, the blessing and the malediction; and you must choose life in order that you may keep alive, you and your offspring, by loving Jehovah your God, by listening to his voice and by sticking to him; for he is your life and the length of your days." (Deuteronomy 30: 19, 20) Why would Jehovah God encourage us to choose life if no choice existed?

If we were merely fleshly robots whose actions had been predetermined by some celestial programmer, what value would there be in Jesus' advice to "exert yourselves vigorously to get in through the narrow door" that leads to everlasting life? Or what significance would there be in his statement:

Many believe that one's whole life has been determined and nothing can be done to alter it

"He that has endured to the end is the one that will be saved"? None whatsoever! A spiritually sluggish person would have no reason to exert himself to serve God or to endure in holding fast to Biblical guidelines. —Luke 13:24; Matthew 24:13.

If Jesus' follower Paul believed that his final destiny was already firmly set, then these words of his become meaningless: "Not that I have become perfect yet: I have not yet won, but I am still running, trying to capture the prize for which Christ Jesus captured me. I can assure you my brothers, I am far from thinking that I have already won. All I can say is that I forget the past and I strain ahead for what is still to come; I am racing for the finish, for the prize to which God calls us upwards."—Philippians 3:12-14, *The Jerusalem Bible*.

Would it make sense for a Christian to "strain ahead" and 'race for the finish' if fate had dictated who would win even before the race began? Really, why enter the race at all? The 'whatever will be, will be' creed just does not measure up with the Bible's viewpoint.

Therefore, we are not merely puppets on strings in the hands of a superior power who

governs our every action. Our destiny was not sealed before our birth.

Why Bad Happens to the Good

If fate does not shape our lives, then why does it seem that bad things happen to good people? "Time and unforeseen occurrence" affect all of us is one answer the Bible gives. (Ecclesiastes 9:11) People can become innocent victims by coincidence. They may be in the wrong place at the wrong time.

Another answer found in the Bible is that mankind has inherited sin, thus imperfection. "Through one man sin entered into the world and death through sin, and thus death spread to all men because they had all sinned." (Romans 5:12) Therefore, not only are the actions of people subject to error and defect but so are the things they build or manufacture. Safety precautions sidestepped, warnings sounded but not heeded, good intentions overcome by greed, and the like, can be charged to mankind's imperfect nature.

Therefore, fate does not shape our future;

The Bible says that some events are predestined, but the destinies of individuals are not fixed

we are free to choose our own destiny. The British poet William Ernest Henley expressed a similar conviction when he said: "I am the master of my fate; I am the captain of my soul." Yet more than 3,000 years earlier than Henley, a Bible writer penned it more accurately. He knew that a good or a bad future was in *his own hand*. It depended on whether he *elected to obey God or not*. He wrote: "Choose for yourselves today whom you will serve . . . But as for me and my household, we shall serve Jehovah."—Joshua 24:15.

I Was a Catholic Nun



Gignac Convent

BACK in 1960, on the Turkish ship taking me from Haifa to Cyprus, I silently reflected on over 30 years of life in a convent. Although I was still dressed as a nun, I had in my possession a letter releasing me from my vows. At the time, only one thing was on my mind: getting to Beirut, Lebanon, and finding work.

But why had I become a nun? And why, after so many years, was I quitting?

Becoming a Nun

Shortly after World War I, when I was a child living with my foster parents in southeastern France, a Protestant preacher visited us. He noticed my interest in everything he was saying and left me a small "New Testament." My interest in the Bible grew from then on.

Later I talked to some fellow Catholics about my desire to understand the Scriptures, but they told me that it was a mortal sin to read the Bible. I reasoned that since the Bible was such a big secret, only those in convents must be allowed to study it. From then on I was determined to become a nun.

I was just 21 when I took the train to a convent in the south of France, where I had an appointment with the superior general of the Carmelite Missionary Order. The convent stood on a hill near Gignac, a small town situated about 15 miles (25 km) from the Mediterranean coast. The building consisted of two parts: One was for the nuns

and the other was used as a convalescent home for young ladies.

My first night was spent in the convalescent home—but without my suitcase. The young woman who met me at the train station had not returned it. The following day, I was already eager to leave, since I did not like the atmosphere at the convent. When I asked for my luggage, I was told: "Your suitcase is awaiting you inside the convent." I said to myself: 'If I walk in, I can always walk out again.' But things were not to turn out as simple as that.

When entering the religious-community section of the convent, I was overawed by the ancient building with its heavy, iron-studded doors and high ceilings. A little later I had a brief conversation with the superior general, but I did not have the courage to tell her that I wanted to leave.

After a week I was accepted as a candidate for admission to the religious order. A few months later I took the novice's white veil. I had not learned much about the Bible, but I was patient, figuring that such knowledge was not for us beginners. Less than a year after entering the convent, I was sent to Marseilles with two other nuns. From there we sailed for Cairo, Egypt, arriving in January 1931.

Convent Life in Cairo

Our convent and the adjoining school were situated in a good-sized modern building in the country, outside Cairo. There we

would rise at 4:45 each morning and go to the chapel where we would spend 45 minutes in contemplation. Then 15 minutes was allowed to put our cells in order before Mass.

We ate our meals in complete silence while listening to a reading of the "Life of the Saints." The first to finish her meal took over the reading. Conversation between nuns was forbidden during the day, except for questions pertaining to work, and even then we had to go to a special place called the parlor. The actual convent was a closed establishment. For instance, when an outsider entered during the day, the nun on duty would ring a little bell warning the other nuns not to leave their cells.

On Fridays, and also on Wednesdays during Lent, a self-discipline session accompanied the reading of Psalm 51. All the nuns gathered in a dark room, and each was required to flog herself with a three-thonged scourge. At the time, I thought such suffering was necessary in order to please God. Sometimes I would abstain from drinking for a whole day, which was not easy in a country as hot as Egypt, or I would wear an inch-wide belt studded with fine metal spikes.

At the same time, I had many doubts about fundamental Catholic teachings, such as transubstantiation and infant baptism. Also, I could not accept Mary as Mediatrix. I had never come across any such teachings in my Bible reading. One day a fellow nun said: "If you recite 25 rosaries, the Virgin will grant you any favor." I decided to try, and I set about reciting my 25 rosaries (nearly 1,300 prayers). But this effort left me with the same empty feeling as before. It confirmed what I had read in the Gospels about Jesus instructing his disciples to ask the Father for all things 'in his name' in order for their petitions to be granted.—John 16:24.

I completed my three-year novitiate, or

apprenticeship, and now the time had come to take my perpetual vows. I did not want to commit myself, but what was to become of me, so far from France, if I left the convent? I finally signed my agreement and went to the chapel where I promised to live in poverty, chastity, and obedience for the rest of my days. Deep down, I reasoned that I could always work things out with God if ever I broke my vows. I knew of other nuns who had been granted dispensation by the pope.

To Palestine and Beirut

In 1940 World War II was raging, and German planes were bombing Cairo. At that time I was transferred to a convent in Haifa, Palestine. After crossing the Suez Canal, I took a night train. Early morning brought the magnificent sight of a sunrise on an oasis, just a foretaste of the marvelous scenery I was to see in Palestine. I felt particularly drawn to this land where Jesus, his disciples, and many other servants of God mentioned in the Bible had spent their lives.

The convent in Haifa had been requisitioned by the British Army for their staff headquarters. I was, therefore, sent to Isfiya, a small village about 15 miles (25 km) from Haifa, up in the Carmel mountain chain. There I was isolated for a month, making jam in the kitchen.

In time I was transferred to Beirut, Lebanon, which was only a two-hour ride from Haifa. Palestine was then under British mandate and Lebanon under French, making it easy to cross the border. During the following years, I often spent vacations in Isfiya, but one year I fell sick, and instead of returning to Beirut, I stayed in Palestine.

While in Isfiya, on Mount Carmel, I enjoyed taking the children for walks in the hills up above the convent along with Caesar, the donkey, whom they loved to take turns riding. Making our way through pine

forests and olive groves, we eventually reached the high plateau where, according to tradition, Elijah challenged the false prophets of Baal. Down below we could see the wadi of Kishon, where all those Baal prophets were put to death. (1 Kings, chapter 18) I had learned about Elijah when reading "Old Testament" history and particularly admired his courage and zeal in serving God. Consequently, as a nun I took the name Eliza Mary as a token of my devotion to him.

Efforts to Leave

Over the years my determination to leave the religious community grew stronger. In 1953, when I was called back to Lyons, France, I wrote a letter to the local cardinal. But before the cardinal's representative could come to see me, the mother superior, knowing of my plans to leave, sent me to Saint-Martin-Belleruche, some 60 miles (100 km) away. I wrote more letters to the cardinal requesting dispensation—but to no avail.

In 1958 I was sent back to Lebanon. After a few months I was able to return to a convent in Haifa, my favorite city. Because of my knowledge of Hebrew, I was selected to run errands, and I seized the opportunity to mail a letter to the local bishop. From then on things moved fast.

Two days later the bishop, having received my letter, came to discuss things with me. I told him I wanted to leave, for I was not in good health. I needed medical treatment, and convent life was proving to be too hard for me. He was most understanding, and after an hour's conversation he said: "You may leave this evening if you wish." I kept in touch with him, and this was of great help later.

After a few days the bishop informed me that the superior general in France had sent a letter to me, but I had not received it. So I went to see the mother superior of the convent: "I believe there is a letter for

me," I said. Reaching deep into a drawer of her desk, she picked up an envelope and handed it to me. This letter informed me that I was released from my vows.

During a closed retreat (a period when no one was allowed to talk), I seized the opportunity to pack my bags and leave. Thus, on an August morning in 1960, I found myself outside in the big wide world with my luggage and a few Israeli pounds to tide me over for a while. I went to the home of a person I knew, and she put me up for a few days.

A New Life

I planned to return to Beirut, where I thought it would be easier to find work. But for this I needed a visa. It seemed impossible to obtain one from the different consulates in Haifa and Jerusalem. One official even said: "The superior of your convent asked us not to help any nuns going to Arab countries." My friend in Haifa told me it would be easier to travel to Beirut via Cyprus.

Thus it was that in 1960 I was on that Turkish ship taking me from Haifa to Cyprus. Following the bishop's advice, I still wore my nun's habit, primarily because of my passport photos. I had already obtained a visa for Cyprus from the British authorities, thanks to the letter from the bishop with whom I had kept in touch. Afterward I flew to Beirut.

Wishing to adapt gradually to outside life, I accepted work in the kitchens of a Dominican convent in a nonreligious capacity. I stayed there for two years. One day a Carmelite superior invited me to return to the orders, saying: "We'll just forget your little escapade, and you will retain your position among the nuns of long standing." After having had a thousand and one problems getting out, I certainly was not going back!

After that I worked for a while as a governess for wealthy families, and when I



would get together with other governesses, I would ask them if they knew of anyone who studied the Bible. "But not a priest!" I insisted.

My Search Was Rewarded

One day, in February 1964, my prayers of a lifetime were answered. With the help of a French nurse who had met Jehovah's Witnesses in the concentration camps and eventually studied the Bible with Witnesses in Beirut, I also began a Bible study. After four evenings of discussion, I knew I had found the truth I had been seeking for so many years.

The Witnesses not only studied the Bible but put into practice what they learned and preached it to others. It seemed as if an immense barrier had come tumbling down. I could have wept for joy. The little I had read sufficed to convince me that the Trinity, immortality of the soul, and other such

doctrines were not in harmony with the Bible.

Nevertheless, one thing dampened my enthusiasm: the name Jehovah's Witnesses. I said to myself: 'That's asking for trouble in Arab countries; they'll think we're Jews!' Yet this did not stop me from studying, and in October of 1964 I was baptized in symbol of my dedication to Jehovah.

Over 20 years have gone by since I found the truth that 'set me free.' (John 8:32) Yes, the vanity of practices such as self-mortification, as found in many convents, is clear to me now. How true the apostle Paul's words: "Those very things are, indeed, possessed of an appearance of wisdom in a self-imposed form of worship and mock humility, a severe treatment of the body; but they are of no value in combating the satisfying of the flesh."—Colossians 2:23.

What joy I have had in sharing knowledge with others and making known the marvelous hope contained in God's Word, rather than shutting myself off from the world! Having been a nun for 30 years, I am able to talk with Catholics with a full understanding of their problems. For several years now, I have been serving as a pioneer (full-time minister of Jehovah's Witnesses), thus carrying out the mission entrusted us by Jesus to preach "this good news of the kingdom." (Matthew 24:14) —Contributed.

ACROSTIC SOLUTION

CLUE WORDS: (A) dream (B) Esau (C) upper (D) teach (E) Ezekiel (F) rise (G) oven (H) nets (I) oil (J) Mattheu (K) yellow (L) call (M) Hagar (N) Agag (O) posts (P) toll (Q) end (R) rock (S) frogs (T) Og (U) upright (V) Rechab (W) tables (X) Eve (Y) Eglon (Z) Nabal



The Gifts of the Tree

By "Awake!" correspondent in Morocco

WHAT do Noah's ark, a clarinet, Copernicus' globe, and the magazine you are reading have in common? They all come from a common source: trees. There are few spheres of human activity in which trees have not played, or are still not playing, a role. Whether standing in the forest or cut down and harvested, the tree gives many gifts to the world of living creatures, especially man.

The Living Tree

In the forest, the tree is beautiful and majestic. Who can help but be impressed by the gently moving silver leaves of the birch, or marvel at the wondrously beautiful autumn leaves of the North American maple? Who does not enjoy filling his lungs with clean forest air, after living in some stale, polluted city? Trees also provide lodging for a large number of birds, rodents, and other wildlife. Did you know that at nightfall one tree may play host to several thousand birds? Here in Morocco, some trees even play host to goats, who climb the argan trees and greedily eat their leaves.

From the living tree, man extracts cork, latex, syrup, resin, turpentine, tannin, and dyes. Rubber, insulation, confections, soap, var-

nish, paint, perfume, balm, cosmetics, medicines, and even herbal teas are other gifts of the living tree to mankind.

Trees play another important role. From the atmosphere, they draw carbon dioxide (harmful to man) into their leaves, retain the carbon, and release life-sustaining oxygen. Thus they help to keep the atmosphere breathable for animals and man. Trees also prevent soil erosion by retaining water in the soil and hindering runoff. Since trees hold a considerable amount of water, forests are less affected by droughts. Moreover, trees share their humidity with more fragile plants. Small vegetable gardens thrive in the fertile area created by large trees in semidesert regions such as southern Algeria.

The Harvested Tree

When the day comes for a tree to be harvested—that is, to be felled and its wood used—it may be exploited in one of three ways: for fuel (either as firewood, as charcoal, or as methanol); for paper pulp—perhaps the main use of wood; for building material (either in its natural state or as plywood or pressed wood). An excellent insulator, wood is an invaluable building material in North America and Scandinavia, where the winters are harsh. There, many homes are built entirely of wood, even if this fact is disguised by stone or brick facing.

If the right kind of tree is cut down at the right time and used under favorable conditions, wood may prove to be of exceptional longevity. Some 20 years ago, while work was being done in the port of La Pallice, France, 2,000-year-old wooden piling was discovered. Some types of wood are very durable, such as cedar, which formed the interior walls of Solomon's temple, and acacia, which was used to make the ark of the covenant. (Exodus 25:10; 1 Kings 6:14-16) In many Euro-

pean cities, medieval timber houses are preserved. Although several centuries old, some of these structures have been dismantled and rebuilt in other locations, when they were in the way of modern urban growth.

Up until the last century, all ships were made of wood. Not long ago, the captain of one of the few wooden ships still in use for commercial transportation was interviewed on a French radio program. When questioned about the age of his ship, he forcefully expressed his view when he said: "When a steel ship is 25 years old, it's nothing but a pile of junk, whereas a wooden ship is still brand new."

Carpenters used to know how to make wood more durable. For example, naval carpenters reportedly buried the wooden parts of the ship in the port's mud for ten years and then assembled the vessel. This treatment supposedly made the ship termite-proof and protected the wood. Also, it was learned that wood transported by flotation lasted longer if it stayed in the water for a long time before being dried out. Wood remaining in salt water to the point of saturation does not warp. These days, people are in too much of a hurry to use such traditional methods of wood preservation.

For almost a century, railroad cars were made of wood. When they were 50 years old, the carriages may have been outdated, but they were still in excellent condition. Up until the 1920's, wood was widely used in the automobile industry, both in the body and in the interior. Today, many automobile enthusiasts look back nostalgically to the time when craftsmen took pride in doing good work. How many modern cars could be used for 20 years or more and then be exhibited in flawless condition as museum pieces?

Some types of wood, such as oak, are twice as strong as an equal mass of soft

steel and aluminum. This explains why wood was widely utilized in aviation in the past. Resinous wood also has many uses in the mechanical and electrical fields.

There is one field in which wood is the champion: furniture. Modernistic decorators have introduced other materials such as chromed steel, glass, and plastic. But still, nothing rivals natural wood in giving a feeling of warmth to a room. Perhaps that is why Formica, one of the more successful substitutes for wood veneer, is often made to imitate the appearance of wood.

Wood even affects our taste buds. When Julius Caesar and his legions invaded Gaul (modern-day France), they discovered very good wine. The reason was that, unlike other Mediterranean peoples, the Gauls stored their wine in wooden casks. Wooden barrels transform acrid-tasting alcohol, fresh from the distillery, into an excellent beverage. Alcohol from wine, aged in wooden barrels, loses its unwanted acetone and ether and absorbs tannin.

In the field of music, the tonal qualities of wood are incomparable. A strict choice of type and quality of wood is vital in the manufacture of a high-quality musical instrument. However, when used in musical instruments, wood will not tolerate mistreatment. Assembly-line methods were attempted in violin making, but results were poor. Nothing can replace the craftsman's love and experience in producing an instrument with fine tonal quality.

Wood has been used for just about everything. Coaches have been made with it, and streets have been paved with it. The wooden rod has been used to administer discipline, and the wooden baton has served to conduct orchestras. Wooden water conduits have been built, and wood has even been used to make clocks—bearings and pivots included. The Mona Lisa, probably the most famous painting in the

world, was painted on a panel of wood. The first stethoscope, made by Dr. René Laënnec, was also made of wood.

A Final Service

Finally, when the wooden furniture, instruments, or other things have worn out and are burned, wood can still serve us. The ashes of burned wood, rich in potassium, are used in soap and as fertilizer. But what about the soot in the wood smoke? Is not that a useless nuisance? Not at all! Even this last residue of wood is an excellent fertilizer that destroys prairie moss.

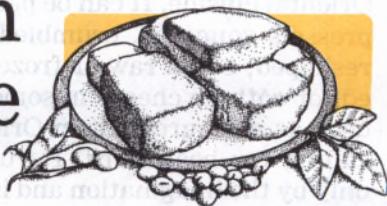
Thus, both in the forest and when harvested, the tree bestows many gifts on mankind. True, man has also used wood to make warships and weapons for killing. Today, however, wooden weapons are largely out of date. This is appropriate! It is far better that the majestic tree should serve man rather than help destroy him. What a blessing Jehovah conferred when he created the tree! As the psalmist sang out (possibly to the accompaniment of music played on a wooden stringed instrument): "You fruit trees and all you cedars, . . . praise the name of Jehovah."—Psalm 148:9, 13.

In Our Next Issue

- A World Without Answers
- Unwed Motherhood
—Could It Happen to Me?
- Those Amazing
Singing Whales
- Response on Child Molesting

Tofu—Nutrition in an Unusual Package

By "Awake!" correspondent in Japan



WHAT are those white cubes in the sukiyaki?" I asked. "They look like marshmallows, but that is impossible!"

I was told that the white cubes in the bubbling sukiyaki were tofu. Further, I was informed they are made from *Glycine max*. "What is that?" I asked. "Soybeans!" was the answer. But the color and shape certainly were not what I remembered soybeans to look like. So later I did some investigating.

I learned that while the main protein sources in Western diets are meat and dairy products, soybeans have for centuries served the same function in the East. And tofu is an important part of the Easterner's diet, although each country has a distinctive name for it—*dowfu* in Cantonese, *tubu* in Korean, and so on. Some English-speaking people call it bean curd or vegetable cheese, but this is not entirely correct. Actually tofu is made from soybean curds, which are pressed and drained to be made into tofu. Yet other expressions call tofu "meat of the fields" or "meat without a bone."

Tofu—Its Nutritional Value

Why are these little cubes such an important part of the Oriental diet? For one thing, a report from *Depthnews*, headlined "Soybean Joins Fight Against Famine," states that tofu is "cholesterol-free and low in saturated fats." *The World Book Encyclopedia* further highlights the soybean's worth by stating: "It has more

protein than beef, more calcium than milk, and more of a fatty substance called *lecithin* than eggs. . . . Soybeans also are rich in vitamins, minerals, and acids." Soybeans rank among the highest in plant food protein, and since tofu is made from soybeans, it is an excellent source of protein.

This is of note because in many parts of the earth, there are acute food shortages, protein shortages in particular. The result is great physical and mental harm to many of earth's inhabitants. Soybeans thus have tremendous potential as a good source of protein, and tofu is a refreshing product of the soybean.

How Can It Be Used?

Tofu is mild, delicate, and almost tasteless. Therefore, tofu can be used in a wide variety of ways. Tofu enhances dressings, sauces, salads, soups, egg dishes, dairy

Percentage of original soybean protein contained in byproducts of the tofu-making process

Whole dry soybeans (100%)

Okara, pulp (17%)

Soymilk (83%)

Whey (9%)

Curds (74%)

Tofu soaking water (0.5%)

Final tofu (73.5%)

substitutes, casseroles, and, of course, Oriental cuisine. It can be parboiled, fried, pressed, squeezed, crumbled, drained, or reshaped; eaten raw or frozen; substituted for cottage cheese in some dishes; and used as an ingredient in Oriental recipes calling for bean curd. Its use is limited only by the imagination and inventiveness of the cook preparing a meal.

Would you like to put it on your menu? Tofu is readily available in Japan and other countries in the East. And in the West, more and more stores are selling the finished product. Nevertheless, you may not be able to find it near you. So why not try making it? It is not too difficult. Of course, you will need the proper utensils, though you may be able to improvise for some of them. On the next page are outlined the steps in making tofu.

Simply put, to make tofu, presoaked beans are crushed and cooked in water to release the milk. This is heated and then pressed, so that you now have a container with white milk and an amount of pulp.

The pulp can be used in scrambled eggs, as "burgers," in croquettes, in pancakes or muffins, and so forth. It contains 17 percent of the original soybean protein.

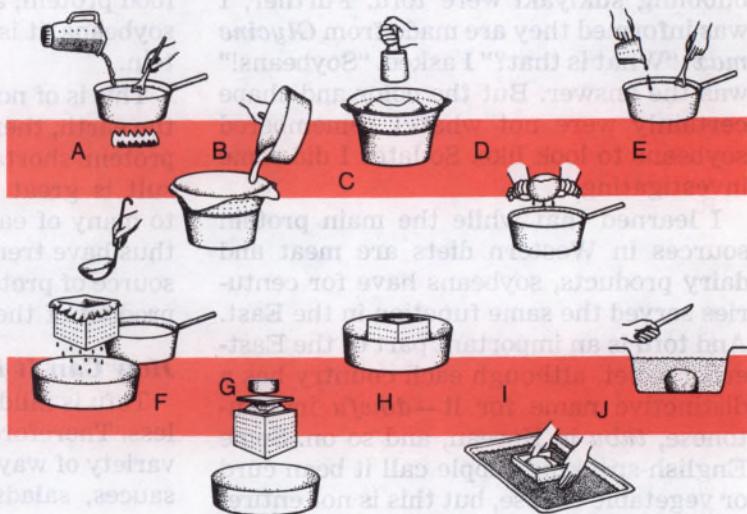
Now the milk is brought to a boil, and a coagulating agent, *nigari* in Japanese, is added to produce white curds and a yellowish-colored whey.

Don't throw away the whey, however! It can cut oil and dirt as an effective soap. It can also be used as plant food. Or use it in place of water when making bread or

pie dough. In broth or soup stock it will add B vitamins and 9 percent of the original soybean protein.

The curds have to be ladled out and put into a settling container to press out the whey and compress the curds into tofu. The tofu should be removed from the utensil and cloth covering under water, where it can remain till used.

The final product—tofu—contains 74 percent of the original soybean protein.* Here is a product with many uses, and you do not have to waste any of it. Since no seasonings were added, you are



free to use it in almost any way your imagination desires in preparing meals for your family.

Soybeans are less expensive than other protein sources, and this could mean much money saved. And because they are nutritious, your family can eat well even if meat products become expensive or hard to get. So if this small package of nutrition is not already a part of your diet, why not give it a try?

* (See accompanying chart, page 25.)

Homemade Tofu*

You will need the following utensils: a blender, meat grinder, or mortar to crush the soaked soybeans so as to form a puree. Two large cooking pots of at least six to eight-quart capacity, with lids. A colander that will fit into the cooking pots. Cheesecloth or clean dishcloth about two feet (60 cm) square. A settling container, although the cheesecloth can be used, making the finished product ball-shaped. (If you want to, you can make a special settling container four inches (10 cm) by four inches (10 cm) by seven inches (18 cm) (inside measurements) with drain holes and a lid that will fit inside and can be weighted to press the tofu into a rectangular block.) A wooden spoon, a rubber spatula, measuring cups and spoons, a ladle, and a potato masher or strong glass bottle for pressing will round out your set of utensils.

Wash and then soak one and a half cups of soybeans in six cups of water for ten hours. Rinse and drain them.

You will now need 16 cups of water and a coagulant. In Japanese it is *nigari*, or bittern. Other commonly used coagulants are: calcium sulfate; calcium chloride; magnesium chloride. The first is the most common. Lemon or vinegar can be used, with the result that the tofu will be slightly tart. Experimenting with the different coagulants will enable you to find what suits your taste.

The making of tofu has been divided into eight steps. It might be wise for you to read this over several times before attempting to follow it.

Step one: Heat seven and a half cups of water in a cooking pot.

Step two: Divide the soybeans into two portions and blend each into puree with two cups of water (using blender, grinder, or mortar) and pour into water being heated. Continue heating, stirring frequently until foam rises in the cooking pot. (A) Remove from heat and pour into pressing cloth (cheesecloth) in colander placed in other cooking pot. (B) Rinse the first cooking pot.

* The recipe for homemade tofu is from *The Book of Tofu, Food for Mankind* by William Shurtleff and Akiko Aoyagi, published by Ballantine Books (1979), pages 127 to 136.

Step three: Folding over the pressing cloth and using the potato masher or bottle, press out as much of the soymilk as possible. (C) Return the pulp to the cooking pot and add three cups of water. Stir well and empty into pressing cloth again, and squeeze out all the soymilk. (D) Put the pulp into the cooking pot and set aside.

Step four: Measure two teaspoons of coagulant and put this into a dry one-cup measuring cup and set aside. If you use lemon juice or vinegar, it should be four and three tablespoons respectively.

Step five: Bring the soymilk to a boil, reduce the heat, and cook it for five to seven minutes. Remove it from heat.

Step six: Add one cup of water to coagulant, stirring to dissolve it. (E) Stir the soymilk with to-and-fro movements five or six times, and at the same time add one third of the coagulant and give the mixture one more stir. After it has settled, sprinkle one third cup of coagulant over the soymilk. Cover the cooking pot and wait three minutes. Sprinkle the final third of the coagulant over the soymilk. Stir slowly the upper one-half-inch (1.3-cm) layer of thickened, curdling milk for 20 seconds. Cover the pot and wait another three minutes. Finally, stir the surface layer for 30 seconds or until all the milky liquid curdles.

Step seven: Place the pot next to the settling container. Carefully ladle curds one layer at a time into the settling container. (F) Fold the edges of lining cloth over the curds and place lid on cloth. (G) Weight it with a one-half to one and one-half pound weight for 10 to 15 minutes or until the whey no longer drips out. (H)

Step eight: Fill sink with water. After removing weight, immerse settling container holding tofu into water. (I) Remove from container while in the water, and set container aside. Keeping it under water, unfold cloth from tofu. Allow tofu to remain under water a few minutes until firm. You can cut it into serving pieces under water. If you do not plan to use it right away, keep it in the refrigerator—but change the water every day. (J)

Now you are ready to use your homemade tofu.

From Our Readers

Help for Burns

I just had to write concerning your articles on burns. (March 22, 1980; April 22, 1980) Some months ago, when I was heating some cooking oil, water formed by condensation fell into the pan. The boiling oil splashed up onto my face, also landing on my wrist and shoulder. With the suggestions from your articles in mind, I immediately got under a cold shower. Although the pain had almost subsided, my skin was still peeling, so I went to the nearest hospital. The nurses disinfected the burned areas and applied cold compresses through the night and the following day. Since I had second-degree burns, I feared my face would never be the same. But just one week later, the results were so fine that even the hospital staff did not recognize me. Now a month later, only a slight trace of red on my forehead and on my eyelids remains. Our family has already learned much from *Awake!*, but my experience has prompted us to pay even more attention, for 'time and unforeseen occurrence befall us all.'

G. J., France

Occultism

I wish to express my thanks for your article "Your Worst Enemy—Who Is He?" (June 8, 1984) I bought a lot of books about occultism because I was fascinated by it. I never thought a Christian ought to avoid such things. Your article helped me to understand this point, so I decided to destroy all my books on occultism just as the Ephesians did. Without your article, I would never have found the courage to defend myself from the Devil.

E. M., Italy

Arousing Interest in the Bible

I was deeply moved with the presentation of your issue of July 22, 1984. Previously, I would have nothing to do with your publications. It was not because my religion, I am a Methodist, is different from yours, but I just found reading the Bible or any related material to be boring. Now, though, your magazines have greatly developed my appetite for reading the Bible and related literature. Enclosed is my contribution for more literature that will intensify my Bible reading habit.

F. O., Nigeria

Money Talks

I want to thank you for the article "When Money Talks." (March 22, 1985) In these days of economic crisis, I got valuable tips on how to save and how to spend money wisely. I have learned a lesson from the saying: "If you make money your chief goal in life, it can be calamitous." This article has been of great benefit to me.

R. G., Philippines

Conquering Prejudice

I wish to thank you for your article "Prejudice Can Be Conquered!" (November 8, 1984) Already after the first article, I was enthused. I was able to use the material of that issue as a basis for discussing the subject at school. The thoughts expressed in the article have been of great assistance in making a success of that schoolwork.

P. P., Austria

Watching the World

1914—"Historic Shakeup"

An editorial in the German newspaper *Die Welt* commented on the historical importance of the date August 1, 1944. In response, a reader complained to the paper that the editorial ignored a more significant date—August 1, 1914. On that date a "historic shakeup of world proportions began, not only affecting Germany but changing Europe and the whole world," according to the reader. "The war brought us tremendous losses and ended with the 'treaty' of Versailles, which was the bud from which the second world war later sprouted. The development of Soviet Russia, superpower U.S.A., the dethronement of Europe, the awakening of the Third World, all these things were initiated by the first world war. There are few dates of greater importance than that fatal August 1, 1914!"

Bible Text Reliable

Additional proof of the reliability of present-day Bible text was recently given at an international conference held in Basel, Switzerland. Professor Barbara Aland, of the German Institute for Bible Manuscript Research in Münster, presented a summary of a study that has been done on the Greek Bible manuscripts discov-

ered in 1975 in St. Catherine Monastery at Mount Sinai. "Precious new witnesses have been added to New Testament text research," she told the German newspaper *Westfälische Nachrichten*. "The evaluation of 69 so far unknown New Testament handwritten copies . . . confirms the text accepted up to this time," reports the article.

Mantis Mating

For some 200 years it was thought that the female praying mantis decapitated her male



partner before mating in order to induce a sexual response. However, recent studies by biologists show that is not the case at all. "The male mantis performs a ritual dance and the female, instead of attacking her mate, responds with a dance of her own," reports *Science* magazine. "It ends with a non-threatening posture signaling her receptiveness." What caused the misconception? Stressful conditions and lack of food, say the biologists. In orig-

inal studies, the insects just weren't given enough food, and the female mantis is usually more hungry than amorous.

Teen Pregnancies

The United States has higher teen pregnancy and abortion rates than do 37 other developed countries, says the Alan Guttmacher Institute of New York. The U.S. teenage pregnancy rate is 96 per 1,000, compared with 45 in England and Wales, 44 in Canada, 43 in France, 35 in Sweden, and 14 in the Netherlands. The United States is the leader in teenage abortions too. The study found that by the time they are 18 years old, 60 of every 1,000 women have had an abortion. France and Sweden ranked next with about 30 per 1,000 each, followed by Canada with about 24, England and Wales with just above 20, and the Netherlands with 7. The rate of sexual activity among teenagers in the six countries was about the same, but the easy availability of contraceptive devices and counseling in the European countries was cited as a major factor in their lower pregnancy rates.

Lumpectomy or Mastectomy?

This year breast cancer will strike an estimated 119,000

women in the United States. Until recently, the choice of treatment for almost 90 percent of them was mastectomy—complete removal of the breast and sometimes the muscle underneath. But in Canada and the United States a five-year study of women with breast cancer, published in the *New England Journal of Medicine*, indicated that lumpectomy—the removal of the malignant lump and a small amount of the surrounding tissue—appears to work as well or slightly better if followed with radiation treatments. The research involved patients with tumors no larger than 1 1/2 inches (4 cm) in diameter.

Commenting on this controversial study, Dr. Arnold Relman, editor of the journal, said: "Those who expected it to answer all questions and settle the issue once and for all will be disappointed. . . . I'm optimistic, but the final answers are not yet in."

Legion of Misfits

In the Third World about 200 million youths between the ages of 12 and 17 are now growing up without formal education, reports an editorial in the *Hindustan Times* of New Delhi. It is feared that a legion of misfits will be the result. "These teenagers have had either no schooling whatsoever, or have dropped out of school before finishing the minimum education level to become a functionally literate person," states an International Labor Organization survey about the problem. "No conscious effort seems to have been made to tackle this ever-growing issue on a war footing," says the editorial, and it adds that "after thirty-eight years of [Indian] indepen-

dence, more than 60 per cent of the population [remains] illiterate."

School "Balance of Terror"

A total of 3,192 weapons were confiscated from students in New York City schools during the



1983-84 academic year and over 1,000—including handguns, rifles, and knives—in the first four months of this year. Students at some high schools estimated that from 40 to 70 percent of their fellow students carry a weapon of some sort, mostly as a defensive measure. "School officials said they were troubled by the number of youngsters who said their parents had given them weapons," reports *The New York Times*. Why do so many students carry weapons? "Everything that goes on in society is felt and played out in school," says Dr. Evelyn Rich, principal of Andrew Jackson High School. "We live in a society where feelings of physical and emotional security are challenged and are diminishing." Calling it a "balance of terror" in the schools, Bruce Irushalmi, director of the office of school safety, adds: "It's like saying, 'The Russians have this missile so I have to have this missile.' "

Refugees Increase

The number of refugees worldwide who are in need of

protection and assistance has increased from 7.8 million in 1983 to 9.1 million in 1984, according to the World Refugee Survey of the United States Committee for Refugees. And the plight of the refugees has also worsened. Last year saw "savage acts of piracy, armed attacks on refugee camps, acts of forcible return or rejection at the frontier, unjustifiable detention, and manifestations of xenophobia [fear and hatred of foreigners] towards refugees," said the United Nations High Commissioner for Refugees.

Tokyo's Bicycle Flood

The traffic problem in Tokyo is bicycles, not cars. Japan has "55 million bicycles—more than double the number of passenger cars," says *The Atlanta Journal and Constitution*, which is almost "one for every two Japanese, including infants and the aged." With over 5.6 million of them in Tokyo alone, bikes are parked everywhere. They sometimes "pile up six deep or more," clogging streets. This has put a strain on both small and large businesses. "We've totally lost customers who come by car because the road is completely blocked," says a local bank official. After a recent survey of illegally parked bicycles, 28,000 were hauled off by Tokyo police. Nevertheless, the bicycles keep coming back.

Cremation Preferred

"Save the Land for the Living" was the motto that marked Britain's first formal cremation on March 26, 1885. Since then, almost 11 million cremations have taken place. Britain's 67-percent cremation rate is one of the highest in the world, reports *The As-*

sociated Press. This marks a tremendous increase from that of 1940 when only 3.8 percent were cremated in Britain. The reason for this? "Land is very precious," states the Cremation Society's secretary, Roger Arber. In contrast, only about 13 percent of Americans are cremated, while for New Zealanders it is 52 percent, Swedes 55 percent, and Danes 60 percent, he said.

Fake Medicine

Fake medicine is being manufactured in a number of countries reports *The Observer* of London, England. Empty capsules are obtained and "filled with 'sub-potent' drugs—or even with completely fraudulent mixtures such as aspirin and starch." Then

forged labels of international drug companies are attached to the packages. "With its desperate foreign exchange shortages," says *The Observer*, "Africa is seen by the counterfeiters as an easy target."

Away Overdue

"Britain's longest overdue library book has been returned after more than 300 years, a time worth a fine of more than £3,000 (\$3,600, U.S.)," says *The Times* of London, England. The book was borrowed by the Bishop of Winchester sometime between 1641 and 1648 and was left in his office after he died. Explains an official from the Somerset county records office: "We know it went missing in the middle of the sev-

enteenth century but we never knew where."

Mildew Control

The bane of damp tropical countries is mildew. Even in temperate regions, this fungus can attack clothing and furniture when there is moisture, warmth, and a lack of light and air. *Parents* magazine suggests that mildew-infected clothing and, if practical, furniture be taken outdoors to be brushed. This not only prevents the spores from scattering throughout the house but also allows sunlight to kill the spores. "For spots that won't brush out," the article continues, "try a half-and-half solution of denatured alcohol and water, or lemon juice and salt."

surviving country for the leader
Jesus Christ.

Witness Control

The price of dumb looks
convinced him that "Even in pentecostal
services we can't get them to see the
scripture correctly," this leader can
never leave his audience. Whether
and a lack of right and wrong. Never
less, this leader is right and wrong.
including children and adults who
are led astray. This is not only true
because the church has no definite
guidelines (the words put into
service singular to all the others),
but also because it is a part
of the culture. This is not
the same culture, "but a part
of the world and water to follow Jesus
and self."

Today people of different
backgrounds are still exposed to
the passages. "With the desire
to save the Deaf people, "which is seen
by the controller as an easy
target.

Away Ongoing

"Gathered together outside the
play book for deaf children in
London, England. The play book was
written by the British government
for more than 300 years, a time
when a man of more than £3,000
(\$5,000 U.S.) salary was limited to
London, England. The play book was
published by the government
Minister of Education, Sir John
Holland, and it is still used today in the
office after the deaf people have
official form the government community
records office. "We know if we
miss one in the middle of the sea-

crossing, there's little hope of getting
there again. We're now left to
the Deaf people in Britain. The reason
is that they are very busy.
Services like Communion Society's
secretary Roger Apter to com-
munity work apart from the
American deaf community, while
for New Zealanders it is 25 per-
cent. Deaf people, the size

Take Medicine

"Deaf medicine is being main-
tained in a number of countries
through the efforts of London
Hospital, which organizes the de-
afed, deaf children to the
hospital, and "full with up-
coming, deaf—so they work
completely independent, without
such as hearing aids etc." I per-