

# Awake!

NOVEMBER 8, 2004



## Obesity What is the solution?

# Awake!

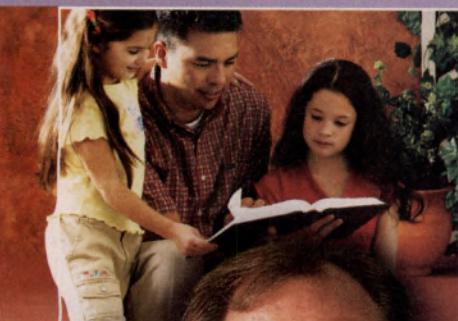
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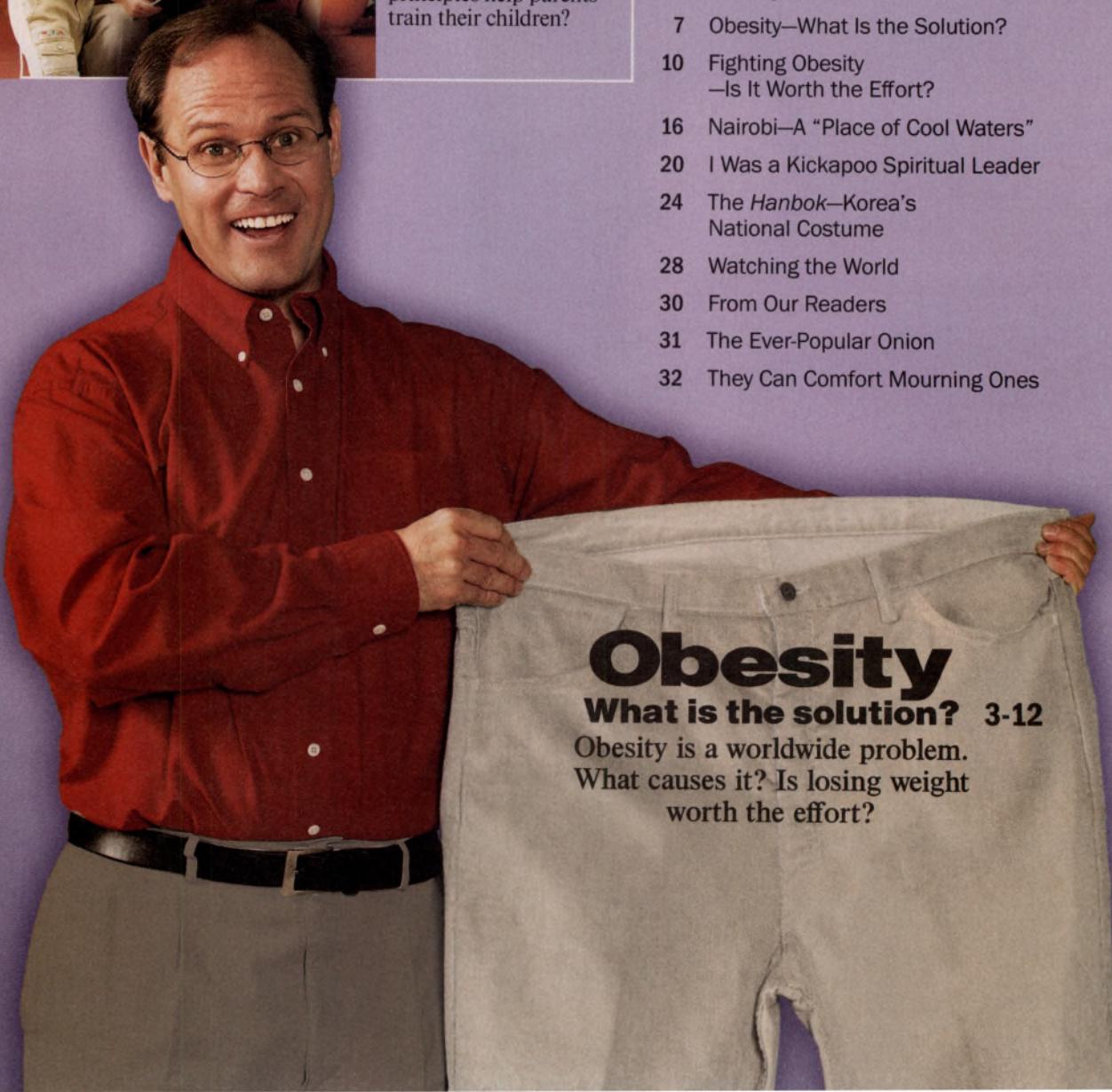
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## Obesity What is the solution? 3-12

Obesity is a worldwide problem.  
What causes it? Is losing weight  
worth the effort?



# Is Obesity really a problem?

**"Adolescent obesity is like an epidemic."**—S. K. Wangnoo,  
senior consultant endocrinologist, Indraprastha Apollo Hospital, Delhi, India.

**A**S THE above comment shows, many middle-class Indian families have changed to a life-style that is resulting in teenage obesity. This epidemic has become a pandemic that is spreading in many countries as more people exercise less and become addicted to junk food. A consultant in adolescent medicine stated: "The next generation [in Britain] will be . . . the most obese in the history of mankind." The *Guardian Weekly* reported: "Obesity was once mainly an adult problem. Now Britain has a young generation whose eating habits and sedentary culture is leading them towards problems first seen in the US. Long-term obesity will predispose them to illnesses such as diabetes to heart disease and cancer."

The writers of the book *Food Fight* state: "Overconsumption has replaced malnutrition as the world's top food problem." Don Peck, writing in *The Atlantic Monthly*, states: "Some nine million Americans are now 'morbidity obese,' meaning roughly a hundred pounds or more overweight." Weight-related conditions lead to some 300,000 premature deaths a year in that nation, "more than anything else except smoking." Peck concluded: "Obesity may soon surpass both hunger and

infectious disease as the world's most pressing public-health problem." Therefore, who can afford to ignore the threat of obesity? Dr. Walter C. Willett writes in the book *Eat, Drink, and Be Healthy* that "next to whether you smoke, the number that stares up at you from the bathroom scale is the most important measure of your future health." The key word here is *future* health.

## How Do You Define Obesity?

When is a person considered obese and not just somewhat overweight? The Mayo Clinic in Rochester, Minnesota, U.S.A., states: "In simplest terms, obesity is being seriously overweight because of excess body fat." But how do you determine what overweight is for each person? Height-weight tables can give an approximate guideline as to whether one is simply overweight or has passed into the obese stage. (See the table on page 5.) However, these don't account for differences in body composition. The Mayo Clinic says: "Body fat, instead of weight, is a better predictor of health." For example, an athlete is likely to have more weight because of muscle mass or large bone structure. What are the basic causes of overweight or obesity? The following article will discuss that question.

# Obesity

## What causes it?

**"We are in the middle of an epidemic that may have profound health effects for our children. If society doesn't act now to implement preventative measures, the increase of obesity will not stop."**—William J. Klish, professor of pediatrics.

**T**HE tendency of some who have no problem with weight is to view overweight and obese people judgmentally and dismiss them as individuals with weak willpower and poor motivation. But is the problem that simple? Are obese people necessarily indolent individuals who avoid any physical exercise? Or in many cases are there other far-reaching causes that are more difficult to control?

### Heredity? Environment? Or Both?

The book *Food Fight* states: "There has long been debate pitting genetics versus environment in the genesis of obesity." What is meant by genetics in this context? Some hold to the theory that the human body naturally stores excess calories for possible future needs. The same source continues: "The genetics of obesity has been studied for decades. . . . Much research has now been done on human genes and obesity. Sophisticated techniques are being used to identify genes that predispose people to weight gain and to

diseases like diabetes. In scientific parlance, 25 percent to 40 percent of the variability in population body weight can be explained by genes." The book continues: "Given that obesity is usually blamed on personal failing, these numbers underscore the importance of biology, but still, 60 percent or more of the influence can be attributed to the environment." This means that a major factor in obesity is still the person's life-style. Does the individual take in more calories than he or she expends each day? Are the wrong kinds of food being consumed on a regular basis? Is time set aside each day for moderate exercise?

The Mayo Clinic explains the cause of obesity in simple terms: "Genes may set the stage for overweight or obesity, but your body weight ultimately is determined by your diet and physical activity. Over the long term, eating excess calories, leading a sedentary lifestyle, or a combination of both leads to obesity." (Italics ours.) The same source continues: "Your

## 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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## What is BMI?

### What does it tell you?

BMI (body mass index) is a height-to-weight ratio that can help to define whether a person is overweight or is already obese. According to the Mayo Clinic, a BMI rating of 18.5 to 24.9 is considered the healthiest. If your BMI is between 25 and 29.9, then you are overweight. Anything over a BMI of 30 is viewed as obese. How do you check out against the chart? Do you perhaps need to see your doctor for suggestions or confirmation of your status?

**To calculate your BMI, multiply your weight in pounds by 705, divide the result by your height in inches, then divide that by your height in inches again.** For example, if you weigh 200 pounds and are six feet tall, your BMI is 27 ( $200 \times 705 \div 72 \div 72 = 27$ ).

Adapted from Mayo Clinic on Healthy Weight

BMI	Healthy 18.5-24.9	Overweight 25-29.9	Obese 30 or more
Height	Weight in pounds		
4'10"	118 or less	119-142	143 or more
4'11"	123 or less	124-147	148 or more
5'0"	127 or less	128-152	153 or more
5'1"	131 or less	132-157	158 or more
5'2"	135 or less	136-163	164 or more
5'3"	140 or less	141-168	169 or more
5'4"	144 or less	145-173	174 or more
5'5"	149 or less	150-179	180 or more
5'6"	154 or less	155-185	186 or more
5'7"	158 or less	159-190	191 or more
5'8"	163 or less	164-196	197 or more
5'9"	168 or less	169-202	203 or more
5'10"	173 or less	174-208	209 or more
5'11"	178 or less	179-214	215 or more
6'0"	183 or less	184-220	221 or more
6'1"	188 or less	189-226	227 or more
6'2"	193 or less	194-232	233 or more
6'3"	199 or less	200-239	240 or more



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## What is a calorie?

How is a dieter's calorie defined? It is a standard measurement of heat energy. Thus, when you perspire, you use up calories, or heat energy. "A calorie is the amount of heat that it takes to raise the temperature of one kilogram of water by exactly one degree centigrade." (*Balance Your Body, Balance Your Life*) Each person's daily calorie, or energy, needs are different, depending on such factors as height, weight, age, and activity level.

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**Would you welcome more information? Write Jehovah's Witnesses at the appropriate address: America, United States of: Wallkill, NY 12589. Australia: Box 280, Ingleburn, NSW 1890. Britain: The Ridgeway, London NW7 1RN. Canada: Box 4100, Halton Hills (Georgetown), Ontario L7G 4Y4. Ghana: P. O. Box GP 760, Accra. Jamaica: P. O. Box 103, Old Harbour, St. Catherine. New Zealand: P.O. Box 75-142, Manurewa. Nigeria: P.M.B. 1090, Benin City 300001, Edo State. South Africa: Private Bag X2067, Krugersdorp, 1740. Zambia: Box 33459, Lusaka 10101. Zimbabwe: Private Bag WG-5001, Westgate.**

## You are sedentary if you

- Spend most of your day sitting—watching TV or at a desk or in a vehicle—in other words, not moving
- Seldom walk more than 100 yards
- Have a job that keeps you inactive
- Do not take between 20 and 30 minutes to exercise at least once a week

Based on *Mayo Clinic on Healthy Weight*



heredity doesn't mean you're destined to be fat.... No matter what your genes say, it is ultimately your choices in nutrition and activity that will determine your weight."

The weight-loss industry generates millions of dollars as desperate people seek to regain their former figure. Yet, what do experts say about these programs? "Obesity is very difficult to treat, and most people who lose weight do not keep it off," says the book *Food Fight*. "The most optimistic estimates are that 25 percent [one in four] lose weight and maintain the loss, often requiring many tries."

### Dangers of Obesity

Obesity can lead to severe health problems. Dr. Scott Loren-Selco, a neurologist at the University of Southern California Medical Center, warns of the danger of Type 2 diabetes for even young people who are obese. (See *Awake!* of May 8, 2003.) He says: "We are seeing it all the time now, and believe me, it is frightening. I tell [obesity patients] that I could take them up to the diabetes ward and show them their possible future: the blind, the amputees, the endless number of people who are completely infirm because of type 2 [diabetes]—and who are all obese." What is one contributing factor? "They can afford supersized burgers and fries—and so they

get them," says Loren-Selco. "There's no one out there telling them it is wrong—certainly not the fast-food companies, and, frankly, certainly not most physicians, who still aren't trained in nutrition."

Dr. Edward Taub, a well-known writer on nutrition, states: "It has recently become more fashionable, and even politically correct, to believe that being overweight is just a normal and acceptable part of modern life. This is truly an amazing public relations feat accomplished by the economic interests that thrive on fattening us."

Experts say that those who are "pear-shaped," carrying extra fat at the hips, may be healthier than those who are "apple-shaped," having fat distributed around the abdominal organs (especially if the waist exceeds 35 to 40 inches). Why? Because "fat in your abdomen increases your risk of high blood pressure, coronary artery disease, diabetes, stroke and certain types of cancer," says the book *Mayo Clinic on Healthy Weight*. "If you have a pear shape—large hips, thighs and buttocks—your health risks are not as high."

So, what is the solution for the millions of adults and children worldwide who are overweight and in danger of serious health complications? Is there an effective remedy?

# Obesity

## What is the solution?

**A**WAKE! interviewed Diane, a dietitian, and El- len, a registered nurse, who have both spe- cialized in working with overweight and obese pa- tients. They were in agreement that certain diets that concentrate on eliminating carbohydrates and increasing the intake of protein (meats) can lead to weight loss. However, they say that over the long haul, there can be negative secondary effects.\* This is confirmed by a medical chart called Maintaining a Healthy Weight. It states: "Low-carbohydrate diets, especially if undertaken without medical supervision, can be dangerous." It continues: "[They] are designed to cause rapid weight loss by promoting an undesirably high concentration of ketone bodies (a byproduct of fat metabolism)." If you are considering a low-

\* These include excessive iron levels in the blood, kidney problems, and constipation.

### A Suggested Healthful Eating Pyramid

Based on Mayo Clinic suggestions

Awake! does not advocate any particular method of diet and weight control. It merely informs its readers of some of the options that are available. Individuals should consult with their physician before adopting any exercise or diet regimen.

#### Carbohydrates

Especially whole grains  
—pasta, bread, rice, cereals  
(4-8 servings daily; one serving is a slice of bread)

#### Fruits and Vegetables

A wide variety of each  
(unlimited servings daily;  
a minimum of 3 each)

carbohydrate diet, be sure to consult a doctor first.

If it is your goal to lose weight, do not despair. "Weight control isn't impossible, nor does it need to mean deprivation or a boring, repetitious diet," says Dr. Walter C. Willett. "With conscious effort and creativity, most people can successfully control their weight for the long term with an

**Sweets** Concentrated or processed sweets (rarely; limit to 75 calories a day)



**Fats** Olive oil, nuts, canola oil, avocados (3-5 servings daily; one serving is 1 teaspoon of oil or 2 tablespoons of nuts)



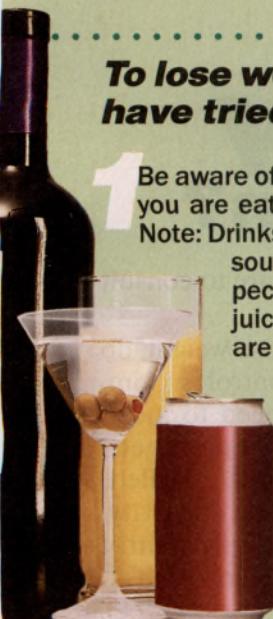
#### Protein and Dairy

Beans, fish, lean meat, eggs, low-fat dairy, cheese (3-7 servings daily; one serving is 3 ounces of cooked meat or fish)



## To lose weight, some have tried these tips:

**1** Be aware of the calories in what you are eating and drinking. Note: Drinks can be a major source of calories, especially sweetened juices. Alcoholic drinks are also high in calories. And beware of those widely advertised soft drinks. Check the calorie count on the label. You might be shocked.



**2** Avoid temptation. If chips, chocolates, or cookies are on hand, you will inevitably eat them! Replace them with low-calorie snacks, such as apples, carrots, whole-grain wafers.

**3** Have a snack or an appetizer before eating a meal. It will take the edge off your appetite and may induce you to eat less.

**4**

Don't eat everything put in front of you. Be selective. Reject what you know will give you too many calories.



enjoyable but reasonable diet and near daily exercise. *A longer, healthier life is definitely worth the effort.*"\*—Italics ours.

### How Important Is Exercise?

Dr. Willett says: "Other than not smoking, exercise is the single best thing you can do to get healthy or stay healthy and keep chronic diseases at bay." How often should one exercise? What are the benefits of physical effort?

Some experts advise that daily exercise, if only for 30 minutes, can be very beneficial. But it is suggested that even exercising three times a week can help one to avoid serious problems in the future. Exercise burns calories, and the predominant question for someone who is trying to lose weight should be, Each day am I burning up more calories than I am taking in? If the equation is reversed, then you will surely gain weight. So walk or cycle instead of riding in a vehicle. Climb stairs instead of taking the elevator. Exercise! Burn calories!

Dr. Willett explains: "For many people, walking is an excellent alternative to other types of physical activity because it doesn't require any special equipment, can be done any time and any



\* Dedicated Christians who want to use their lives in an acceptable way in God's sacred service have more reason to lose weight and be healthy. Rather than die a premature death, they can thus spend more years of useful life in God's service.—Romans 12:1.

# 5

**Slow down.**  
Why hurry? Enjoy your meal by noticing what you are eating—the colors, the flavors, the interaction of foods. Listen to the body's signals that say, "I'm full. I don't need any more."

# 6

**Stop eating before you feel full.**

## Exercise!



# 7

**Restaurants in some countries are notorious for serving excessive portions. Leave half of your entrée behind, or share the plate with someone else.**

# 8

**Desserts are not essential to complete a meal. It is better to finish off with fruit or another low-calorie item.**



**Food manufacturers want you to eat more. Profit is their bottom line. They will try to exploit your weaknesses. Don't be taken in by their clever advertising and pretty pictures. You can say no!**

List adapted from the book *Eat, Drink, and Be Healthy*, by Dr. Walter C. Willett

place, and is generally quite safe." His advice, of course, refers to brisk walking, not just taking a stroll. He recommends 30 minutes of physical activity every day if possible.

### Is Surgery the Best Solution?

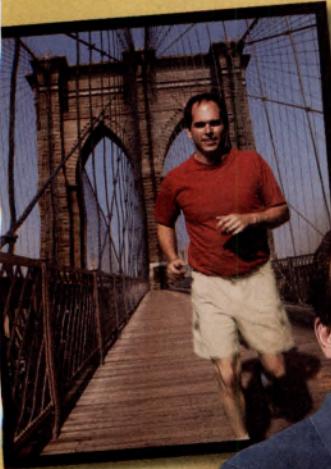
In an effort to lose weight and to prevent future weight gain, some severely obese patients have followed the advice of bariatric (obesity) specialists who recommend various surgical procedures. Who might qualify for these surgical solutions?

The writers of the book *Mayo Clinic on Healthy Weight* suggest the following: "Your doctor may consider surgery if your body mass index is above 40, an indication that you are severely obese." (See the chart on page 5.) The *Mayo Clinic Health Letter* suggests: "Surgery for obesity is generally recommended only for people between the ages of 18 and 65 with a body mass index over 40 whose obesity is creating a serious medical risk."—Italics ours.

What are some of these surgical procedures? They are small-bowel bypass, gastric partitioning, gastroplasty, and gastric bypass. This latter procedure involves stapling across the top of the stomach, leaving a small pouch that holds only about half an ounce of food. The small intestine is then cut and attached to this pouch. Thus, most of the stomach is bypassed as well as the duodenum.

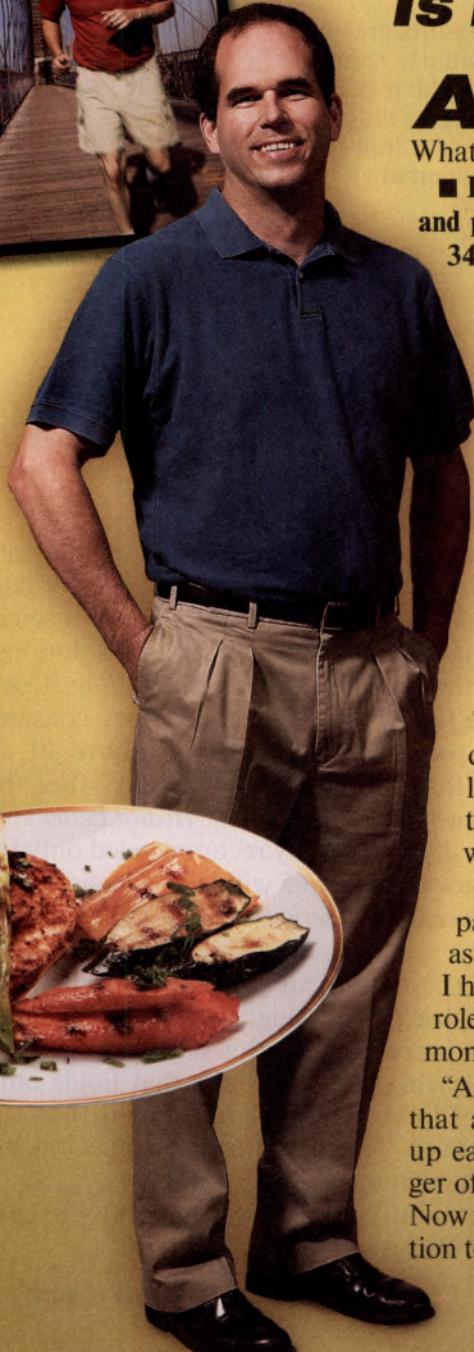
Now, what about people who have lost excess weight? Was it worth the effort?





# Fighting Obesity

## *Is it worth the effort?*



**A**WAKE! interviewed several people who have battled with obesity problems. Did they get good results? What do they suggest for other victims of this epidemic?

■ Let us check with **Mike, aged 46, who is six feet tall and presently weighs 285 pounds. At his peak, he weighed 347 pounds.**

Mike: "Even as a youth, I was overweight. It runs in the family—my brother and my sisters are all overweight. Our tradition was that we never left anything on our plate, even if it was overloaded. What made me change my eating style? When the doctor told me that I was at high risk for diabetes! The idea of being on insulin all my life really scared me. I also had a bad cholesterol problem and was having to take medication.

"I was in a sedentary occupation, and that has not changed. So in order to compensate, I have a regular schedule of exercise, which includes use of a treadmill for half an hour at least three times a week. The next vital step was writing down what I ate each day. Knowing that the dietitian was going to check my list each week helped me to put on the brakes. The thought came to my mind, 'If you don't eat it, you won't have to write it!'

"As a consequence, I have lost 62 pounds over the past 15 months, although I still need to lose more, as I want to get down to 225 pounds. To achieve this, I have eliminated snack foods, potato chips, and casseroles. I have eaten more salad and vegetables in recent months than I had in all my life previously!"

"Another factor that motivated me to take action was that as a truck driver, I have to have a medical check-up each year in order to renew my license. I was in danger of losing my license because of the threat of diabetes. Now things have changed. I no longer need to take medication to keep my cholesterol in check. My blood pressure is

down, and I am taking less medication for it. I have more energy, and even my severe back problems have eased. I am also slowly getting out of the obese category!"

*Awake!*: "Can a wife play a positive role in bringing down weight?"

Mike: "When you are fighting overweight, you need to have someone backing you up. My wife used to feel that she was showing me affection by keeping me well fed. But now she helps me to control the portions on my plate. I cannot afford to relax my vigilance because if I do, before I know it, I am putting on pounds once again."

■ **Consider another man named Mike, from Kansas, U.S.A.** He is 43 years old and is five feet eight inches tall. We asked him about his peak weight and the causes of his weight problem.

Mike: "I peaked at about 300 pounds. I was always tired and had no energy for anything. I could not sleep because of breathing problems. So I went to a doctor, and he diagnosed one of the causes of my weight problem as obstructive sleep apnea.\* He also noted that I had high blood pressure."

*Awake!*: "What was the solution to your problems?"

Mike: "The doctor prescribed an apparatus that supplies continuous positive airway

\* For more information on sleep apnea, see *Awake!* of February 8, 2004, pages 10-12.

pressure when I am sleeping. That way my throat is not obstructed, and I can breathe normally. As a result, I became more active during the day and began to lose weight. I also started using a treadmill three times a week. I went on a diet, which meant controlling the portions I ate and avoiding second helpings of food. I have now lost 50 pounds in just over a year, and I need to lose 50 more. It is a slow process, but I know I can do it."

*Awake!*: "What other motivation have you had to lose weight?"

Mike: "It is not pleasant when you have to listen to snide and unkind remarks about your appearance. People tend to think that you are just a lazy person. They do not realize that obesity can have many causes. I believe that in my case, the problem could partially be due to hereditary factors, since most in my family have a weight problem."

"However, I acknowledge that to lose weight, I must keep active and strictly control my diet."

■ **Awake! also interviewed Wayne from Oregon, aged 38. When he was 31, he weighed 246 pounds.**

Wayne: I had a sedentary job and was getting no exercise. When I went to my doctor, I was shocked to learn that I had high blood pressure and was in danger of heart complications. He sent me to a dietitian. She put me on a strict regimen of exercise and of controlled

## **Is liposuction the answer for you?**

What is liposuction? One dictionary defines it as: "Usually cosmetic surgical procedure in which excess fatty tissue is removed from a specific area of the body, such as the thighs or abdomen, by means of suction. Also called suction lipectomy." (*American Heritage Dictionary*) However, does that mean it is a remedy for obesity?

The Mayo Clinic on Healthy Weight says that liposuction is cosmetic surgery. It is not a weight-loss plan. Fat cells are sucked out of the body by means of a narrow tube inserted under the skin. Several pounds can be removed in one session. However, "the surgery isn't a treatment for obesity." Is it a safe procedure? "People with certain weight-related medical conditions, including diabetes and heart disease, are at increased risk of complications from liposuction."

portions at meals. I began to walk three miles nonstop every day, and I got up early each morning to exercise. I had to reeducate myself regarding my eating and drinking habits. I eliminated junk food and cut back on bread and sodas, replacing them with more fruit and vegetables. Now my weight is down to 175 pounds!"

*Awake! "What benefits have you noted?"*

Wayne: "I feel that I am healthier and that I am really living again. Before, it was as if my life were on hold, as if I were stagnating. Another benefit is that I have been able to drop the medications for high blood pressure. And I feel that I can look people in the eye, knowing that there will be no implied criticism because of excess weight."

**■ Charles (not his real name) is six feet five inches tall. At his peak weight, he weighed 370 pounds.**

Charles: "I had major health problems, and things were getting worse. I could not climb stairs. I lacked the energy I needed to get my work done. I have a sedentary occupation, and my work involves research and responsibility. I knew that I had to do something about my weight, especially after seeing my doctor. He warned me that I was on the way to having a stroke. I have seen what that does to a person. This convinced me that I needed to take action. My doctor put me on a supervised exercise regimen using a treadmill, and I was given a strict diet to follow. Now, after about a year, I am down to 300 pounds, but I know that I must lose more. The benefits I have already noticed convince me that it is worth the sacrifice and the effort. Now I can climb stairs, and I have more energy."

**■ Marta, originally from El Salvador, reached a point where she weighed 182 pounds.** This classified her as obese for her height of five feet five inches.

Marta: "I went to a doctor, and he strongly recommended that I start losing weight. I re-

spected his professional opinion. He sent me to a nutritionist for counsel. The nutritionist explained the whys and wherefores of the regimen I was going to follow. She showed me how to limit my portions and how to keep a check on what I was eating. At first, I had to report to her each week; and later, each month, to show how I was doing. Both the doctor and the nutritionist encouraged me for the good progress I was making. Eventually, I lost 27 pounds, and I am holding my own at about 150 pounds."

*Awake! "What about exercise and medication?"*

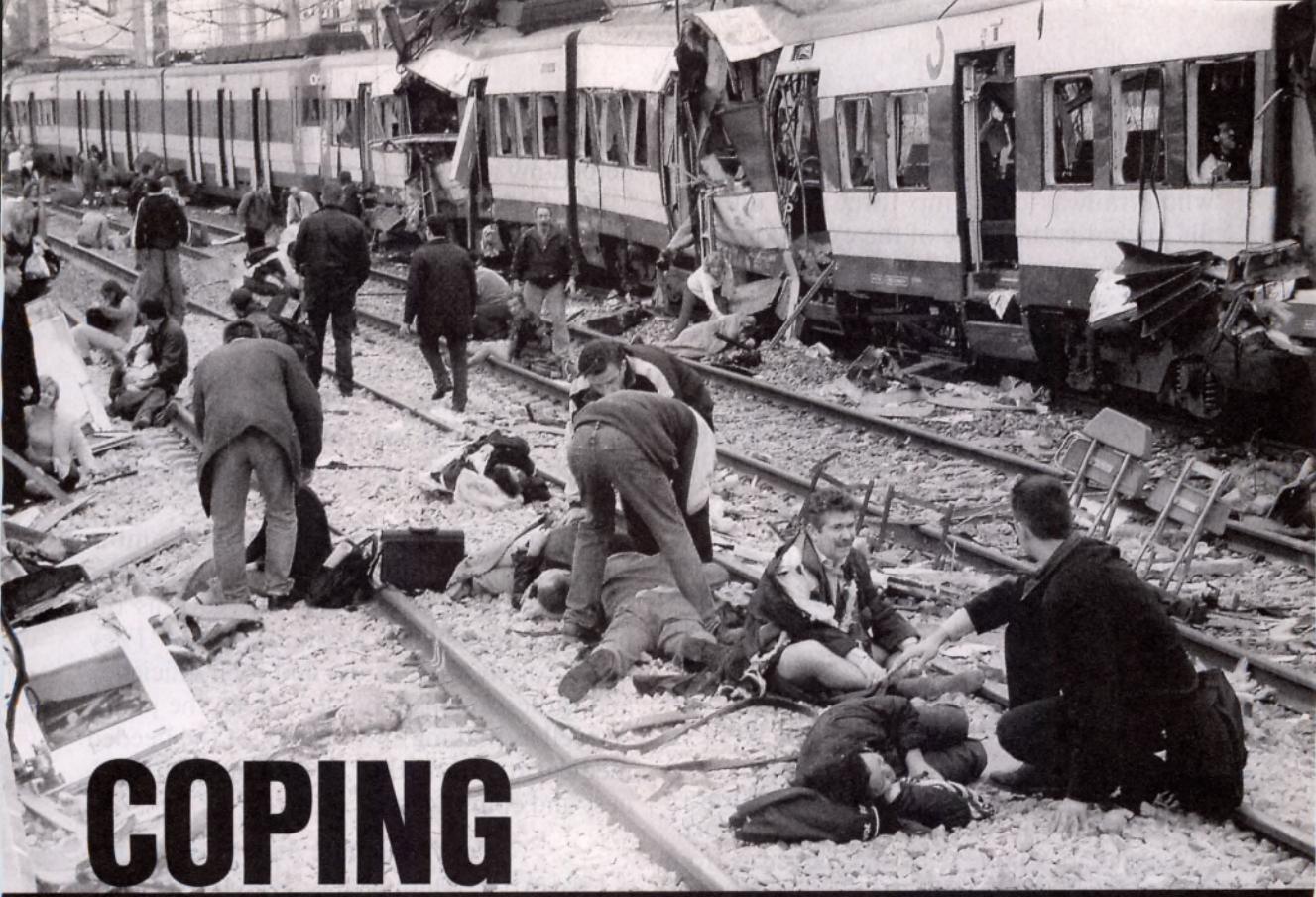
Marta: "I did not have a cholesterol problem, and I had no need of medication. I did start incorporating more brisk walking in my daily routine."

*Awake! "What did you do when you visited friends and they insisted that you eat more than your normal portions?"*

Marta: "I would just say to them, 'My doctor wants me to follow this diet for my health's sake,' and they would usually not insist."

So if you are overweight or obese, what can you do about it? The old adage is true, "Where there's a will, there's a way." Do you have the motivation and the willpower to do something about it? As an overweight child or an overweight adult, what are your choices? Lose weight or possibly lose years of life. Adopt an active life-style, and feel the satisfaction of accomplishment—even in small things, such as smaller sizes in your clothing!





# COPING WITH THE TRAUMA OF A TERRORIST ATTACK

BY AWAKE! WRITER IN SPAIN

**O**N March 11, 2004, the city of Madrid, Spain, was shaken by the sound of ten bombs exploding in three different railway stations. A simultaneous attack on four commuter trains left some 190 people dead and 1,800 wounded.

Top: CORDON PRESS

*Top: Rescue workers tend the wounded and dying on the tracks outside the Atocha station*

*Right: An improvised memorial*



Since the bombs exploded during the morning rush hour, all the trains were packed and the devastation was appalling. "I saw a whole railway car jump three feet into the air, such was the force of the explosion," said Aroa, an eyewitness. "When I left my train car, the whole area looked like a war zone. It is horrifying to see such carnage in real life." The same gruesome events took place on four different trains and in ten different railway cars. Terrorists had left backpacks filled with explosives on the trains and had then detonated them with mobile phones.

Some of the passengers were fortunate enough not to be able to recall the terrible events they had lived through. But hundreds of them, like Aroa, have to cope with both physical and emotional scars. "The blast severely damaged my hearing," said Aroa, "but the appalling images that haunt my mind affect me much more."

"Thankfully, as one of Jehovah's Witnesses, I received a lot of emotional support," Aroa added. "Phone calls and messages from all over the world reminded me that we truly are a global brotherhood. Furthermore, the Bible helps us to understand why these atrocities occur. I explained to some of my workmates that the Scriptures foretold that during 'the last days,' men would be fierce and would have no natural affection. I also found that my full-time ministry has proved invaluable in easing the pain."—2 Timothy 3:1-3.

Pedro was one of the many passengers who suffered serious injuries. He was standing less than five yards away from the bomb that exploded in his train car. The blast threw him to the floor, causing head injuries and serious respiratory problems. After five days in intensive care, he began to recover. The great number of fellow Witnesses who visited him lifted his spirits, and they also surprised the nursing staff. "In 26 years I've never seen anyone receive so many visits and so many presents!" one nurse exclaimed. Pedro, on the oth-

er hand, spoke enthusiastically of the hospital staff. "They were wonderful," he said. "They helped my recovery enormously."

Many of the victims were immigrants who had recently moved to Spain. Manuel, a Cuban, was injured by the first explosion at Atocha station and then knocked unconscious by the second blast. "In the panic, people trampled me as I lay prostrate on the station platform," he explained. "When I regained consciousness, I had two fractured ribs and an injured leg, as well as total loss of hearing in one ear."

"The emergency workers—police, ambulance services, and firemen—were on the scene within minutes, and they gave us the best help possible," Manuel added. "They knew exactly what to do, and their efficiency and professionalism helped lessen the panic. As well as making sure that I got the needed medical attention, they treated me with kindness and compassion."

### **Post-Traumatic Shock**

Like Aroa, Manuel has severe emotional scars. "I had a panic attack when I boarded a train recently," he confessed. "I had to get off immediately. And I still get suspicious whenever I see someone on public transportation who is carrying a backpack or something similar. But I have had a lot more help than others, even though no members of my family live in Spain. Literally hundreds of Witnesses phoned me, and a Witness family invited me to their home for a few days so that I would not feel lonely. This invaluable support from our worldwide brotherhood helped me to calm down."

Sergio, a passenger who escaped physically unhurt, still suffers every day from the scenes he saw all around him. A bomb exploded in the train car in front of him, and another one, in the car immediately behind. Like Manuel, he is grateful for the loving support of his family and his fellow Witnesses. "They not

# SPIRITUAL STRENGTH TO COPE WITH TRAUMA

## **Manuel Suárez**

"While I was still in shock, waiting to go to the hospital, I kept remembering the words of Proverbs 18:10:

'The name of Jehovah is a strong tower. Into it the righteous runs and is given protection.' Those words gave me strength."

## **Aroa San Juan**

"When you go through something like this, you realize more than ever that these are the last days and that we have to concentrate on spiritual values. Thanks to my full-time ministry, I am slowly getting over the trauma."

## **Fermin Jesús Mozas**

"Despite my head injuries, I was able to offer help and reassurance to some injured fellow passengers. I think I remained calm because of the resurrection hope that God has given us, a hope that strengthens us at moments like that."

## **Pedro Carrasquilla**

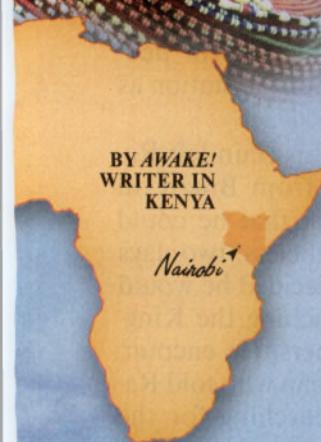
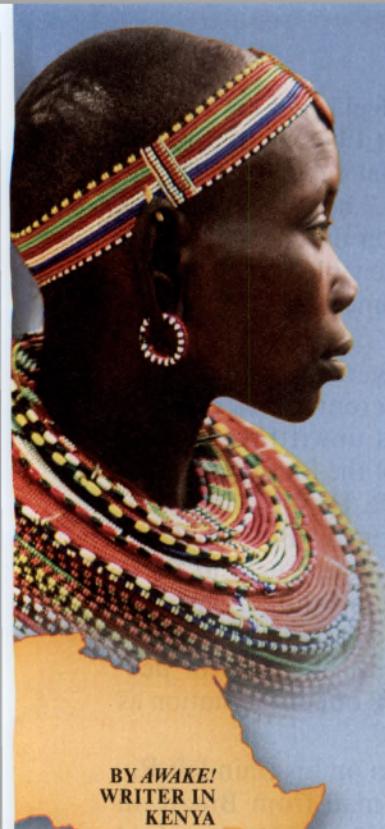
"When I was lying in the intensive care unit, suffering from acute chest pain, time and again the words of 1 Timothy 6:19 came to my mind. They encourage us to treasure up a fine foundation for the future in order to get a firm hold on the real life. This verse reminded me of our Paradise hope, which God has promised to those who love him. That is what we are working for."

only made me feel loved but they reminded me that I belong to a united brotherhood that cares for each one of its members," he said. "I got this support day after day, and the many telephone calls enabled me to express my feelings, something I often find difficult."

Some passengers on the trains experienced different types of anxiety. Diego was unwittingly sitting alongside one of the four bombs that failed to explode. He was able to exit the train unharmed. "But now I feel guilty for not offering help to those people who were injured," he confessed. "I was carried away in the panic, along with hundreds of people who stormed out of the station as best they could."

The explosion on his train left Ramón, a young man from Brazil, in such a state of shock that he could hardly move. Nevertheless, two days after the attack, he decided he would have a share in preaching the Kingdom message to others. He encountered a Portuguese man who told Ramón that he was searching for the true religion. Ramón was able to start a Bible study with the man, who immediately began to attend Christian meetings. "When you can help others spiritually, you feel better yourself," Ramón observed.

All the victims will doubtless need time to overcome the physical and emotional hurt that they have suffered. Sadly, we live in a period when senseless violence may erupt anywhere. And although spiritual values can help victims cope with the trauma, only God's Kingdom will finally eliminate these tragedies.—Revelation 21:3, 4.



BY AWAKE!  
WRITER IN  
KENYA

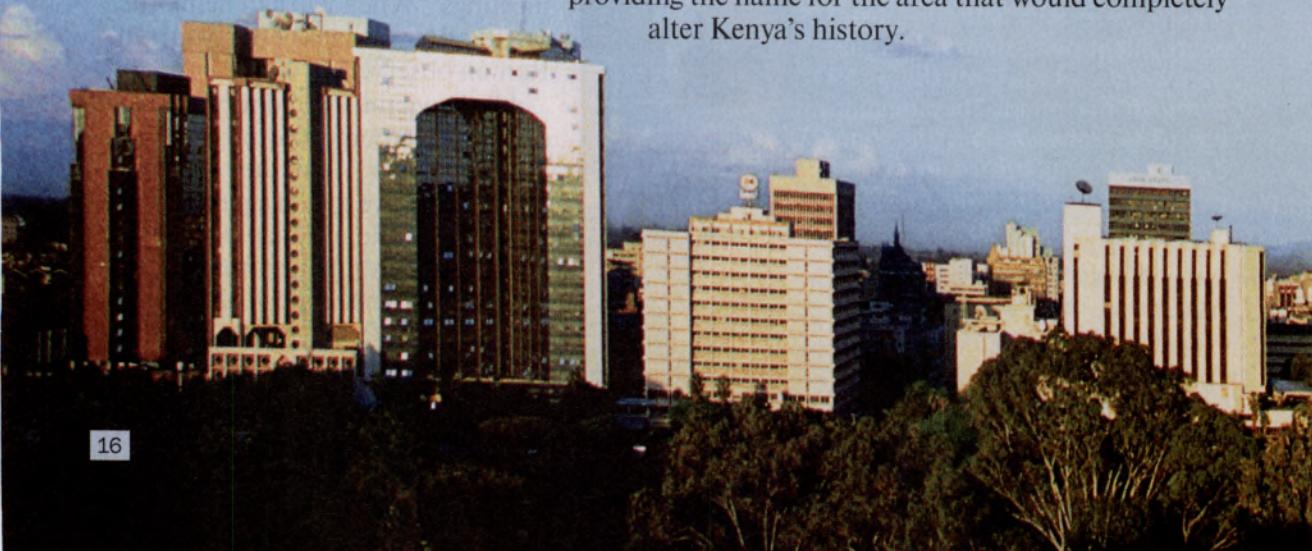
# Nairobi

A "PLACE OF COOL WATERS"

*"A bleak, swampy stretch of soggy landscape, wind-swept, devoid of human habitation of any sort, the resort of thousands of wild animals of every species. The only evidence of the occasional presence of human kind was the old caravan track skirting the bog-like plain."*

—THE GENESIS OF KENYA COLONY.

THESE words describe the Nairobi of a little more than a century ago, where lions, rhino, leopards, giraffes, deadly snakes, and myriads of other forms of wildlife made their home. The brave Masai brought their beloved cattle to the fresh waters of a stream located there, a welcome sight for the nomadic communities. In fact, the Masai called the river *Uaso Nairobi*, meaning "Cold Water," and the location *Enkarre Nairobi*, meaning "Place of Cool Waters"—thus providing the name for the area that would completely alter Kenya's history.



An important event in the development of Nairobi was the construction of the Kenyan railway, once known as the Lunatic Express.\* By mid-1899, the 327 miles of track stretching from the coastal city of Mombasa to Nairobi had been laid. By this time, the construction workers were smarting from their encounter with the famous "man eaters of Tsavo," two lions that had killed many of the men's colleagues, and the crew was facing the formidable terrain of the Great Rift Valley. Because the rail line was to penetrate farther into the interior, Mombasa, which had been the main depot, was no longer viewed as a viable location. Instead, in spite of its inhospitable appearance, Nairobi was deemed the best location for a resting-place for workers and an inland depot for construction materials. This helped make way for it later to become Kenya's capital.

Early in the 20th century, Nairobi was chosen as the administrative center for the newly created East Africa Protectorate, as Kenya was then known. Advance planning would have helped the budding city. Instead, a jumble of rough structures sprang up around the railway station. Made of wood, corrugated iron sheets, and other local materials, the structures made Nairobi appear more like a shantytown than a future international center. The few buildings in Nairobi at the turn

of the 20th century were hardly designed with an eye to such a possibility. Also there remained the ever-present threat from the wild animals that roamed the vicinity.

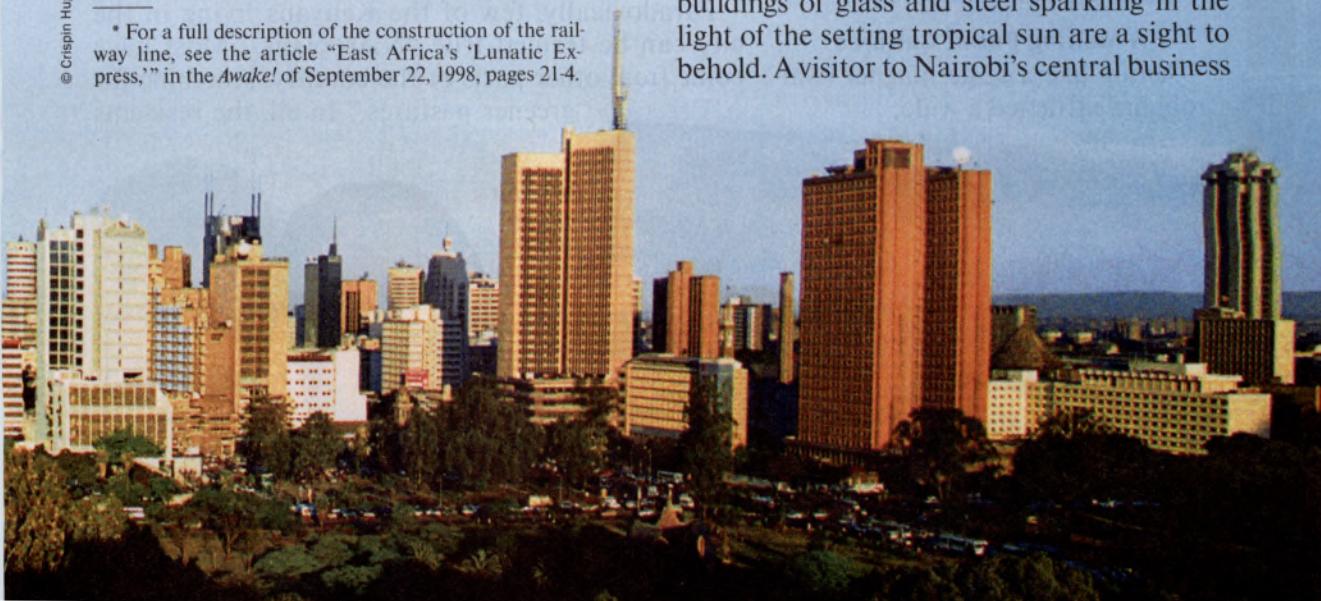
Diseases soon took their toll on the new settlement. An outbreak of plague was the first real test for the new administrators. A quick remedy? The affected areas of the town were burned down to curb the spread! In the next half century, Nairobi would slowly shed its unsightly past and rise to become the commercial and social hub of East Africa.

### How the Modern City Developed

Located at an elevation of approximately 5,500 feet, Nairobi enjoys an impressive view of the land around it. On clear days one can easily spot two significant African landmarks. To the north lies Mount Kenya, at 17,058 feet the nation's highest mountain and the second highest in Africa. Farther south on the Kenya-Tanzania border is Mount Kilimanjaro, at 19,340 feet Africa's highest. The perpetual presence of snow and ice on Kilimanjaro, which lies near the equator, intrigued European geographers and explorers 150 years ago.

With a city history spanning over 50 years, Nairobi has undergone a complete metamorphosis. Its growth is evident in its ever-changing skyline. Today's tall and imposing buildings of glass and steel sparkling in the light of the setting tropical sun are a sight to behold. A visitor to Nairobi's central business

\* For a full description of the construction of the railway line, see the article "East Africa's 'Lunatic Express,'" in the *Awake!* of September 22, 1998, pages 21-4.





**Mount Kilimanjaro**

district may wonder in disbelief upon learning that the very ground on which he is walking was a lurking place of wild beasts—a dangerous area for humans—just a hundred years ago.

In time, that changed. Exotic flora that included beautiful bougainvillea, blossoming jacaranda, fast-growing eucalyptus, and wattle was introduced. Thus, formerly dusty trails were slowly turned into tree-lined avenues, which continue to provide pedestrians with shade during hot seasons. An arboretum near the city center contains at least 270 species of trees. We can imagine why another writer stated that Nairobi "looks as if it might have been built in the middle of natural forest." The luxuriant vegetation has greatly helped regulate Nairobi's inviting temperatures—warm days and cool nights.

#### A Melting Pot of Cultures

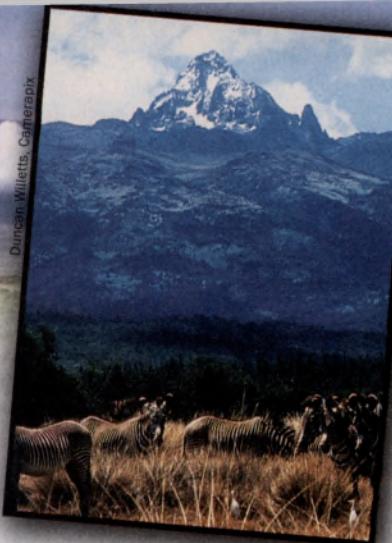
Acting like a large magnet, Nairobi has attracted a wide

spectrum of mankind. The population of the city now totals over two million. The completion of the railway gave a good reason for people to settle in the region. Indians who helped construct the line remained to establish businesses that grew and spread around the country. Other entrepreneurs followed from Australia, Canada, and several African lands.

Nairobi is a melting pot of cultures. In the streets one may encounter an Indian lady with a flowing sari heading for the shopping mall, a Pakistani engineer rushing to a construction site, an immaculately dressed flight attendant from the Netherlands checking in at one of the hotels, or a Japanese businessman hurrying to a crucial business meeting, likely at Nairobi's thriving stock market. Added to this, local residents can be found waiting at bus stops; doing business at stalls, open-air markets, and shops; and working in offices or the many industries found in Nairobi.

Paradoxically, few of the Kenyans living in the city can be termed true "Nairobians." Most have come from other parts of the country, searching for "greener pastures." In all, the residents

Duncan Willets, Camerapix



**Mount Kenya**



**Open-air market**



of Nairobi are friendly and welcoming. Perhaps it is such hospitality that has made the city a host to world and regional bodies. The world headquarters of the United Nations Environment Programme is in Nairobi.

### What Attracts Visitors?

Kenya is a country with a vast and varied array of wildlife. Its many national parks and game reserves continue to attract thousands of visitors annually. Nairobi is the base from which many tour excursions are organized. Yet, Nairobi is also a tourist destination in itself. Very few cities in the world have animals roaming at their doorstep. Nairobi National Park, located less than six miles from the city center, is a visitor's haven.\* Here one encounters Nairobi's former residents firsthand. Only a few strands of wire separate animals from the human population. And as recently as September 2002, a full-grown male leopard was caught in the living room of a Nairobi home, having strayed from a nearby forest!

A few minutes' walk from the city center is the Nairobi Museum. Hundreds of visitors come here daily to learn about Kenya's rich history. A snake park within the museum plays host to many species of reptiles. The crocodile hardly seems disturbed by a visitor's stare. A nearby tortoise too, its speed notwithstanding, appears unmoved by the busy world around it. Of course, the main residents here are the slithering type—cobras, pythons, and vipers. With such creatures around, be sure to take note of the sign: "Trespassers Will Be Poisoned"!

### Different Waters

While the river that Nairobi owes its name to continues to flow, its waters are contam-

inated by industrial and domestic effluent, so common in many developing cities. However, over the years Nairobi residents have been supplied with "water" issuing forth from a higher source. This is the Bible's message of life taught by Jehovah's Witnesses.

—John 4:14.

In 1931, long before Nairobi attained its present-day proportions, Gray and Frank Smith, two brothers from South Africa, visited Kenya with the aim of spreading Bible truths. From Mombasa they followed the same route as the railway, braving many dangers—at times even sleeping in close proximity to wild animals. In Nairobi they managed to distribute 600 booklets in addition to other Bible literature. Today there are about 5,000 Witnesses in the 61 congregations in metropolitan Nairobi. Through congregation meetings, assemblies, district conventions, and international conventions, Nairobi

residents are now familiar with the activities of Jehovah's Witnesses. Many have gladly accepted their Bible-based message of hope.

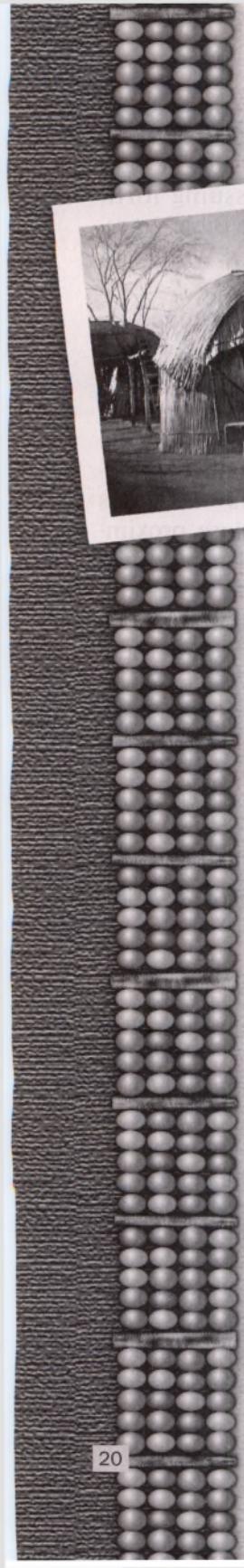
### A Brighter Future

"Industrialized cities frequently suffer from lack of adequate housing . . . Factories tend to pollute air and water resources," says the *Encyclopædia Britannica*. Nairobi is no exception. And since people are migrating daily from rural areas, these problems may even increase. With such constant battering, the luster of the gem that Nairobi has been can easily fade.

Happily, though, a time is coming under God's Kingdom when all people will enjoy life to the full—life that will not be marred by the ills that make city life today difficult.

—2 Peter 3:13.

\* See the June 8, 2003, issue of *Awake!* pages 24-7.



AS TOLD BY  
BOB LEE WHITE, SR.

# I Was a *Kickapoo* Spiritual Leader



*I was born in a wickiup, a small, Native American frame hut covered with a matting of tree bark and cattail reeds, at McLoud, Oklahoma, U.S.A., in 1935. My Kickapoo\* Indian name is Pay-MEE-Ton-Wah, which means "Water That Goes By."*

*I was introduced to an Indian spiritual life as a little boy. How did that come about?*

**F**OR many years my mother's father, like his father before him, was the spiritual leader of a Kickapoo tribe of the Water clan of Native Americans in Oklahoma. When he died without a son, the 12 clan leaders, or elders, determined that the oldest son of the oldest daughter of their fallen spiritual leader should fill that vacancy. I was that son.

#### **How I Became a Spiritual Leader**

Normally a new spiritual leader would not take up that role until he was 30 years of age and then only after a period of fasting, during which time he would see visions or otherwise become enlightened for carrying out the spiritual functions. From the time I was a little boy, I was taught the traditional religion of the Kickapoo. I inherited the religious

garments and the *MEE-shon*, or sacred bundle. Sometimes called a medicine bundle, it is a collection of religious articles wrapped in animal skin. About two feet long, it resembles an oval-shaped American or rugby football. I spent much time in the most holy compartment of their spiritual tent, where I listened to the revelations of tribal leaders. Thus as a youngster I became the new spiritual leader of the Kickapoo tribe.

All these details were vividly impressed on my young mind. Since none of these secrets were written down, the religious traditions of many generations were now entrusted solely to me. If the clan leaders back then had their way, I would have stayed right there with the tribe, officiating over every spiritual function until this day.

However, I went away to school in Kansas. This worried the older men, as they feared losing me to "the white

\* The name Kickapoo comes from the word *kiikaapoa*, "people who move about."—*Encyclopedia of North American Indians*.

man's world." After leaving school, I went to Los Angeles, California, where I was reunited with my childhood sweetheart, Diane. Her Indian name is Tu-NO-Thak-Quah, or Turning Bear, of the Bear clan. Our mothers and grandfathers had been longtime friends. We were married in September 1956. Diane had a religious background too. Her grandfather introduced the Peyote religion into the Kickapoo tribe.—See the box on page 22.

### The Peyote Religion

The Peyote religion is found in many different Indian tribes today. It was Quanah Parker (about 1845-1911), a spiritual leader and chief of the Comanche Kwahadi division, who "was influential in the development and diffusion of the peyote religion in Indian Territory." (*The Encyclopedia of Native American Religions*) By enthusiastically proclaiming the hallucinogenic virtues and supposed medicinal powers of the peyote cactus, he gained converts to Peyotism from many North American Indian tribes. Thus, among the Kickapoo, as in other tribes, the traditional religion and Peyotism existed side by side.

### Attracted to Hollywood

While in the Los Angeles area, I became quite active in Indian social clubs and societies, becoming president of several of them. Among these were the Drum and Feather Club, the Indian Bowling Association, and the National Indian Athletic Association. I was also on the board of directors of the Indian Center in Los Angeles.

I made my way into Hollywood circles. Among my acquaintances were Iron Eyes Cody, well-known for television public-service announcements about ecology, and Jay Silverheels, who played the Indian named Tonto in the TV series *The Lone Ranger*. Most notable of the movies I appeared in were *Westward Ho, the Wagons!* starring Fess Parker, and *Pardners*, starring Dean Martin and Jerry Lewis.

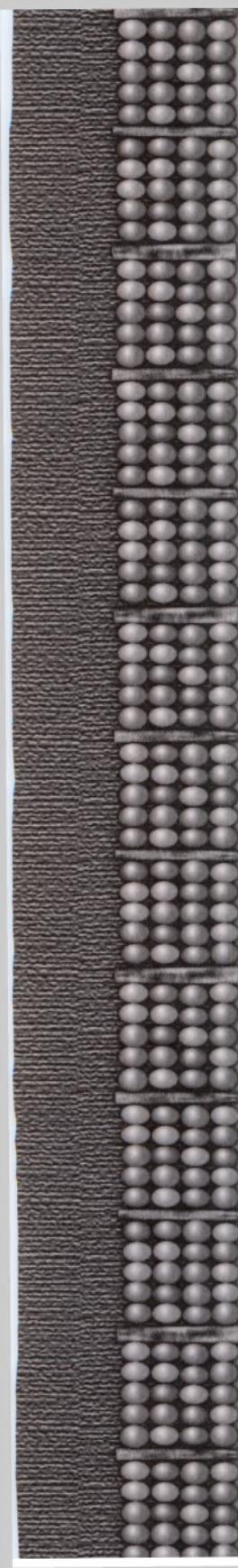
Both Diane and I worked at Disneyland for a while. I acted in ten-minute skits every hour throughout the day. Diane says with a smile: "All I had to do was dress up and walk around among the crowd all day 'acting' like an Indian."

### A Different Spiritual Approach

In 1962, Diane was contacted by one of Jehovah's Witnesses and was given a small booklet. The Witness kept coming back, but Diane kept giving her excuses. When the Witness asked if she really wanted her to stop calling, Diane thought to herself, 'Yes! Yes!' But wanting to be kind, she said: "Oh, no! No!" So the visits continued. She always told me what she had learned. When she sometimes forgot to mention it, I would ask: "Did that Jehovah's Witness lady come by? What did she say?"

Dressed as a  
Kickapoo warrior





On one occasion the lady told Diane of a special talk at a meeting of Jehovah's Witnesses at the Los Angeles Forum. She offered to watch our four children while we went to hear the talk. Thinking that I would never go, Diane even failed to mention it to me. But after persistent urging from the Witness, she did. To her surprise I said: "You mean she'll stay here and watch our kids and feed them? This white woman?"

Thus we went to our first meeting in 1969. I did not understand everything that was presented from the platform. However, what really impressed me was the organization—how 20,000 people could be fed lunch in such a short time through their volunteer cafeteria arrangement. I also noticed the lack of racial prejudice—black people and white people calling one another brother and sister.

In August of 1969, the Witnesses started a Bible study with me in the

book *The Truth That Leads to Eternal Life*.<sup>\*</sup> I admit that I had ulterior motives when I agreed to study the Bible. I was in a number of Indian organizations, and I saw a political career in my future. I thought I should get to know the Bible because the politicians seemed to know it and quote from it. Now I realize how little many of those men really knew about God's Word.

#### A Big Change in My Life

Once I began to study the Bible, things progressed rapidly. I resigned from all the clubs and associations I had joined, and I knew I had to sever ties with my former Native American religion. I recall sitting down to write my letter of withdrawal. I put the date at the top of the page, wrote "Dear," and then paused for a long time, trying to figure out whose name to write. I finally realized that the letter should be written to the traditional spiritual leader—me! I quick-

\* Published by Jehovah's Witnesses.

The Peyote religion has now come to be known as the Native American Church. Peyote is a small spineless cactus (see right) found principally in the Rio Grande valley in Mexico and also in Texas. The Peyote religion has over 200,000 members in the North American tribes. "Originating in prehistoric Mexico, Peyotism today incorporates elements of Christianity while remaining a pan-Indian affair." (*A Native American Encyclopedia—History, Culture, and Peoples*) The two primary ceremonies in the Peyote religion are the Half-Moon and the Big Moon. Both incorporate "aspects of Indian culture and Christianity." The peyote ceremony is an all-night ceremony, usually begun on a Saturday, wherein a group of men sit in a circle in a tepee. They experience hallucinations while eating quantities of bitter-tasting buds or nodules of the peyote cactus and chanting sacred songs to the beating of a drum and the rhythmic rattle of a gourd.

## What Is the Peyote Religion?



Courtesy TAMU Cactus Photo Gallery

ly resolved this quandary by writing "Dear Mom." I then proceeded to inform my mother that I would no longer be practicing that religion or serving as its spiritual leader.

Both my wife and I were baptized as Jehovah's Witnesses on January 3, 1970. In 1973, I became an elder in the congregation. There I was, a former Kickapoo spiritual leader, now taking the lead in our local congregation in true worship of Jehovah, the Universal Sovereign. In July 1974 we moved back to McLoud, Oklahoma, in an effort to help the Native Americans learn the true hope for all mankind, as set forth in God's Word, the Bible.

Like other tribes, the Kickapoo used tobacco in their worship. Interestingly, they did not smoke it. The Kickapoo sprinkled tobacco on the fire as incense, believing that their prayers would go up to the heavens by means of the resulting smoke. The oldest leaders among the Kickapoo felt that it was malicious to smoke tobacco, that using a pipe to do so was a mockery, and that the use of a pipe had European origins.

I have been asked if I have any pictures of myself in my former religious dress. Actually, there were never any pictures allowed because of fear of what practitioners of witchcraft could do with them. Throughout those years, when my hair was cut, it was always buried, and no one else was allowed to touch it. Thus it could not be used in witchcraft, which is taken very seriously by the Indians.

After I withdrew from the Kickapoo religion, the clan leaders took over the spiritual functions of the tribe. When the 12 who originally selected me died off, new clan leaders arose, and in the course of time, they have made changes in the religion. At present, only one clan leader is still living, and he is quite old. I have no intention of passing on to others what I was taught as a little boy.

I am now busy endeavoring to teach God's Word to people of all nations and tribes.



*With my wife, Diane, today*

As a full-time pioneer minister, I have had the privilege of teaching the Bible on many Indian reservations throughout the United States. I have visited, among others, the Osage in Oklahoma and the Mohave, Hopi, and Navajo in Arizona. I enjoy telling my fellow Native Americans that the "Happy Hunting Ground," an expression long used by us to refer to the hope of life after death, draws attention to "ground." Therefore, the implication is that they are really anticipating living here on earth rather than in heaven. I look forward to the resurrection of many Indians of past generations so that I might have opportunity to teach them about God's new world.—John 5:28, 29; 2 Peter 3:13.

## In Our Next Issue

- **When Will AIDS End?**
- **European Court Upholds a Mother's Rights**
- **How Can I Cope With Failure?**

# The Hanbok

KOREA'S NATIONAL COSTUME

By Awake! writer in the Republic of Korea

**T**O Koreans, clothes are more than a covering for the body. An example of this is the traditional Korean costume called the *hanbok*.

## A Unique Design

The *hanbok* is composed of a bolero-style blouse and a long skirt, uniquely proportioned.\* In some cases, the skirt is four times longer than the blouse. As a result, even a short woman looks taller in it.

The *hanbok* has subtle curves and simple lines. The sleeves of the blouse open up like wings, while the skirt flares out from the bosom and flows elegantly to the floor. Accentuating the breastline is an unusual type of bow, with its two ends trailing out from the knot and down the front of the blouse, nearly reaching the ankles. Many *hanboks* also have beautiful geometric and floral designs embroidered around the cuffs and the neckline of the blouse as well as on the skirt. Yes, the *hanbok*'s proportions, lines, and colors all combine to make it elegant indeed.

## A Versatile Costume

The beauty of the *hanbok* is enhanced by its practical design. Since the *hanbok* is generally made of natural fibers, it can easily be worn year-round. For instance, a *hanbok* that is made of plant fibers such as ramie or hemp has good ventilation, which helps keep the wearer cool during summer, even though the *hanbok* covers most of the body. Other types of material help to conserve body heat, making them more suitable for winter.



\* While there are both men's and women's styles of the *hanbok*, our discussion focuses on women's.



The *hanbok* is also comfortable. This feature has little to do with fashion but stems from a practical need that existed centuries ago when horses were used extensively in the area. The magazine *Culture & I* says: "The clothing was developed to adapt to the cold climate and to hunting and nomadic activities." Hence, Korean horse riders avoided any clothing that restricted their freedom of movement. Yes, Koreans who enjoy wearing the *hanbok* today owe a debt of gratitude to their ancestors for the physical comfort that it affords!

Another interesting feature of the *hanbok* is the age-old tradition of using colors for symbolic purposes. In times past, the Korean ruling class often wore colors that were flattering, while the peasants dressed mostly in white. Also, an unmarried woman could be identified by wearing a combination of yellow and red. After marriage, the color of her *hanbok* reflected her husband's social status.

At a wedding nowadays, the bride's mother is supposed to wear a pink garment, while the groom's mother usually dresses in blue. This practice certainly makes it easy to identify them.

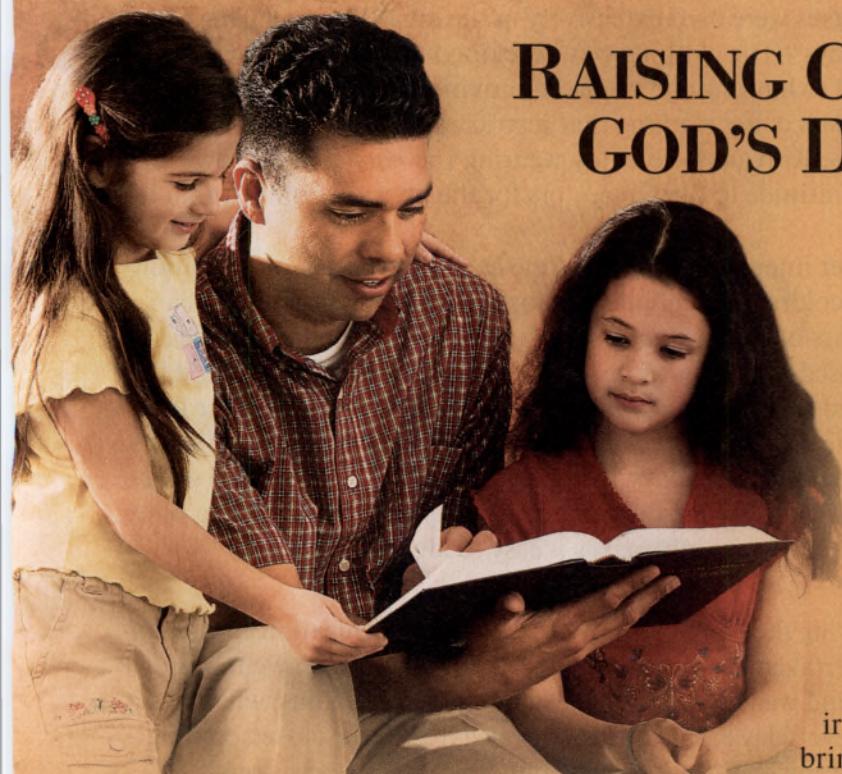
#### **The Hanbok Today**

Following the Korean War (1950-53), a modernization campaign was undertaken. As a result, by the 1970's the *hanbok* went out of fashion and was replaced by Western-style dress. Thus, what was once an everyday casual outfit was relegated to the closet, coming out only for weddings, holidays, and other special occasions.

In more recent times, however, the *hanbok* has been making a comeback. In 1996, for instance, an effort was made to repopularize the style when the first Saturday of every month was declared to be "the day to wear *hanbok*." Clothing manufacturers introduced new

*hanboks* especially designed to appeal to youths. Evidently there is something emotionally satisfying about returning to one's roots, for the modern *hanbok* has met with great success. In an era when many of the latest styles emphasize sensuality, the *hanbok* is a refreshing example of beautiful and modest dress.—1 Timothy 2:9.

# RAISING CHILDREN IN GOD'S DISCIPLINE



**"How to Set Rules Your Kids Won't Break"**

**"Five Values You Should Teach  
Your Child by Age Five"**

**"Five Emotional Skills Every Child  
Should Have"**

**"Five Signs You're Being Too Lenient"**

**"One-Minute Discipline Magic"**

**I**F DISCIPLINING children were easy, there would be little interest in magazine articles such as the ones listed above. The stream of books written on child rearing would dry up. Raising children, however, has never been easy. Even thousands of years ago, it was said that "a foolish son brings grief to his father and bitter regrets to his mother."—Proverbs 17:25, *Today's English Version*.

Today, despite the abundance of advice on the subject, many parents are unsure about how to discipline their children. What assistance does the Bible offer?

### **The True Meaning of Discipline**

The Bible clearly defines the role of parents regarding discipline. For instance, Ephesians 6:4 says: "You, fathers, do not be irritating your children, but go on bringing them up in the discipline and mental-regulating of Jehovah." This scripture mentions particularly the father as the one who should take the lead in caring for his children. The mother, of course, works alongside her husband.

On this subject *The Interpreter's Dictionary of the Bible* states: "In the Bible discipline is closely associated with training, instruction, and knowledge on the one hand, and with reproof, correction, and punishment on the other hand. Its natural application is in the sphere of child training." Thus, discipline goes far beyond reprimands; it includes all the training that children need to thrive. But how can parents avoid causing irritation?

### **Be Empathetic**

What irritates a child? Think about this situation. You have a workmate who is ill-tempered and impatient. Nothing about you pleases him. He seems to find fault with everything you say and do. He often rejects your work and makes you feel rejected as a person. Would that not irritate and dishearten you?

The same can happen to a child when his parents are constantly badgering him or correcting him in anger. It is true that children need correction from time to time and that the Bible authorizes parents to give such. However, irritating a child by harsh, unloving treatment can cause emotional, spiritual, and even physical harm.

### **Your Children Deserve Your Attention**

Parents must make time for their children. Regarding God's regulations, Deuteronomy 6:7 tells fathers: "You must inculcate them in your son and speak of them when you sit in

your house and when you walk on the road and when you lie down and when you get up." Children are born with the need to feel that their parents deeply care for them. Engaging your children in calm conversations on a daily basis can help you to understand their feelings. This can make it easier to reach their hearts with Bible-based principles, motivating them to "fear the true God and keep his commandments." (Ecclesiastes 12:13) This is part of godly discipline.

If raising children can be compared to building a house, then discipline is one of the construction tools. When parents use it properly, they can build desirable qualities into the personalities of their children and equip them to face the trials of life. Proverbs 23:24, 25 describes the result: "The father of a righteous one will without fail be joyful; the one becoming father to a wise one will also rejoice in him. Your father and your mother will rejoice, and she that gave birth to you will be joyful."

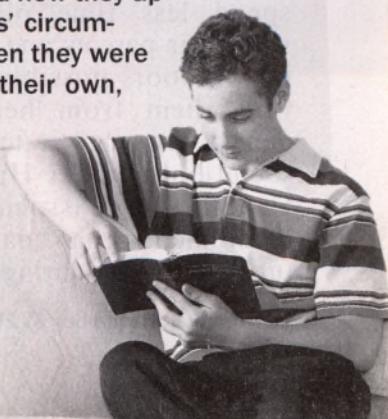
## **THE "MENTAL-REGULATING OF JEHOVAH"**

Ephesians 6:4 mentions the "mental-regulating of Jehovah." The original Greek term for the expression "mental-regulating" is translated in some Bibles as "mindfulness," "counsel," and "admonition." These terms all indicate that families must do more than just read the Bible or routinely cover material in a Bible study aid. Parents need to make sure that their children understand the meaning of God's Word, the importance of obedience, the love Jehovah has for them, and the protection he offers them.

How can this be accomplished? Judy, a mother of three, saw the need to do more than constantly remind her children of godly principles. "I saw that they did not like it when I repeated the same things in the same way time after time. I began looking for differ-

ent ways to teach them. One way was to look up articles in the Awake! magazine that presented those points with a fresh approach. Thus I learned how to give the kids needed reminders without irritating them."

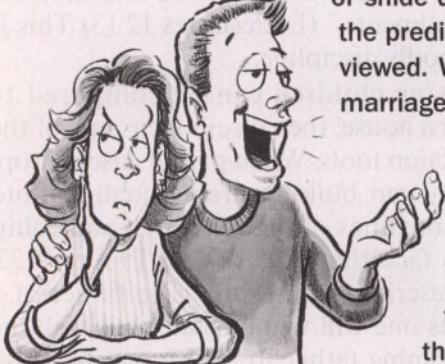
Angelo, whose family went through difficult times, tells how he taught his daughters to meditate on God's Word: "We read Bible verses together, and then I isolated certain phrases and explained how they applied to my daughters' circumstances. Later on, when they were reading the Bible on their own, I would see them deep in thought, meditating on the meaning it had for them."



# Watching the World

## Predicting Marital Happiness

A research team in Seattle, Washington, U.S.A., videotaped hundreds of couples discussing sensitive issues, such as money and sex. They then worked out equations to predict marital health, taking into consideration "partners' overall outlook on life, persuadability and the extent to which they let their [partner's] compliments



or snide digs affect them," reports *Science News*. Four years later the predictions had come true for 94 percent of the couples interviewed. What factors affected marital happiness? "In successful marriages, positive interactions such as laughing and joking during the taped interviews outnumbered negative ones by a 5-to-1 ratio," the article states. "The best single predictor of divorce was a contemptuous facial expression by one partner as the other spoke." One researcher noted: "Contempt is the sulfuric acid of love." The team is using their findings to help save troubled marriages, about two thirds of which improved after a few days of counseling.

## TV and Babies' Mental Growth

Doctors from the Japan Pediatric Association say that children who watch TV for extended periods are more likely to have difficulty communicating, reports the *Mainichi Daily News*. The problems include impaired ability to remember words, to maintain eye contact with their parents, and to form interpersonal relationships. "Situations where children spend less time playing with their parents and playing outdoors possibly prevent them from healthy mental growth," stated association member Hiromi Utsumi. The Association recommends that "parents turn off TV sets during meal

times and while nursing, and that TVs, videos and computers are not to be set up in children's rooms," says the report, adding that communication improved "after parents followed doctors' advice to ban their children from watching TV and videos."

## "Underground" Lending Library

In an effort to promote interest in reading, a book-lending program has been initiated in Mexico City's metro transportation system. Inside the stations, a subway passenger can borrow a large-print book containing selections from Mexican literature, read it during his trip, and hand it in when he reaches his destination. "The

response has been enormous," said Aarón López Bravo, director of the program. "This is allowing people to use their dead time for learning and enjoyment." In the first month, more than 130,000 books were distributed from kiosks installed for that purpose, states the international edition of *The Miami Herald*. The program was begun in the 21 stations of just one line, but organizers hope to expand it to the entire metro network, which daily carries nearly five million passengers.

## Childbirth in Britain

"Normal childbirth has for the first time become a minority activity in Britain, marking a new milestone in

the history of medicine," reports *The Independent* of London. Figures published by Britain's Department of Health for 2001-2002 show that only 45 percent of mothers delivered their babies without some kind of medical intervention. Cesarean sections increased from 9 percent in 1980 to 22.3 percent in 2001-2002. This figure reached 56 percent in one maternity unit. "Female pressure for Caesareans is becoming more and more intense," says Peter Bowen Simpkins of Britain's Royal College of Obstetricians. "Professional women . . . want to come in on a particular date to have their baby. . . . Caesareans are seen as safer. But the truth is there is unquestionably higher morbidity with Caesareans." Researchers also warn

that mothers who deliver their first baby by Cesarean section have more difficulty conceiving again and are less likely to deliver their second baby normally.

#### **Adolescent Dieting and Weight Gain**

"Adolescents who diet to lose weight may actually end up gaining weight, setting themselves on a road to obesity," states the magazine *U.S. News & World Report*. A three-year study involving nearly 15,000 children aged 9 to 14 showed that "both boys and girls who dieted gained more weight than nondieters, and their body mass index—a measure of obesity—increased." The researchers suggest that "dieting may lead to binge eating," says the report. Girls who dieted frequently "were 12 times

as likely as nondieters to acknowledge bingeing."

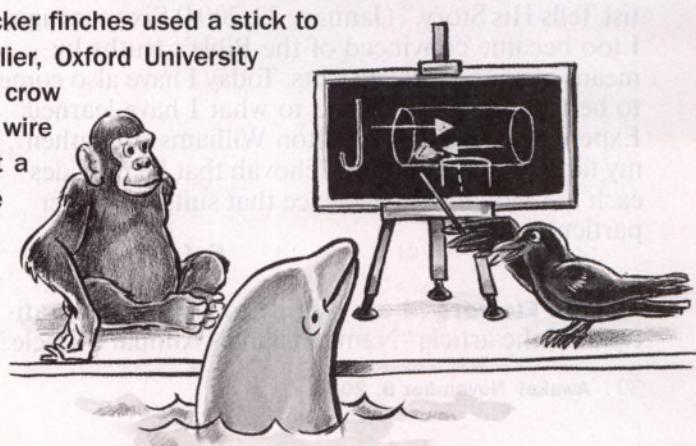
#### **Priest Shortage**

"More than half of Spain's seminaries are threatened with closure" because of a lack of applicants for the Catholic priesthood, reports the Spanish newspaper *ABC*. During the last year, "14 seminaries did not open their doors to new candidates, while another 18 had only one new candidate." Why the shortage? Andrés García de la Cuerda, rector of a Madrid seminary, cited the "strong and progressive secularization" of Europe, which entails "a loss of faith and Christianity." García de la Cuerda also noted that "the social environment is unfavorable toward the [Catholic] Church and what it represents."

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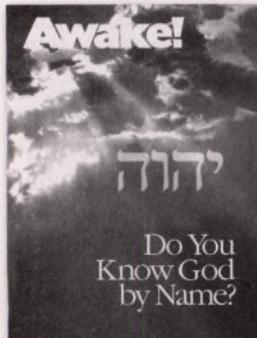
#### **Clever Birds**

In recent research, "birds have emerged as rivals to chimpanzees and dolphins for the title of the most intelligent non-human animals," reports *The Sunday Times* of London. A Cambridge University team put a hole in the side of a transparent tube, mounted the tube horizontally with the hole facing downward into another tube, and placed food inside it next to the hole. Primates tried to push the food out, losing it down the hole. But woodpecker finches used a stick to draw the food out without losing it. Earlier, Oxford University researchers watched a New Caledonian crow named Betty make hooks from garden wire and adapt the shape of the hook to suit a particular job—a task that primates have never been known to perform. Such findings "contradict years of received wisdom" that only primates are capable of toolmaking, comments the *Times*.



# From Our Readers

**God's Name** The series "Do You Know God by Name?" (January 22, 2004) is one of the most beautiful, in-depth discussions of God's name that I have seen since I became a Christian in 1973. The striking cover, layout, and design, as well as the overwhelmingly logical presentation, make this series a masterpiece. Well done!



*D. L., United States*

I recently began serving as a full-time evangelizer, and I feel much closer to Jehovah than before. For that reason, the series on God's name was very interesting to me. The box entitled "God Knows You by Name" showed that although there are many people on earth, God cares for each one of us. This made me want to study more about Jehovah and to do what is pleasing to him.

*M. J., Japan*

I thought it was an informative, comprehensive, and well-researched series that was presented in a very interesting and appealing way. Also, I very much liked seeing 39 forms of Jehovah's name spread across the top of the pages. This presentation brings credit and honor to Jehovah's name and should appeal to righthearted people.

*G.D.M., United States*

**Scientist's Faith** I was deeply impressed by the article "Why I Believe the Bible—A Nuclear Scientist Tells His Story." (January 22, 2004) Six years ago, I too became convinced of the Bible's truths by means of sound, proved facts. Today I have also come to be emotionally attached to what I have learned. Experiences like that of Alton Williams strengthen my faith. I am grateful to Jehovah that he provides each individual with evidence that suits his or her particular needs.

*E. L., Hungary*

**African Flowers** I am writing to express my gratitude for the article "Namaqualand's Annual Miracle."

(January 22, 2004) It is incredible to see the great variety of flowers that Jehovah has made for our enjoyment. When reading the article, I remembered the words of the psalmist David: "Your works are wonderful, as my soul is very well aware."—Psalm 139:14.

*A. J., Mexico*

**Homework** I am a first-year student in middle school, and I have always had trouble managing my time. Reading the article "Young People Ask . . . How Can I Find Time to Do My Homework?" helped me. (January 22, 2004) I didn't watch television that much. But when I did, I watched one program after another. Now I don't watch it at all.

*R. O., Japan*

I am taking a home study course, and you really have to be disciplined to study every day. Thanks to the suggestions in the article, I will make time to do my homework.

*X. R., United States*

Overwhelming! That's exactly what I would say my homework has become. Sometimes my parents think I'm lazy when it takes me a lot of time to do my homework. But sometimes it is very hard or I have a lot of it. Thank you for showing us how we can find the time to do our homework and use our time effectively.

*J. S., United States*

I found the article to be very helpful. The suggestions under the heading "Using Your Time More Efficiently" helped me to improve my study habits.

*B. L., Italy*

# The Ever-Popular Onion

By Awake! writer in Mexico

Would a kitchen be complete without the common onion? This multi-purpose vegetable can be used for almost anything—soups, salads, main dishes, medicinal preparations. It can even make us cry a little.

A relative of beautiful flowering plants—such as the golden onion, the bride's onion, and the ornamental garlic—the common onion is a producer of beautiful flowers itself. Yet, what is present in practically every kitchen

of the world is the bulb, basically an underground bud with swollen leaf sheaths.

This vegetable is one of the oldest crops cultivated by man. How widespread its use was can be traced through the Bible record, which shows that by about the year 1513 B.C.E., the people of Israel

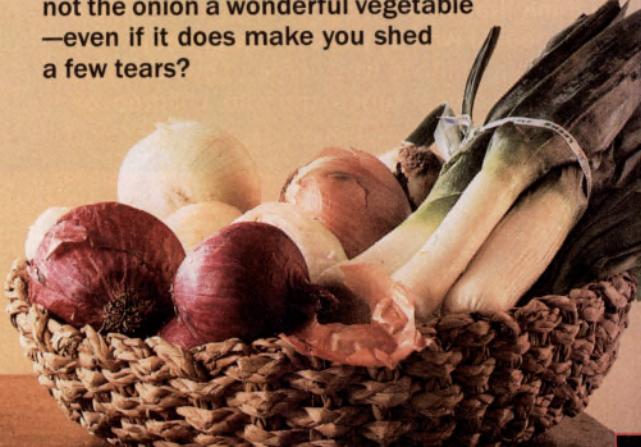
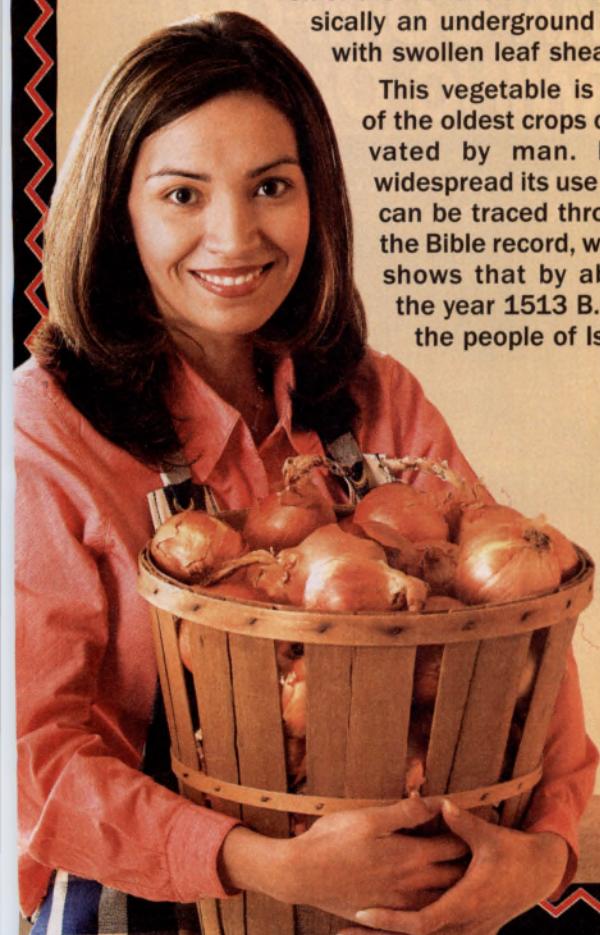
longed for the onions they had eaten while in Egyptian servitude.—Numbers 11:5.

But what has given the onion's flavor such prestige in palates so diverse? It is surely the sulfur compounds, which give it a particular aroma and pungency. And its sulfenic acid forms the substance that causes the legendary tears.

## Much More Than a Delicacy

Onions are an asset to the world's health. They contain nutrients, such as calcium, phosphorous, and ascorbic acid, or vitamin C. In particular, though, onions have been historically appreciated for their medicinal properties. Even now they are used to fight a number of conditions, including colds, laryngitis, atherosclerosis, coronary heart disease, diabetes, and asthma. Also attributed to the onion are antiseptic, anticholesterol, anti-inflammatory, antithrombotic, and anticancer effects.

Onions come in different colors—white, yellow, brown, green, red, and purple. You can have them fresh, cooked, canned, pickled, dehydrated, powdered, in flakes, or in cubes. Is not the onion a wonderful vegetable—even if it does make you shed a few tears?





## THEY CAN COMFORT MOURNING ONES

A woman in Jalisco, Mexico, wrote a letter to the branch office of Jehovah's Witnesses in Mexico. She requested: "Please send me a number of the brochures *When Someone You Love Dies*. I am not one of Jehovah's Witnesses, but I share many of your ideas."

The writer explained the reason for her request, saying: "I want the brochures because I think they would be good to give to some of the people who buy in our flower shop. I am referring to those who come to buy wreaths and who are, at times, the wife, children, or

husband of the deceased. I feel that these brochures can be of great help to them."

