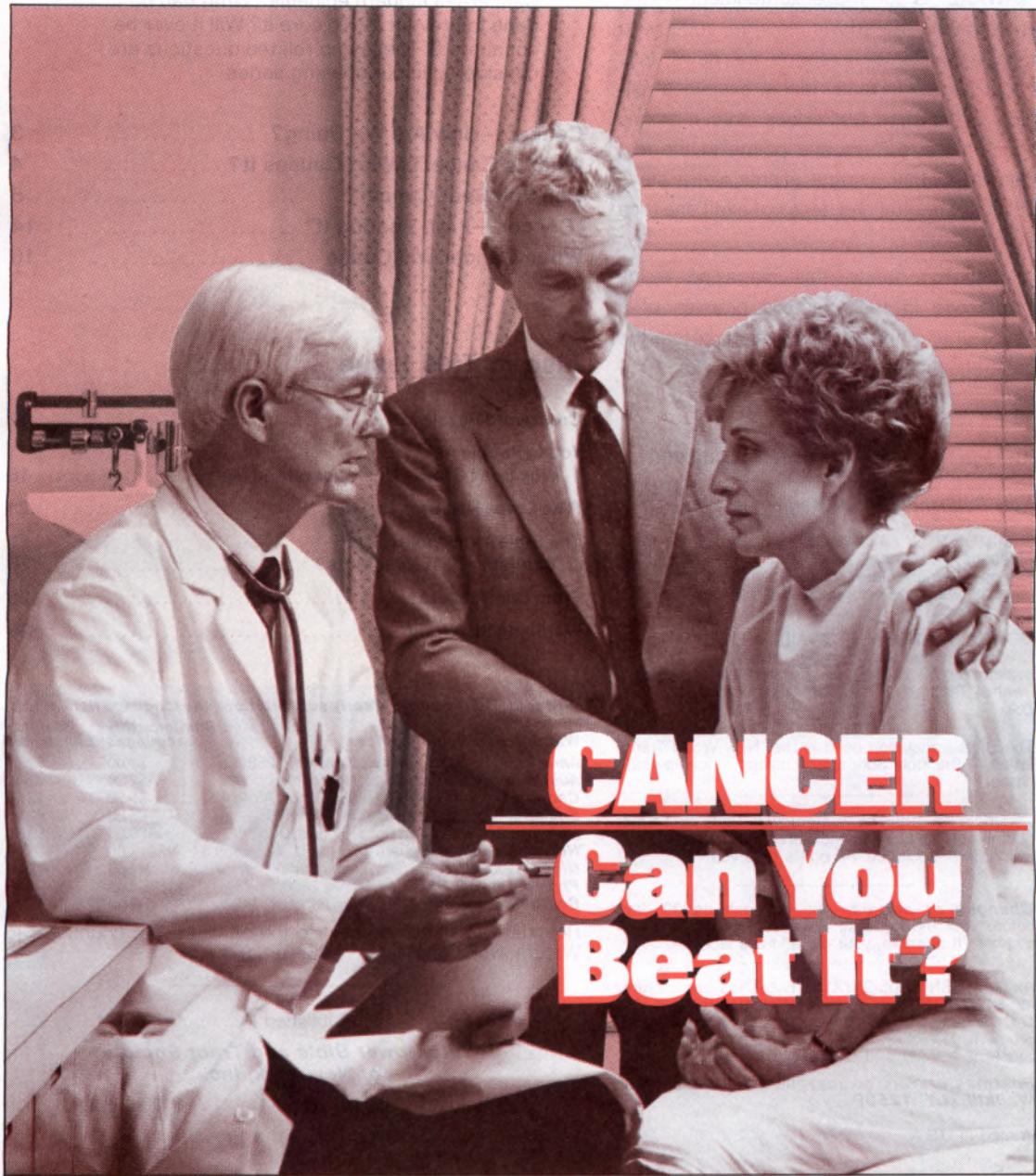


# *Awake!*

OCTOBER 8, 1986



**CANCER**  
**Can You  
Beat It?**

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AWAKE! is 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 stays politically neutral and does not exalt one race above another.

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Cancer—a modern epidemic. What can be done to prevent it? To cure it? Will it ever be conquered? These and related questions are considered in our opening series

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Frederick W. Franz, President

# Cancer—How Are We Doing?

This series of articles on cancer is presented to help you the reader to have a realistic view of the advances achieved in treating this disease. In recent decades, progress has been made in the understanding of some of the causes of cancer. Now good advice about prevention is available. It is also easier today to get an early diagnosis, and there is a greater likelihood of cure. The U.S. Department of Health and Human Services sums it up this way:

**"Good News: Everyone does not get cancer. 2 out of 3 Americans never will get it. Better News: Every year more and more people with cancer are cured. Best News: Every day you can do something to help protect yourself from cancer."**

WE DO not intend to consider this subject through rose-colored glasses. After all, one medical source indicates that in the United States alone "58 million Americans now living will eventually have cancer." Many other countries have a similar proportion. Therefore, false optimism is unwarranted. Yet, optimism based on facts will help all to face the reality with hope and will also encourage cancer patients to put up a more effective fight.

## **Can Cancer Be Cured?**

How do experts answer this question? Note the following:

"Cancer can be treated successfully. In many instances it can be completely cured. Countless people who have been treated for cancer have lived long, healthy lives, with no sign or symptom of the disease. . . . *Cancer is definitely curable.*"—*The Complete Medical Guide*, by Dr. Benjamin F. Miller.

"Fear of this disease has obscured the fact that almost half of the people with cancer can be cured, and proper treatment of those who cannot be cured can add years of comfortable and productive life."—*The Facts About Cancer*, by Dr. Charles F. McKhann, Professor of Surgery, Yale University.

"Some cancers are easily curable; whereas others are almost always completely incurable by the time they are diagnosed. . . . Cancers of three organs (lung, breast, and large intestine) are at present of outstanding importance as they currently account for half the U.S. cancer deaths."—*The Causes of Cancer*, Sir Richard Doll and Richard Peto, the University of Oxford, England.

But there is still a sobering note to add to this picture. In his book *Target: Cancer*, science writer Edward J. Sylvester states: "The killer certainly has not been caught. The most deadly cancers in the United States—lung cancer, postmenopausal breast cancer, and colorectal cancers—are no more curable now than thirty to forty years ago, . . . although people

with these cancers in some cases are surviving longer."

Vast sums of money are spent each year on cancer research, but it is one of the most elusive killer diseases that man has known. However, there is a positive note on the three cancers mentioned—some people "are surviving longer."

When it comes to cancer, are all of us victims of chance? Or is there something

# **What Is**

# *What Can*

**P**ERHAPS deservedly, over the years the word "cancer" has acquired a strong negative overtone. Phrases such as "spreading like a deadly, insidious cancer" have impelled many people to close their minds to the word and its true significance.

Yet, today, when brought out into the open in an objective manner, the subject assumes less fearsome proportions. Instead of always being "deadly," it often becomes "curable." Instead of always "spreading," it is often terminated while still localized. So, what is cancer really? And what causes it?

British experts Sir Richard Doll and Richard Peto explain: "The various human cancers are diseases in which one of the many cells of which the human body is composed is altered in such a way that it inappropriately replicates itself again and again, producing millions of similarly affected self-replicating descendant cells, some of which may spread to other parts of the body and eventually overwhelm it."

## *—The Causes of Cancer.*

we can do to prevent it? Do food and life-style have any bearing on the incidence of cancer?

In the following articles, we will consider some of the known causes of cancer and methods of prevention and cure, as well as an example of success in overcoming cancer. The final article will explain how we know that cancer will soon be conquered.

# *What Is Cancer? What Causes It?*

The big question now is why? Why do some cells break out of the normal mold and proliferate abnormally?

## ***Does Your Life-Style Make a Difference?***

At the present stage of cancer research, doctors have a far-from-complete answer to the cancer scourge. The fact that it is increasing is confirmed by Drs. John C. Bailar III and Elaine M. Smith who recently stated in *The New England Journal of Medicine*: "From 1973 to 1981 the crude incidence rate for all neoplasms [cancers] combined rose by 13.0 percent. . . . There is no reason to think that, on the whole, cancer is becoming any less common."

To a great extent, the cancer experts are caught between the need to find an adequate treatment for malignant tumors and the need to encourage prevention by tracing the true causes. The search for causes leads to a labyrinth of differing theories —does the cause lie in viruses, genes, im-

mune responses, chemicals, environment, toxics in the body, in combinations of these, or in something else? And by what process does a cell become malignant and then migrate?

A cancer expert, Professor Stephan Tanneberger, stated: "It is now an established fact that this is a process involving several stages whereby a normal cell with a certain genetic make-up is transformed into a tumour cell under the influence of several factors. We know that viruses, radiation and chemical substances constitute such factors, but it is safe to say that only the interaction of several such factors pro-

duces a cancer cell in a multistage process."—*Prisma*.

What does this mean for us in everyday life? According to Dr. Charles A. Le-Maistre, president of the American Cancer Society, our daily living habits have a bearing on the causes of cancer. He stated: "Most scientists now believe that our daily habits—what we eat and drink, whether we smoke and how often we expose ourselves to the sun determine to a great extent our risk of getting many cancers."—*Ebony* magazine.

This point of view is confirmed by the research of University of Oxford experts

Doll and Peto. They state: "Observations of the vagaries of human behavior may suggest ideas that might never occur to a laboratory investigator. Historically, they provided the starting point for a large part of all cancer research by pinpointing the risks associated with exposure to the combustion products of coal, sunlight, X-rays, asbestos, and many chemical agents. They drew attention to the hazards associated with chewing various mixtures of betel, tobacco, and lime and with smoking tobacco."

Since life-styles and environments

## Definitions of Cancer Terminology

**Tumor**—an abnormal mass of tissue; any unhealthy swelling; also called a neoplasm, or new growth. It can be benign or malignant.

**Benign**—cells that do not invade or infiltrate other tissue. However, a benign tumor can cause dangerous pressure.

**Malignant**—cells that invade and infiltrate surrounding tissues and, unless arrested, eventually overwhelm the patient.

**Cancer**—a malignant tumor. Cancers are listed under two main groups: sarcomas and carcinomas.

**Sarcomas**—cancers of the structural and connective tissues, including bones, cartilage, fat, and muscle.

**Carcinomas**—cancers that affect the tissues that cover or line body organs such as the skin, intestines, lungs, and breasts.

**Carcinogen**—a cancer-causing substance.

**Metastasis**—transmission of a disease from its original source to additional sites in the body.

**Lymph**—a clear fluid circulating through the body. It contains white blood cells, antibodies, impurities, and nourishing substances.

**Lymph glands**—or nodes. These normally filter impurities from the body. The lymph system is vital in the body's defense against infection.

(Based on *Cancer and Vitamin C*, by Drs. Ewan Cameron and Linus Pauling; *The Facts About Cancer*, by Dr. Charles F. McKhann.)

differ from one country to another, it means that there is a tendency for some countries to have more of some types of cancer and less of others. For example, England, where tobacco use has been prevalent for decades, leads in lung cancer. Nigeria, which has not caught up in tobacco usage, has a much lower incidence of that ailment at present. Connecticut, U.S.A., leads in colon and bladder cancer, while Nigeria has the lowest levels.

Another example of how life-style can be conducive to cancer is Kaposi's sarcoma, a normally rare cancer. Homosexuals have been stricken with it in the last few years as a consequence of AIDS, which weakens the patient's immune system and lays him open to infections and this sarcoma.

A possible additional factor in causing cancer is indicated by Dr. Kenneth R. Pelletier of the University of California School of Medicine: "Numerous animal

and human experimental studies have demonstrated that stress, psychological depression, and other psychosocial factors compromise an organism's capacity to prevent the induction of disease such as cancer or limit its spread."—*Holistic Medicine*.

Other doctors also hold this view that excessive stress can affect the immune system and thus lay a person open to cancer and other diseases. Now let us look more closely at some of the more obvious causes of cancer.

### **Tobacco—A Deadly Foe**

For decades tobacco has been linked to cancer. Therefore it causes no great surprise to read the following press release: "The World Health Organization, citing a report that nearly one million deaths each year can be attributed to tobacco use, has issued a strong condemnation of smoking

and tobacco use." That item, published in *The New York Times*, went on to say that "smoking is responsible for 90 percent of all cases of lung cancer, 75 percent of all cases of chronic bronchitis and emphysema and 25 percent of ischemic heart disease as well as other types of cancer, pregnancy complications and respiratory diseases."

Tobacco plays such an important role in cancer that Dr. Byron J. Bailey,

### **Some Established Cancer-Causing Agents in Humans**

Cause	Cancer site
Aflatoxin (on moldy peanuts)	Liver
Alcoholic drinks in excess	Mouth, throat, esophagus, liver
Asbestos	Lung, pleura, peritoneum
Chewing betel, tobacco, lime	Mouth
Furniture (hardwood)	Nasal sinuses
Leather goods	Nasal sinuses
Overnutrition (causing obesity)	Endometrium, gallbladder
Late age for first pregnancy	Breast
Childless or very few children	Ovary
Parasitic infections:	
<i>Schistosoma haematobium</i> , Africa	Bladder
<i>Clonorchis sinensis</i> , China	Liver
Sexual promiscuity	Cervix uteri; skin
Steroids	Liver
Tobacco	Mouth, throat, lung
Virus (hepatitis B)	Liver

(Based on *The Causes of Cancer*)

University of Texas Medical Branch, believes that tobacco addiction should be called *tobaccoism*, and its consequence, cancer. He wrote in JAMA (*Journal of the American Medical Association*): "We must realize that tobaccoism is the most deadly drug addiction in the United States [in the world!] today and that it is exacting a heavier toll in lives and dollars than cocaine, heroin, the acquired immunodeficiency syndrome, traffic accidents, murder, and terrorist attacks combined."

But what about the use of what is known as "smokeless tobacco," snuff and chewing tobacco, now popular with millions of people worldwide? *The New England Journal of Medicine* reports that "in India, parts of Central Asia, and Southeast Asia, oral cancer is far more frequent than in the United States. In fact, it is the most common cancer in that area." The report continues: "Smokeless tobacco taken orally, alone or together with such ingredients as areca nut and piper betel leaf and lime, has been shown to increase the risk of mouth cancer greatly."

#### **Tobacco and Alcohol—Is There a Link?**

What can be said about smoking and drinking in combination? Drs. Doll and Peto affirm that alcohol "interacts" with smoking, each agent enhancing the other's effects. That alcohol is involved in the production of cancer has been suspected for 60 years, since it was shown that cancers of the mouth, pharynx, larynx, and esophagus were commoner than average in men who were employed in trades that encouraged the consumption of large amounts of alcohol."

This conclusion is confirmed by the German cancer expert Professor Tanneberger, who said: "Smoking and excessive drink-

ing are a risk factor of the first order. . . . There's no escaping the fact that a causal relationship exists between a person's mode of life and the development of cancer."

#### **"Innocent" Killers**

Millions of people every year expose themselves to a random killer that seems so enjoyable and innocent—sunrays. Yet excessive sunbathing, especially if it leads to severe sunburn in adolescence, can be conducive to melanoma, a dark pigmented cancer of the skin. As one medical source explains: "The conditions that maximize risk may be those that involve sudden exposure of untanned skin to sunlight."

#### *—The Causes of Cancer.*

This cause should not be viewed lightly, since, in the United States alone, 23,000 new cases and 5,600 deaths are expected this year. Those most easily affected are people with light complexions, blue eyes, blond or red hair, and freckles.

Excessive exposure to X rays in medical examinations may be another "innocent" cause of cancer. For example the "rapid increase in incidence . . . is greater for thyroid cancer than for any other type of tumor and may in part be explained by the epidemic of non-fatal thyroid cancers induced by medical use of X-rays."—*The Causes of Cancer.*

Even the food we eat may be another unsuspected cause of cancer. "Studies suggest that certain foods and some nutrients contained in those foods may be associated with the development of cancer. Findings suggest that a high intake of dietary fat is a risk factor for cancer. . . .

"Scientists have found some relationship between a lack of certain vitamins—A and C—and cancer. For example, diets low in

vitamin A have been linked to cancers of the prostate gland, cervix, skin, bladder and colon.”—U.S. Department of Health and Human Services.

One curious example is that of aflatoxin, “a product of the fungus *Aspergillus flavus* that commonly contaminates peanuts and other staple carbohydrate foods stored in hot and humid climates.” According to Drs. Doll and Peto, it “is a major factor in the production of liver cancer in certain tropical countries.”

#### **After Cause and Effect—What Next?**

The fact of the matter is that there are at least 200 different types of cancer with

many distinct or interrelated causes. In some cases, the causes are still not known for sure. Chemicals used in food, as well as industrial pollutants, have been pinpointed as possible causes. For some reason, delay in having a first child, thus delaying natural lactation, also has some bearing on the incidence of breast cancer. For further information on causes of cancer, see the box on page 6.

If scientists have established that many cancers are due to human behavior and factors in the environment, we are on the way to important solutions to the cancer problem—*prevention and cure*. These will be dealt with in the following article.

# **Can You Beat Cancer?**

**“It would seem, therefore, that the majority of human cancer is potentially preventable.”—The Causes of Cancer.**

**“A patient’s life-style and willingness to participate in the healing process can significantly affect the course of his or her health.”—Holistic Medicine.**

*Neglect* states: “The high rates of colon and breast cancer in the United States have been attributed in good part to diet.” So, what you eat over the years can influence the possibilities of a cancer being initiated. Thus the person interested in good health should be discriminating in what he or she eats and drinks.

Diet also includes the liquid intake. Since alcohol abuse can lead to various cancers, the obvious counsel is to drink only in moderation. But what do the doctors consider to be “moderation”? The answer may surprise many who believe they are moderate drinkers: “Two or fewer drinks a day, especially if you smoke.” (*Diet, Nutrition & Cancer Prevention*) By this definition, if you take more than two drinks a day, in this cancer-prevention context, you are no longer moderate.

The vital point is that *we can do some-*

**H**OW can cancer be beaten? We are going to examine what is being done to cure the disease or to fend off its ravages. However, an adage says that prevention is better than cure. So let us first consider the possibilities of prevention through diet.

#### **Can Diet Make a Difference?**

Is it possible that some of the food we eat could trigger cancer? The book *Malignant*

thing about cancer if we individually take preventive action. But what is needed for preventive measures to have an impact on the public? Cancer surgeon Blake Cady put it bluntly: "A public education program that would . . . wean people off high-fat meats toward lower fat, toward lower-cholesterol diets, would do more than medicine will ever do by intervention to lower the cancer rate." (*Target: Cancer*) In that case, what foods can help stave off cancer?

One government health agency recommends that your diet should provide at least 25-35 grams (about one ounce) of natural fiber a day. This helps to keep the intestines naturally cleaned. But how do you get fiber in your food? Eat plenty of fruits, vegetables, peas, beans, and whole-grain bread and cereals. Eat foods such as potatoes, apples, pears, and peaches *with their skins on*. Vegetables from the cabbage family may also reduce risk of colon cancer.

Another recommendation is to avoid animal fats. Poultry and fish are recommended over red meat. If you do choose meat, then make sure it has little fat on it or in it. Choose low-fat or skim-milk dairy products. Include foods that contain vitamins A and C, such as the dark green leafy vegetables—broccoli, kale, spinach, chicory, watercress, beets, and even dandelion greens! Another good food color revealing vitamins A and C is yellow-orange: vegetables—carrots, sweet potatoes, pumpkins, squash; fruits—apricots, cantaloupes, papayas, peaches, pineapples, and melons, to name just a few.

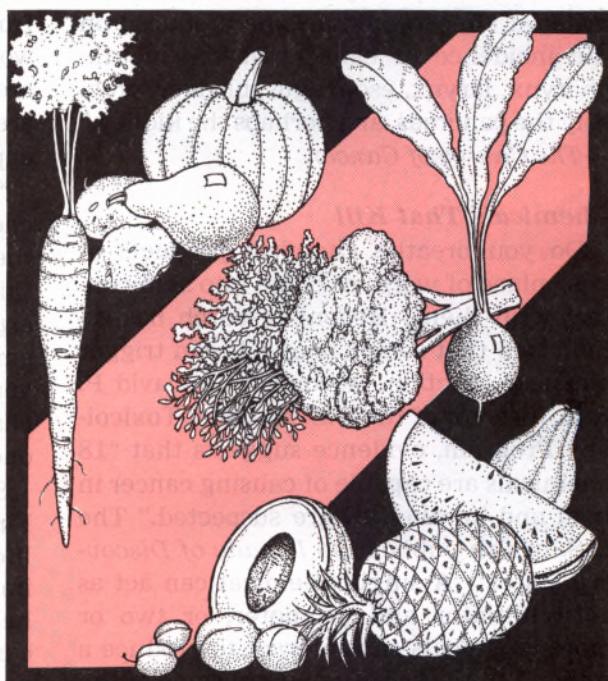
*Diet, Nutrition & Cancer Prevention* also states: "The evidence is

growing that eating too much fat (both saturated and unsaturated) may increase your chances of getting cancers of the colon, breast, prostate, and endometrium [lining of the uterus].” Then what is the conclusion? That your diet can make a difference in many cancers.

What other products should we avoid if we want to minimize the risk of cancer? Although this may not be a popular recommendation with some, we have to examine the role of tobacco.

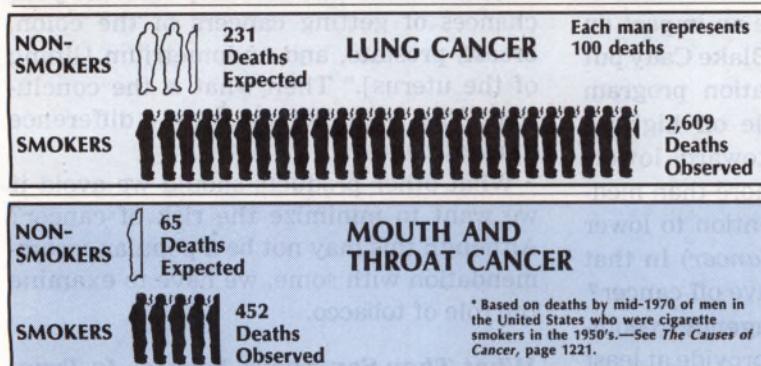
### **What They Say About Tobacco Is True**

Oxford University experts Doll and Peto wrote: "No single measure is known that would have as great an impact on the number of deaths attributable to cancer as a reduction in the use of tobacco . . . The principal impact would be on the incidence



These foods provide natural fiber and vitamins as a protection against cancer

SAMPLE COMPARISON OF DEATHS DUE TO CANCER IN MALE TOBACCO SMOKERS AS AGAINST ANTICIPATED FIGURE FOR NONSMOKERS\*



of cancer of the lung, which by late middle age is more than ten times greater in regular cigarette smokers than in lifelong nonsmokers."

The eradication of smoking would also reduce the frequency of other cancers. "A material effect would also be produced on the incidence of cancers of the mouth, pharynx, larynx, esophagus, bladder, probably the pancreas, and perhaps the kidney."

—*The Causes of Cancer*.

### Chemicals That Kill

Do you breathe chemical products at your place of work, or come into skin contact with them? Recent research has established that some chemicals can trigger a cancer reaction. According to David P. Rall, director of the U.S. National Toxicology Program, evidence suggests that "18 chemicals are capable of causing cancer in man and another 18 are suspected." The U.S. health publication *Decade of Discovery* states: "A single chemical can act as both initiator and promoter, or two or more chemicals can interact to produce a tumor." In that case, what are some of the risky chemicals and occupations?

The publication *The Causes of Can-*

*cer* lists alkylating agents, aromatic amines, asbestos, benzene, vinyl chloride, and certain compounds or oxidation states of arsenic, cadmium, chromium, and nickel. It also indicates risky occupations to be hardwood-furniture and leather-goods manufacture, as well as the production of isopropyl alcohol. Then what can

you do if any of these factors are implicated in your work?

Usually, responsible employers will take steps to eliminate the danger of contamination. In some cases, increased ventilation has served to remove vapors more quickly from the work area. In other situations, workers spend briefer periods in a danger area. Protective clothing and respirators are used. However, a word of warning is appropriate here.

"Most companies don't even know these chemicals exist, or if they know they exist, then they have no idea that there is such a thing as a carcinogen." (*Decade of Discovery*) In such cases, what can you do? If your employer is not willing to protect you, then you might have to weigh the advisability of changing your job. After all, your health is one of your most valuable assets.

So can *you* do something to beat cancer? First answer these questions: Do you love life, good health, and vitality? Are you impressed by the marvelous gift of a healthy body? Do you want to beat cancer? If you answer yes, then you can develop sufficient motivation to make changes in your life-style, changes that will serve to lessen your chances of initi-

ating cancer in your own body. (See the graph on page 6.)

### **Early Diagnosis—First Step to Cure**

What if prevention is too late? Science writer Edward J. Sylvester states that there "is still good news for those fearing they may get cancer . . . , but . . . most advances in cancer treatment are related to early diagnosis." Therefore, all the experts in the field counsel alertness toward cancer's possible warning signals. What can you watch out for as early warning signals? Some of these are:

1. A change in bowel or bladder patterns or habits.
2. A sore that does not heal.
3. Unusual bleeding or discharge.
4. Thickening or lump in breast or elsewhere.
5. Regular indigestion or difficulty in swallowing.
6. Obvious change in a wart or mole.
7. Constant nagging cough or hoarseness.
8. Recent unexplained weight loss.

On the first evidence of any of these symptoms, a doctor should be consulted. Of course, the symptom might not be indicative of cancer. *But the sooner you find out, the better.*

New advances have been made in early detection of tumors by means of mammography, thermograms, sonograms (ultrasound pictures), CAT scans, Pap smears, and excreta tests. Now the technicians have come up with an even more precise early diagnosis system called MRI (magnetic resonance imaging). As writer John Boal explains, the MRI scan is "a noninvasive, radiation-free, and painless procedure." It is so effective that "in a recent study at Huntington Medical, brain tumors were found in 93 patients in which CAT scans had found no brain abnormalities." (*American*

*Way*) Although a very expensive item, it is expected that by the end of 1986, there will be some 300 installed in U.S. hospitals.

### **Your Attitude and a Doctor's Suggestions**

Often the first reaction on being told that one has cancer is *denial*, refusal to believe it. In his book *The Facts About Cancer*, Dr. McKhann states that denial is "a very important normal and healthy defense mechanism against life-threatening situations or information. It has been described as the 'morphine of the soul' and is the way we reject thoughts too painful to endure. We actually buy time to gather up our emotional strength to face reality, often letting reality come in slowly so it will not overwhelm us."

However, he offers a warning: "Intense and prolonged denial can prevent you from seeking early medical attention or cause you to reject medical advice and treatment by failing to accept the diagnosis."

Another reaction may be *fear* or *anger*. It will be helpful for all to understand that "the target of anger may be . . . family, God, fate, doctors, nurses, the hospital or the disease itself."

*Guilt* often invades the cancer patient's mind. The sick husband feels guilty because he may no longer be able to support his family properly; the wife, because she can no longer care for the home as she used to. As Dr. McKhann counsels: "You will find it much more comfortable to *regret* that you cannot do something rather than feeling guilty about it."

A further common reaction for cancer patients is *depression*, which can lead to feelings of hopelessness and gloom. How does Dr. McKhann view all these reactions? "Unpleasant as they are, all these strong reactions are perfectly normal. . . . They

represent responses to the disease and *are not* part of the disease itself."

He suggests: "Your confrontation with cancer will require that you fight many battles. You will win some, but you must also expect to lose a few.... To understand what is required, you must study your enemy. This means learning how cancer attacks your body, but more important, how it attacks your person, the *real* you."

### **Facing Up to Cancer Treatment**

In certain respects, the crusade against cancer is slowly paying off, and in recent decades the results have been more encouraging. Doctors, scientists, and researchers feel that they can see a small light at the end of the tunnel. This has introduced a vital factor into the war against cancer—*hope*. As Dr. McKhann says: "*Probably the single most important requirement for living with cancer is hope . . . ,* one of the most mysterious and sustaining values in life." Recovery feeds on hope while the cancer prospers on despair. But from where can a cancer patient get hope?

There are several sources, but three outstanding ones are: (a) doctors and nurses who are sympathetic and optimistic, (b) your loved ones, especially a marriage mate who thinks positively, (c) well-founded religious faith. Our final article in this series will comment on the aspect of faith and on the true basis for hope for the future.\*

In medical terms, a solid basis for hope is in the three major orthodox treatments for cancer—surgery, chemotherapy, and radiation. What are these three methods?

**Surgery** involves the surgical removal of the tumorous growth and perhaps some surrounding tissue.

\* The October 22 issue of *Awake!* will include an article on the supportive role of the medical staff and relatives.

**Chemotherapy** (chemical therapy) is the treatment of cancer with drugs that can spread through the body and attack tumor cells. "Over fifty chemicals are used to treat cancer and some tumors can be cured." —*The Facts About Cancer*.

**Radiation therapy** is the use of high-energy radiation from X ray, cobalt, radium, and other sources in order to destroy the malignant cells.

### **Facing Up to Side Effects**

It would not be fair to speak about success in cancer treatment without also mentioning the risks or side effects. Reduced to the simplest terms, "chemotherapy drugs are toxins [poisons]," and "some of these drug regimens are so toxic that patients die of their side effects." (*Target: Cancer*) Thus, since chemotherapy is a poisoning of the system, it is a two-edged sword. Hopefully it kills more malignant cells than healthy ones. But it can also lead to other drastic secondary effects, such as nausea, vomiting, and temporary loss of hair. Many patients, though, have felt that temporary undesirable side effects are better than premature loss of life.

Radiation therapy is really a burning process that destroys all the cells it touches. However, it can be focused on the exact area of the tumor. Nevertheless, one authority says that "radiation therapy has been strongly implicated in causing later cancers." This presents a trade-off situation in which the patient must decide.

Some doctors admit that sometimes they use these therapies even when, from their viewpoint, there is no hope for the patient. As Chilean surgeon Dr. Villar admits: "Sometimes, cancer treatment is a very expensive—*very expensive*—form of psychotherapy." Science writer Sylvester points

out that "Villar's insight [is] shared by many cancer physicians who are concerned that even highly toxic treatments are ordered without evidence that they are helping." Then why are they recommended? "Because a doctor feels, in the words of one critical medical oncologist: 'I can't just let the poor lady die.'"—*Target: Cancer*.

Yet, many people prefer to live out their lives without treatment that will only prolong their suffering. Particularly is this the case when the therapy cannot help them and may even add to their suffering.

### **Can Breast Cancer Be Beaten?**

Perhaps one of the most feared cancers for women, and even for some men, is breast cancer—not only for its mortality rate but also for its aesthetic and psychological effects. What can you do to avoid the removal of a breast, known as a mastectomy? An essential factor is early diagnosis.

Although women are advised to do self-examination of the breasts for the appearance of any lump, it is suggested that women with larger breasts have an annual mammography, or breast X-ray examination. Why is that? Because it is difficult to notice a lump deep in the tissue just by simple palpation. As Dr. Cory SerVaas advised: "Your chances of being counted

among the fortunate are much better if you go for your first mammogram once you've reached the age of 35 or 40." Why is that the case? "For most types of breast cancer the five-year survival rate is more than 85 percent for cancers discovered while in Stage I."

Nowadays there are X-ray machines that can do a mammography at a very low level of radiation. This minimizes the possibility of provoking a cancer by excess radiation.

Another aid to very early diagnosis is the thermogram, which is a temperature scan of the breast. "Tumors develop their own blood supplies, needing vast amounts of blood's oxygen energy for their growth.... [They] form hot spots, spewing energy in far greater amounts than normal cells." (*Target: Cancer*) This allows early detection of the "hot spot" by the thermogram.

In the past, surgery for breast cancer often involved radical mastectomy—a disfiguring removal of the breast and surrounding muscle tissue and the lymph nodes. Is that still viewed as essential? Dr. Bernard Fisher, an expert in the breast cancer field, concluded that not only was radical mastectomy not usually justified but "simple mastectomy, the removal of all breast tissue, did not appear to improve survival over mere lumpectomies [removal of a lump only] with and without radiation treatment."

### **Any Other Choice of Treatment?**

Up to this point, we have only considered the orthodox medical approaches to cancer treatment. It is only right to mention that some patients have resorted to other methods with varying degrees of success and failure. Examples of these are Laetrile (Vitamin B<sub>17</sub>) treatment, the Hoxsey treatment using herbs and certain chemicals, and another method established by

Although *Awake!* mentions these different methods, we do not take a stand on their effectiveness. As Dr. Kelley admitted: "It should always be in mind that there is great risk in any program [orthodox or unorthodox] that you choose or in any combination of programs." Therefore, we try to inform on the current situation, but we let each individual make his or her own decision after study and consultation with qualified physicians.

Dr. William D. Kelley, a dentist, based on the belief that cancer "indicates an active pancreatic enzyme deficiency."—*One Answer to Cancer.*

In addition, as stated in *Target: Cancer*: "There are large numbers of people, some physicians among them, who subscribe to a 'holistic' idea of the cause, cure, and prevention of cancer and other diseases: Cancer is a disease 'caused' by the whole human going out of whack, and conscious effort on the human's part can restore health. Many reputable people believe this, and many former cancer victims swear they have been cured by following prescriptions based on a holistic rather than a reductionist view of health."

One of these former victims is Alice, a jovial woman in her 50's, from British Co-

lumbia, Canada. Yet, 36 years ago, she had her first surgery for a small malignant tumor on her hand. Six years later, she had surgery for cancer of the ovary. Then, in 1960, a hysterectomy (surgical removal of the uterus) was performed.

Cancer recurred in 1965, and again surgery was recommended. Alice says: "They wanted to perform a colostomy and a mastectomy, and I didn't want that. By then I had had enough of surgery. So I went for the Hoxsey treatment in Mexico. I followed their method for 11 years. For me it worked, although I know that it hasn't always worked for others. I have had no recurrence of cancer since then."

Another person who has had success in her struggle against cancer is Rose Marie. She tells her story next.

## "Cancer—I Am Beating It"

ROSE MARIE is a very happy, outgoing Texan in her 60's. She first discovered that she had a tumor in 1964, about the time of her menopause. Here she tells her encouraging story:

When I first noticed that I had a lump in my breast, I was concerned as to what it might be. So my husband took me to the hospital for a checkup. That was the scary part—sitting and waiting for the verdict. When I was eventually told that I might have cancer of the breast, I remember feeling as if someone had kicked me in the stomach. Then started a period of indecision—which course should we take? Some

doctors were urging surgery, and others recommended alternative treatment. How did we decide?

My husband talked with a doctor friend who said that while most lumps in the breast were benign, there was the possibility that it might be malignant. So the option was, should we take our chances and delay surgery or should we immediately have the offending lump removed? We decided together that I would accept the surgery. The lump was removed and declared nonmalignant. I breathed a sigh of relief.

In 1965 I discovered another lump in the same breast. This was a setback but not a

defeat. I had surgery once more, and that lump was also benign. Figuratively, I held my breath as everything went well for two years. Then, in 1967, a third lump appeared in the same breast. The doctors ordered a careful biopsy and came up with malignancy. The breast would have to be removed. Thus, a month later I had a "simple" mastectomy.

Eight years passed without any further problems. I began to feel I had beaten the cancer. But in 1975 I found a lump in my other breast. In view of my past history, the doctors opted for a mastectomy of that breast. To be sure that the cancer did not spread, they also ordered a series of radiation treatments. I must admit that this procedure scared me. Why was that?

Each time, I had to wait with other people who were also having radiation treatment. They had their faces and bodies marked up with red dye as targets for the radiation gun. That was an unsettling sight. Then I had to go into this special radiation room on my own. It all seemed so eerie because I knew there was this invisible force destroying my tissue, malignant and good at the same time. Anyway, I had 30 radiation treatments in the course of about 15 weeks. Since then, I have only needed two minor surgery interventions for benign tumors on my back and head.

### **Strength to Survive**

I am truly thankful still to be alive 22 years after my first tumor appeared. What has helped me to keep going during these trials? First of all, my supportive husband. He made arrangements to accompany me to the hospital each time, including for all the radiation treatments. I feel that you certainly need to have a good friend or relative supporting you when you go to a hospital. But it has to be a strong, positive

person, not a sentimentalist. I weep easily, and I do not need someone who encourages me in that respect.

I also found that my doctors were a great help. We were very fortunate to have Dr. James Thompson, one of the best back then. He had a warm bedside manner even right there in the operating room. He was also frank about my condition, without being brutal and blunt.

I learned not to dwell on my situation. I have always filled my mind and my life with interests and activities. I love to read, but the stories have to have happy themes. I do not want to think about morbid subjects. And I cannot stand hospital stories on the TV!

What helped me when I was sick? One of the things I appreciated was all those get-well cards and letters. It was so encouraging to know that so many were thinking about me. When you are sick, you do not always feel like receiving visitors, but their cards are very welcome. Of course, when visitors came, I appreciated those who were upbuilding and positive in their comments. No one wants to know about some relative who died of cancer three years ago! So sensitivity to feelings is appreciated when visitors come to see the sick.

Of course, as one of Jehovah's Witnesses, my faith has sustained me greatly. To the degree possible, I have also kept busy in the Christian ministry. Preaching and teaching the Bible's hope of God's new system and the resurrection has helped to deepen my own faith. Now, in 1986, I am happy that I am still alive and able to fill my life with activity in Jehovah's service.—Contributed.

*Progress in cancer therapy in recent years has enabled some patients to require only simple lumpectomy. However, the choice of treatment depends on many factors.—Ed.*

# When Cancer Will Cease

**"By the year 2100 advances in basic research in biology may permit prevention of cancer by means now utterly unforeseen."—*The Causes of Cancer.***

**A**CCORDING to Bible prophecy, cancer will cease even sooner, and certainly "by means now utterly unforeseen" by the writers of the above-quoted book. Why do we make that assertion?

Because Christ Jesus, sent to the earth over 1,900 years ago, was empowered to restore life and health to mankind. On one occasion, without even seeing the patient, he cured a Roman army officer's manservant who was "laid up in the house with paralysis, being terribly tormented." (Matthew 8:5-13) On another occasion, he cured his disciple Peter's mother-in-law, who was sick with fever. How did he do it? "He touched her hand, and the fever left her, and she got up."—Matthew 8:14-17.

An analysis of Jesus' ministry shows that he healed a variety of sicknesses in people of both sexes and of differing age groups. He restored the health of the lame, maimed, blind, and dumb, of the epileptic, the paralytic, of a woman suffering from a hemorrhage, a man with a withered hand, and another man with dropsy. He also raised persons from the dead. How did he do it? Was it by some special kind of therapy?

In fact, it was not hypnotherapy, psychotherapy, or any other kind of medical approach. Neither was it due to Jesus' personal wisdom, knowledge, or power. It was miraculous healing from a supernatural Source. (Matthew 8:17; Isaiah 53:4) It was

his Father's spirit and power that brought about the healing. However, it was only applied to a minority of the sick of Christ's day, and it did not prevent the healed ones from dying later. Then what purpose did it really serve?

The healing that Jesus performed pointed to a day when all obedient humankind will benefit from the restoration of God-given gifts of health and life. Thus we have the Bible's inspiring promise: "Look! The tent of God is with mankind, and he will reside with them, and they will be his peoples [here on earth]. . . . And he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away."—Revelation 21:3, 4.

Among those former things that will pass away is cancer, together with its causes. Under the rule of God's Kingdom government by Christ, death-dealing environmental factors will be erased. Debilitating stress will be removed, and the human immune system will function as it was intended. Healthy bodies will cooperate with healthy minds, centered on true spiritual values.—Isaiah 33:24; 35:5, 6.

Does all of this sound too good to be true? Yet, as the Bible states, we have God's guarantee: "And the One seated on the throne said: 'Look! I am making all things new. . . . Write, because these words are faithful and true.'" (Revelation 21:5) This is the living hope that sustains Jehovah's Witnesses who endure the ravages of cancer, some even to death. They know that Jehovah God has promised "new heavens and a new earth."—Isaiah 65:17, 18.

# crossword puzzle

## Clues Across

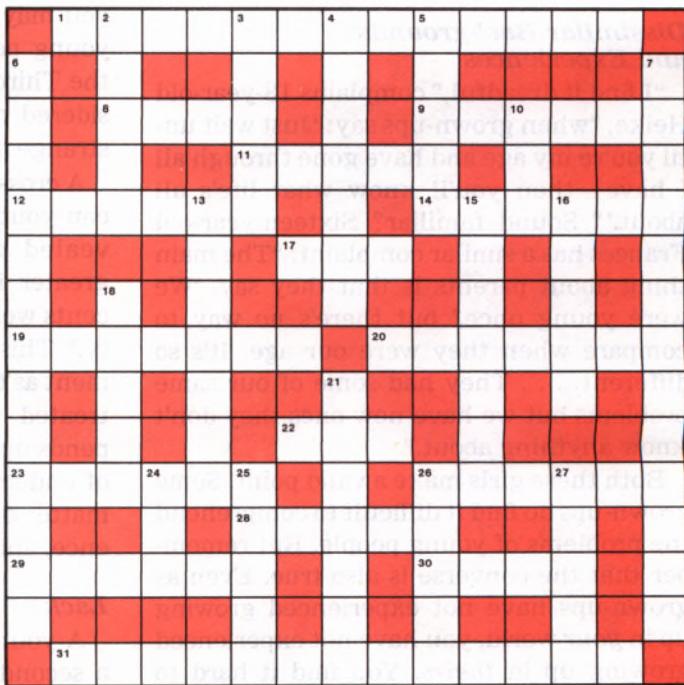
1. The Sanhedrin noted this in both Peter and John (Acts 4:13)
8. From the tribe of Issachar, one of the 12 spies sent to Canaan (Numbers 13: 1-3, 7)
9. Those in this city were noble-minded due to examining the Scriptures daily (Acts 17:10, 11)
11. Mother of Amalek, a grandson of Esau (Genesis 36:12)
12. Greed brought his downfall (2 Kings 5:20-27)
14. A mighty man in David's army who came from Gaash (2 Samuel 23:8, 30)
17. This ancestor of Jesus lived for 239 years (Genesis 11:20, 21; Luke 3:35)
19. A descendant of Esau (Deuteronomy 23:7)
20. People first named whose land was promised to Abraham (Genesis 15: 18, 19)
22. "--- really is the faithful and discreet slave" (Matthew 24:45)
23. Jehu's grandfather (1 Kings 19:16)
26. This must be done to "those who are weak" (Acts 20:35)
28. Because he was its sole occupant, his ark was much smaller than Noah's (Exodus 2:3, 10)
29. Only after the Flood could one be eaten (Genesis 9:3)
30. Mentioned with Egypt and Ethiopia as a ransom in place of Israel (Isaiah 43: 1-4)
31. Potiphar's wife accused

Joseph of making this of her (Genesis 39:17)

## Clues Down

2. David sinned in connection with this Hittite (1 Kings 15:5)
3. One of the 12 spies, from the tribe of Benjamin (Numbers 13:9)
4. This Levite helped supervise the temple reconstruction (Ezra 3:8, 9)
5. The Israelite who captured Kenath and renamed it after himself (Numbers 32:42)
6. Ruth's relationship to Naomi (Ruth 2:22)
7. Public demonstration of purpose and power (Titus 2:13)
10. Its use indicates love for a child (Proverbs 13:24)
13. A son of Becher and a family head in Benjamin (1 Chronicles 7:6, 8, 9)
15. Infirmity (Psalm 41:3)
16. Ours are forgiven if we forgive others (Matthew 6: 12, 14, 15)
18. This son of King Toi of Hamath brought gifts to David (2 Samuel 8:9, 10)
21. City where the events in the book of Esther took place (Esther 4:8)
24. This military commander paid a large one for his citizen rights (Acts 22:28)
25. The father of prophet Micaiah (1 Kings 22:8)
26. King Nebuchadnezzar dwelt with these wild animals during his madness (Daniel 5:21)
27. He was willing to be sacrificed (Hebrews 11:17)

CROSSWORD SOLUTIONS PAGE 25



## Young People Ask...

# Why Don't Grown-Ups Understand Me?

**F**EW adults really understand the problems of young people." True or false? A group of young Germans, aged 15 to 24, were asked to comment. Twenty-three percent said "absolutely true," 25 percent, "possibly true," and 37 percent, "partially true."

Regardless of how you would have answered, it is obvious that a great many young people feel that grown-ups misunderstand them. No doubt there are many reasons why young people feel that way. Let us discuss three of them.

### Dissimilar Backgrounds and Experiences

"I find it dreadful," complains 18-year-old Heike, "when grown-ups say: 'Just wait until you're my age and have gone through all I have—then you'll know what life's all about.'" Sound familiar? Sixteen-year-old Frances has a similar complaint: "The main thing about parents is that they say, 'We were young once,' but there's no way to compare when they were our age. It's so different. . . . They had some of our same problems but we have new ones they don't know anything about."

Both these girls make a valid point. Some grown-ups do find it difficult to comprehend the problems of young people. But remember that the converse is also true. Even as grown-ups have not experienced growing up in *your* world, you have not experienced growing up in *theirs*. You find it hard to

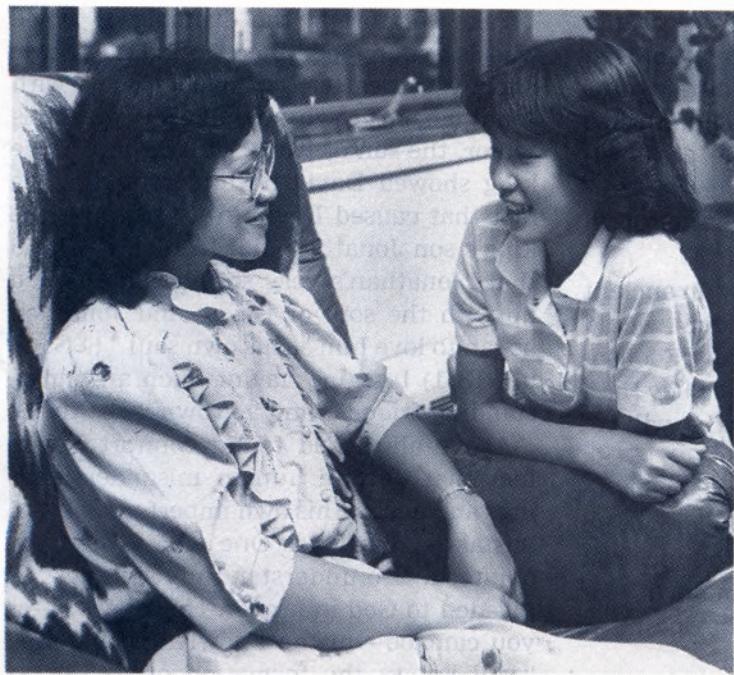
imagine the horrors of a war your elders may have lived through; they find it equally hard to understand fully the pressures and temptations at school, at work, or in your pursuit of recreation.

But it would be incorrect to think that this inability to understand one another is limited to grown-ups versus young people. Even young people do not always understand one another. For example, do you live in one of the Western industrial countries, known for their fast-moving, throw-away, instant-gratification society? Then you may find it quite difficult to relate to young people growing up in countries of the Third World. Behavioral patterns considered normal in one country may seem strange and hard to understand in another.

A cross-cultural study comparing American youth with young people in India revealed that "family cohesiveness was greater in India and that Indian adolescents were more subject to family authority." This study concluded that any judgment as to whether young people are being treated with understanding or not "depends upon one's cultural reference." Lack of understanding, therefore, is often less a matter of age than it is of culture, experience, and background.

### Lack of Communication

A young woman named Inge points out a second reason. Looking back upon her



**Although some grown-ups do not understand young people, there are others who do**

teenage years, she says: "My parents were not good at conversation. They were just too wrapped up in their own affairs." And Ludwig's parents were likewise so busy with their business that they had little time for him. "Once I began to realize," he says, "that they were not going to answer my questions, I stopped asking. Our relationship suffered. When we did the converse, it soon turned into an argument."

Kathleen McCoy, for nine years feature editor for *'Teen'* magazine, stresses this point, telling parents that "what a teenager needs to tell you will not always be what you want most to hear, but, in building good communication and growing past blocking habits, listening and being there for your child—no matter what—is crucial." Yes, an unwillingness or inability to communicate does real damage to

the parent-child relationship.

#### ***Misunderstood Motives***

You may further feel that grown-ups—particularly parents or teachers—are too strict with you, perhaps even harsh. What could be their motive?

One possible reason is mentioned by Kathleen McCoy as she speaks to parents: "You see your teenager, poised on the threshold of so many choices and so many opportunities, ignoring, canceling out or not realizing his or her good fortune—and you feel angry. You may have invested many of your hopes, dreams and feelings of self-worth into

your child and feel furious when he or she doesn't come through as expected."

Now, in all honesty, does this sound like a parent who really doesn't care about you? Imagine a father whose son, the proverbial "chip off the old block," has inherited not only some of his father's good qualities but also some of his weaknesses and bad tendencies. The father, seeing in his son a reflection of his own imperfection, does not like what he sees. He wants his son to be better. Can you blame him for trying to achieve this, even when his attempts may come across at times as being less than understanding?

Andrew has not had to contend with this kind of father. He says: "I've never had anybody step in. I've always done things my way." Yet he admits, "I'm not so sure that's good." On the other hand, Ramon,

another teenager, reports: "My parents were hard on me. I couldn't go out all the time and do whatever I wanted." Has this made him resentful? On the contrary. "When you think about it," he acknowledges, "you're going to be a better person." So which of these boys will be better off in the long run?

There is no question as to how an ancient king, widely known for his wisdom, would answer this question. He wrote: "Foolishness is tied up with the heart of a boy [or a girl]; the rod of discipline is what will remove it far from him." (Proverbs 22:15) So it would be unwise and unjust always to view strictness as proof that a grown-up lacks understanding. Even though you may find it difficult to give him an "A" for wisdom, ask yourself whether he doesn't at least deserve an "A" for caring.

#### No Reason for Despair

The feeling that people we love do not understand us can be painful, both for young people and for adults. If this is your problem, do not despair, for it is not a problem beyond solving. It may simply require better communication or more consideration of the fact that all of us are a product of our times, our environment, and our education, as well as of our racial, social, religious, and political upbringing. Perhaps we must try harder to see good motives behind awkward efforts.

Putting the blame for such lack of understanding totally upon grown-ups, of course, would be self-defeating. Yet you should not go to the other extreme and become discouraged, thinking it is all your fault. Do not permit negative experiences with a few to lead you to conclude that no one can understand you. Be assured that some grown-ups can.

Take comfort in the example of David who as a young lad killed the giant Goliath. Shortly thereafter, he made friends with Jonathan, a grown-up some 30 years his senior, the son of King Saul. Whereas the king showed David no understanding—a fact that caused David great sorrow—the king's son Jonathan did. In fact, it is said that "Jonathan's very soul became bound up with the soul of David, and Jonathan began to love him as his own soul." (1 Samuel 18:1) Imagine having such an understanding friend—and a grown-up at that!

Above all, David found comfort in the fact that despite human misunderstandings and despite his own imperfections and mistakes, there was One who always understood. "Do understand my sighing," he pleaded to God in prayer. He rejoiced—as you can too—in the knowledge that God "well knows the formation of us," or as moderns might put it, 'he really understands what makes us tick.'—Psalm 5:1; 103:14.

So there is no need to feel that grown-ups and young people cannot understand one another, that there is a generation gap that cannot be bridged. If you are willing to do your part, it can be—quite successfully, in fact.

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## In Our Next Issue

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- How Safe Are the Banks?
  - 'What's Wrong With Having a Good Time?'
  - Cancer—How Can You Be Supportive?
-



## *"The Levee Has Broken!"*

THAT was the news flash that came over the radio one February evening in northern California. Heavy rains had caused rivers and dams to be filled to capacity. During a ten-day period, 14 inches (36 cm) of rain fell in the foothills and double that amount in the mountains that fed the Yuba River.

Normally, that river flows at about 4,000 cubic feet per second (113 cu m/sec). But it peaked at 100,000 cubic feet per second (2,800 cu m/sec)—25 times more than normal! The levees holding in the river became soaked.

Then, at 6:10 on a Thursday evening, a tired levee broke. A 40-foot (12 m) gap appeared, and water flooded into nearby Linda and Olivehurst. By next morning the gap had widened to 180 feet (55 m). Rescue crews noted that water came down some streets with such speed that it created a

four-foot (1.2 m) wave. About 30 square miles (78 sq km) became flooded in that area alone.

The water reached roof height in some places. Through a window of one house, a sofa was seen floating near the ceiling! Thousands of homes and hundreds of businesses were affected, many suffering severe damage. About 24,000 people were forced to leave their homes.

Among the homes damaged were those of Jehovah's Witnesses who associate with nearby congregations. It is of interest to note the steps that they took and how they and others were affected.

### **Relief Organized**

When the flood struck, overseers in threatened congregations immediately warned any who might be thinking of traveling in the direction of the flood. They also

saw to the evacuation of flood victims, who were resettled in homes of fellow Witnesses. A list of all in the congregations was checked to make sure no one was missing.

The next morning, Friday, three traveling overseers of Jehovah's Witnesses and the overseer of the Yuba City Assembly Hall met. They phoned Witness headquarters in New York to get guidelines and were instructed to form a relief committee.

How much help could this relief effort provide for the Witnesses and others in the community? No one knew for sure that day. But they were soon to find out.

### **Help Arrives Swiftly**

It was thought that only by the following Wednesday could they get into the flood area to determine the needs of the Witnesses. But in some places the water subsided sufficiently, so that by working swiftly, the relief committee was able to get help in by Sunday, three days ahead of time.

Witnesses from the surrounding areas were called by phone. Immediately a crew of some 250 men and women arrived to offer their services. They met on the grounds of the Yuba City Assembly Hall. Many others would come on the following days.

By the end of that first day, 20 homes had been cleaned and repaired. Damaged Sheetrock and insulation were ripped out. Carpets were removed. The houses were cleaned from top to bottom and disinfected; so was furniture as well as other household effects. Some flood-damaged items, including sofas and refrigerators, were taken to a warehouse where they were cleaned with special equipment.



**Hundreds of volunteer workers cleaned up scores of homes**

What were the key factors in getting the work to move so swiftly when relief efforts by other agencies had not even got under way? The main factor was the willingness of the Witnesses to volunteer immediately without pay, as well as their donating money and mountains of clothing, food, and other materials, such as bedding, appliances, and even some refrigerators.

Another factor was the organization at relief headquarters, where five phones and an intercom system had been installed. Men and women working there coordinated the work crews that were going from one house to the next, each crew with its specific job assignment. The many offers of help from Witnesses, and the requests for workers and materials, were also coordinated. A 16-hour workday was normal at headquarters, as it was in the homes being repaired.

To get an idea of how quickly the relief effort moved along, on that first Sunday a Witness called from 45 miles (72 km) away to ask what he could bring to help. It was

mentioned that Sheetrock and insulation were needed. He immediately purchased large quantities of those materials. When asked by a store salesman why he wanted so much material, he said that it was for the flood victims. The salesperson was amazed, as flooding was barely subsiding!

Of course, such a huge volume of work done so quickly can have its problems—and humor—too. For example, in one home two painters were working in the same room. But then it was noticed that one of them was painting with a flat paint and the other with semigloss! The mistake was quickly corrected.

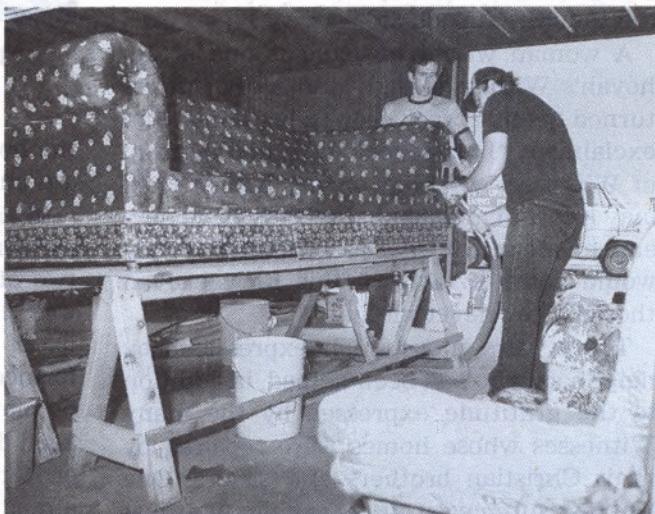
### **Greatly Appreciated**

Many were the expressions of appreciation not only from Witnesses whose homes were repaired but also from numerous others who were not Witnesses. Note some examples of this.

While checking in one area to see who needed help the most, the Witnesses came across an elderly couple. The woman seemed on the verge of a breakdown because of the damage. She mentioned that a religious group had come but only offered to pray for them. Another group said that the couple must have sinned against God and that he was angry with them. She said that the Witnesses were the only ones to offer them the kind of help they really needed. The repair crew went to work, and the woman proudly told neighbors that they "were wonderful." But she was not the only one made happy. The workers were, too, since as Jesus said: "There is more happiness in giving than there is in receiving."—Acts 20:35.

Another group was sent to an elderly woman that one of the workers knew. When she found out that they were Jehovah's Witnesses, she gave them the run of the house, which had been damaged by two feet (0.6 m) of water. She had to leave for a while, but when she returned, the crew had cleaned, scraped, and taken care of everything. She was overwhelmed.

A cleaning group went to the home of a Witness but found that she did not need any more help. Just then a distraught neighbor came by and said that she was expecting help from a relief agency, but it had not yet come. The Witnesses volunteered to help, and nine of them cleaned her house from top to bottom. The woman



**Over 400 pieces of furniture were cleaned and disinfected**

wondered why they would do all of that for a stranger. They answered that they wanted to show neighbor love. (Matthew 22:39) The lady was so touched by this kindness that she began to cry!

In one area a neighbor commented on how the cleaning groups came in with

equipment and were ready to work, whereas a church sent a person from door to door dressed as a clown. The clown handed each householder a piece of candy and invited each one to church on Sunday. The householder commented on the vast contrast.

On the first day, the many work crews, in groups, went out knowing what had to be done, working efficiently and quickly. However, very few people in the area knew where to begin. While working on one home, a crew noticed that a neighbor seemed lost in his effort to repair the damage. The Witnesses went over and asked if he could use help. He quickly replied, "Yes!" They assisted in removing the carpet, drywall, and other items. One of the group commented: "The man was aglow at the thought of such aid."

A woman whose husband is one of Jehovah's Witnesses had been away but returned to find a work crew in her home. She exclaimed: "I was shocked to find a group of Witnesses working on my home! They may know my husband, but they have never even met me. I was so surprised that they would come in and do this for me even though they never met me."

There were many such expressions by neighbors who had been helped, in addition to the gratitude expressed by the many Witnesses whose homes were repaired by their Christian brothers and sisters. One Witness summed it up by saying: "I'm just overwhelmed. I never imagined that anyone could be so wonderful, even ones I do not personally know. I'm just overwhelmed!"

#### **Officials Amazed**

Officials were amazed too. When it was apparent that so much damage had been done by the flood, the county sent inspectors into the field to halt or delay work until



**Damaged walls were replaced  
and painted**

the householders were notified of the various building requirements.

In this regard a worker related: "While we were working on the house of a Witness, two officials came up to me, presuming I was the householder. They handed me a list of re-habilitation requirements. They informed me of the specifications that had to be met, such as the total removal of damaged drywall, insulation, subfloor, and other items. I told them that it was all done already, and just as required."

He continues: "At this, they looked at each other and at me in disbelief. I then mentioned that I was with the relief effort of Jehovah's Witnesses. They smiled and said: 'Oh, we believe it now because we saw some of your people working down the street.' But I still wanted them to verify our work, so I showed them the new floor, insulation, Sheetrock, and other things. I pointed out that the next day texturing and

painting would begin, and on the weekend the new carpet would be installed. They were dumbfounded and left shaking their heads."

### **A Privilege to Help**

By the time the work ended, the Witnesses had removed and replaced tens of thousands of feet of Sheetrock, insulation, carpets, and padding. Hundreds of yards of wall vinyl were removed and replaced. If we include the paint, the homes and furniture cleaned and disinfected, the electrical checking and rewiring, the flooring repaired or replaced, the repair of vehicles and appliances, as well as the food, clothing, bedding, and other items provided, the amount of material is staggering. Staggering also would be the cost of all the goods and services donated had they been charged for.

Even children offered their help. One little girl, who was three-and-a-half years old, wrote on her gift to flood victims: "I love you, and I hope you will be fine soon. I went through my drawers for clothes that I know my brothers and sisters who are little like me can use." She signed it: "Warm Christian love and affection." A nine-year-old boy wrote: "I came with my mom to Yuba City and want to help you with my money. Jehovah be with you." He donated \$3.17 (U.S.).

Scrawled on the outside of a plain brown lunch bag were the words, "For a little brother." The bag contained a small motorized car and a child's book. This was the note inside: "To whom it may concern. I am sorry you went through the flood and lost all your nice things. Maybe this will cheer you up. May Jehovah be with you." After signing it, the little boy added this P.S. "The car don't have any working batteries,

but it rolls." While the gift was small, it showed where the heart was.

Thus, Jehovah's Witnesses—old and young—count it a privilege to help their fellowman. Throughout the world, they have acquired much experience in doing this, by their many relief efforts and by calling on people to talk to them about the Bible. (Matthew 24:14) Their experience includes the gathering, housing, and feeding of millions of people at hundreds of large conventions around the world each year. It also includes their building projects, such as quickly built Kingdom Halls erected in two days (which have amazed the building trades) and their construction of large assembly halls and huge branch office facilities in many countries.

In all of this they are gaining much valuable experience. And it will be put to good use in building a paradise on earth when Jehovah God soon removes this present calamity-ridden world and ushers in an entirely new system of things.—2 Peter 3:13.

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### CROSSWORD SOLUTIONS

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# Baptism—Is It for Infants?



**W**HEN I had my babies," said one parent, "I hurried to have them baptized. . . . I wonder sometimes if I did the right thing." Why? Two of her three children have rejected her faith.

Perhaps you as a parent have entertained similar doubts about initiating an infant into your religion. If so, you likely know that church leaders—Catholic and Protestant alike—have done little to put your mind at ease. They nurture skepticism by arguing over infant baptism. Reformers call it a vestige of medieval superstition. However, traditionalists call denying baptism "repugnant to Christian feeling."

By reasoning that way, church leaders have

merely "indulged in rhapsodies of emotion as a substitute for substantial argument." (*Infant Baptism and the Covenant of Grace*, by Paul K. Jewett) Where, then, can you look for authoritative answers to your questions about infant baptism? These answers must be looked for in God's Word.

### **Consigned to Hell?**

Infant baptizers for the most part attempt to base their case on Jesus' words at John 3:5: "Unless anyone is born from water and spirit, he cannot enter into the kingdom of God." They argue that since water baptism is a requirement for entrance into heaven, infants should be baptized to avoid suffering in a fiery hell—or lingering in limbo.\*

However, the Bible says that "the dead . . . are conscious of nothing at all." (Ecclesiastes 9:5; compare Psalm 146:4.) Since the dead are unconscious, they are incapable of any sort of suffering. Parents, therefore, need not fear gruesome consequences if they do not baptize their infants.

Still, there is the concern that unbaptized ones cannot enter heaven. This, however, does *not* mean that they cannot be saved. Jesus said: "And I have other sheep, which are not of this [heavenly] fold." (John 10:16) Here, and in a parable recorded at Matthew 25:31-46, Jesus indicated that there would be saved ones who would *not* go to heaven.

\* States the *New Catholic Encyclopedia* (1967): "In case of danger of death one should not wait to baptize until actual birth. A skilled person is permitted to baptize in the womb . . . through the use of a syringe or some other irrigating instrument."

Where would they go? Jesus told the wrongdoer impaled alongside him: "You will be with me in Paradise."—Luke 23:43.

Had that wrongdoer ever been "born from water" by baptism? Obviously not, and heaven was thus closed to him. Where, then, would "Paradise" be? Recall that God placed the original human pair in an earthly paradise, with the prospect of living there forever. (Genesis 1:28; 2:8) Adam and Eve, though, chose to rebel and were put out of their beautiful garden home. Was earthly Paradise lost forever? No, for the Scriptures make plain that God will eventually restore Paradise on earth. (Matthew 5:5; 6:9, 10; Ephesians 1:9-11; Revelation 21:1-5) And it is to this earthly Paradise that most of those who have died—including infants—will eventually be resurrected.—John 5:28, 29.

Must an individual be baptized to share in this earthly resurrection? Not necessarily. Many have died in spiritual ignorance. (Compare Jonah 4:11.) Since they never had an opportunity to learn about God, they never dedicated themselves to him. Are such ones forever lost? No, for the apostle Paul said: "There is going to be a resurrection of both the righteous and the unrighteous." (Acts 24:15) Doubtless included among those resurrected throngs will be infants. Therefore, claims that baptism is necessary to save infants are entirely unfounded.

### **Circumcision and Baptism**

Those favoring infant baptism, however, point out that infants in Israel were circumcised shortly after birth. (Genesis 17:12) They reason that baptism has taken the place of circumcision as a means of saving infants.

However, did circumcision serve as a means of salvation? No, it was a visible "sign of the covenant" that God made with Abraham. (Genesis 17:11) Further, only males were circumcised. If baptism parallels circumcision, would it not be logical to refuse baptism to baby girls? Clearly, the parallel is invalid. It

must also be remembered that the Scriptures specifically ordered Jewish parents to perform circumcision on their sons. If salvation were involved, why no similar command to Christian parents regarding baptism?

True, Jesus did say: "Let the young children come to me . . . for the kingdom of God belongs to suchlike ones." (Mark 10:14) But Jesus was hardly saying that heaven would be populated by children. Interestingly, Protestant theologian A. Campbell said regarding the heavenly Kingdom: "It is not composed of children, but of those who are like them in docility, humility and meekness."

### **Children of a Believer Are "Holy"**

Jesus instructed his followers to "go . . . and make disciples [or, taught ones] of people of all the nations, baptizing them." (Matthew 28:19) It is therefore those old enough to be disciples, or taught ones, who should be baptized. Thus, true Christians today endeavor to train—not baptize—their children from infancy. (2 Timothy 3:15) As children are brought up "in the discipline and mental-regulating of Jehovah," they develop their own faith.—Ephesians 6:4.

In the meantime, parents need not fear that the eternal welfare of their young children is endangered if they are unbaptized. At 1 Corinthians 7:14 the apostle Paul provides assurance that the children of a Christian parent are "holy." This is not because of their undergoing some formalistic rite but because God mercifully extends a clean standing to them—as long as at least one of their parents remains faithful as a Christian.

The faithful example of parents, along with the Biblical training their children receive, can in time move young ones to make a dedication of themselves to God and symbolize this by baptism. Their appreciative hearts move them to follow through by rendering 'a sacred service with their power of reason.' (Romans 12:1) These are things a tiny infant simply cannot do.

# From Our Readers

## Lifesaving Salty Drink

I must say "Bravo!" and thank you so much for your marvelous article "A Salty Drink That Saves Lives!" (September 22, 1985) We made photocopies and sent them to a hospital in Africa. Their response to this article on how to save babies' lives was most favorable. We are now operating a supply line to keep the hospital stocked with salt and sugar.

M. L., France

## Catholics and the Bible

I want to thank you for the articles on "Catholics and the Bible." (June 8, 1986) Growing up Catholic, I was led to believe that the church traditions did not conflict with Bible teachings. How happy I am to have learned the truth! I hope that these articles will encourage other sincere Catholics to read their Bibles and learn the truth for themselves.

T. B., United States

## Reading to Enrich Your Life

I wish to express appreciation for your issue on "Reading—It Can Enrich Your Life." (September 8, 1985) The week of March 3-7, 1986, was selected by the state public school system as "Right-to-Read Week." One of the purposes was to alert the public as to the need for every child to learn to read. Your issue on reading served nicely toward that end, with over 40 copies being distributed to local businesses and professional people.

K. K., United States

It seems you may inadvertently have done the toddlers and preschoolers of

your readers a disservice in your article "Why Some Do Not Read." (September 8, 1985) Children are so incredibly able to learn that even if we use nothing but the "see and say" method, they automatically intuit the phonetic rules regarding the letters and syllables. Since the above-mentioned article appeared, many parents are afraid to teach their little ones to read for fear they will do it "wrong."

M. J., United States

*Our comments on the "see and say" method were presented as one of a number of factors involved in the poor reading progress of school students. Tests indicate that the use of this method in the primary grades is not as effective as the "phonics first" method. We certainly would not want to discourage parents from teaching their children to read. On page 8 it is stated: "Mothers who are good readers may have success in teaching their children to read before they enter school." The reader is referred to an article published in our issue of May 22, 1968, entitled: "You Can Teach Your Children to Read." See also the article "Begin Teaching Your Baby to Read." (September 22, 1982)—ED.*

## How Important Are Looks?

Your article "How Important Are Looks?" (January 8, 1986) makes interesting reading. I personally have observed that most of those who are slaves to beauty have displayed a lag between their efforts on improving their looks and their achievement in such areas as learning, getting on with others, and so forth.

I. B. O., Nigeria

# Watching the World

## Campaigning for Peace

In connection with the UN Year of Peace (1986), "a spectacular international celebration" is planned for the Episcopal Cathedral of St. John the Divine, New York City, October 22. According to a brochure entitled "The Million Minutes of Peace," this is to climax "a unique, worldwide people's program" that is being held in 42 countries throughout the preceding month. Its sponsors, including the Brahma Kumaris World Spiritual Organization, describe it as a "global initiative [for] the sole purpose of bringing together people from diverse ethnic, political and religious backgrounds in a program to espouse and support peace." Archbishop Giovanni Cheli (Permanent Observer of the Holy See to the UN) has assured the organizers "of our collaboration and our prayers for peace," and Mother Teresa has declared, "I shall pray much for the success of this event." The celebration "will be followed by a thematic international presentation of Multi-Million Minutes of Peace to the Secretary General of the U.N. on United Nations Day, October 24, 1986."

## "Last Day" Coming?

Recently, two Nigerian scholars have tried to connect current world events with the end of the world. Femi Abbas, writing in his "Islam" column in the *National Concord*, quoted U.S. President Ronald

Reagan as saying in 1983 that "Armageddon which we have all read about in the Bible will probably happen in our time." Reagan's statement, Abbas wrote, "is only a partial fulfilment of the omens of the Last Day," which Abbas claims Muhammad foretold. Another scholar, M. A. Ajomo, professor of international law at the University of Lagos, cited in his lecture "International Peace and Security" recent earthquakes, wars, and diseases like AIDS as "signs of the end," reports the *New Nigerian*.

## China's One-Child Policy

In an effort to curtail the rapid population growth, China institut-



ed a one-child policy in 1979. Quotas were also devised for how many children each community could produce. According to Qian Xinzong, director of the State Family Planning Commission, over half the population is now under 21 years of age. Couples who comply by having only one child receive more living space and higher pensions, along with free medical care and priority in school

admissions and employment for their children later on. The policy, however, has sprouted some problems. With all the attention lavished on one child, the program has created children who are "indulgent, selfish, introverted, unconcerned, and unable to care for themselves," says Dr. Yan Chun of the Beijing Children's hospital. Many children have also become obese.

## TV Brutality

After analyzing the complete program of the two main German TV channels for one week, the Bavarian Ministry for Education noted "alarming trends." Brutal scenes occurred on an average of one every eight minutes, and the programs between 5:00 p.m. and 8:00 p.m.—those most watched by children—contained the highest level of aggression, noted the German researchers. The Bavarian government, in the *Frankenpost* newspaper, warned: "Parents and custodians are called upon to protect children from uncontrolled TV consumption and from brutal scenes on the screen. This is possible by carefully selecting programs beforehand, as well as by keeping an eye on afternoon and early evening TV movies."

## Single-Parent Families

Women are the head of the house in 80 percent of all

single-parent families in France, according to a survey reported in the Paris daily *Le Monde*. (A little over 6 percent of all French households are single-parent families.) The survey of single-parent families showed that "some women have divorced on the pretext of 'liberation' only to fall into greater material and emotional dependency, this time as regards their children."

### Most Widely Abused Drugs

Australian health authorities name alcohol and tobacco as the most widely abused drugs in Australia. Since both of these can be purchased legally, they are termed "licit" drugs in contrast with the wide range of illicit drugs, from heroin to LSD. These licit drugs are the hidden killers, reports *The Australian*. Each year in Australia they contribute to the death of about 30 times more people than those who die from the effects of all other drugs combined. "The problems caused by illicit drugs are peanuts compared with the enormous problems we are experiencing with alcohol addiction," admits the manager of the Victorian Alcohol and Drug Foundation.

### Guns—Unsafe in Home

"People may actually be increasing, not decreasing, their risk of violent death by having a gun in the home," notes Dr. Arthur Kellerman in a report published in *The New England Journal of Medicine*. Research revealed that for each gunshot slaying for self-protection in a gun-owning home, there were 43 suicides, homicides, or accidental deaths by firearms. The victims were 12 times more often found to be friends or acquaintances than strangers. Even when suicides were excluded from statistics, deaths were 18 times

more often among household members than strangers because of guns in the home. In view of such findings, Dr. Kellerman cautions: "The advisability of keeping firearms in the home for protection must be questioned."

### Rhino Population Fading

Black rhino, once widespread throughout most of equatorial Africa, are quickly disappearing. In 1969 zoologist A. K. K. Hillman



reported 15,000 black rhino in Kenya alone. Today, there are only 9,000 left in all of Africa. What spurs the killing? Vanity and false beliefs. "Over 50% of rhino horn goes to North Yemen to be made into dagger handles," writes Lucy Vigne in *Earthscan Bulletin*. Yemeni men will pay \$6,000 (U.S.) for a dagger with a rhino handle. "The rest goes to Eastern Asia for use in medicines." Powdered rhino horn is considered an aphrodisiac and can command \$450 an ounce.

### Yearning for Peace

What would the Swiss most like to see for mankind in general in 1986? Demoscope, a Swiss polling institute, interviewed a representative group of 517 citizens and found that 49 percent want to see peace worldwide and to see wars and trouble spots disappear, reports the Swiss newspaper *Basler Zeitung*. For themselves, the desire for a happy family life was of prime importance to 37 percent.

Second, they hoped to live in peace with neighbors and environment. For the young, though, a career and success were checked off as most important.

### Exercise and Aging

Why do most older people have a slower reaction time than younger people? A research team at The University of Texas at Austin believes that this is due to age-produced changes in brain chemistry. In rat studies, the researchers discovered that rats that exercise daily maintain faster reaction times as they age, compared to rats that do not exercise. "Exercise will not make an older person any younger," says Dr. Richard E. Wilcox. "But because of its effect on brain chemistry, exercise may have a stronger positive influence on reaction times than we previously thought was possible."

### Drugs and Crime

Police authorities now have "hard evidence" that "drugs are the single greatest source of crime," according to *U.S. News & World Report*. In a recent study by the Justice Department, it was determined that of all those arrested on criminal charges in Washington, D.C., and New York City, two thirds were found to have traces of illegal drugs in their systems—twice the level expected by the experts. According to the report, the drug preferred by most users was cocaine.

### Indian Suicides

Federal statistics show that the rate of suicide among Canada's native Indians exceeds those of all other racial and ethnic groups in the world, according to *The Toronto Star*. From 1978 to 1982 in Al-

berta, there were 146 Indians who committed suicide—a rate of 61 per 100,000 Indians, or nearly four times that of the province as a whole. Menno Boldt of the University of Lethbridge noted: "I have yet to see evidence of any racial group [whose suicide rates] are anywhere near what Indians experience."

### Save the Forests

As the International Year of the Forest came to a close last December (1985), the *UN Chronicle* reported: "Every year, more than 27 million acres (11 million hectares) of tropical forests, an area larger than Austria, are lost." The Food and Agriculture Organization of the UN warns that "if present rates of deforestation continue, much of the world's tropical forests

could be destroyed." If this trend continues, an estimated 10 to 20 percent of earth's plant and animal life could be wiped out by the year 2000 unless deforestation can be stopped and reversed.

### 'Burning Their Last Straw'

Millions of people in the Third World have run out of firewood and are now using straw, crop residues, and animal dung as fuel. But by doing so, notes Earthscan, the London-based news and information service on development and environment issues, some may take their "last turn in a downhill ecological spiral." Why? Farmers too poor to buy fertilizer are now burning the only fertilizer they get for free, manure, resulting in poorer crop yields. And in places already suffering from deforesta-

tion, using straw aggravates the problem of erosion. Comments Earthscan: 'Poor farmers are burning their last straw.'

### Fatal Problems

The First European Symposium on Suicidal Behavior, recently held in Munich, revealed that most of the 13,000 suicides registered each year in the Federal Republic of Germany are committed by men over 70 years of age. Professor H. J. Möller estimates that suicide attempts are 10 to 20 times the reported number, according to the German newspaper *Süddeutsche Zeitung*. Social isolation and inability to solve problems are risk factors in most suicides. The modern trend to accept the individual's right to commit suicide alarms the psychiatrists.

and the world's most powerful computers, the best minds in science can still not yet fully understand the human brain.

#### Early lifeforms

This first problem is compounded by the fact that the brain is a very complex organ. It is composed of billions of individual cells, each with its own unique function. These cells are interconnected by a complex network of fibers called synapses. The brain also contains many different types of cells, including neurons, glial cells, and astrocytes. All of these cells work together to produce the complex functions of the brain.

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